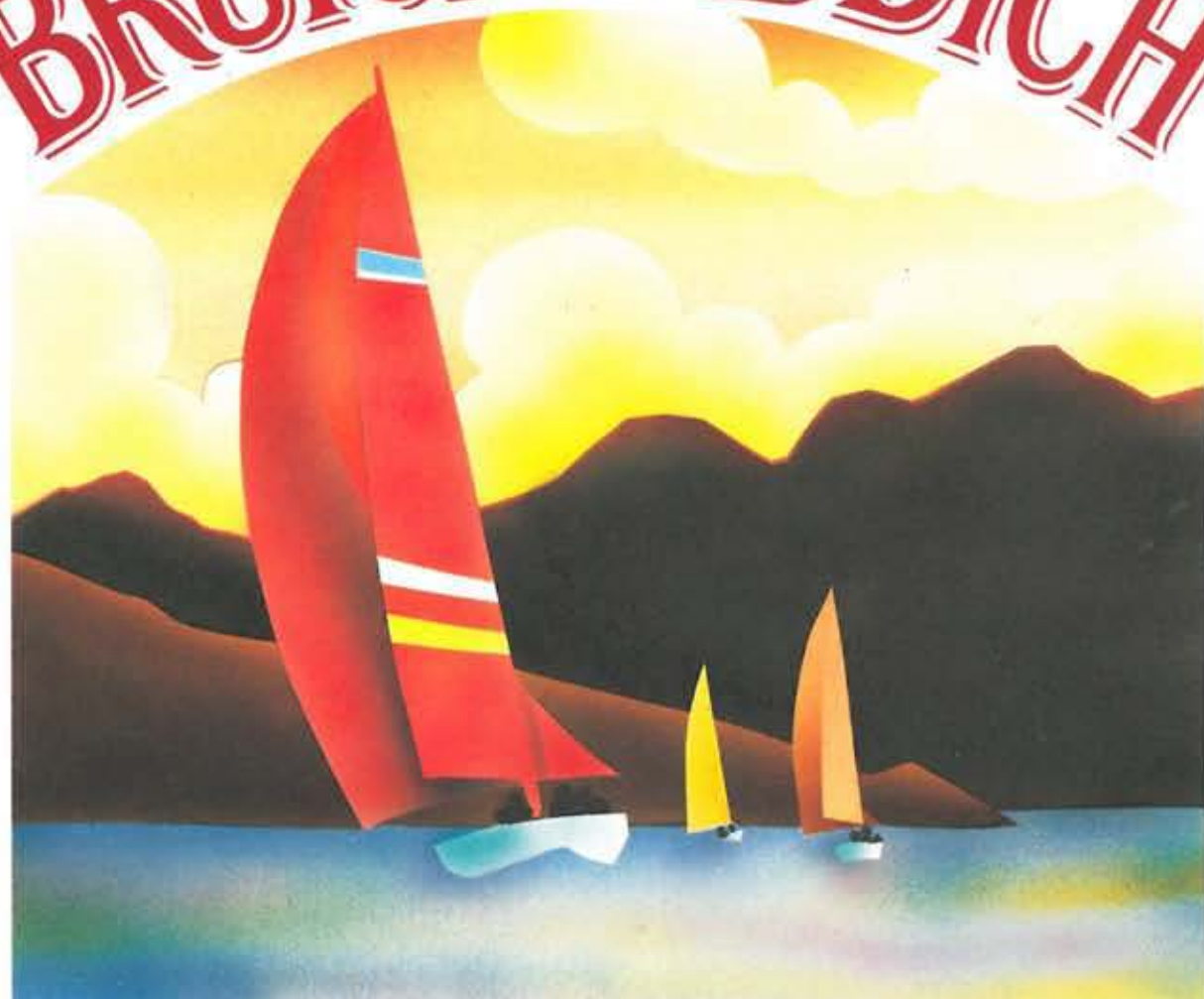


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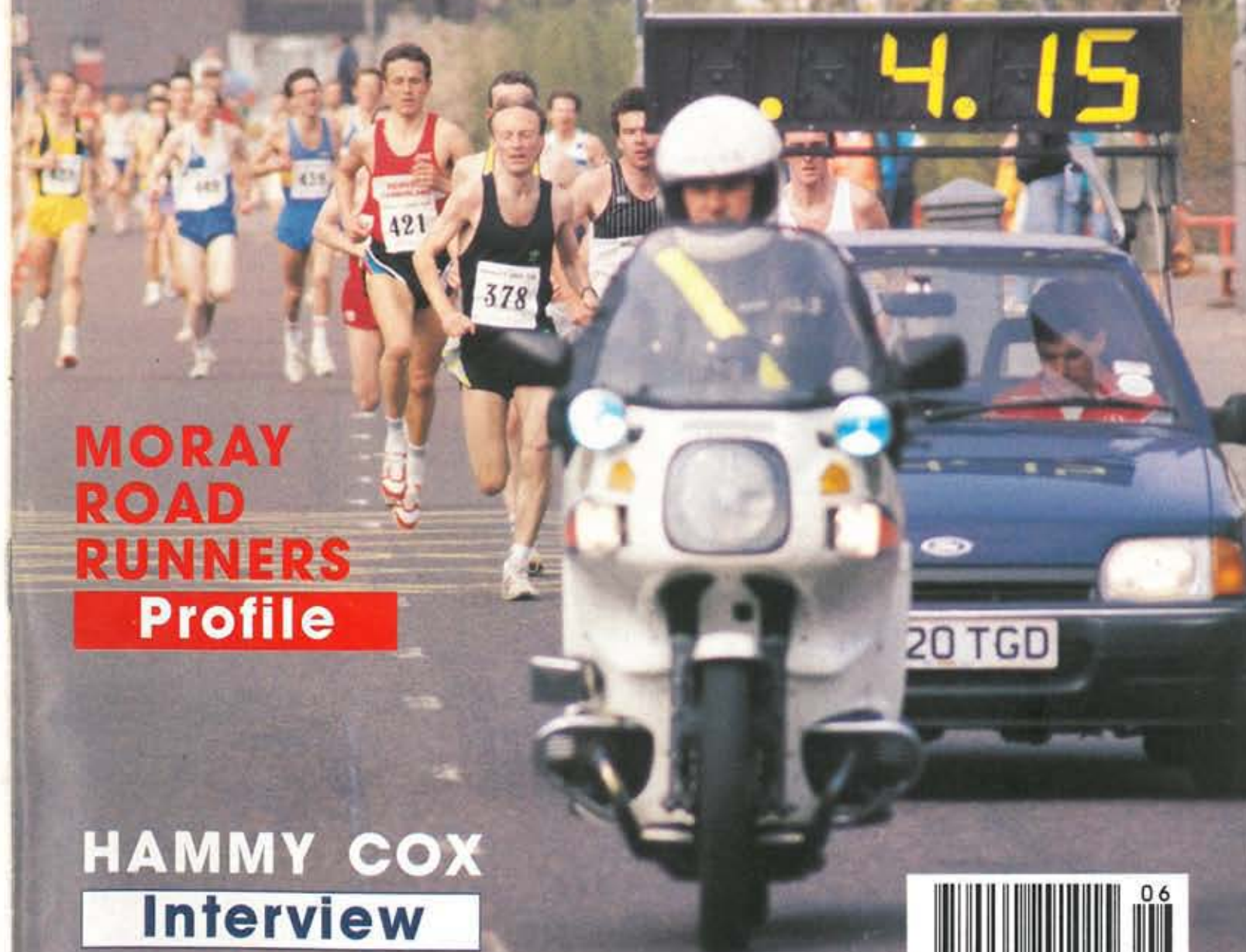
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Arnold Black
Jeff Carter
Derek Parker
Gordon Ritchie
Colin Shields
Allan Wells
DESIGNER
Crawford Mollison
ADVERTISING MANAGER
Fiona Caldwell

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COMMERCIAL DIRECTOR
Tim New

COVER PHOTOGRAPH
Robert Perry



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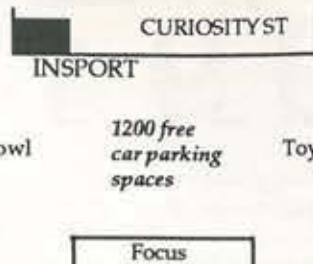


Hammy Cox. See P20.

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What's the matter with Glasgow?

WHAT a poor reflection on Glasgow's athletic clubs is Peter Fleming's assertion (News, Page 7) that they have shown no interest in the district council-backed Glasgow Athletics Development Scheme.

Fleming, who has now quit the scheme to concentrate on winning a marathon place in next year's Barcelona Olympics, alleges that since January this year some 700 children between the ages of 8-17 have taken part in the Kelvin Hall activities, and adds:

"A lot of them have been sufficiently inspired to join local clubs, but for all that not a single club official has taken an interest in what we're doing."

If Fleming's claim is true, it would appear to be an extraordinary reflection on Glasgow's athletics clubs. But is it merely a manifestation of a wider problem?

In his annual Scottish club listings in Scotland's Runner this month, compiler John Lunn poses the question: "What's the matter with Glasgow?" He continues: "To be precise, why can't the country's third largest city, with apparently unrivalled indoor, and pretty fair outdoor, facilities, raise a British League club?"

Answering his own question, Lunn states



Adrian Callan of Springburn running for Scotland at East Kilbride... but are Glasgow's athletes losing out because the city doesn't have a club big enough to compete with the best in Britain?

that the main reason would appear to be that the city supports "too many small clubs".

Lunn is correct. Whatever the fine traditions of famous clubs such as Springburn, Victoria Park, Garscube, Shettleston, Maryhill and others (the named five, alone, being situated in the north of the city), the division of resources increasingly means that the Glasgow clubs are unable to keep up with the Inverness's in Scotland, never mind the growing clubs elsewhere in the UK.

Could this division of resources also be the reason why already hard working and committed club officials are unable to find the time to talent spot and recruit at the Glasgow Athletics Development Scheme?

I understand that Glasgow District Council is keen to encourage the formation of a male City of Glasgow athletics club along the lines of the newly formed female one.

Personally, I have no doubt this is the only way Glasgow can become a major player in UK athletics. Do readers agree?

Alan Campbell

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FLEMING DISSATISFIED AT RESPONSE TO DEVELOPMENT SCHEME

INTERNATIONALIST Peter Fleming has quit his job with the Glasgow Athletics Development Scheme, writes Margaret Montgomery.

Fleming, who has also resigned from Bellahouston Harriers and joined Reebok Racing Club Edinburgh, hopes to make next year's Olympic marathon team and is looking for a sponsor.

"Basically I'd like a deal which would allow me to keep a car on the road," he says. "Work-wise the most I would be able to cope with is a part time job. My main reason for giving up the job with the development scheme was to have more time to train during the build up to the next Olympics."

But beneath the surface of this apparently uncomplicated break with the development scheme lies disillusionment with a number of organisations, all of which, according

to Fleming, should have been doing far more to help the scheme blossom.

"The scheme is a success," he explains. "Since January we've had 700 kids between the ages of eight and 17 pass through our doors. A lot of them have been sufficiently inspired to join local clubs, but for all that not a single club official has taken an interest in what we're doing."

But it's not just lack of support from club officials which has angered and disheartened Fleming - he's also annoyed at the attitude of the SAAA, SWAAA, and Glasgow District Council.

"The SAAA and SWAAA have completely shunned the development scheme," he says. "I wanted to expand it to embrace a club coach scheme - we've got plenty of children here for prospective coaches to work with - but

neither of the associations would endorse it."

Of Glasgow District Council, who set up the scheme 14 months ago, Fleming says it refused to respond to his advice about how to improve and build on the scheme.

"At one stage I asked for £350 for some very basic equipment but was refused the money," he says. "This was typical of the council's attitude throughout."

Fleming claims he might have been tempted to stay in his job, despite his bid for a place in the Olympic team, had he met with greater encouragement from both athletics personnel and the district council. As it was he felt he had been "banging his head against a brick wall" for long enough.

"Six months ago Brian Whittle, who was the scheme's development officer, packed in his job," he says. "I then took on his job in addition to my own - which at that time was purely concerned with the organisational aspect of the scheme - but received no extra money. I wouldn't have minded this so much if my work had been appreciated, but I still got no feedback and virtually no backup. To cap it all, I had to reapply for my own job as part of the council's policy of restructuring in the lead up to compulsory competitive tendering."

Fleming believes the scheme is capable of "great things" if given the chance to develop properly. With the emphasis on those aspects of athletics demanding very specialised and more "technique orientated" tuition, such as throwing, long jump, high jump, sprinting, and hurdling, he says it has gone a long way to filling what was once a yawning gap in the spectrum of coaching available to Scotland's young athletes.

"We have a shortage of technical coaches," says Fleming. "This scheme is gradually allowing more youngsters to gain access to specialised coaching. But to continue doing this it needs a lot more support."

Just what will become of the scheme now that Fleming has decided to leave, is, as yet, uncertain.

According to a spokesman at Glasgow District Council, the restructured parks and recreation department still has the athletics development scheme "in its plans", but just who will replace Fleming - and whether the council is prepared to invest more money into the scheme in future - he refused to comment on.

Fleming remains adamant. "The scheme has already been responsible for spotting a number of potential national champions. If it is allowed to live and breathe as it should, then it could be responsible for spotting many more."



Peter Fleming

ISLE OF MULL HALF MARATHON

THE organisers of the Isle of Mull Half Marathon wish to clarify some details regarding their annual event. The date of the half marathon is Sunday, June 30 and not July 7 as shown in some running magazines.

The start time will be 12 noon allowing more time for runners to enter and register after arriving off the boat. Registration will be at Craignure ferry terminal this year (not Duart Castle) and a bus will be provided to take runners and spectators to the start and from the finish (at Salen) back to the ferry at Craignure.

Readers are reminded that the Mull course is mainly flat and offers spectacular scenery. Those interested should contact, "Dunard", Tobermory, Isle of Mull. (Telephone 0688 2114 - evenings.)

Seaforth searching for new sponsor

AYR Seaforth were disappointed to learn that AC Moir, the construction company who have backed them for the past two seasons, have terminated their sponsorship despite having the option of a further year. Alex Moir, whose son, Stuart, is one of the country's most talented sprinters, is not abandoning his support for the sport however. He already assists several athletes individually, including Edinburgh Woolen Mill's national 100m champion, Aileen McGilivray.

Seaforth have already taken steps to revert to their original name, and are seeking new sponsorship as they bid to retain their Scottish and North Western league title.

THE following corrections to the teenage best listings (Scotland's Runner, May 1991) have been pointed out.

Lorraine Stewart set an age 12 best in the girls' 800m (2-17.37) and 1500m (4-49.9) in 1989, and John Whannel recorded a new age 14 best in the boys long jump of 6.18m in December 1990.



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"THE HUT" TO GO

FALKIRK Victoria Harriers are pressing ahead with plans for a new clubhouse.

At their April annual general meeting, club members gave unanimous support to the committee who must choose between a new building and the conversion of existing premises in the town.

For over 30 years the Harriers have had their headquarters in spartan accommodation affectionately known as "the hut" in Thornhill Road, Falkirk.

However, this wooden building is in a state of disrepair and has been subject to vandalism and break-ins. There are also no separate male and female changing facilities.

Plans for the much improved facilities were displayed at the meeting which came at the end of a successful year during which the club won promotion to Division One of the Panasonic Scottish Men's League and triumphed in the Barr's Im Bru Edinburgh to Glasgow relay for the second time.

EMPHASIS ON FUN

SCOTLAND'S first ever "relay marathon" will take place in Elgin on June 16.

The event which has been organised by Elgin Rotary Club will comprise of teams of five runners competing over an overall distance of twenty-six miles.

World record holder Don Ritchie will be present to do a lap of the course prior to the start of the race, the aim being to encourage as many runners as possible to join him in a gentle warm-up jog.

Teams can enter this unusual event under one of seven categories: athletic clubs; businesses; pubs and restaurants; fancy dress; ladies; ladies over 40 and men over 50. Prizes will be awarded within each category as well as for overall merit.

With a strong emphasis on enjoyment, the "Marafun", as it has been dubbed, will provide constant entertainment for the runners as they make their way round the town centre route. Pop groups, fiddle bands and "keepie-uppie" competitions are just a few of the roadside diversions to help maintain good spirits during the race.

MUIR AND BRANNEY BACK ON FORM

THE Tom Scott 10-mile road race from Law to Strathclyde Park was blessed with a following wind, and two of Scotland's leading road runners used it to good advantage to confirm that they have recovered from leg injuries, writes Doug Gillon.

Shettleston's Nat Muir, prevented from bidding for yet another national cross-country title at Dundee, showed total recovery when he blitzed to a course record of 47-31, while Sandra Branney, never a major force since being forced to withdraw from last year's Commonwealth marathon squad, returned with a record time of 54-05.



Sandra Branney

THE ADT London Marathon continues to defy a successful defence. Allister Hutton, last year's winner, could do no better than 2-14-13, 32nd place, behind the Soviet winner, Yakov Tolstikov, running his thirtieth marathon.

Hutton failed to make the trio who won the World Cup for the UK for the first time, and could manage only sixth Briton overall which also cost him any chance of selection for the World Championships in Tokyo. The leading Scottish woman was Sheila Catford fifty-third in 2-43-50. She was carried from the course at the end of the Commonwealth marathon in New Zealand last year.

Prestigious win for Aboyne's adventurous athlete

JACK Maitland, who represented Scotland in the triathlon at the Games in Auckland last year, won the Annapurna Triathlon in Pokhara, Nepal, with a time of 5-11-20, writes Doug Gillon.

The course consisted of a 3000 metres swim in a lake whose waters are rife with diphtheria, a 70 kilometres bike ride, and a 12,000 metres run involving a 2500 ascent and descent.

Maitland, from Aboyne, the current national triathlon champion, defends his King of the Mountains title in the Bruichladdich Scottish Island Peaks Race. But Alan Farningham, with whom Maitland won the title last year, has been press-ganged onto another yacht in the 160 mile race which involves the equivalent of three mountain marathons and 11,000 feet of climbing.

MURRAY FINDS SPONSORSHIP AT LAST

THE European 3000 metres champion, Yvonne Murray, and fellow champion and training partner Tom McKean, were stunned to learn that coach Tom Boyle had been hospitalised while they were in Portugal warm weather training, writes Doug Gillon.

At the time of going to press, Boyle was making a good recovery from a stomach problem which necessitated a seven-pint emergency blood transfusion.

Murray's sponsorship problems have been resolved thanks to the intervention in early April of East Lothian District Council. The Musselburgh-based ESPC woman has been without support since the demise last November of the business empire of Glen Henderson for whose Edinburgh car franchise she worked.

Murray is to help promote the role of women in sport, encourage school leavers into sport, and advise on promotion and development. She is acting in a fee-paid role, £9000 per year, working part-time, three days per week.

The initial deal is for one year,



Tom Boyle

but the council envisage a three-year arrangement which will give the 26-year-old Commonwealth and Olympic medallist the flexibility to mount a serious challenge for world honours in Tokyo this summer, and in Barcelona next year.

Coach Tom Boyle was surprised that his charge took so long to find a new backer, which he believes is as much a reflection on chauvinist Scottish society - "after all, McKean was inundated with offers" - than a commentary on the recession.

Murray, whose first race is pencilled in as the UK v Germany match at Crystal Palace on June 19, had a second upturn in fortune later in the month when she signed a deal with New Balance, providing her with three years' supply of clothing and shoes and involving her in the development and promotion of new products.

Murray who will be road testing prototype footwear, was first approached by the sportswear manufacturer when she started wearing their shoes following a nagging problem with blisters.

"My chiropodist put me on to New Balance shoes because they make narrow width fittings," she says. "The problem cleared up and not long afterwards I was contacted by the company with a view to a contract."

Tommy Boyle to write for Scotland's Runner

SCOTLAND'S Runner will celebrate its fifth anniversary next issue, and we are delighted to announce that the occasion will be marked by the first of two articles written by Scotland's celebrated coach, Tommy Boyle.

The articles will be adapted from two major lectures recently presented by Boyle to the European Coaches Congress in Finland, and should be of particular interest to 800m and 3000m runners and coaches.

Boyle, who is recovering from a stomach problem (see story, left), said: "I will take pleasure in sharing my thoughts and opinions, through Scotland's Runner, to acknowledge the immense contribution which Scotland's athletes and coaches have made to the methods which I utilise."

SORRY!

The Skye Half Marathon will be held on Saturday, June 15 and not June 23 as advertised on page 37 of our May issue.

See Events listings for full details.

SAC launch low budget grand prix

THE Scottish Athletics Club have launched a grand prix on similar lines to the IAAF version "but with less money" says secretary Gordon Ritchie. The first meeting was at Dumfries on April 17. There are also matches at Meadowbank (June 12) and Grangemouth (September 4), with the prospect of the programme expanding next year if it is successful. The circuit is designed to combat criticism of lack of structure to the season's open graded meetings.

MILTON KEYNES to host straight mile race

WHAT is claimed as Britain's first straight mile race is scheduled to take place in Milton Keynes on August 26.

There are already a number of straight mile races in America, where the grid system makes for a broad choice of settings. Milton Keynes which has long, straight roads running through its centre, is one of the few places in Britain which could host such an event.

The so-called Silver Mile race will be sponsored by Mercedes-Benz who have their headquarters in Milton Keynes and who also sponsor straight mile races in Boston and New York. Male, female and disabled runners will all be eligible to compete in the event.

Rock 'n' run

SPONSORSHIP from one of Scotland's most popular rock groups has allowed The Hebridean Three Race Challenge to run for a second year.

Run Rig, four of whose members are from the Hebrides, have joined with the Alliance and Leicester Building Society creating an unlikely partnership which nonetheless will ensure the survival of the highly regarded challenge for at least another year.

This year's challenge, which comprises like last year's of half marathons in Stornoway, Benbecula, and Skye, kicks off on May 25 with the Stornoway race.

Anderson sues McColgan

AS we went to press it was revealed that Olympic silver medallist Liz McColgan was being sued by her former coach, John Anderson, writes Doug Gillon.

Anderson, who coached McColgan between 1986 and 1990, alleges he suffered financial loss when he took early retirement and moved house in order to be near her. Within a few days of making the move from Coventry to Perthshire, McColgan announced Anderson would no longer be her coach.

Responding, Peter McColgan said that the legal action had been expected and that he and Liz would be defending it.

TANZANIA, VIA SPEYSIDE

GLASGOW University medical student Paul Fettes is planning to run all 50 miles of the Speyside Way in the hope of raising funds which will enable him to participate in scientific research and conservation work being carried out in Tanzania.

Paul, who runs with Glasgow University's Hares and Hounds, needs to raise a total of £2,300 if he is to realise his aim of working on a

voluntary basis to have Tanzania's coral reefs declared an aquatic national park. So far, he has raised approximately £400 by, amongst other things, holding a disco.

Normally a cross country and 800 metres runner, Paul admits he's never tackled 50 miles before although he does say he once managed thirty miles "on the spur of the moment", with no prior training whatsoever.

Paul is currently looking for individuals and groups interested in sponsoring his fifty mile adventure and is also seeking co-runners to provide company along part or all of the journey.

His attempt will begin from Tomintoul on June 1. Interested parties should contact him at Flat 2/1, 27, Lacrosse Terrace, Glasgow (Tel 041-339 8101) as soon as possible.



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	PB Gold (Racer)	4, 5, 5.5, 8.5	£34.99	£21.99
	PB 800 (Spike)	4, 4.5, 7, 7.5, 8, 8.5, 9, 10	£24.99	£14.99
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ALLOA - THE GOOD, THE BAD AND THE NONDESCRIPT



The 1991 Alloa Half Marathon.

15, Maryfield Place,
Falkirk.

SIR - I've just completed the Easter Sunday Alloa Half Marathon and feel that I must comment on some aspects of the event.

This was my third time round the course, and in general I think the route and overall administration and organisation to be good.

One feature I have never liked, however, is the inner circuit at the one to two mile stage. This takes you round a small, rather nondescript, housing scheme and back onto the main road, which you've got to rerun. I don't know why, but I find this intensely irritating!

The long, straight stretch from Tillicoultry to Menstrie should be enjoyable and panoramic, but unfortunately the last couple of years have produced a cold headwind and the depressing sight of hundreds of runners in front of you! It's funny how one can ignore the beauty of the Ochils on the right-hand side when it's windy, raining and you're knackered!

Another minus, especially on this same stretch, is the amount of traffic allowed to go alongside runners, and as it was Easter Sunday the road was quite busy.

The medal is of good quality but is the same design as last year's only with a different ribbon. Can I suggest to the organisers, Falkirk District Council's

idea of running an annual competition in which local school kids design a new medal each year?

I also feel that the changing facilities at Lomshill Academy are rather limited and cramped, and the toilets always seem to be mobbed just before the start of the race.

I must say though that I did enjoy a swim in the school pool as it made up for the last mile or two of the race - all uphill from Menstrie through Tullibody - a killer.

All in all I think it was an enjoyable Easter Sunday. But what about a few changes for next year's tenth anniversary?

Andrew Daly

LETTERS

The heart of the Karvonen matter

67, Dorset Street,
Glasgow.

SIR - I have been reading in the March issue of Scotland's Runner the Coaching Clinic article by Derek Parker. In it he gives advice to integrate long steady runs into distance training.

I would like to make a few suggestions which we have found with regard to heart rate in training prescription. The use of resting heart rate in exercise has inherent problems - the rate at so called rest can vary considerably, for example, time after eating, temperature, previous activity, anticipation, etc.

I would suggest if the Karvonen formula is used the most reproducible resting heart rate would be taken first thing in the morning. In this way the athlete will have a more accurate resting rate, and therefore hopefully a more accurate training sensitive zone.

Morag Thow M.C.S.P.

Junior page should be permanent

58, Brackenbrae Ave.,
Bishopbriggs,
Glasgow

SIR - Thank you for bringing in my idea of a "Juniors" page to your magazine. I hope you have had a good response from other younger athletes.

The profile is interesting and the report on the coaching day, which I was at, was good. The "teenage bests" are also a good idea and I hope to see many of the records broken as some of them have stood for quite long periods.

I am sure you will get a good response to the young athletes' competition and I hope to see many more. I look forward to the next issue and I hope the junior page(s) will become a permanent feature.

Marianne McKee

Send your news
and views to,
SCOTLAND'S RUNNER,
62, KELVINGROVE ST.,
GLASGOW G3 7SA.

Satisfied smiles

MINOLTA Black Isle official Ray Cameron could afford a smile of satisfaction as he watched the Muir of Ord club clinch a Fifth Division place in the Scottish Panasonic League by finishing a comfortable fourth in the qualifying event at Coatbridge.

For the club realised their league ambitions without the services of several top competitors.

Brian Fraser, Neil Lornie and Doug Middleton all missed the Coatbridge outing for one reason or another.

Reflected Ray Cameron: "In the circumstances it would be wrong to judge our potential on what we showed at the qualifying meeting. Far from struggling in the league, I would not be the least surprised if we are in the running for the second promotion spot."

Club coach Cameron was equally unmoved about the prospect of new men's league status proving to be an added financial drain on club resources.

"We are lucky to have a very good sponsorship deal with Minolta," he said.

Whatever the outcome of the Black Isle's foray into the national

leagues, the opposition will find they are up against a dedicated bunch of athletes who show tremendous loyalty to their club.

Added Ray Cameron: "It is a source of satisfaction to us that only one athlete has switched his allegiance, to Inverness Harriers, in the club's seven-year history."

"It gives us a real kick to develop quality competitors like Brian Fraser, a lad who came to us when the club started."

And he named Gordon Morris and Stevie Clark as two youngsters with considerable future potential.

Making history

THERE could be Scottish history in the making when the popular Scolty Hill Race is staged at Banchory on Sunday, June 2.

Unless anyone knows differently, no runner has won an open race on ten occasions.

And that will be very much on the cards if Fraser Clyne elects to go for an event he has won on his nine previous appearances in the five-mile run.

Scolty's continued popularity

was reflected in last year's record and field of 116.

And the race committee were rewarded with three veteran records from Aberdeen AAC runners.

Margaret Stafford set the pace by knocking 40 seconds off the women's over-35 time. Clubmate Olive Fraser continued the trend by reducing the women's over-40 record by 22 seconds. And Ernie Dunster smashed James Youngson's 1980 over-50 men's time by an astonishing 6-57.

Bain bounces back

THE North East's top two road racing names of the last decade are back in the competitive limelight after some time on the sidelines.

Former Scottish marathon champion Lynda Bain announced her return after the birth of her son by running a handful of cross country events.

But the appetite for a challenge came to the surface when Lynda set a new women's record for the Las Plant Craig Dunain six-mile hill race at Inverness in a time of 39-33.

Word has it that Lynda derived the kind of satisfaction that could well see the Aberdeen AAC runner concentrate on the slopes in the coming months.

Reigning SAAA road race champion Fraser Clyne ended his five-month injury battle by repeating his 1990 win in the Aberdeen AAC half marathon. What started out as no more than a training stint ended with Clyne heading a Metro Aberdeen AC 1-2-3 in a time of 69-51.

Sponsorship deal with Asda

METRO Aberdeen AC have lined up their first competitive road race.

The club are to take over the organisation of the Dyce Half Marathon, subject to SAAA permit, which will take place on July 14.

And they have pulled off a sponsorship coup by getting supermarket giants Asda, who have a branch in Dyce, to fund the event.

RUSSELL SMITH

He spoke to someone who cares

ChildLine is the free national telephone helpline for children and young people in trouble or danger.

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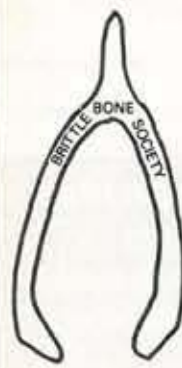
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Take good care of yourself....

Derek Parker discusses the importance of a healthy diet and a stress-free lifestyle.

THERE is far more to a successful coaching programme than the completion of training schedules. Obviously it is important that training and racing objectives are achieved. It is equally imperative that training sessions must accommodate the specific physiological, psychological, and tactical requirements of the athlete's chosen event. And they must ensure that he or she is at peak form for the most important competitions on the racing calendar. It is no use being fully fit at the start of the season then going into a training or racing trough a few weeks later when major championships are about to take place.

But in my opinion, the most vital role of the coach is to ensure that nothing goes wrong in an athlete's race preparation and to know precisely what to do if problems do occur. It is not my intention to discuss in detail medical matters in this article. These are the domain of doctors and anyone who has any misgivings about his or her health should always consult a medical practitioner before proceeding with training and racing programmes.

All I intend to say here is that athletes must ensure that their diet includes adequate amounts of iron, Vitamin B1, and Vitamin C. Obviously other substances, including carbohydrates, fats, proteins, minerals, and vitamins are essential, but these three are of special relevance to the distance-runner. Approximately 75 per cent of the body's total iron supply is combined as haemoglobin, the pigment which provides the blood with its colour. Haemoglobin unites with oxygen which is breathed in through the lungs and diffused into the bloodstream. The oxygen-rich

blood combining with haemoglobin is then pumped by the heart to the working muscles, allowing the work processes in the form of human activity and exercise to take place.

Quite clearly, if the diet does not provide the athlete with a sufficient quantity of iron, problems will occur when the athlete endeavours to run hard. The medical consequence will be bloodlessness or, as it is known in medical circles, anaemia (from Greek 'an' meaning 'without' and 'haima' meaning 'blood').

The most common symptoms of anaemia in an athlete are tiredness, breathlessness, sleeplessness, a deterioration in training and racing performance, and 'pins and needles' sensations in the hands and feet. These symptoms, if present, should be reported to a doctor who may recommend an iron supplement or intramuscular injections.

Haemoglobin levels in healthy male and female athletes are 15.8 grams per 100 millilitres of blood and 13.7 grams per 100 millilitres respectively. Women especially should be vigilant for anaemia as they lose between 35 to 70 millilitres (approximately 14 to 28 grams of iron) naturally each month.

But men are not immune, as Olympic 10,000 metres bronze medallist Brendan Foster discovered when he left home to attend Sussex University. Living mainly on 'junk food', he became anaemic and suffered dramatic loss of form. So without developing a complex, athletes must adopt a healthy, balanced diet to avoid the onset of anaemia.

Foods rich in iron include corned beef, sardines, eggs, potatoes, lentils, raisins, and

liver. Athletes who are vegetarians must ensure that their diets include vitamins and minerals that are normally provided by meat or fish. It should be remembered that Vitamin C (found in citrus fruits and green vegetables) is necessary for the absorption of iron. It is also essential to maintain a sufficient intake of the Vitamin B complex (thiamin, riboflavin, and niacin) as this is indispensable in the release of energy from food carbohydrates. Foods in which the Vitamin B complex are located include: yeast; cereals; peas; beans; liver; kidney; meat; dairy produce; milk; nuts; fruit and vegetables.

Anaemia can sometimes be caused by the athlete pounding on the feet on hard roads or pavements when he or she runs. This can cause haemoglobin breakdown. The threat of anaemia from this source can be reduced by running regularly on soft surfaces such as fields, parks, golf fairways, and forest trails.

Adequate sleep is an aspect of a training regimen which some athletes tend to overlook. The optimum amount required will vary from person to person so it is up to each individual to assess his or her own requirements. The occasional late night will do no one any harm. However, too many late nights will take their toll sooner or later. When it does, the athlete will be in a stress situation and highly vulnerable to injury or stress-related ailments. So it is important not to deviate too much from normal sleeping patterns otherwise there will be a dramatic decline in training and racing performances. As in so many other aspects of athletics, prevention is better than cure so it is essential to avoid developing bad habits which produce adverse health consequences.

The successful management of stress is a vital function in the role of a coach. Very often athletes are so eager for good results that they are unaware of the onset of stress symptoms. Anxiety arising from work, domestic, social, environmental, and financial situations is cumulative. Sooner or later it will take its toll.

It is the task of the coach to identify these potentially adverse situations and encourage the athlete to ease back on training and racing until solutions have been found to his or her problems. The coach should be willing to help the athlete in every practical and supportive fashion possible to overcome difficulties emanating from any source. This is known as the holistic approach and its objective is the creation - as far as possible - of an anxiety-free environment which will allow the athlete to function at their peak.

So far, I have concentrated on problems which might affect an athlete from sources not directly related to training or racing e.g. faulty diet, unwise sleeping habits, and stress at home, work, college, in one's social life, or from financial worries.

But frequently the cause of the problem when things go wrong is to be located in the training, competitive, and coaching environment. One common example is when

an athlete does not perform to expectations in races. The tendency is for him or her to increase the training load on the assumption that the below-par results were caused by a lack of training. But very often the reverse is true. The athlete may have been racing too much, training too hard, running too many miles, and not allowing the body sufficient time for recovery.

They are probably unaware that recovery sessions and rest days are as essential as hard-effort days in a training and racing schedule.

The concept of knowing when *not* to train or when to reduce the intensity of sessions is usually ignored. The knowledgeable coach will recognise these situations and encourage the athlete to ease back for a while in training, to incorporate easier sessions in schedules, to train in relaxed surroundings such as forest trails or sandy beaches, and to refrain from becoming obsessed about maintaining mileage or adhering strictly to lap times in training.

We can all cope with a certain amount of stress in our lives and very often its presence can increase performance in sport or at work

or college - *if properly managed.*

But knowing when to stop or ease back is the hallmark of the good coach or the athlete of wisdom and understanding. Knowing when to put the foot on the brake is every bit as vital as knowing when to step down on the accelerator - perhaps even more so.

If the training is too boring or monotonous, the athlete can also suffer a loss of form. It is always worthwhile including some untimed fartlek sessions, particularly in rural, mountain, or seaside surroundings, to maintain zest and enthusiasm for running.

Although warm weather training and altitude training have definite physiological benefits, their psychological advantages or also of paramount importance. The change of scenery is invariably the crucial factor so if an athlete can afford a holiday abroad in late or mid-winter it is worthwhile heading for the sun and a warm-weather training vacation to rekindle the flames of enthusiasm. But they must not train all the time or spend too much time in the sun.

Athletes must be careful not to increase

Changing the environment you run in can help to reduce stress.



their training loads too suddenly or to attempt to maintain a high training mileage indefinitely. For example, it would be irresponsible to increase one's mileage from 20 per week to 40 per week in just a few days.

Assuming the athlete has been averaging 20 miles per week time, the best way of stepping up the mileage would be in five-mile increments with 'ease back' weeks to ensure the new load is being assimilated without too much injury risk, e.g. week one - 20 miles; week two - 25 miles; week three - 20 miles; week four - 30 miles; week five - 35 miles; week six - 25 miles; week seven - 40 miles.

So the golden rule is 'always progress gradually'. Even at international level, the athlete should be prepared to incorporate lower-mileage weeks in the training schedule. Much will depend on the individual but, generally speaking, every six weeks or so the athlete should curtail his or her mileage by around 50 per cent for a week to allow regenerative and recuperative progress to take place. It is always better to plan easier weeks in advance rather than have them forced upon the athlete as a result of stress or fatigue.

Problems arising from badly conceived training programmes can occur if the athlete attempts to do high-intensity speed or quality work without building a sound aerobic or conditioning base. This can happen if the runner tries to race too soon after a lay-off then suddenly realises that an important competition is looming near.

The summer track season begins in October, not April. The competitive season starts in April. In the six months before then the track athlete dividing the training and racing year for summer competition should have developed a sound conditioning base plus a judicious blend of skill, technique, and specific practice for competition.

In winter the main training emphasis will be on general endurance and conditioning with some speed work. This keeps the white, fast-twitch muscle fibres working.

In summer, the training emphasis will be on speed and quality work although some general endurance will need to be done to maintain the conditioning levels necessary to enable the athlete to perform consistently throughout the season.

Good conditioning will also assist the athlete to cope with the rigours of heats, semi-finals, and finals in the course of a few hours. The task of the coach and athlete is to develop the correct blend of speed, skill, stamina, suppleness, and strength at the appropriate part of the year - always remembering the maxim that quantity of training precedes quality and that the broader the conditioning base of the physiological pyramid the higher the speed peak at the summit will be.

The proliferation of synthetic all-weather tracks means that most athletes can do track sessions in winter. Those who do not have access to these all-weather track facilities,

however, must always be wary of running too fast too soon if they are limited to the use of school blades or cinder tracks in springtime and summer. They must start their track work gradually. Athletes must always be careful when moving onto different training surfaces as this is a common cause of injury.

I shall conclude by identifying a few reasons for impaired performance which have their origins in faulty racing procedures. Racing hard too frequently can be a major problem. Sometimes the athlete cannot resist the lure of competition. Sometimes he or she might not want to let the team down by refusing to compete.

A healthy enthusiasm for competition and a keen sense of club loyalty are admirable traits. However, there are occasions when the athlete must be able to refuse invitations or requests to compete.

The thoughtful athlete will be aware that allowances will have to be made in a training and racing schedule for competition-free weeks to enable regenerative and recuperative processes to take place.

There will also be phases in hard training weeks when it could be physiologically and psychologically detrimental to impose added stress from racing on a tired body and mind. The ability to say 'no' to certain races is acutely important, particularly if the athlete is

intending peaking for a major competition.

Another cause of diminished racing performance arises when an athlete competes too frequently at the same distance. This can create psychological and physiological barriers. The problem can be overcome by racing under-distance to develop speed and over-distance to improve stamina.

For example, a 1500 metres' runner could include a few 800 or 1000 metres' races to sharpen up with - and a few 3000 or 5000 metres' races to increase staying power. Under-distance races utilise the white, fast-twitch muscle fibres responsible for speed which are very often neglected by middle-distance athletes.

Over-distance work helps athletes to maintain a high level of speed for longer periods of time and reduces the tendency to decelerate too rapidly at the end of a race. Wrong tactics which produce adverse racing results are also a major cause of loss confidence in an athlete.

Most athletes are aware of the need not to run wide or get boxed-in behind opponents in track races. However, some fail to fully exploit their own strengths and permit their rivals to take advantages of their weaknesses. For example, if an athlete is aware there are people with a faster finish in a race, it is pointless for him or her to hang back until the closing

stages and then be left behind in a sprint to the tape. An athlete who is aware of the presence of a faster-finishing rival must ensure that the overall pace is brisk enough to draw the sting from his or her fast-finishing opponent.

Similarly, if the athlete believes he or she is the fastest-finisher in the field, it can be good tactics to slow down the race as much as possible by getting into the front early on and reducing the tempo. Another alternative is to tuck in behind the leaders and remain in contact to the point where the fast-finisher can unleash a sustained sprint finish.

Each athlete must try to control the race as much as possible and place himself or herself in a position where his or her strengths can be best utilised.

In conclusion knowing what can go wrong in training, racing, and in one's personal lifestyle is the best way of ensuring that the risk of performance-impairing stress can be avoided. Prevention is always better than cure.

Erratum: My apologies for prescribing a session of 2 x 3 x 500 metres in 70 to 72 seconds with 45 secs between reps/5 mins between sets for an athlete aspiring to 1500 metres in 4-30. (Scotland's Runner, April 1991). The correct training targets should, of course, have been 90 to 92 seconds. My thanks to Bill Gentleman for drawing this to my attention.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 mins cc
Monday: 75 to 90 mins fartlek inc 20 secs fast (15 secs jog) + 40 secs fast (30 secs jog) + 60 secs fast (45 secs jog) x 8 sets + 6 x 10 secs stride/10 secs sprint (60 secs jog recovery) starting 3 to 5 mins after final 60 secs repetition. Note: 60 secs repetitions should be at 5K pace with 40 and 20 secs repetitions slightly faster than 5K pace.
Tuesday: 5 to 8 miles steady.
Wednesday: 10 miles steady with hills.
Thursday: 5K session (6 x 800 metres with 30 to 45 secs recovery + 1 x 200 metres full effort starting 30 to 45 secs after 800).
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 8 x 3.5 mins at 10K pace with 45 to 60 secs jog recovery.
Tues, Wed and Fri: As Week One.
Thursday: 3K session (8 x 400 metres with 30 to 45 secs recovery + 3 x 150 metres full effort with 250 metres jog recovery starting 5 mins after final 400).
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 (15 and 20 secs jog alternately) + 60 secs fast (30 and 45 secs jog rec alternately) x 12 sets + 3 x 10 secs sprint (60 secs jog rec) starting 3 to 5 mins after final 60 secs.
Note: 60 sec rep should be at 5K pace with 30 sec efforts at slightly faster than 5K pace. Each 30 and 60 sec series a single set.
Tues, Wed, and Fri: As Week One.
Thursday: 1500 metres session (2 x 4 x 400 metres with 30 to 45 secs recovery between repetition/5 mins between sets) + 3 x 150 metres full effort with 250 metres jog recovery starting 5 mins after final 400).
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 (60 secs jog rec) + 4 mins fast (2 mins jog rec) x 3 sets + 6 x 10 secs stride/10 secs sprint (60 secs jog rec) starting 3 to 5 mins after final 4 mins repetition.
Note: 4 mins reps should be at 5K/10K pace with 2 mins reps at 1500/3K pace.
Tues, Wed, and Fri: As Week One.
Thursday: 1000 metres at 5K pace (45 to 60 secs rec) + 200 metres at 1500m pace (30 to 45 secs rec) x 4 sets + 1 x 200 metres full effort (30 to

45 secs after final 200 of final set).
Saturday: Race or 12 to 15 miles steady.

CLUB ATHLETES

Week One

Sunday: 75 to 120 mins cc
Monday: 60 to 75 mins fartlek inc 20 x 30 secs fast with 30 and 60 secs jog rec alternately.
Tuesday: 20 to 30 mins easy.
Wednesday: 6 to 10 miles steady with hills.
Thursday: 5K session (6 x 800 metres with 45 to 60 secs rec + 1 x 200 metres starting 45 to 60 secs after final 800).
Friday: Rest or 10 to 15 mins easy.
Saturday: Race or 8 to 12 miles steady. Morning runs, if done, should be of 20 to 30 mins duration, two to three times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 30 secs fast (30 secs jog) + 60 secs fast (60 secs jog) + 90 secs fast (90 secs jog) + 2 mins fast (2 mins jog) x 2 sets + 6 x 10 secs sprint from rolling start (jog 60 secs) beginning 3 to 5 mins after final 2 mins rep.
Tues, Wed, and Fri: As Week One.
Thursday: 3K session (8 x 400 metres with 45 to 60 secs recovery + 3 x 150 metres full effort (250 metres jog recovery) starting 45 to 60 secs after final 400).

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 20 secs fast (20 secs jog) + 40 secs fast (40 secs jog) + 60 secs fast (60 secs jog) x 5 sets + 6 x 10 secs sprint from rolling start (jog 60 secs) starting 3 to 5 mins after final 60 secs.
Tues, Wed, and Fri: As Week One.
Thursday: 1500 metres session (2 x 4 x 400 metres with 45 to 60 secs recovery between repetition/5 mins between sets) + 3 x 150 metres full effort with 250 metres jog starting 5 mins after final 400).
Saturday: 8 to 12 miles steady. Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc 10 x 60 secs fast (45 secs jog) + 6 x 10 secs sprint from rolling start (60 secs jog) starting 3 to 5 mins after final 60 secs.
Tues, Wed, and Fri: As Week One.
Thursday: 1000 metres at 5K pace (60 to 90 secs recovery) + 200 metres at 1500m pace (45 to 60 secs recovery) x 4 sets + 1 x 200 metres full effort (60 to 90 secs final 200 of final set).
Saturday: Race or 8 to 12 miles steady. Morning runs as Week One.



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Hilary Bennett previews the amateur and professional Highland Games circuits.

THE build up to the 1991 Highland Games season has been marked by appeals from four professional athletes to the SAAA for reinstatement to amateur status.

Shettleston's Alan Pettigrew should be a particularly prominent figure on the circuit if allowed back. The Scottish shot champion has also held the SAAA's heavy events title. He made the switch to the pro ranks in 1989, but a knee injury held him back and there are reports that he is unhappy with the considerable amount of performance drugs allegedly taken by competitors on the professional side.

Last year's Scottish Championship was marred by the disqualification of top amateur thrower Mark McDonald of Dumfries. He had taken a banned drug for the relief of a heavy cold and was subsequently stripped of his position in the championship which was filled by third placed Alan Anderson of Ayr Seaforth. Outright winner was Glasgow's Lawrie Nesbit, who is

tipped to retain the title this year.

However, Nesbit faces stiff competition from McDonald, who has been training hard with the incentive of having a score to settle after last year's drama.

A new face to watch out for on this season's amateur circuit which begins in Gourrock on May 12 is last year's Scottish youth discus champion Eric Lister. His father, also Eric, normally competes in the Games in the north but should he travel south this year, father and son could meet in competition.

Optimistic hopes for last season's coaching scheme initiated by the Highland Games commission were dashed as the scheme did not get off the ground, partly due to organisational difficulties.

The professional season starts on May 25 at Blackford and should include highly entertaining track performances with William Beattie of Wick and Edinburgh's David Wilkinson anxious to hold on to their titles - with David Bradley of

Inverness and Jim Thomson from Markinch in hot pursuit.

New competitors to look out for in events up to 400 metres are Robert Oliver (Ayrton) and Euan Hastie (Selkirk), who both performed well in last year's youth events, while Cowdenbeath's Stuart Reid and Gary Hutchieson of Markinch are in contention for the longer distance events.

On the heavyweight circuit, last year's league winner, George Patience (Tain) will have to keep a wary eye on Kevin Thom (Dalbeattie) and Alastair Gunn (Halkirk) who were second and third last time around.

All three are hoping to be amongst the medalists at the SGA World Heavyweight Championship to be held this year at Balloch Highland Games on July 13. The professional season will wind down on September 21 with the last venue being Invercharron.

Saturday May 25 sees the start of the World Series international circuit, with the Roche's Carnock Games at Kilbirnie.

The major event in this

programme will be the World Highland Games Heavy Events championship which will be held at Callander on August 3-4.

The championship has been running since 1973 and has been contested in several parts of the globe attracting names including Iceland's Jon Paul Sigmarsson, reigning champion Jim McGoldrick of California, and the formidable Joe Quigley.

This year's event has been organised by Callander Round Table and sponsored by the Milk Marketing Board and Glenfiddich.

Other international entrants are Tjalling Van Den Bosch from the Netherlands, Denmark's Henning Thorsen and David Huxley (Australia's number two after Quigley). Scots hoping to make an impact at Callander are George Patience, Chris Black, and Peterhead's Francis Brebner.

Sigmarsson, Van Den Bosch and England's Jamie Reeves are also expected to make an appearance at the Renfrew District International Highland Games at Seedhill, Paisley, on June 1.

CITY OF ABERDEEN HIGHLAND GAMES

SUNDAY 16TH JUNE 1991
HAZLEHEAD PARK FROM 10 a.m.
ATHLETICS • CYCLING • HIGHLAND DANCING • PIPING • LIGHT FIELD EVENTS CHAMPIONSHIP • HEAVY EVENTS • TUG OF WAR • WORLD CABER TOSSING CHAMPIONSHIP •

For further details contact City Arts Department, St. Nicholas House, Broad Street, Aberdeen. Telephone (0224) 276276 X2475.

HELENSBURGH PEOPLES HALF MARATHON

(Under SAAA/SWAAA/SWCC & RRA Rules)
SUNDAY 21st JULY STARTING AT 9.30 a.m.
FAST AND FLAT COURSE
SEAFRONT START AND FINISH
MEDAL & CERTIFICATE TO ALL FINISHERS
PRIZES AWARDED THROUGHOUT FIELD
ENTRY FEE £3.50 (£4.00 UNATTACHED)
RACE LIMIT 500 - ENTRIES CLOSE 18th JULY 1991
DON'T DELAY - APPLY TODAY
TO: SHEILA RAMSAY, 38F EAST ARGYLE ST, HELENSBURGH G84 7RR



SPONSORED BY
DOUGLAS BUCHANAN
INSURANCE



THE CITY OF DUNDEE DISTRICT COUNCIL
LEISURE & RECREATION DEPARTMENT
Presents

DUNDEE HIGHLAND GAMES

Sunday 7th July 1991 • Caird Park Stadium

Events include
100 metres, 200 metres, 800 metres, and
1600 metres Handicap

Youths 90 Metres and 1600 Metres
Light field events - Long Jump, High Jump, Hop, Step & Jump

For entry forms and further details please contact the Leisure & Recreation Department, Earl Grey Place, Dundee
Tel: (0382) 22729

114th NAIRN HIGHLAND GAMES

WITH
THE NAIRN HALF MARATHON

Sponsored by

G. M. PETROL SUPPLIES

on the Links, Nairn
Saturday 17th August

Invitation Tug-of-War, Athletics, Piping, Dancing,
Cycling, Nairn Pipe Band, and of course, the Heavies

Further information from Danny Bow, 18 Glebe Road, Nairn, IV12 4ED
(0667 52208 after 6pm)

INVERNESS HIGHLAND GAMES

Inverness District Council
Leisure & Recreation Department
presents

INVERNESS HIGHLAND GAMES

Saturday 13th July 1991

at Bught Stadium, Inverness

The Inverness Highland Games includes Athletics Events, male and female up to 800m, Cycling, Heavy Events inc. Scots Hammer and Caber, Tug-of-War, Pipe Band and Northern Open Piping Competition and general family entertainment.

Entry is at the gate: Adults £2.50, Juveniles (Under 16) & OAP's £1.00.

Further details from Leisure & Rec. Dept. Town House, Inverness IV1 1JJ
(0463) 239111. Ext. 224

CUPAR HIGHLAND GAMES

* Duffus Park, Cupar, Fife *

1pm, 7th July, 1991

(under SAAA, SWAAA, SOHDA, SWCCA, RRA Rules)

PIPING, DANCING, HEAVIES, TUG OF WAR, TRACK & FIELD, REFRESHMENTS AND AMUSEMENTS.

SEC: David Martin,
Edenwoodend,
Cupar, Fife
(0334) 52069
(0334) 54195

Entries to: Jack Weir,
16 Tarvit Ave,
Cupar, Fife
(0334) 53451
(0334) 53215

Trade Stalls:
L. Sharpus-Jones,
Old Largowood Cottages,
(Largowood) 376

Rosneath & Clynder (Dunbartonshire) Highland Games

Clachan Park, Rosneath

SUNDAY 14th JULY, 1991. Gates Open 10.30 a.m.

Local area now includes Argyllshire and West Dunbartonshire

HEAVYWEIGHT COMPETITION

HIGHLAND DANCING commences 11.00 a.m.

LOCAL FIELD EVENTS

OPEN TRACK & CYCLING EVENTS 1.00 p.m.

OPEN HEAVY EVENTS 1.00 p.m.

LOCAL TUG-O-WAR, HILL RACES, PIPE BAND

Over £2000 in Prize Money and Trophies

Competition in Open Track, Cycling and Heavy Events will be presented at £1.00.
Entry money: Adults £2.00, Children £1.00, OAP's £1.00.
Handicapper: Mr ANDREW MITCHELL, 20 Kew Road, Kew, Fife, Tel: 0535 50500.
Secretary: Mrs E. BLANCH, Inverclyde, Renfrew, 0464-831520.
Sponsor: Mrs M. MITCHELL, 20 Kew Road, Kew, Fife, Tel: 0535 50500.

KINCARDINE AND DEESIDE DISTRICT COUNCIL

STONEHAVEN HIGHLAND GAMES

Sunday 21st July, 1991, at 11.00 a.m.

Mineralwell Park, Stonehaven

Entries accepted on the field for
Heavy Events, Light Events, Piping
and Dancing (S.O.B.H.D.)

Lonach Highland and Friendly Society • (Established 1823)

The 149th

Lonach Highland Gathering and Games

will be held in
BELLABEG PARK, STRATHDON, ABERDEENSHIRE
SATURDAY 24th AUGUST, 1991

Commencing at 1pm

68 DIFFERENT EVENTS

including Piping (Adult and Juvenile), Dancing, Caber, Hammer, Weights & Running
GOOD PRIZE MONEY: 6 PRIZES FOR PIPING, HEAVY & LIGHT EVENTS

See Posters Later

SPECIAL ATTRACTION - MARCH OF THE LONACH CLANSMEN

Some 100 strong, headed by Pipe Bands

Don't miss this, the only one of its kind in Scotland!

Muster at Bellabeg at 7.30am. March off 8am
Secretary: G.C. McINTOSH, Donview, Strathdon, Aberdeenshire. Tel: 09752 302

BUTE HIGHLAND GAMES

at the PUBLIC STADIUM, ROTHESAY
SATURDAY 24th AUGUST 1991

Commencing at 11 a.m. approx.

Open Athletics 1.30 p.m. approx.

Athletics (male/female), Highland Dancing, Wrestling, Pipe Band Contests (all grades), Drum Majors' Contest (Adult and Juvenile)

ADMISSION (NON COMPETITORS): Adults £2.00; OAP & Children £1.00

GRANDSTAND EXTRA

Entries close Monday 5th August 1991

Sec: MR GORDON SUTHERLAND, BIRGIDALE, KINGARTH, ISLE OF BUTE,
PA20 9PE. TEL: 0700 - 83610

TAYNUILT HIGHLAND GAMES

at Sports Field, Taynuilt on

SATURDAY 27th JULY

Open & local Piping commences 12 Noon

Highland dancing (S.O.B.H.D.) commences 12 Noon

Local Heavy weights and Final of Argyll Junior Championship
commences 11a.m. - Pipe Band march 1p.m. - Track & field events
follow - Prize money £1000 * Admission £2.00 * OAP/Child £1.00

* Additional prize money if any Field Records broken in heavy events
** £50 Bonus for Tossing the Taynuilt Games 'untossed' Caber!

Free Car Parking Contact:

MRS THOMSON (TAYNUILT) 431

PITLOCHRY HIGHLAND GAMES

SATURDAY, 14th SEPTEMBER 1991

Commencing 11.00 a.m.

RUNNING • CYCLING • JUMPING • SOLO PIPING •
HIGHLAND DANCING • HEAVY EVENTS • TUG-OF-WAR
• GRADE 1 PIPE BAND COMPETITION •

Handicapper: Mr Andrew Mitchell, 10 Aitken Ave, Queensgate,
Kelty KY4 OBE. Tel: 0383 830245

Secretary: D. McLauchlan, Easter Auchlath, Pitlochry.
Tel: 0796 2207

NO TRADE STALLS

GLENURQUHART HIGHLAND GATHERING AND GAMES

(Under SAAA, NDSAAA, SWAAA and SCU Rules)

at DRUMNADROCHIT ON SATURDAY 31st AUGUST 1991

LOCAL EVENTS commencing at 11am - OPEN EVENTS at 1.30pm.
1 Open Road Race (Inverness to Drumnadrochit, distance 15 1/2 miles. Leaving Inverness at approx. 12.45pm.
2 Ladies 100 Metres (N of SHCC)
3 Ladies High Jump (Scratch)
4 Ladies 400 Metres (Scratch)
5 Under 15 (Girls) 100 Metres
6 Ladies 200 Metres (Scratch)
7 Ladies 800 Metres (Scratch)
8 Ladies Shot Put (Scratch)
9 Ladies Long Jump (Scratch)
10 Ladies Relay
11 100 Metres Handicap
12 200 Metres (Scratch)
13 400 Metres (Scratch)
14 800 Metres (Scratch)
15 1600 Metres (Scratch) Youth
16 1600 Metres (Handicap)
17 Triple Jump (Scratch)
18 High Jump (N of SHCC)
19 Long Jump
20 Men's Relay
21 Adult Scottish Race (250 Metres)
22 Putting the Shot (16lb)
23 Throwing the Hammer (Scratch)
24 Tossing the Caber
25 Throwing 28lb Weight for Distance
26 56lb Weight Over the Bar (also N of SHCC)
27 800 Metres (Scratch)
28 1500 Metres (Handicap)
29 3000 Metres (N of S Church)
30 De 2' 6" the Hindmost
31 800 Metres (Juvenile)
32 Hill Race (McLennan Challenge Cup)
1.30pm Official Opening
Value of prizes: £20, £25, £20
ENTRY FEES: 50p per event. Road Race £3 (Refunds to all finishing race). Most events also carry sponsor prizes
Close of entries for Scottish entries - 20th August 1991
NOTE: No competition will take place unless there are four or more competitors.
Please return all Entry Forms before 15th August to the Secretary: Mr H. MacDonald, "Woodhall", Lamlash, Drumnadrochit
(Telephone: Drumnadrochit 48)

International HIGHLAND GAMES

BLANTYRE & DISTRICT ROUND TABLE

BARDYKES FARM, BLANTYRE. SUNDAY 2nd JUNE 1991

Gates open 11.30 a.m. Official opening

by Games Chieftain 1.00 p.m.

ATTRACTIONS INCLUDE:

World class Heavyweight Events (Jamie Reeves, Sigmarsson etc).
Schools Races, Highland Dancing, Fun Fair etc.
SPECIAL FEATURES - Sky Chaw Aerobic Display, Gale Gordon - World's First
Ladies Stunt Champion and Clown Ben Lester and his comedy car.

A GREAT DAY OUT FOR ALL THE FAMILY

SURVIVING *the* HEAT

AT 34, Hammy Cox has been running competitively for 19 years and over the past few years has earned himself a reputation as one of Scotland's better distance runners.

Cox, a civilian mechanic with the police in Greenock, spent his formative years as a track athlete, concentrating on 800 and 1500 metres. At 15 he was the fastest senior boy in Scotland over 1500m with a personal best of 4-13, and throughout his teens also held a number of Scottish schools and club titles over 800m.

"My father was a good athlete and he gave me lots of encouragement," says the Glenpark Harrier whose own children, Graeme, 16, and Jill, 14, have distinguished themselves as junior and schools athletes.

Cox made the move from track to roads four years ago. His first half marathon attempt was at Luddon in 1987 - and not only did he win but he broke the course record! With the event now a 10K, his half marathon time of 64-31 presumably cannot be bettered.

"I suppose I should have increased my distance years before I did," he now reflects. "Until 1987 I was still battling away on the track and getting nowhere."

Having found his niche somewhat later in life than he might have liked, Cox didn't waste more time making his mark. After his revealing debut at Luddon he decided to test his capabilities over the full 26 miles by entering the Glasgow Marathon, and though his preparation didn't go as intended he nonetheless managed an impressive third.

"Three weeks before I was due to run, I injured my ankle," he recalls. "I tripped my number up thinking I wouldn't be able to enter and resigned myself to being a spectator. Then the day before the race I decided I wasn't feeling too bad and that I'd give it a go. Really, in the circumstances - all my preparation having gone haywire and my fitness not up to scratch - finishing at all was a bonus but getting third place in 2-19-43 was great!"

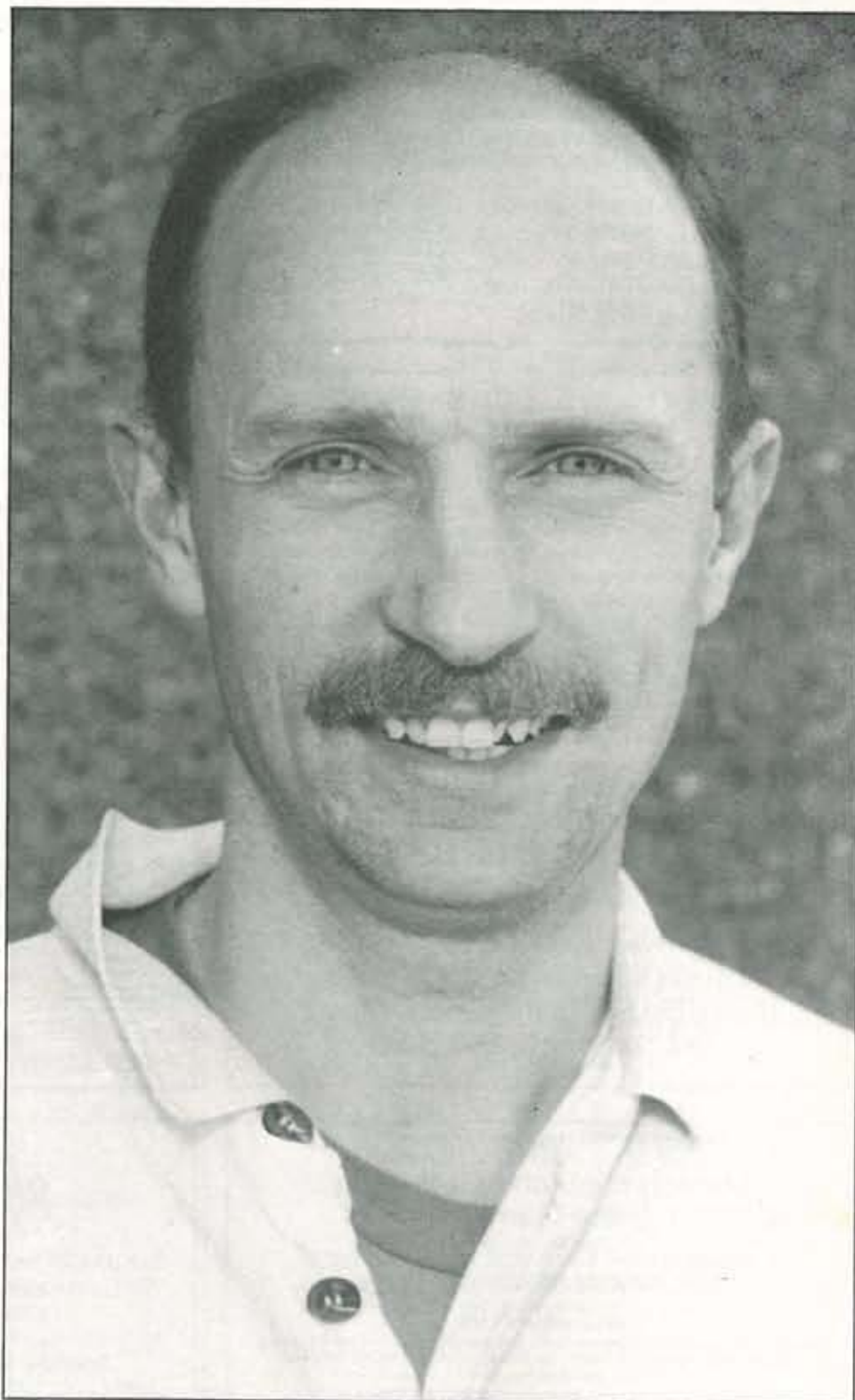
It seems that since rediscovering athletics success at 30, Cox has blossomed. He is adamant, however, that he wouldn't have achieved nearly as much had it not been for forging a successful coach-athlete relationship with Joe Haverson in the aftermath of the 1988 Warsaw Marathon.

As British team manager for the event, Haverson impressed Cox with his solicitous attitude towards all the athletes under his care. Foreseeing there wouldn't be much of the right type of food available in Poland, the manager had taken plenty of it himself and duly doled it out to the UK athletes when the reality of what they could eat struck home.

"I'd never met an official who cared so much," comments a somewhat wry Cox. "He watched over all of us but in such a way that I

Margaret Montgomery talks to Greenock athlete Hammy Cox.

Photographs by Robert Perry.



Though he has been running most of his life, Hammy Cox's career took off when he switched from track to roads.

didn't feel patronised or lose self confidence."

By his own admission, the Greenock athlete "didn't have a clue" at that time about good marathon preparation and race tactics. Asked by Haverson prior to the race what time he hoped to run it in, Cox responded he was looking for a 2-16. What he hadn't thought about, and what Haverson pointed out to him, was the heat.

"It was 80 degrees," recalls Hammy with a laugh. "Joe advised I take half a minute off my time for every degree of heat over the temperature I was used to. He suggested I tried for 71 minutes at the half way stage - I was going for 68. In the end I took his advice and even doing that I was surviving and no more over the last mile. If it hadn't been for him, I'd never have finished."

Haverson was also keeping a bemused eye on the Scot's eating habits. A self-confessed "junk food junkie", Cox prepared his body for the Warsaw event on its usual diet of fried and fatty foods. Haverson said nothing until after the race, then pointed out that the Glenpark Harrier was probably running at only 80% of his full capability eating as he did.

During a five week rest period following Warsaw, Cox had time to reflect on Haverson's comments and guidance. He then phoned Haverson and asked him to be his coach. A strictly low fat, high fibre, diet followed and Hammy lost 12 pounds in two weeks.

"I couldn't believe it when I first ran at my new weight," he says. "I felt so much healthier and there was a marked improvement in my performances."

As an example, he quotes the British Airways 10K at Bellahouston, where he came fourth in a quality field behind Nat Muir, Allister Hutton, and Chris Robison.

"Before I would have been lagging a minute

behind that lot," he says. "This time I was a very close fourth - there were about three seconds separating the lot of us."

Hammy says luck has played a big part in his athletics progress. Had he not met Joe Haverson he feels he would have continued approaching distance running the wrong way, and might have become discouraged and given up when his times didn't improve. As it is, he not only found encouragement and guidance from Haverson but also from fellow runner Gerry Helme.

The latter, who wears the hat of promotions manager with New Balance, was responsible for encouraging Cox to run in international races abroad. He also arranged a sponsorship which provided your man with a year's supply of New Balance clothing and shoes.

"I met Gerry at the Derry Half Marathon in 1988," explains Hammy. "After the race he asked me what races I was planning for the rest of year. When I told him my plan was to run the Dublin Marathon in six weeks he was horrified and said I needed to run half marathons and 10K races on a regular basis to build up to an event like that."

"He said he'd find me some races abroad and before I knew it he was ringing up telling me I had a place in a ten mile road race in Holland the following week. Two weeks after that I was running in a ten mile road race in Germany."

The relationship forged with Helme has continued and even today Helme is largely responsible for the Greenock athlete's participation in prestige races abroad.

"I thought that to appear in the sort of races Gerry was talking about you'd have to be an

Since finding a coach and racing abroad, Cox's form has improved dramatically.



Happy days. Hammy with the crack Greenock Glenpark relay team of Alan Puckrin, Tommy Murray, and Peter Russell at Bellahouston Park in 1988.



Allister Hutton. If it hadn't been for him I'd still be making do with two mile cross country races in Scotland - which aren't really enough. On the whole I don't think there's enough encouragement or advice available to Scottish athletes. After all it was just luck that I met Gerry."

Cox says that the fear of disappointing his friend after he has gone to the trouble of securing him a place in a big race abroad is usually more than enough to make him turn out a good performance. He is also convinced that the higher number of quality races he now runs has played a major part in his development as an athlete.

"When I went to the 1988 Dublin Marathon



Despite feeling aggrieved at not being chosen to represent Scotland in the winter, Cox says he harbours no grudges.

Jimmy Flockhart Memorial Race, the Glenpark Harriers Willow Bowl, and the Ceba Geigg Road Race, plus second places in the Nigel Barge and the Bill Elder Memorial 10K.

Despite his consistent road and cross country form, Cox was overlooked for every cross country international during 1990-91. It is a subject which he feels very strongly about - not least because he claims there has been a fair measure of confusion surrounding the reporting of what he has, and has not, said on the matter.

"It's true I said I didn't want to run for Scotland again at the West Districts, but it was just one of those heat of the moment things. I was completely sickened at running so well and being passed over for the national side," he says.

"What had particularly aggravated me was that there had been a late call off for the international at Mullusk two weeks earlier. The person who was asked to step in to the team hadn't beaten me all season.

"The selectors tried to tell me they picked someone who had no family and who they thought would be available at short notice. But as everyone knew, I was intending running that day anyway - in the Nigel Barge. I was prepared to put that before family commitments so I'd obviously have put the Mullusk meeting before them."

Though Cox admits he lost his cool at the West Districts (he distinguished himself by refusing to accept his medal) he says he later calmed down enough to make it known that he wanted to run in the UK cross country trials. He says this intent was picked up - mistakenly - as the inter-counties event by a well meaning journalist who in turn informed the selectors. The net result was, according to Cox, that he looked like a "complete turkey" who didn't know his own mind.

"I was duly asked to go to the inter-counties, but I'd already arranged to spend the morning of that day taking my daughter to a race," he says. "There was just no way I could go."

"I explained to international team manager Jim Scarbrough that it was the trials I was hoping for a place at. Unfortunately though, nobody ever got to know about the mix-up and it looked as if I'd turned down the very thing I'd wanted."

Having performed well at the West Districts, and with a good cross country season behind him, Cox was convinced that his wish to go to the trials could not be overlooked. He says he was supported in this belief by SCCU secretary Ian Clifton, who indicated that the way to ensure getting to the trials was to run well at the West Districts, after which the team was always picked.

Despite this alleged assurance, Cox was - once again - overlooked. He remains bitter about the circumstances:

"Normally the team gets printed in the paper very soon after the West Districts but this time it didn't go in for nearly two weeks," he says. "In

the meantime I found out that a number people had been phoned and asked to be part of the team.

"It's my belief they held off choosing the team as long as possible in the hope that they could pass me over. In the end it included a lot of people who weren't running nearly as well as me. Out of the final nine they chose I should have been about fifth. At the last minute I was made second reserve."

Having put his version on the record, Cox adds ruefully that he really just wants to forget it ever happened. And despite everything, he says, he bears no personal grudges.

"I don't have anything against the guys who were picked over me, even though some of them weren't running as well as me at the time. It's not their fault and I dare say if I were asked to represent Scotland over and above Allister Hutton I'd probably do it even though I'm not his standard."

"I realise also that it's probably only a matter of time until a lot of them overtake me anyway - they're young with lots of potential and I'm 34. But then that's what is so hard to swallow about the whole thing - it might have been my last chance to represent Scotland at cross country."

Despite the rumpus surrounding his recent performances, Cox remains as dedicated an athlete as ever, usually training seven days a week and showing no signs of disillusionment with the sport.

In many ways, his life revolves around athletics. Between Monday and Friday he pounds an average of 16 miles a day. Weekends when not spent in further training are devoted to races - running them and getting to and from them.

But, for all this, Cox remains very much a family man, managing to keep his athletics from interfering too much with the rest of life. Organisation is the key word, with the bulk of training taking place during lunch hours and before getting home at night.

"I run home from work and get in before my wife does," says Cox. "In fact I'm the one who makes the tea. At weekends I often race or train on a Saturday, but my wife works most Saturdays anyway. On Sundays I get one big run in before lunch which leaves us the rest of the day to ourselves."

A balanced, unobsessive attitude. But then, for all the controversy he has managed to immerse himself in, Hammy Cox seems to me that sort of man.

WEEKLY TRAINING SCHEDULE:

Mon - Thurs: Ten miles lunch time; six miles home in evening.
Mon/Tues: 10 x 1,000m with one min recs. 12 x 800m, one min rec.
Fri: Ten miles, or four, if racing Sat.
Sat: 12 miles plus 20 x 400m with half min recs - if not competing.
Sun: 14 - 20 mile run.

TURNBULL'S "world best"



Eventual winner Geoff Turnbull (far right), being pursued in the early stages of the 10K race by David Donnett (centre) and Nat Muir (rear) who took second and third places respectively.

Margaret Montgomery was at the Brightside Festival of Running, where the clock was the major talking point of the day.



Chris Steel of Victoria Park surges home to a convincing victory in the 3000 metres.

FOR a man who had apparently just broken the world 10K best, Geoff Turnbull of Gateside's Valli Harriers was surprisingly subdued.

The reason, it transpired, was that the Brightside Festival of Running's "10K" course was approximately quarter of a mile short - the route, on police orders, having been altered only a week before the event on April 28.

Fortunately, Turnbull had realised

the inaccuracy before celebrating his "vastly improved" time - not to mention his world best.

"I feel remarkably comfortable," was the bemused athlete's comment on his post-race condition. "My time's well over a minute faster than my winning time last year, but I'm not sure about the accuracy of the course."

Turnbull's time of 27-12 was actually shown as 28-12 on the somewhat

disconcerting overhead clock which was running a minute fast. There were more than a few disheartened faces amongst competitors as they crossed the finishing line in what appeared, by their own watches, to be a good time, only to find out that they had apparently run a minute slower than they thought.

Despite the rather haphazard organisation and ensuing confusion amongst athletes and spectators alike,

the 10K and preceding 3000 metre race for younger runners made good viewing.

Gary Nagel, who took second place to Turnbull in the 1990 10K, provided his fellow Valli Harrier with a steady challenge in the early stages of the race, heading up a leading pack which also included Springburn's David Donnett and Shettleston's Nat Muir. However, none of them were able to keep pace with the eventual winner as he broke away at the 4K mark and maintained a solid lead from there on in.

"I had expected a harder race," commented Turnbull. "In particular I was

expecting more of a challenge from Gary."

City of Glasgow's Sandra Branney underlined her recent return to form by finishing first in the women's race ahead of clubmate Janet Swanson and Shettleston's Elaine McBrinn. Ironically Branney, who ran neck in neck with Swanson until making a decisive break at the 6K stage, was using the course as the first accurate test of her fitness this season.

"It's hard to assess how you're doing over the sorts of distances I've been running - 5.6 miles and so on. This is the first time I've run a standard race this season," said Branney, adding that she felt "fittish" -

though perhaps not quite up to scratch for the marathon she had originally planned for the autumn.

"I'll just see how it goes," she said. "If I keep improving through the summer then I'll go for a marathon in the autumn. Otherwise I'll just concentrate on 10K's and shorter distances."

Meanwhile, in the young athletes' 3000 metres event, Victoria Park's Chris Steel and Airdrie Harrier Carrie Linden were first boy and first girl home respectively, both of them establishing decisive leads early on in the race.

FOR FULL RESULTS SEE P35

Sandra Branney (rear) and Janet Swanson (1046), battling it out in the women's race.

Never too young! One of the youngest competitors reaches the finishing line.



Photographs by
Robert Perry

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5 South Mount Street
Aberdeen
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AB2

Sporting Look
288 High Street
Arbroath
Tayside
DD11

Finnies Sport
(Finnies Ayr Ltd)
42 Fort Street
Ayr
Strathclyde
KA7

Clubsport (Dundee) Ltd
The Wellgate
Dundee
Tayside
DD1

The Dundee Runner
116/118 Logie Street
Dundee
Tayside
DD2

C & G Sports
79 High Street
Dunfermline
KY127

Colin Campbell
55 Ratcliffe Terrace
Edinburgh
Lothian
EH9

Colin Campbell Sports Ltd
68 Inverleith Row
Edinburgh
Lothian
EH3

Eurosport
Unit L19/20 Waverley Market
Princess Street
Edinburgh
Lothian
EH1

Insport
Kinnaird Park
New Craighall
Edinburgh
Lothian
EH15

Sportswise (Intersport)
The Murray Cleaver Business Centre
Unit 4, Duke Street
Galashiels
Selkirk
TD1

Greaves Sports Ltd
23 Gordon Street
Glasgow
Strathclyde
G1

Greaves Sports
80 Sauchiehall Street
Glasgow
Strathclyde
G2

Rackets & Runners
81 Hope Street
Glasgow
Strathclyde
G2

Run-a-Way Sports
142 Sinclair Drive
Langside
Strathclyde
G24

Marathon Sports
16 Laird Street
Greenock
Renfrewshire

Joe Forte Sports
65 High Street
Haddington
East Lothian
EH41

Turnbull Sports
10 Church Street
Inverness
Highland
IV2

Colin Campbell Sports
Balinvarich
Isle of Benbecula
Outer Hebrides
PA83

County Sports (Perth) Ltd
12/14 St John Street
Perth
Tayside
PH1

Runsport Ltd
97 Barnton Street
Stirling
Strathclyde
FK8

Turnbull Sports
31 High Street
Thurso
Highland
KW14

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WIDTH SIZING CHART				
RUNNING	WOMEN	2A	B	D
	W997			
	W740			
	W676			
	W650BY			
	W526			
	W500			
	W495			



INVERNESS HARRIERS are the emerging club

As the 1991 track season gets into full swing, John Lunn of Leeds City AC gives Scottish clubs something to aim for by publishing his annual, and often controversial, Scottish men's club listings.

MY last list for Scotland's Runner was two years ago. Since then I have, from all angles, been entangled in the eligibility problems caused by the ludicrous (I still say it, and you won't easily change my mind) secondary first claim rule.

However, I've worked out successfully in my own mind how to deal with it, and in some ways the above is the first really accurate Scottish clubs' list I've produced. All secondary - or in some cases even tertiary - first claim athletes have been, as far as I am aware, returned to their original clubs, so what you see is the genuine strength of the 62 clubs listed (the biggest yet).

The basis of ranking (and this is true nationally) is that I have included any club that has been able to fill 20 of the 53 slots on my return sheet from the information available to me.

This information has widened over the last two years; this time I got virtually all the South and North West league results, most of the Grampian, and a fair bit of the North East, hence more clubs listed.

It also might explain why Ellon (with performances largely by young kids) is listed, whereas Orkney isn't (sorry, lads, I looked everywhere and I only found 18 slots!). If I left anybody out I apologise, but the remedy is simple - send me a list!

Now we can see the real strengths, a few things become apparent. Instead of the close battle of previous years, Caledon Park come out easily on top and ESPC don't even hold second - which suggests where their BAL form comes from. (In fact, I'm going to have a little bellyache here - my only one. If the points from members of one particular Glasgow club had been deducted from their score this year, my own club wouldn't have been relegated - and yes, I am bitter.)

The other thing, of course, is that with their score Dundee Hawkhill might still have stood a fair chance of qualifying for the BAL - without bringing in half the world and blowing the whole business sky-high.

Having moaned, I'll now go to my

SCOTTISH MEN'S CLUB LIST, 1990					
1	Caledon Pk	43461	32	Maryhill	24394
2	Aberdeen	40508	33	Kirkintilloch	23882
3	ESPC	40437	34	Garscube	23301
4	Dundee HH	38968	35	Livingston	22938
5	Inverness	38324	36	Cumbernauld	22569
6	Pitheadley	38010	37	Irvine	22372
7	Shettleston	37001	38	Lochgelly	22180
8	Clydebank	36285	39	Law	21339
9	Ayr Seaforth	33780	40	Montrose	21269
10	Clydesdale	33430	41	Nairn	20868
11	Victoria Park	32897	42	Black Isle	20443
12	Cambuslang	32450	43	Stewartry	19202
13	Falkirk Vics	32357	44	Springburn	18760
14	Musselburgh	31717	45	Harlequins	18533
15	Harmeny	31081	46	Arbroath	18160
16	Kilmarnock	30208	47	Larkhall	17708
17	Kilbarchan	29899	48	Ed Spartans	17708
18	Central Reg	29576	49	Peterhead	16742
19	Penicuik	29365	50	Elgin	16405
20	Black Hill	29190	51	Fraserburgh	15989
21	Helensburgh	29176	52	Bathgate	15428
22	Bellahouston	28694	53	Banchory	13969
23	Dumfries	28567	54	Calthness	13842
24	Cumnock	28230	55	Tayside	13753
25	Lasswade	28035	56	Forres	13238
26	Perth SH	27832	57	Avonside	12061
27	Annan	27030	58	Stonehouse	11931
28	Nith Valley	26898	59	Loudon R	11547
29	Fife AC	26897	60	L<C	10475
30	Greenock GH	26138	61	Airdrie	7649
31	East Kilbride	25925	62	Ellon	3958

grovelling apology. Two years ago I was still, due to lack of information, tending to rank Inverness's athletes for their Edinburgh connection, and was taken to task - quite rightly - for so doing.

Now with their presence in the Scottish League, and better feedback, they can be seen in their true light - and of course that's without the odd Black Isler who they've imported. At the present rate what I'm looking forward to now is what might happen in about two or

three year's time - what price Inverness for the qualifier? That would give a few English clubs something to think about. (Me, I'd enjoy the trip.)

In all this, though, you've got to ask - if you're an outsider - what's the matter with Glasgow?

(Apologies, Sir Harry!)

To be precise, why can't the UK's third largest city, with apparently unrivalled indoor, and pretty fair outdoor, facilities, raise a



British League club? As an outsider, I'd advance two principal reasons.

One is, of course, that a Glasgow athlete doesn't have to try too hard to get BAL competition - just join an Edinburgh club secondary first claim.

The other is that there seem to be too many small clubs in Glasgow, and hardly any of them are strong enough to do anything. I don't know enough about the demographic geography of the place, still less about the athletic politics, but I can't really understand the logic of the (say) Maryhills, Garscube, and Springburns of this world. I'd have thought Glasgow could support perhaps two really strong clubs, and one at least would then be up to BAL standard fairly quickly.

I'm fairly sure I'll get shot to ribbons for suggesting it, but at least I've been here before - we used to have three small and weak clubs in Leeds.

I think it comes down to the basic philosophical question which I don't honestly think either athletes or administrators face



often enough - what is an athletic club supposed to do?

My view, for what it's worth, is that it should be providing a useful service to a community by offering those who wish it an extension to their quality of life by providing opportunities for fitness, self-improvement (both physically and in self-esteem), and social pleasure, and it should be using to the best advantage what resources exist in the community.

Perhaps this is pretentious and idealistic, but I have to ask the question of any club. Is there, for instance, any real justification for two clubs in Dumfries, or wouldn't "one track, one club" make more sense? I personally think so - does anybody else, or is it me that's out of step?

One fact about many Scottish clubs is that they often show up less well in these lists because of the leagues they compete in. This isn't meant to "knock" the third level of leagues - they do a useful job, especially in the remote areas, and they do have a positive

virtue in including all ages and both sexes, so tying clubs together as units.

What they don't always do, however, is provide opportunities for their members to compete in all 17 standard events. The difference is easy to tell. Black Hill, for instance, show 19% improvement this year purely because they've had three or four opportunities to take part in events like the steeplechase, whereas in the Edinburgh League they only had the one.

My own suggestion for this - yes, bigmouth rides again - would be to extend the Scottish League downwards by regionalised divisions - say, South West, South East, and Highland.

I've spoken to George Duncan about this, and he reckons the problems outweigh the positives. While I can see his point (especially about the shortage of seniors in some outlying clubs) I still reckon more clubs might give it a shot if they didn't believe that league membership would put too much of a travelling strain on them in the early stages.

I certainly reckon clubs like Black Isle, Nairn, and even Peterhead and Elgin, are worth more than I've been able to record them for.

SO now, after all this philosophising, how do the Scottish clubs stand? The basic answer is: rather better than they did. Perhaps only 8% of the top 200 or so UK clubs doesn't sound too great, but I'd suggest it's about on a par with Scotland's proportion of the British



population, and compared to previous years the percentage has gone up, particularly in the top 100 (this year's eight clubs compares with four, five, and six in the preceding three).

If the number of clubs over 30,000 points has been fairly static (for the same years it's been 13, 15, 17, and 16) the number of clubs hitting that target has risen by 11% in that time.

In terms of 1990 improvement, of course, Inverness stand supreme nationally. Both

Dundee Hawks and Clydebank go up on the strength of "primaries" alone, and the majority of the other top 20 clubs show an improvement, led by Falkirk Victoria (one to watch for in 1991, I'd say) and Harmer.

It will amaze me personally if Dumfries and Annan don't give the Scottish League a bash when you compare their score to the likes of Spartans and Harlequins; the same comment could apply to Nith Valley and Irvine (in my terms, you'd almost have a Division 5 West there!).

Basically, allowing for the geographical difficulties (and, yes, I do know it's further from Inverness to Edinburgh than from Edinburgh to Leeds, and as far again to Wick), the scattered population outside the Lowland triangle (and in parts within it), the shortage of tracks, and the counter-attractions, Scottish track and field seems to be reasonably alive and well, and long may its lum reek.

As for the gentleman who got at me two years ago by pointing out that these lists weren't the be all and end all of measuring clubs - well, sir, I think I've already stated in essence that I agree with you.

If any purpose is served by this lot, it's to encourage clubs to aim for this year's score as a target to beat, to provide a talking point for members over a pint or two, and perhaps to highlight the strengths and weaknesses of our sport in general.

Oh yes - and to keep me out of mischief on winter nights!

(The author wishes to acknowledge the assistance he received in compiling these lists from George Duncan, Denis Shepherd, Dave Lynch, and the divisional secretaries of the SNW League - also to the results service in Scotland's Runner compiled by Colin Shields.)

Scotland's Runner June 1991

JUNIOR PROFILE



NAME:	Stacey Moxey.
DATE OF BIRTH:	October 6, 1977.
SCHOOL:	Portobello High School.
ATHLETICS CLUB:	Edinburgh Woolen Mill.
STARTED ATHLETICS:	Four years ago when a friend asked me along to her club.
EVENTS:	75m hurdles.
PERSONAL BEST:	11.77.
ENJOY MOST ABOUT THE SPORT:	Visiting different places at the weekend.
LEAST ENJOY:	Cross country during the winter.
AMBITION IN SPORT:	To be a professional.
HIGHLIGHT SO FAR:	Obtaining a place in the Scottish junior team - which I've done for the last two years.
FAVOURITE ATHLETE:	Roger Kendal.
FAVOURITE STADIUM:	Meadowbank.
FAVOURITE MUSIC:	Any pop music.
FAVOURITE ACTOR:	Patrick Swayze.
FAVOURITE ACTRESS:	No-one in particular.
OTHER HOBBIES:	Swimming.
AIMS FOR THE FUTURE:	I'd like to be a PE teacher.

Photographs from the 1990 Scottish Championships by Peter Devlin.



Schools Four Countries Cross Country International, Boyle, Republic of Ireland - April 6, 1991.

THE transition for the Scottish Schools team, selected on the springy turf of the Beach Park, Irvine, to the boggy water-logged trails of Lough Key Forest Park in Boyle was not, surprisingly, more than most of the tough young Scottish competitors could handle, writes Alex Jack.

The environmental change from the airports in Glasgow and Edinburgh to the city of Dublin would have been enough for most athletes of this age but Boyle lies on the west coast of the Republic of Ireland. The ensuing 130 mile bus journey from Dublin to the outlying parts of Eire, where the Atlantic wind was accompanied by real Irish rain, made the wearing of wet suits over track suits the designer fashion for the weekend.

The all Ireland schools team, in their own back yard, seemed to thrive in the conditions, and for the first time ever in the 20 year history of the event, took a team first "off" England at under 15 girls level with Scotland third and Wales fourth.

Overall, the Irish took six individual medals from the 12 at stake, to add to their team gold and three team silvers. Eammon Coughlan, the Irish middle distance legend who is now "managing director" of the Republic's new coaching structure

presented the awards and suffice to say was delighted with the performance levels achieved by the contribution of his full-time coaching development officers, who had been working with the national and provincial squads in association with the Northern Ireland BAAB coaches.

(Is any one listening at Caledonian House or at BAAB in Birmingham?)

Pamela Ann Crawley (7th), Stewart Gibson (15th), Isabel Linaker (5th), Louise McCormack (6th) and Geoff Browett (9th) were the highest placed Scottish athletes in the under 15 girls, under 15 boys, under 17 girls and under 17 boys races respectively. The best combined places were those of Isabel and Louise at fifth and sixth in the under 17 girls race.

The race conditions as the cliché goes "were the same for everyone" but the "water splash" (or water jump depending on your steeple chasing abilities) which was 50 metres from the start of the girls under 15 race engulfed our two youngest and lightest runners. While Emma Gorman and Jennifer Ward were being sucked into this muddy basin, the taller and stronger competitors pulled

away. Their reappearance at the beginning of the second lap of the course was more than we were entitled to expect from such young athletes. Emma even managed to pull back to a creditable eighteenth place, which really puts into perspective the determination of this team and the performances of the athletes listed above - short on glory but not on guts.

The spectators' first view of the race finishers (who started off with the normal immaculate international colours of the four competing countries) was of mud-bespeckled, bedraggled, water-logged athletes who looked in no shape to attend the evening disco. Alison Cheyne, however, reappeared in her international blue vest by heading straight for the largest pool of water on the course after finishing, and despite the cold and rain completed her public dowsing act with rain water!

Who invented cross country running anyway?

For full results of this and other schools events see Results P34-36.

Scotland's Runner June 1991

INSport's WINNING FORMULA

RETAILERS specialising in the sale of quality clothing and equipment for the serious sportsman or woman are unfortunately becoming a rarity as more shops cash in on the fashion trends of the 1990's.

One man more aware of this than most is Dave Clark, who owns and manages Insport in Edinburgh's Newcraighall shopping complex along with his wife Jill.

Dave is a qualified PE teacher who has first hand knowledge of a numerous sports and leisure activities, from trampolining and squash to marathon running and rock climbing. It's this background which led him to perceive that there was a gap in the Edinburgh retail market for a sports shop catering for keen sports-people, as opposed to the ardent fashion follower with a penchant for leisurewear.

"There are a lot of shops around which call themselves sports shops but which are really leisurewear specialists," he says. "The problem for those involved with any sport at a reasonable standard is that these shops don't cater for their needs."

A typical example, says Dave, is the difficulty many people have in finding accessories such as laces for their training shoes, mouth guards, ping pong balls, and squash balls. Shops which are aimed at the fashion conscious won't stock these items, essential though they are, because they don't make sufficient profit on them.

It is a mark of Dave's very obvious and genuine enthusiasm for sport that he tries to keep a good stock of any item, no matter how small, that the enthusiast might require.

Not only does he keep mouth guards and table tennis balls, he also has a range of insoles to suit the needs of practitioners of differing sports. Thus there are

insoles for road runners, for aerobics fanatics, and for footballers.

Both Dave and Jill are keen runners. As a member and coach at Dunbar Running Club and a seasoned competitor at most distances, Dave is well qualified to develop a running department at Insport.

"Ideally we'd like to see it taking up about a third of our floor space," he says. "We've found that there is a great demand for a decent selection of shoes and clothes to fit women and children. Curiously it seems that most other outlets reserve choice for male runners."

Dave's commitment to athletics extends beyond his determination to build up a comprehensive running department at Insport. He also supplies free running gear to Donna Palmer, the Scottish pentathlon and long jump champion who competes for EWM, and does likewise for British judo champion, Graham Randall, whose training programme demands that he runs long distances to build up stamina.

In addition, he gives 10% discount to runners affiliated to a club.

"Of course, I'm always willing to negotiate bigger discounts for bigger orders," he adds.

Newcraighall shopping and leisure complex is located on the outskirts of Edinburgh, but Dave is confident that Insport's location is a great bonus.

"We're just off the city bypass and on a number of bus routes," he points out. "What's more, there's lots of parking and parents with young children don't have the problem of busy, traffic-ridden, streets. You can do virtually all your shopping at Newcraighall without having to go near the city centre."

From his experience of having lived and worked in America, Dave is convinced that this is the way shopping will go in Britain over the next 10-20 years. He is also convinced that specialist sports shops like Insport are becoming increasingly necessary in a sports retail market currently dominated by the high street leisurewear stores.

Fine performances despite lower entry



Kathleen Lithgow

SATURDAY April 27 at Grange-mouth Stadium saw the annual Bank of Scotland Universities Championships, writes Gordon Ritchie.

Entries were slightly down on previous years, perhaps as a result of the earlier start to the final exams. Nonetheless, the standard was higher than ever and four championship records were broken.

In the men's events, Glasgow's Glen Stewart clipped a tenth of a second from the 800m record when winning in 1:52.50, following a hard-fought race with team-mate Gerry McCann and runner-up Chris Vernon-Parry (St Andrews).

Pride of place, however, went to the women. Heriot Watt had two notable successes - Nikki Barr in the triple jump with 11.74m and Karen Savill with 41.94m in the javelin. Both were new records, and the girls were also multiple winners with Nikki also claiming the long jump gold (5.46m) and Karen competing a personal hat-trick with victories in the shot and 100m hurdles.

The final record came in a high

quality women's 1500m, where Glasgow's Vikki MacPherson knocked seven seconds from her own record when clocking 4:34.40 to hold off Edinburgh's Katy Rice and Glasgow's Joanna Cliffe.

Other notable performances came from Kathleen Lithgow (Strathclyde) in the 400m, Graeme Smith (Heriot Watt) in the high hurdles and Edinburgh's Jamie Henderson in the 100m (11.2). In the field, David Allan confirmed his good early season form with a 50 metre throw in the hammer. If his sense of humour improves as much as his throwing, he will be a welcome inclusion in the Scottish Universities team.

The match was sponsored for the third year by the Bank of Scotland. Their support has allowed the event to be run without any financial worries, and their encouragement and assistance is greatly appreciated by all athletes. Without it, the fixture would be lost from the calendar. We hope to continue our association with them in future years.

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1. Where is the New Balance manufacturing facility in Britain?
2. Where are the 1991 World Championships to be held?
3. Who was the first British female athlete in 21 years to win a European Championship gold medal in a track event?

Answers

1. _____
2. _____
3. _____

Shoe size: _____ Widths (2A, B, D) men; (B, D) women

Name: _____

Address: _____

Postcode: _____ Tel: _____



April

3

Falkirk DC OGM, Grangemouth -

Sen Men: 200: 1, R Slater (Dum) 22.7; 2, T Nimmo (FVH) 23.3; 3, C Kandasamy (GIU) 23.3; 800: 1, K Idessane (CPH) 1-52.9; 3000: 1, K Rankin (FVH) 9-18.8; 2, E McCafferty (Cam) 9-40.2; 3, M Dobbin (Bath) (Y) 9-48.2; 400H: 1, P Simpson (Pit) 58.4; 2, N Innes (StU) 59.2; HJ: T Golder (Lass) 1.80m. Youth: 200: 1, E Dale (Har) 24.4; 800: 1, T Winters (ESP) 2-03.5; HJ: B King (Lass) 1.60m; TJ: S Bryce (FVH) 11.60m; HT: R McKinnon (QVS) 36.28m; JT: L Newton (Har) 41.36m.

Wom: 200: 1, S Dudgeon (ESP) 26.9; 800: CA Gray (ESP) 2-20.5; TJ: J Gibson (Lass) 10.06m. Jun: 200: 1, D Murray (ESP) 29.2; 800/JT: V Clark (Ab) 2-30.6/21.30m; LJ: K McLean (CG) 4.53m.

6

Falkirk Young Athletes OGM, G'mouth -

Youths: 100: J Gilbert (FVH) 12.2; 200: J Neal (SV) 26.2; 800: M Govan (Cly) 28.9; 3000: T Winters (ESP) 9-22.3; LJ: D Nible (FVH) 5.32m. Sen Boys: 100/200 D Pegrum (Cum) 13.0/26.1; 800: M Hamlin (Lass) 2-11.0; LJ: M Dobbie (Pet) 5.08m; 800H: R Baillie (CAC) 14.2. Inters: 100/200: S Dudgeon (ESP) 13.2/28.0; 800: G Cockwell (ESP) 2-36.1; DT: H McCreadie (HEL) 31.28m. Jun: 100/200: D Palmer (ESP) 14.3/28.8; 800: S J Wilson (KO) 2-36.5; 75H: F Forrest (ESP) 13.1.

7

Edinburgh and Dist League, Gala -

Match Result: 1, Hameny 806pts; 2, Blackhill H 758; 3, Melrose 702; 4, Penicuik H 590; 5, Corstorphine 371; 6, Musselburgh 252. Men: 100: A Cullen (Muss) 11.6. Youth: DT: S Haywood (Mel) 36.40m. Sen Boys: JT: N Grant (Har) 27.42.

City of Glasgow AC Champs, C'point -

Sen Wom: 100: 1, J Fleming 12.3w; 200: 1, M Neof 24.6w; 2, R Stevenson 26.1w; DT: S Freebain 34.88m. Inters: 100/LJ: L Kerr 12.4w/5.58mw. Jun: 200: 1, C Harris 25.9; 2, M McShannon 26.2w.

Solway League, Dumfries -

Match Result: Men: 1, Dumfries 492pts; 2, Nith Valley 432; 3, Annan 323; 4, Carlisle 235; 5, Stewarty 204; 6, Seaton 12. Wom: 1, Nith 339pts; 2, Dumfries 240; 3, Carlisle 222; 4, Annan 181; 5, Stewarty 179. O'all Team: 1, Nith 771pts; 2, Dumfries 732; 3, Carlisle 457; 4, Annan 404; 5, Stewarty 383; 6, Seaton 12. Wom 100/400: R Girvan (NV) 12.5/57.9; 1500: S Armstrong (Car) 4-53.3; 100H: H Edgar (NV) 15.7; 4x100 NV 52.3; Girls: 1500: 1, K McNally (NV) 4-52.3.

Inverness H OGM -

Sen: HT: D Allan (Inv) 50.84; Sen Boys: 100: T Black (Inv) 11.6w; Wom: SP/DT: H Cowe (Ab) 13.10/38.54; 3000: H Wisely (FRC) 10-20.8. Jun: 75H K McKenzie (Cai) 13.7. Men: 100: C Buchan (Inv) 11.3w; 200: D Dodds (DHH) 25.8; 800: G McDowell (Inv) 2-01.0; 3000: A Reid (Pet) 8-54.9.

Aberdeen AAC Club Trials -

Men: 200: 1, M King 22.1; 2, D Mathieson 22.3; 1500: G Riddell 4-19.4; LJ/JT: D Mathieson 7.41w/47.10. Jun: 200: P Davidson 23.6. Youth: 200/800/LJ/DT: B Middleton 24.5/2-11.0/5.36/25.22. Wom: 200: J Lyon 26.4; 800: K Rice 2-28.4; 100H/JT: G Murchie 15.5/25.06m; LJ: L Davidson 5.17m. Inters: 200: L Paterson 25.7; 800 S Still 13.4. Jun: 200: S Robertson 26.9; 800: V Clark 2-35.6; 75H: K Phillip 12.6.

10

Livingston OGM -

SP: R Smith (CPH) 15.06.

13

Young Athletes H'cap Meeting, Livingston -

Boys: 100: 1, R Pitt (ESP); 2, R Schiowone (Loch); 200: 1, A Arthur (Black) 2, M Restwick (Liv); 400: 1, M Restwick; 2, C Newman (Dun) 800: 1, M Restwick; 2, A Sherry (Loch); 1500: 1, A Brown (CPH); 2, A Douglas (Arb). Girls: 100: 1, F Stewart (Liv); 2, S Ferry (Cor); 200: 1, E Reid (Cow) 2, E Stewart; 400: 1, J Adair (Loch); 2, S Robertson (ESP); 800: 2, J Robertson (ESP); 2, K Tollerton (Arb); 1500: 1, A Hood (ESP) 2, S Robertson (ESP).

Panasonic League Qualifying Match, Coatbridge -

1, R Ecc 29.5; 2, Irv; 3, Arb 20.2; 4, BII 96.5; W'moss 138.6; H'quins 94; 7, Sp'tans 93.

100 A: D Clarke (Ree) 11.3; B: D Thom (Ree) 11.6; 200 A: D Clarke (Ree) 24.1; B: J Brannan (Ree) 24.4; 400 A: G McMillan (Ree) 51.1; B: D Thom 50.3; 800 A: T Hanlon (Ree) 1-56.4; B: G Mitchell (Ree) 1-59.3; 1500 A: T Hanlon 4-14.3; B: G Crawford (Ree) 4-18.5; 5000 A: A Robson (Ree) 15-08.4; B: K Smith (Ree) 15-30.4; 110H/LJ: N Robbie (Ree) 19.0/1.90m; 4x100 and 4x400: Reebok 46.1/3-37.4; LJ: J Brannan (Ree) 6.23m; SP: D Clarke 11.07m; JT: P Greenhill (Arb) 43.08m; DT: S Leslie (Arb) 32.72.

14

Scot & NW League (First Match) -

Div 1: 1, Ayr 1259pts; 2, Vic Park 1070; 3, Kilbarchan 1071; 4, CPH/EWM 1057; 5, Nith V 1047; 6, Derwent 1028.5; 7, Helensburgh 1003; 8, J WK 931.5. Div 2: 1, Cumnock 1148.5pts; 2, Hameny 1127.5; 3, Dumfries 1125.5; 4, Irvine 1037; 5, Lasswade 1016.6; 6, Kirk Oly 983.5; 7, Law 978; 8, Strathkelvin 789.5. Div 3: 1, Awnside 1062pts; 2, Penicuik 1018; 3, Carlisle 1008; 4, Melrose 993; 5, Liv 900; 6, Stewarty 869; 7, Bathgate 795; 8, L&L TC 678. Div 4: 1, Culmermauld 1021pts; 2, Annan 1002; 3, Netherhall 993; 4, Lochgelly 918; 5, E Kilbride 894; 6, Airdrie 688; 7, Stonehouse 596; 8, Loudoun 583. Div 5: 1, Spango 876pts; 2, Larkhall 655; 3, Hamilton 582; 4,

Musselburgh 395. Div 6: 1, City of Glasgow 1207pts; 2, Teviotdale 1066; 3, FVH 987.5; 4, Warrington Phoenix 769.5; 5, Seaton 119.

Grampian TV League -

North Div, F'ness:

Men: 1, Black Isle 542pts; 2, Fr'burgh 376; 3, Caithness 310; 4, Naim 304; 5, Elgin 163; 6, Forres 155. Sen: 110H/LJ/TJ: F Lewis (BI) 18.0/1.85m/12.13m. 800: B Fraser (BI) 2-03.0. Youths: 200: G Morris 23.9; 100H/TJ: S Dillon 14.5/12.18m (rec). 4x200: BI, 1-42.1. Sen Boys: 1500/c/800H: A Ramsay (BI) 5-03.7/12.7; 4x100: BI 51.8.

Wom: 1, C'ness 386pts; 2, B Isle 372; 3, Fras 310; 4, Naim 258; 5, Forres 137. Sen: 100H: M McBeath (Cai) 16.2 (rec). Inters: 200: M Fraser (Nai) 26.9. Jun: 1500: M Smith (BI) 5-08.6; 75H: J Donald (BI) 12.9.

East Div, Arbroath:

Men: 1, Aberdeen 470pts; 2, Arbroath 438; 3, Montrose 344; 4, Peterhead 298; 5, Banchory 263; 6, Ellon 225. Men: 100: S Bark (Arb) 11.7; 400: S Cargill (Arb) 53.6; 1500: A Reid (Pet) 4-08.5; LJ: D Sabris (Ab) 6.44m; Medley R: Aberdeen 3-50.9.

Wom: 1, Aberdeen 348pts; 2, Arbroath 340; 3, Banchory 248; 4, Montrose 227; 5, Peterhead 110; 6, Ellon 73.

Sen: 100A: K Madigan (Ab) 12.6; B: C Butler (Ab) 12.5; 400: J Lyon (Ab) 63.8; LJ: S Ramming (Arb) 5.37m; SP: H Cowe (Ab) 12.18m Medley R: Arbroath 4-27.0.

17

Forth Valley YAL -

Div 1: 1, EWM/CPH 282pt; 2, Pitreavie 257; 3, ESP 255; 4, Hameny 251; 5, Lasswade 233; 6, Lochgelly 218. Sen Boys: 800: M Hanlon (Las) 2-05.6 (rec). Jun Boys: 100/TJ: J Buckner (Har) 13.3/8.88m. Div 2: 1, FVH 342pts; 2, Penicuik 285; 3, Corstorphine 275; 4, Liv 222; 5, Linlithgow 136; 6, Bo'ness 127.

20

ESP Club Champs, Meadowbank -

Sen men: 110H: G Smith 15.46. Jun: 110H (3'6"): A Tupenan 16.13.

Youths: 800/1500: T Winters: 2-10.49/4-15.3; 100H/LJ: A Malcolm 14.0/1.80.

Sen Boys: 100/200: D Lease 11.8/24.37. Jun Boys: SP: A Lease 8.95.

Women: Sen: 200: 1, P Devine 25.02; 2, M Anderson 26.17.

400/800/SP/DT/newJT: M Anderson 58.98/2-16.36/13.20/33.84/44.67. JT: 2nd: K Saville 41.94m.

Inters: 100/200/400/300H: S Dudgeon 12.6/26.37/59.50/48.61. 300: L Cormack 10-49.21.

Jun: 100/200/HJ/LJ: D Palmer 13.5/27.73/1.46m/4.65m. 75H: F Forrest 12.42.

Girls: 100/200/LJ: M Gallagher 14.60/29.49/4.53.

Central Champs, Grangemouth -

Men: sen: 100/200: C Westwood (Ct) 11.5/23.6; 400: C Robertson (Ct) 52.7; 800/400H: T Nimmo (ESP) 2-00.7/56.2; 3000: D Armstrong (Ct) 9-32.1; HJ: K Pearson (Ct) 1.70m; SP/HT: W Weir (Ct) 11.80m/32.90m; JT: J Freebain (SVHC) 35.04m; DT: K Kilbota (Str U) 40.08m.

Youths: 100/LJ: J Gilbert (FVH) 11.5/5.90m; 1500: A Casey (QVS) 4-38.3; HT: R McKinnon (QVS) 44.26m.

Wom: Sen: 100: K O'Donnell (KO) 12.9; 200: S Paterson (EWM) 400/800: A Woolfe (Ct) 66.3/2-29.9; 1500: R Taylor (FVH) 5-

16.2; 3000: J Stevenson Vet (FVH) 10-23.5; HJ: C Scott (Ct) 1.60m; LJ: L McMillan (EWM) 4.97m; SP/DT/JT: S Freebain (CG) 9.41m/35.74m/27.84m.



April

13

Craig Dunain 6 mile HR, Inverness -

1, N Martin (Fif) 32-54 (rec); 2, G Bartlett (For) 33-47; 3, D Rodgers (Loch) 35-14; 4, A Farnham (Gal) 35-30; 5, K Craig (FFT) 35-39; 6, D Crowe (She) 36-12; 7, F Everitt (Inv) 36-48; 8, E Rennie V1 (Ab) 37-23; 9, A Aitken (Gor) 37-35; 10, R Wilby V2 (BI) 37-42; 11, C Love (DHH) 37-47; 12, C Whyte (Inv) 37-52; 13, P Fletcher (Inv) 37-56; 14, P Garner (Inv) 38-07; 15, T Ross V3 (Fif) 38-14; J1, J Brooks (Loch) 40-15; Teams: 1, Inverness 32pts; 3, Lochaber 43; 3, B Isle 50. L1, L Bain (Ab) 39-33 (rec); L2, M Stafford LV1 (Ab) 43-17; L3, E McLardig (BI) 44-44; L4, K Willox (Inv) 50-53.

20

Screel 4 mile HR, Castle Douglas -

1, K Anderson (Amb) 29-26; 2, C Donnelly (Ery) 30-08; 3, S Hawkins (Bing) 30-14; 4, A Peace (Bing) 30-18; 5, M Patterson (DPFR) 30-29; 6, G Devine (P&B) 30-36; 7, S Livesey (Ross) 30-38; 8, G Bland (Bon) 30-41; 9, J Bowman (Bo) 30-45; 10, G Wilkinson (CleM) 30-55; 11, P Dykmore (Liv) 30-55; 12, J Holmes (Bing) 31-19; 13, C Jones (Ery) 31-24; 14, D Rodgers (Loch) 31-26; 15, D Neill (Staf) 31-26; V1, R Whitfield (Bing) 24th 32-24; V2, R Taylor (Pen) 32nd 32-50; V3, T Hulme (Pen) 34th 32-58; V50: 1, R Bell (Amb) 95th 35-30; 2, R Herd (Ery) 111th 36-14; 3, W Gauld (Cam) 116th 36-27; L1, T Calder (ESP) 110th 36-10; L2, S Cook (CleM) 131st 37-09; L3, E Crofts (DPFR) 134th 37-18; LV1, K Thompson (CleM) 141st 37-42; LV2, J Smith (DPFR) 174th 39-07; LV3, L LOrd (CleM) 203rd 41-07.

Ben Rha 7.5 mile HR, Thurso -

1, G Bartlett (For) 44-17 (rec); 2, A McDonald (Cai) 50-22; 3, S Wright (Cai) 50-33; 4, P Hilton (Der) 50-54; 5, D Farquharson (Arb) 51-10; 6, J Bowman (West) 51-42; 7, B McKay (Mor) 53-11; 8, A Young (Arb) 53-52; 9, G Clark V1 (Arb) 53-55; 10, N Bremner V2 (Arb) 54-06; 11, F Benham V3 (Cai) 55-51; 12, D Williams (Un) 56-19; 13, J Marshall (Cai) 57-02; 14, R McKechnie (inv) 58-53; 15, K Henderson (Un) 61-06; L1, I Clark LV1 (Arb) 67-59; L2, A Smith LV2 (Cai) 69-15; L3, C Dunnett (Cai) 72-14; L4, S McIntosh (Cai) 74-55.



April

6

T Scott Mem 10 mile RR (257 ran) -

1, N Muir (She) 47-31 (rec); 2, E Stewart

(Cam) 47-44; 3, A Walker (Tev) 47-50; 4, W Nelson (Law) 48-10; 5, A Douglas (VP) 48-44; 6, K Rankin (FVH) 48-45; 7, C Thomson (Cam) 48-59; 8, F Harper (Un) 49-19; 9, C Ross (She) 49-22; 10, J Orr (Cam) 49-37; 11, E Wilkinson (Cal) 49-41; 12, J Evans (She) 49-46; 13, T Thomson (Ct) 49-58; 14, J Quinn (Moth) 50-05; 15, R Johnston (Cal) 50-30; 16, M McCreadie (Fif) 50-36; 17, W Johnston (Cal) 50-38; 18, I Graham V1 (fif) 50-40; 19, J Brockett (Moth) 51-01; 20, A Adams V2 (Dum) 51-19; 21, D Henderson (FVH) 51-31; 22, A McAlinden V3 (Ham) 51-38; 23, D Fairweather V4 (Cam) 51-44; 24, A Stirling V5 (FVH) 51-58; 25, C Smith V6 (Por) 52-09; 26, C Martin V7 (Dum) 52-10; 27, D Murray (FVH) 52-11; 28, B McMonagle V8 (She) 52-16; 29, H Watson V9 (Cly) 52-29; 30, R Brown (HBT) 52-36; V10, B Howie (CPH) 35th 53-05; L1, S Branney 49th (CG) LV1 54-05; L2, E Masson 83rd (Kil) 56-21; L3, J Harvey 147th (CG) 60-55; L4, S White LV2 184th (Ayr) 63-12; L5, E Reid 193rd (CG) 64-19; L6, S Blair LV3 200th (SVH) 64-43; L7, H Morton 203rd (Inv) 64-48; L8, A Stewart 204th (KO) 65-02; L9, D Monteith 222; LV4, (SVHC) 66-34; L10, L Glasgow 235th (GN) 67-57. Teams: 1, Cam 19pts; 2, Shett 22; 3, Calderglon 43; 4, FVH 54; 5, Fife 72; 6, Moth 89. LTeam: 1, COG 389pts.

SVHC Champs -

O/40: 1, T Graham (Fif) 50-40; 2, A McAlinden (Ham) 51-38; 3, A Stirling (FVH) 51-58; O/45: 1, A Adams (Dum) 51-19; 2, D Fairweather (Cam) 51-44; 3, B McMonagle (She) 52-16; O/50: 1, G Black (EK) 59-18; 2, G McKirdy (EK) 60-33; 3, A McKenzie (Liv) 61-59; O/55: 1, J Irvine (GN) 57-14; 2, W Stoddart (GWH) 57-35; 3, W Hammill (Ham) 62-15; O/60: 1, W McBinn (She) 57-47; 2, W Armour (Bel) 61-45; 3, G Lawson (MH) 62-27.

Team: 1, Cam 127pts; 2, Fife 145; 3, Dumb 156; Women: 1, S Branney (CG) 54-05; 2, S White (Ayr) 62-59; 3, S Blair (SVH) 64-30.

GGH Memorial Mile RR -

1, P Duffy 4-31; 2, T Murray 4-34; 3, J McFadden 4-42; 4, D Tamburine (Y) 4-53; 5, J McPaul 4-54; 6, S McLoone 4-59; V1, J Sheridan; L1, J Smith.

Dunbar Boundary 10K RR -

1, S Aton (HBT) 30-19; 2, A Robson (Ree) 30-40; 3, J Graham (HELP) 30-59; 4, A Eyre-Walker (HBT) 31-00; 5, K Smith (Ree) 31-27; 6, K Chapman (HELP) 31-39; 7, M McQuaid (FVH) 31-48; 8, S Ogg (Un) 32-10; 9, A Jenkins (HBT) 32-22; 10, A Little (She) 32-29; 11, C Scott (ESP) 32-38; 12, C Hunter (HBT) 32-44; 13, D Luthian (FVH) 33-10; 14, D Slythe (J1) (ESP) 33-18; 15, R Stone (HELP) 33-20; V1, S Wallace (HELP) 20th 34-23; L1, J McColl (Un) 35-38; L2, E Ryan LV1 (ESP) 42-08; L3, F Kay (Por) 45-28; L4, K McMillan (Pit) 45-49; L5, D Mackie (Dun) 47-03.

Glen Fruin 14.5 mile RR (206 ran) -

1, D Cameron (She) 1-20-06; 2, G Tenney (Kil) 1-21-25; 3, J Harrison (Mil) 1-22-05; 4, J Robertson (Cam) 1-22-29; 5, A Stewart (Ayr) 1-22-35; 6, R Hubbard (Ayr) 1-22-55; 7, J McNamee (Inv) 1-23-51; 8, A McMahon (Kil) 1-24-10; 9, A McDonald (KO) 1-24-18; 10, D Harrison (Mil) 1-24-20; 11, F Connor (Cam) 1-25-53; 12, J Bates (Cam) 1-26-17; 13, C Martin V1 (Dum) 1-26-26; 14, B Gough (Cam) 1-26-37; 15, D Wilson (Mil) 1-26-59; V2, A McIntyre 16th (Hel) 1-27-13; V3, P

Paterson 20th (Ct) 1-28-45; VO/50 P Kearney 45th (Marty) 1-36-05; L1, J Robertson 37th (Ayr) 1-34-12; L2, J Armstrong 63rd (CG) 1-38-49; L3, L Curley LV1 124th (Motora) 1-51-22. Team: 1, Cam; 2, Milburn; 3, Ayr.

Selkirk HM (150yds short, 255 ran)

1, J Robson (Ree) 62-12; 2, M Carroll (Ann) 62-39; 3, K Lyall (CPH) 66-49; 4, R Hall (Tev) 67-17; 5, G Crawford (Sp) 68-41; 6, G Cunningham (Ayr) 69-28; 7, D Henderson (Aln) 70-15; 8, P Lennie (Un) 72-28; 9, D Thomson (Un) 72-42; 10, R Hogarth (Un) 72-44; 11, A Shankey V1 (Tev) 72-50; 12, M Walker V2 O/45 (Gosforth) 73-07; 13, J Reynolds (Un) 73-14; 14, R Rae V3 (Tev) 73-18; 15, M McGovern (Un) 74-22; 16, I Mitchell (Pit) 74-22; 17, W Hynd (Ree) 74-22; 18, J Knox V4 O/45 (Gala) 74-40; 19, N Kilner (Ab) 74-45; 20, H Rossner (Un) 74-50; V50: 1, H Gibson (Ham) 78-40; 2, T Moffatt (Carnethy) L1, T Calder (ESP) 76-30; L2, D Porter (Ab) 81-17; L3, J Hogg (Clare).

DHH 10K RR -

1, I Campbell (DH) 32-12; 2, M Strachan (DH) 32-21; 3, B Cook (DH) 32-28; 4, C Ross (DH) 32-49; 5, R Bell (DH) 33-02; 6, D Hamilton 33-38; 7, R Hanlon (Fif) 33-43; 8, G Mitchell (Ree) 33-44; 9, T Wilkinson (Un) 34-13; 10, M Carroll (Fair) 34-15; 11, P Jennings (Met) 34-19; 12, J Hanlon (DR) 34-50; 13, D Crowe (She) 35-03; 14, R Davidson (Un) 35-33; 15, S Kerr (DH) 35-36; 16, S Swanson V1 (DR) 35-49; 17, D Rollo (DH) 35-54; 18, D Gumstone V2 (Fif) 36-20; 19, J Kirkland (DR) 36-52; 20, J Findlay (Fif) 37-02; 21, D Lindsay V3 (DH) 37-05; 22, G Angus V4 (DH) 37-18; 23, C Love V5 (DH) 37-30; Teams: 1, DHH 66pts; 2, Fif 45; 3, DRR 47; VTeams: 1, DHH 66pts; L1, A Wilson LV1 (DH) 38-54; L2, J Robertson (DR) 39-52; L3, J Hanlon LV2 (DR) 40-48; L4, J Carroll LV3 (DR) 41-48; L5, L Bright LV4 (Lass) 43-54. Team: 1, DRR.

SCS 10 mile Champs, Motherwell -

1, M Gormley (BT) 56-30; 2, F Duguid V1 (BT) 57-31; 3, B McGarvey (BT) 58-25; 4, P White (IR) 59-57; 5, C Camichael (SCO) 61-33; 6, R Currie (NSB) 61-56; 7, W Glasgow (NSB) 61-57; 8, J Robertson L1 (GSUn) 63-08; 9, W Scouler V2 (BT) 63-57; 10, J Gommley V O/50 (BT) 64-23; L2, E Linnen (IR) 82-24; L3, B Sloss (IR) 83-14. Teams: 1, BT A 6; 2, BT B 30

haskett (DHH) 29-16; 7, B Gormley (Cam) 29-29; R Arbuckle (Cam) 29-33; 9, E Wilkinson (Cal) 29-47; 10, R Bell (DHH) 30-03; 11, D Williams (CAC) 30-17; 12, J Kennedy V1 (VP) 30-18; 13, I Moncur (DHH) 30-52; 14, B Craig (Inv) 30-57; 15, D Fairweather V2 (Cam) 31-18; 16, J Brockert (Moth) 31-37; 17, J Martin (Spr) 31-47; 18, S Kerr (DHH) 31-59; 19, D Thom (West) 32-01; 20, W Mitchell V3 (Cam); 21, B Thomas (Cam) 32-19; 22, S Branney LV1 (CoG) 32-23; 23, B Gough (Cam) 32-29; 24, K Brown (VP) 32-34; 25, R Huett (Una) 32-35; 26, P White (She) 32-39; 27, B Campbell V4 (Ham) 32-40; 28, J Swanson L2 (CoG) 32-44; 29, S Forbes (Metro) 32-54; 30, J Morton (She) 33-09; V5, I Leggett (Liv) 34th 33-28; V6, J McMillan 37th (Kil) 33-34; V7, H Barrow 38th (VP) 33-34; V8, A Blackley 40th (West) 33-37; V9, A Muir 41st (C' Glen) 33-38; V10, J McKenna 44th (Inv) 34-09; V11, E Sheerin 48th (Una) 34-20; VO/60 W Marshall 55th (Moth) 34-48; L3, E McBrinn 56th (She) 34-53; L4, J Thomson 115th (CoG) 38-08; L5, K Hancock LV2 121st (GN) 38-18; L6, S Reid 123rd (E Kil) 38-19; L7, J Harris 129th (Una) 38-26; L8, S Kennedy 139th (CoG) 38-40; L9, C Reid 162nd (Una) 40-00; L10, R Gardner 171st (Una) 40-18; LV3, C McGregor 193rd (Una) 40-25.

Young Athletes 3,000 metres - 1, C Steele (VP) 9-24; 2, D Roache (She) 9-37; 3, P Looe (She) 9-48; 4, G Rooney (Lin Pent) 9-50; 5, A Young (VP) 9-58; 6, S Kennedy (VP) 10-11; 7, P Harper (GGH) 10-20; 8, R Girvan (Kil) 10-20; 9, M McMillan 10-27; 10, B Kelly (VP) 10-30; 11, I Scullion (Cam) 10-31; 12, I Reid (Cam) 10-35; 13, G McBurnie (Kil) 10-39; 14, A Kidd (WVK) 10-48; 15, S South 10-49; 16, J Hirst 10-55; 17, M Horsman (FVH) 10-57; 18, J Begg 11-08; 19, C Finbow 11-10; 20, S Grant (KO) 11-11.



April

6

Schools Int CC, Boyle, Ireland - Inter Boys: 1, P McNamara (I) 24-04; 2, N Caddy (E) 24-11; 3, D Watters (I) 24-36; Scots: 9, G Brown 24-57; 16, M Gorman 25-24; 17, D Kerr 25-25; 19, P Allan 25-32; 22, S MacKay 25-45; 23, M Kelso 25-57; 29, M McKenzie 26-28; 31, M Gill 26-43. Teams: 1, Eng 32; 2, Ire 53; 3, Sco 106; 4, Wal 113. Jun Boys: 1, R Mann (E) 17-06; 2, A Finn (E) 17-09; 3, T Moloney (I) 17-17; Scots: 15, S Gibson 18-19; 18, A Donaldson 18-27; 20, S McNellan 18-36; 21, K McAlpine 18-42; 23, A Love 18-59; 26, M Smith 19-08; 28, P Harper 19-41; 31, M Allison 20-30. Teams: 1, Eng 31; 2, Ire 49; 3, Wal 119; 4, Sco 123. Inter Girls: 1, J Mitchell (E) 14-19; 2, S Murphy (E) 14-34; 3, J MacKay (E) 14-40; Scots: 5, I Linaker 14-56; 6, L Connock 15-12; 16, Y Reilly 15-39; 17, H Parkinson 15-45; 23, A Cheyne 16-11; 25, C Leitch 16-14; 27, A Potts 16-18; 28, S MacRae 16-22. Teams: 1, Eng 25; 2, Ire 79; 3, Sco 92; 4, Wal 145.

Jun Girls: 1, N Slater (E) 12-36; 2, J Milne (I) 12-42; 3, V Lynch (I) 12-46; Scots: 7, P Crawley 13-06; 13, S Scott 13-22; 14, M Smith 13-25; 18, E Gorman 13-37; 22, L Moody 13-46; 24, K Gormley 13-52; 27, S Sneddon 14-00. Teams: 1, Ire 51; 2, Eng 53; 3, Sco 98; 4, Wal 100.

20

Primary S CC Champs, Kirkcaldy - Boys: P7: 1, G Martin (Ab) 6-56; 2, G Cooper (Lin) 6-58; 3, S Phillips (Air) 7-00. Teams: 1, Alexandria 28pts; 2, Watsons 57; 3, St Matthews 66. P6: 1, G McGregor (Watsons) 7-08; 2, O Greene (StA) 7-09; 3, D Melville (Mary) 7-13; Team: 1, St Andrews 37pts; 2, St Matthews; 3, Dingwall 79. Girls: P7: 1, K Montador (Clare) 7-07; 2, J Anderson (Fra) 7-14; 3, J Hawkwell (C Hill) 7-15; Team: 1, Watsons 29pts; 2, Thurso 62; 3, St Matthews 87. P6: 1, C Linden (Air) 7-29; 2, A Church (Troon) 7-38; 3, J McLean (Strichen) 7-40; Team: 1, Max'ton 53pts; 2, Troon 77; 3, Banff 130.

Results compiled by Colin Shields

Aberdeen AAC Trials, Aberdeen, April 7 -

INTERNATIONAL decathlete Duncan Mathieson showed he had improved his long jump by leaps and bounds during the winter when he set a (windy) personal best of 7.41m, 12cm further than his previous best, writes *Denis Shepherd*.

He also won the javelin (47.10m) and set another personal best in the 200m (22.3), in which no one was more surprised to hear on the commentary that Mark Davidson was winning than Mark Davidson, who was sitting at the track-side - except perhaps Murray King, who was unaware of anyone ahead of him! The British police internationalist held off Mathieson's determined challenge to win in 22.1.

In the women's events, the return to competition of former junior internationalist Dawn Simpson attracted much interest (from those who remembered her) in the 800m. Dawn showed her fighting spirit was still intact as she finished a good second to fellow cross country internationalist Kate Rice, pushing her all the way. Gail Murchie removed a 12 year old club record when winning the 100m hurdles in 15.5.

In the younger age groups, Barry Middleton and William Stark proved a move up the age groups need not stop you, winning four events each in the youths' and senior boys' groups respectively. There were promising performances from Peter Fraser in the junior boys' (35.54m) and Suzie Robertson in the junior 200m (26.9).

Macrae the Homemakers OM, Inverness April 7 -

THE senior £50 bursary awards went to Scottish shot champion Helen Cowe (Ab) who putted 13.10 metres, and Inverness Harrier David Allan who set a personal best hammer throw of 50.84 as David Minty (Ab) beat the 40-metre barrier with a half-a-metre to spare in

his first competition as a junior man, writes *Denis Shepherd*.

Tim Black (Inv) took the under-15 boys' award (11.6, 100m) and Kathryn Mackenzie (Cai) the girls' (13.4, 75m hurdles) on a day which saw the wind dominate proceedings.

Intermediate Morvan Fraser (Inv) must have thought all her birthdays come at once in an amazing senior 200m where she was relegated to the "B" field of medal "no-hopers".

The most powerful blast of the day picked an opportune moment to strike - just as the star-studded "A" race, full of past and present Scottish and British champions, entered the home straight. The remainder of the race was reduced to a strength endurance session as the sextet collapsed over the line.

With the gale preventing anyone from getting ahead, it is rumoured the track judges gave six different winners!

Medal-wise, the result was of no significance. Five minutes later, conditions were comparatively calm, allowing Morven and her two closest pursuers to beat all the A "winners" times!

Renfrewshire 10 mile Road Race, Greenock, April 13 -

A GOOD field of over 80 athletes took part in the Renfrewshire 10 mile Road Race, writes *Ewan Renfrew*.

Within a mile of the start, the field had already begun to string out. A group of five - John Duffy (SV), Gerry Gaffney (GWH), Tommy Murray (GGH), Robert Quinn (Kil) and Adam Eyre-Walker (EdU) had pulled away and were all working hard as they reached the hilly part of course.

Duncan McFadyen (GWH) and Cammy Spence (SV) were only slightly behind and remained close enough to provide a threat to the leaders.

With the hills past, the leading five had gone further away and the race was now on.

The first move came at the Gantock Hotel as Duffy moved to the front and Eyre Walker dropped off the pack. Murray was next to apply the pressure in an attempt to break the pack; this time Gaffney dropped off the pace.

The decisive move occurred with two miles remaining. Robert Quinn, who'd been at the back of the front group, burst through and immediately he was 50 metres up on Duffy and Murray.

Quinn put in another sustained burst and his gap grew to 250 metres at the finish which he crossed in 50-43. Behind him Duffy outspurred Murray for second place. Gaffney was fourth. A sprint finish in which McFadyen was stronger just edged out Spence. Spango's Bill McArthur was the first vet to finish in the over 50's in 45th place.

In the women's race, Eleanor O'Brien of Glenpark completed a Renfrewshire road double as she was

first woman home in 68-33 to finish sixtieth overall.

In the team event, Kilbarchan were clear winners with 19 points, with Spango Valley second holding 27 points and Greenock Glenpark Harriers third with 35 points.

Gramplan TV League (East section), Arbroath, April 14 -

LAST year's North District 10K championship winner and runner-up, Alan and Kevin Reid, had another enthralling battle - and this time Alan was twice as delighted to get the better of his brother once again, writes *Denis Shepherd*.

The fact they finished second last (6.14m) and last (5.55m) in the shot was irrelevant!

The spirited duo were back at the head of affairs in the 1500m, but Alan had a fight on his hands as he set off on the final (800m) leg of this medley relay in pursuit of Arbroath and Aberdeen.

In the end it was Aberdeen's Ian Morrice who displayed the best pact judgement to come home four seconds clear.

Two league records fell to Arbroath & District, Sarah Ramming long-jumping 5.37m and her medley relay team returning 4-27.00.

Aberdeen won both the men's and women's matches while Ellon AAC, who achieved 413th position in the 1990 British men's club rankings, this time saw their men's team - or rather their man and two colts' team - amass 22 points.

Their women's team had the benefit of a girls' 200m/high jump double by Theresa Richards.

Woolworth's Young Athletes' League (NE section), Dundee, April 21 -

INVERNESS Harriers started off the 1991 season where they left off in 1990, winning the first match of the section in their bid to retain the Scottish title - although they surprised their own club officials with the ease of their win, writes *Denis Shepherd*.

Alistair MacKenzie's 13.53m youths' shot putt earned him the "man of the match" award, while senior boy Tim Black's 11.4 second 100m was 0.3 faster than the winning youth's.

Sandy MacEwan burst on the scene with a hat-trick in the junior boys' 400m, 800m, and long jump, and Stuart Sutherland carried on his cross country winning ways with a senior boys' 400m/800m and long jump.

Anthony Nardi, with three wins, helped Aberdeen to a clear win in the colts' competition. His female club-mates came close to losing their unbeaten record in the girls' league when they just held off Arbroath by one point.

MORAY ROAD RUNNERS

Russell Smith profiles Moray Road Runners, a club which continues to go from strength to strength.



Moray Road Runners, senior and junior, out in force on the banks of the boating pond which is a feature of Elgin's Cooper Park. The new club vests are very much in evidence. Club chairman Graham Jarvis is pictured, extreme left of the group, wearing a "Puffin" original.

MORAY Road Runners have good reason to be satisfied with the 300 strong membership they have established since the day, six and a

half years ago, a group of dedicated joggers elected to form a club.

Today, the Elgin-based MRR are strong in road running, cross

country, and triathlons - with a tremendous track and field potential among an ever increasing junior section. Yet there is so much more

to the club that thrives without track facilities.

It is, quite simply, the added dimension of the Moray Road

Runners' social scene. One look at the club magazine reveals an astonishing selection of events - camping weekends, barbecues, stovies and wine nights, Chinese nights, sports afternoons - to name but a few.

"Yes, we like to think we are a friendly bunch," says Ann Sim, wife of club captain and leading veteran George. "You might even say that our social calendar makes better reading than the running one."

That latter observation reflects the kind of humour which prevailed when Moray Road Runners took off in September 1985.

A puffin, the founder members decided, would be the club logo. After all, recalls Ann Sim, the joggers were, "aye puffin' and blawin'". Today the MRR members still respond to club newsletters which begin "Dear Puffins" and end with "Keep On Puffin".

Even training sessions take on

an easy going atmosphere when the Moray contingent talk about the Wednesday Club which meets on the doorstep of the Elgin Community Centre before embarking on runs in a cathedral city which offers unlimited scenic routes.

It almost goes without saying that the junior training sessions are linked to the Sunday Club!

"We're delighted when visitors join us on training runs," says Ann Sim, revealing that the club's link to Elgin has been strengthened by chairman Graham Jarvis just happening to be the city's senior community education officer.

It comes as no surprise to learn that Graham is based at the Elgin Community Centre, the venue where Moray Road Runners enjoy the luxury of post-training showers and a coffee bar.

"There is nothing about the club that beats the achievement of getting adults who have not run since their



Left to right: Mick Wright, Jim McWilliam, Graham Milne, George Sim, Graham Jarvis (chairman), Alan Stewart, Tom Main, Eric Grant, Willie Robertson, and Ray Aitken.

school sports to take up running," claims Ann.

And she should know! Husband George, recent winner of the Keyline North District League veteran's championship, started puffin' when the roadrunners were founded. A first marathon of 2-32-28, a 70 minute half marathon, and a 32 minute 10K are testimony to the 41 year old's progress during the intervening years.

Former Peterhead and Aberdeen runner Graham Milne, plus Colin Hunter, Mick Flynn, Ray Aitken, Mick Wright, and Allan Stewart are other seniors who have put MRR on the running map, not least in the North District where the men won the cross country team championship and finished runners-up to Inverness in the league.

It was much the same story during the 1990 road racing season as Moray picked up top team awards in the Moray Marathon, the Nairn 10K, and the Forres 10K and six mile.

If less keen on the competitive

element, MRR's women's squad approached the cross country season with a degree of confidence inspired by the team success of Joan Asher, Marilyn McKenzie, and Fiona Sinclair in last year's Nairn 10K and Moray 10K events.

But the Moray wings are continually being spread. Past trips have taken in the London Marathon, the Paris 25K, the Majorca Half Marathon, and the Great North Run.

The only North District club to take part in this year's Scottish men's six stage relay - finishing 18th - Moray Road Runners also have a regular appetite for the Highland Cross, the gruelling 20 mile run, 30 mile cycle, event based in the tough terrain of Glen Affric.

Chris Meeks and Eric Marriot are the inspiration behind an interest in local triathlons.

Having seen how others do it, it was natural for MRR to extend their running interests to the task of staging their own events, with the backing of local sponsorship.

Using the knowledge of

members already active on the Moray Marathon committee, the roadrunners staged their first 10K and fun run in 1989 and repeated the exercise with a combined field of some 300 runners last year.

Subsequently, they acted as hosts to Elgin's first North District League cross country meeting, in February, and the club's first open cross country event the following month. The success of both meetings almost certainly mean repeats in 1992.

Happily, Moray Road Runners have been no less aware of the need to foster athletics at junior level and 1990 may yet be seen as a milestone in the club history. That was when it was decided to set up a junior section, which has so far unearthed an astonishing level of untapped talent.

Ann Sim takes up the story... "Having acknowledged the

need for a junior section, we decided that all the youngsters coming into the club would require a broad base of all athletics. This is what we are offering them.

"Last summer we introduced the juniors to the Thistle Awards and staged a mini-Olympics to give them some competition.

"We like to think it is a measure of our success that during the winter we had 30 juniors taking part in each North District cross country meeting - many of them with considerable success."

Ann has no doubt when the youngsters first showed definite signs that MRR had adopted the right approach to a youth policy:

"That was back in November when we travelled to Thurso, an eight hour round trip, to compete over a very tough course in atrocious conditions.

"First, second, and third places

convinced us that we had some real talent in our junior ranks."

It was a talent confirmed at the North District Championships when Kerry Scott, running only her second cross country race, won the girls' title in convincing style. Later a winner in the Bank of Scotland Round-the-Castles series, and second in the North District League, Kerry capped a fine winter season by finishing sixth in the Scottish girls' championship at Irvine earlier this year.

Not to be outdone, Sarah Liebnitz struck silver in the North District League and Castles races and finished fourth in the minor girls' race at Irvine. The improvement shown by Joy Sim was reflected in an overall ninth place in the Scottish junior women's race.

Yet rival clubs may only have seen the tip of the Moray junior iceberg. Kate and Lynsey Wilcox,

Louise Hogg, Dawn Sim, Lisa Grant, Jacqui Loney, Faye Sim, and Susan Stewart are other names to note for the 1991-92 winter season.

Neil Brown (colts) and Ross Milne (junior boys) are the budding stars of the junior male ranks, which feature one youngster with an amazing capacity to overcome a handicap.

Alasdair Chalmers, who is profoundly deaf, has, in Ann Sim's words, had "an amazing winter season" in a squad supplemented by the talents of Darren Robertson, Craig Loney, Neil Malone, Alan Ramsay, Derek Hogg, Iain Small, Alan Milne, Michael Byers, Graeme Chalmers, and Steven Robertson.

And the thirst for new horizons goes on.

At the time of writing the club's juniors had just returned from their first track and field meeting at Inverness.

Undaunted by their first encounter with an all-weather track and difficult conditions, the youngsters took silver and bronze in the girls' 100m through Fiona MacDonald (14.00) and Kerry Scott (14.15), and gold from Kerry in the girls' 800m (2-41.03).

Senior members George Loney, Willie Robertson, and George Sim, assisted by assorted parents, are in the vanguard of the new track and field venture which seems to be appropriate to the progress enjoyed by MRR since they started puffin' in 1985.

Allowing for the fact that the club don't have their own facilities, it would appear that there is only one minor hiccup currently afflicting the Elgin scene... a change of club colours.

The subject of considerable debate over the past few years, this issue appeared to be resolved when the club annual general meeting democratically voted in favour of a new dayglow yellow vest featuring black side panels.

But some of the original puffins are, it would appear, less than happy with the bright new image. One might even say the issue has ruffled a few feathers!

"We are sure it will grow on them," says Ann Sim, with the confidence that Moray Road Runners are not only up and running, but almost certain to lead from the front in future years.



Presentation ceremony following completion of the 1990-91 Keyline North District Cross Country League. Back row (left to right): Colin Hunter, Graham Milne, John Crossman. Middle row: Walter Banks, Sarah Liebnitz, Kerry Scott, Alan Stewart. Front row: Colin Mitchell (Keyline manager), George Sim.

May

9

FORTH Valley League D1, Pitreavie; D2, Grangemouth. D - (0324) 486711.

11

BEN Lomond Hill Race, Rowardennan.

BRITISH Athletics League, Various.

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

GOLSPIE People's 10K, Golspie.

PENICUIK to Howgate 10K RR. Starts 2.15pm, Penicuik HS, £2 inc snack (£2-50 on day). Decs close 1.45pm, limit 300. Creche available by appt. Race sec - Alastair Russell, 90, Main Street, Roslin, EH25 9LS. Tel: 031-440-3961.

UK Women's League 1, Various.

12

BORDERS AL, Galashiels.

BRITISH AL, Various.

CITY of Dundee Marathon & 10K RR (inc SAAA/SWAAA 10K Road Race Champs). D - (0382) 23141 Ext 4706.

GOUROCK Highland Games, Gourouck D - (0475) 24400 Ext. 384.

UK Women's League 1, Various.

WOOLWORTHS SYAL East Div 1&2, Pitreavie; West Div 1&2, Crownpoint.

15

TROON Tortoises 10K & Fun Run. 7.30pm start, Town Hall, Troon. E before or on the night. Free t-shirt to every finisher. Limit 350. First race in Ayrshire 10K series. Further info from John McKinlay, 6, Solway Place, Troon. Tel: 0292-311447.

PANASONIC SAL v Scottish Unis v Scottish Juniors Grangemouth. D - (0382) 486711.

17-18-19

BRUICHLADDICH Islands Peak Race, Oban. D - (0592) 890408.

18

GOATFELL Race, Arran. D - (077086) 427.

SAAA E District Champs, Meadowbank; N District Champs, Inverness; W District Champs, Dam Park Ayr.

19

JOHNSTONE Rotary Club 10K.

RAVENSCRAIG 10 Mile RR (inc SAAA 10 Mile Road Race Champs), Wishaw. D - (0696) 355821.

SWAAA E District Champs, Meadowbank; W District, Crownpoint.

HUGHES Glenrothes Road Running Festival, D - (0592) 771700.

22

KINNOULL Hill Race, Perth. E on day. D - Norman Watson at (0738) 38000.

BANK of Scotland Eyemouth Road Races. Contact Mr D S Miller, 5, Prior's Walk, Coldingham, TD14 5PE.

23

HELENSBURGH 10K. D - (0436) 73839.

25

BATHGATE & W Lothian HG, Bathgate.

BENS of Jura Fell Race, Jura.

BRECHIN 24 hour Road Race, Brechin.

KIRKCUDBRIGHT Acad Milk Half Mar, Kirkcudbright. Start 1pm, £4-50 (£2 per team). D - Mr Marland on 0557 30440.

SCOTTISH YAHs, Bathgate.

BANK of Scotland Stornoway Half Marathon & Fun Run. D - (0851) 870863.

26

ABERFELDY Recreation Centre Half Marathon, Aberfeldy. D - (0887) 20922.

CAITHNESS Half Marathon, start noon. Reg. from 10am, Park Hotel, Thurso. £4 & £4.50. Free swim and refreshments. D - J. Cassells, 12, Lyphmore Rd, Thurso. (0847) 64683.

CITY of Aberdeen Milk 'Marafun' 10K & 1 Mile, Aberdeen. D - (0224) 733085.

COWAL Police Half Marathon, Dunoon. D - (0369) 2222.

FORRES Harriers 10K, Forres.

MONKLANDS Scottish Cup Semi-Final.

SOUTH West Championships, Annan. (0461) 203311 Ext 306.

LUDDEN Strathkelvin 10K, Kirkintilloch, D - 041-772-3210.

PANASONIC SAL (2) Div 1, 2, Crownpoint; Div 3, 4, 5, Wishaw & Dumfries.

27

CAU Inter County Championships, Corby.

JOHNNIE Walker 10K Race & Fun Run, Kilmarnock. D - Mrs Youden, 1 Osprey Drive, Kilmarnock (0563) 35408.

28

PITREAVIE OGM, Pitreavie.

29

AULD Town 10K, Dunfermline. D - (0383) 737712.

HADDINGTON Festival Fun Run, Haddington. D - (0620) 822403.

LANARKSHIRE AAA TL, Coatbridge.

June

1

EAST Kilbride 10K & 5K Champs.

HADDINGTON Road Races, Festival Five, Haddington. D - (0620) 843515.

LILIAS Day Road Race, Kilberchan.

ROSS-SHIRE 10K, Muir of Ord. Scenic rural course; specially cast medal; spot prizes; refreshments. For E form, see to Norrie McIntosh, 9 Castlehill, Muir of Ord, Ross-shire IV6 7ST. Tel. (0463) 870867.

SAAA U20 Championships, Meadowbank D - 031-317-7320.

SHOTTS Highland Games, Inc 10 mile RR, Awards to all finishers. M & F entries. D - 0555 50051. E - 0501 20493.

SWAAA Combined Events Championships, Grangemouth D - 031-317-7320.

2

AONACH Mor Hill Race, Fort William.

BORDER Championships, Galashiels.

CUMBERNAULD Half Marathon, Cumbernauld - D - (0236) 722131.

DEXSTAT Irvine Valley Half Marathon.

Fife AC St Andrews Womens 5 mile Race, 11am start, Kilmont School, age limit 60. T-shirt to all finishers. D - Mitch McCreadie, 39, Boase Avenue, St Andrews (0334) 73593.

LARKHALL to Wanlockhead Road Relay.

SAAA/SWAAA Relay and Combined Event Championships, Grangemouth. D - 031-317-7320.

SCOTTY Hill Race, Banchoy.

GRE Cup Round 2. D: 021-456-4050.

5

AYR Seaforth 10K RR, 7pm start at Dam Park, Flat Fast course, 3rd race in Ayrshire 10K series, mugs to all finishers, t-shirts to leading finishers. E on night, D - J Strawhorn, 9, Connel Crescent, Mauchline. Tel: (0290) 50079.

FALKIRK OGM - D - (0324) 486711.

HILL of Tarvit 5 mile Road Race, Ceres.

8

BEARSDEN & Milingavie HG.

BENNECULA Run, Benbecula, W Isles.

FRANK Sinclair Memorial RR, Greenock.

HAMILTON District Sports Festival.

KIPPEN Hill Run, Noon start, 3.5 miles. E before or on day. D - Mr A. Denny (0786) 87557.

PEARL Ass UK Champs, Cardiff.

SCHOOLS Pent & Relay Champs, Grangemouth. D - (0592) 260168.

TRAPRAIN Law Hill Race, East Lothian.

9

DUNFERMLINE Half Marathon, Dunfermline D - (0383) 723211.

LOMONDS of Fife Hill Race, Fife.

MONKLANDS Festival 7 mile Road Race, Coatbridge D - (0236) 41200.

PEARL Ass UK Champs, Cardiff.

THE Cairn Table Race, Muirkirk, Ayrshire.

BANK of Scotland WAL D1-D5, various. D - (0236) 822973.

PANASONIC SAL D1 & 2 Crownpoint. D 3, 4, 5, Meadowbank.

12

DUMBARTON "500" 10K. D 0389-54141

"HUNTERS Bog" Trot, E on Day, 8pm.

CITY of Edinburgh OGM, Meadowbank. D - Mr Dickson, 4, Old Farm Place, Edinburgh.

KILWINNING Academy Milk 10K, 4K RR for U16 and Tiny Tots Fun Race. E accepted on evening, D - A G Young, Asst Head Teacher, Kilwinning Academy, Dalry Road, Kilwinning - (0294) 51316.

11th ANNIVERSARY
BLAIRGOWRIE KALL-KWIK PRINTING HALF MARATHON



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

SATURDAY 28TH SEPTEMBER 1991
AT 1.45PM
FROM BLAIRGOWRIE RECREATION CENTRE

Prizes for all Individual Categories and Teams

WORTH

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Entries to Bob Ellis, 15 Ann Street, Blairgowrie, Perthshire PH10 6EF
Entry Fees: Half Marathon - (£5 Affiliated, £5.50 Non-affiliated, £6 on day)
Fun Run - £1 on the day. Age 0 - 90.

Entries accepted on the day.
If entering on the day, do so before 1.00pm - Entries limited to 300.
Entrants are asked not to appear at the Recreation Centre until 12 Noon.
A light snack and swim are available and free of charge until 4.30pm.
Prize Giving - 4.00pm.



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STONEHAVEN HALF MARATHON

(SAAA & SWAAA Rules)

11.00 a.m.

Sunday 7th July, 1991.

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Section, Kincardine & Deeside District
Council, Viewmount,
Stonehaven AB3 2DQ.

Closing date 16-6-91



KIRKCALDY DISTRICT PEOPLE'S HALF-MARATHON AND 10K

Promoted by FIFE COLLEGE OF TECHNOLOGY

SUNDAY 30TH JUNE 1991
(UNDER SAAA, SWAAA, SWCCU and RRA LAWS)
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Half-Marathon and 10K start and finish in Beveridge Park. The Funrun is a single circuit within the park. Please pre-enter the two main races, enclosing stamped, addressed envelope, and we will send you your number a week before the race. There will be limited entry on the day, at 50p extra charge. Programme:

9.00 Kirkcaldy District People's Half-Marathon (Last year's 2-lap course, slightly amended)
11.15 Kirkcaldy District 10K (New Course)
11.30 Funrun.

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RUNNER DETAILS

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TOWN OR CITY POSTCODE

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RACE ENTERED

Please tick race and age category. Please note that members of affiliated clubs must wear their official club vest.

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MALE FEMALE

18-39 40-49 50-59 60+ 17-34 35-44 45+

10K

£3 (attached) £3.50 (unattached, or entering on day)
MALE FEMALE

17 18-39 40-49 50-59 60+ 15-34 35-44 45+

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Entry-on-the-day, £1 adults, 50p children

Please enter me for the "I hereby declare that I am medically fit, and enter at my own risk. I agree that the organisers cannot be held responsible for any loss, injury or illness incurred in connection with the races. I have not competed in any athletic event as a professional, or, having done so, have been reinstated to amateur status."

I enclose appropriate pre-entry fee, cheque number..... made out to Fife College of Technology (Half-Marathon Events), plus a stamped, addressed envelope 9 by 6 inches with this completed form. Please note 50p extra charge for runners unattached to clubs, due to SAAAS levy. Address completed applications to: Half-Marathon Applications, Fife College of Technology, St. Brycedale Avenue, Kirkcaldy, KY1 1EX. Queries: Crawford Mackie, Tel. 0592 268591
Signature..... Date.....

FIFE REGIONAL COUNCIL - EDUCATION COMMITTEE

13

FORTH VL D1, Livingston. D2, Pitreavie.

15

GLEN Rosa Horeshoe, Brodick, Arran.

ISLE of Skye Half Marathon, Portree, D - (0478) 2341 Ext: 232.

SCOTTISH Schools Champs - Boys, Grangemouth (0324) 486711; Girls, Crownpoint.

16

NEW Cumnock 10 mile RR. D - (0290) 32811.

BO'NESS 10K Road Race, Bo'ness.

ED & Dist League 2nd meeting, Pitreavie.

FALKIRK Highland Games, Callendar Park, D - (0324) 486711.

GIRVAN AAC 8.2 mile RR and 3 mile Fun Run. New event. See for E form and D to P. Trenchard, 11 Wheatfield Rd, Girvan KA26 9DY. Tel (0465) 3230.

INVERCLYDE 10K, Greenock D - (0475) 894151.

MID Argyll Half Marathon & Fun Run, 2pm start, £4 entry. E accepted on day, Lochgilphead. Contact: Mr F Johnston, Kilmory Road, Lochgilphead. (0546) 2024.

SMALL Nations Cup, Sco v Ice v Wal v Nire v Bel, G'mouth. D: 031-317-7320.

GRAMPIAN TVL (E), B'chory. (N), Nairn.

WOOLWORTHS YAL W D1, 2, Dumfries.

ABERDEEN HG. D - 0224-276276.

19

BEN Sheann Hill Race, Strathyre.

GB v GER, Crystal Palace.

20

PORTOBELLO Fun Runs, Portobello.

21

PEARL Assurance Games, Belfast.

22

ARIDRIE HG, Airdrie. D - (0236) 41200.

BRITISH Athletics League 2.

DOON Hill Race, Deerpark, Dunbar.

EILDON Hill Race, Melrose.

SAAA Combined Events Championships, D - 031-317-7320.

UK Women's League 2, Various.

23

ARBROATH Half Marathon, Seaton Park, Arbroath. Starts 11am, E £4, on day £5. D - Mr Barnett, 35, West Abbey St, Arbroath. Tel: (0241) 79934/75966.

TROSSACHS Trek '91. D - (0436) 76161.

BRITISH Athletics League 2.

DUMFRIES Half Mara, 11.15am start. Dock Park Dumfries. £4.50. E close June 17. D and E Forms (0387) 65175.

LOCH Rannoch Marathon & Half Mara, Kinloch Rannoch. D - 088 22 372.

POLAROID 10K People's Race, Alexandria D - (0389) 54141.

SAAA Combined Events Champs, Aberdeen. D - 031-317-7320.

SEVEN Hills of Edinburgh Race

SHETLAND Simmer Dim Half Marathon, Lerwick D - (0595) 4330.

SWAAA U20 Championships, Grangemouth D - 031-317-7320.

UK Women's League, Various.

WOOLWORTH YAL E D1 & 2, Livingston. W D1 & 2, Crownpoint.

25

PITREAVIE OGM, Pitreavie.

26

ANNAN 6.75 miles Road Race, Annan.

WIGTOWN Dist Council OGM, Stranraer D - (0776) 2151, Ext: 244/253.

29

CAIRNGORM Hill Race, Aviemore.

AAA/WAAA U20 Champs, Stoke.

DORNOCH Festival Half Marathon & 10K Road Race D - (0862) 810633.

EUROPEAN Cup Final, Frankfurt.

GER v GBR v SUI (Combined events U20), Germany.

30

BORDERS AL (or Champs), Galashiels.

BUCKIE & Dist Round Table Half Mara.

AAA/WAAA U20 Champs, Stoke.

EUROPEAN Cup Final, Frankfurt.

FALKIRK Women's 10K, Grangemouth.

FALKLAND Festival Hill Run, Falkland.

GER v GBR v SUI (combined events U20), Germany.

ISLE of Mull Half Mara, 11.30am, E £4. E accepted on day. Start Craignure, Isle of Mull, (0688) 2114.

KIRKCALDY Dist Half Marathon & 10K, Kirkcaldy - D - (0592) 266591 for further information.

LAING Ghru Hill Race, Braemar.

SCOT & NW League. Div 1, 2, 3, 4, 5 & 6.

BANK of Scotland NE League, Inverness.

EVENTS CONTINUE ON P44

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FOR EACH RACE ENTEREDSURNAME
FORENAME
ADDRESS

POST CODE

DATE OF BIRTH

AGE ON DAY OF RACE

NAME OF AFF/NON-AFF CLUB

PLEASE TICK WHERE APPROPRIATE :-

MALE

MALE VET

(17 & Over)

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DATE

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HELENSBURGH	: 17th MAY 1991
DUMBARTON	: 7th JUNE 1991
VALE OF LEVEN	: 14th JUNE 1991

July

3

FALKIRK Open Graded Meeting,
Grangemouth, D - (0324) 486711.

NEWBURY Hill Road Race, Aberdeen.

4

BRIMMOND Hill Road Race, Aberdeen.

5/6

SAAA/SWAAA Senior Championships,
Crownpoint, D - 031-317-7320.

6

FORRES Highland Games, Forres.

MAMORE Hill Race, Kinlochleven.

7

DUNDEE HG. D - (0382) 22729.

CUPAR HG, Fife. D - (0334) 53457.

MOFFAT Chase, Moffat.

SHISKINE Valley Half Marathon, Isle of
Arran D - (077086) 427

STONEHAVEN Half Marathon,
Stonehaven (0569) 62001 Ext 267.

TEVIOTDALE Half Marathon, Hawick,
D - (0450) 73826.

CITY of Edinburgh 10K, Meadowbank.

GRE Cup semi finals, Various.

9

EWM RR - 15K, Moffat.

10

CITY of Edinburgh OGM, Meadowbank.
D - Mr Dickson, 4, Old Farm Place,
Edinburgh.

13

INVERNESS Highland Games,
Inverness, D - (0436) 239111 Ext. 224.

MELANTEE Hill Race, Fort William.

USA v Canada v GBR - U20, Florida.

14

Rosneath & Clynder Highland Games,
D - 0436 831520

HALF Nevis Hill Race, Fort William.

17

ANNANDALE & Eskdale DC OGM,
Everholm, D - (0461) 203311 Ext. 306.

19

EIGHT Nations GB Junior Int, Spain.

20

BRITISH Athletic League 3, Various.

GLAMAIG Hill Race, Sligachan, Skye.

ELGIN Highland Games and RR, Elgin.

SIAB Schools International, Wrexham.

STROMNESS 13 mile RR.

WORLD Student Games start, Sheffield.

21

STONEHAVEN HG. D: 0569-62001 x267.

BAL 3, Various, D - (021) 456 4050.

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

HELENSBURGH People's Half Mar.,
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27

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DINGWALL 10 miles Road Race.

LOCHABER HG, Fort William.

TAYNUILT High Games. (Taynuilt) 431.

28

DONKEY Brae Run, Aberdour.

SYAL Semi Final, Pitreavie.

31

LIVINGSTON & Dist AC Open Graded
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August

2

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Portugal (women), Czech.

3

AAA/WAAA Com Events Champs, Stoke
NEWTONMORE Highland Games.

4

MONKLANDS District Half Marathon.
D - (0236) 41444.

ANGUS Monros Hill Race, Glen Doll.

BALLATER 10, Ballater.

BRIDGE of Allan Highland Games, inc
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6

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Surprise result at unofficial match

DESPITE fielding a weakened team, Westerlands CCC defeated Hunters Bog Trotters in the apes grudge match "games" at Habbies Howe.

The all-male HBT team were beaten in a press-up relay by the mixed Westerlands team.

A number of reasons have been put forward for this unexpected win: the Westerlands team had put in some secret practice; the HBT were still tired from their win in the earlier cross country race; but, more likely after copious pints of Greenmantle Ale, they were unable to raise themselves from the pub floor.

For the record, in the grudge match itself, HBT were convincing winners, led home by club captain Pat O'Kane. John Hampshire (HBT) was second with Dave Calder (West) a surprise third place in front of Stuart Gibson (HBT). First lady was Jane Robertson of Westerlands.

Unofficial events between clubs such as this are a growing feature - and more strength to their elbow. Informal fun events such as this are a great idea and make training all that easier.

TOO MUCH IN TWO DAYS

THANKS to Alex Muir of the Scottish Veteran Harriers Club for correcting my mistake about the race information for the vets' Alloa to Bishopbriggs relay. Indeed, I was extremely flattered to be likened to both Samuel Pepys and Homer in the one letter.

I still feel, however, that it is a mistake to have two races, such as the national road relay and the vets road relay, on consecutive days. Those runners who did run on both days would no doubt have enjoyed it but probably also felt a bit jaded on the second day. "Nil mortalibus ardui est".

I don't doubt that the SVHC understand vets and their approach to athletics. I do know some vets who were surprised and disappointed that the two races were so close together. Anyway, as they were no doubt saying in clubrooms after reading his letter, "Grammatici certant et adhuc sub indice lis est".

Ludicrous situation

I NOTICED that Reebok Racing Club have qualified for the bottom division of the men's Panasonic leagues. I can't really suggest a

better system of introducing a new club into the leagues, but it seems a bit ludicrous that world ranked athletes will be merrily lapping athletes as they set the fastest times of the day. This will be good for up and coming youngsters in the lower divisions, but I can't really see the benefit to the Reebok club runners or to Scottish athletics.

WHY THE DELAY?

COULD someone tell me why there is a seven day waiting period between senior men being registered to compete in the Panasonic leagues and then being allowed to run? Indeed could someone tell me why, if that person is a paid up member of a club, is there any need to register at all?

Club runners short changed

I'M glad that the London marathon was success. Anybody I've spoken to was still on a high - even the guy who rang ten minutes slower than his PB because he had flu. Not to be advised.

I watched it on TV. I was extremely disappointed with the coverage. I know it's a "people's" event, and I know that there is a lot of human interest in the many charity runs that are done on the day. However, apart from the front runners, the coverage was all of the "fun runners".

There was very little coverage of the "good club runners" who would finish anywhere between 2-30 and 3-30 or thereabouts.

I would like to see them at different points of the race and especially as they finish. By all means have Bob Wilson having bilingual conversations with joggers but let's have more of the runners in the race please.

COMMEMORATIVE RACE - COMMEMORATING WHAT?

DESPITE my - admittedly half hearted - researches, I haven't found out what the Edinburgh to North Berwick Commemorative Half Marathon, at the beginning of May, is commemorating. Could somebody let me know? At the time of writing it's a week away and I'll give my report on the event next time round.

More marathons needed

I NOTE with some sadness the demise of several marathons and half marathons around the country. Examples include events in Dundee, Aberdeen, and Livingston.

Certainly it's true that the numbers taking part in the races have fallen off.

In many cases this is because people have gone on to other things - for example, hill running, track racing, shorter (10K) distances and so on.

In some cases it is because many of the participants in these events were only doing it as a one off - perhaps for charity - and have said "never again".

I can't help thinking though that even although the numbers doing a marathon have fallen from say, 3,000 to "only" 700, that there is still a need for such events.

Perhaps what many organisers should be looking to is, or was, their reason for holding the event. Is it there to generate money? Is it there to publicise their town? Or is it there for the benefit of runners?

It seems to me that it would be entirely possible to stage a marathon or a half marathon for 500 runners at about £4 a head which would certainly be enjoyed by the runners and which would also cover all costs - unless elaborate prizes and expenses were being paid.

FUN FOR ALL THE FAMILY

I WENT to my first open graded meeting the other week.

I enjoyed it. It was a pity though that entries for the senior men's races were as low as they were. This meant that the events that I was interested in were not graded - one race was all that the numbers could sustain.

I would still commend them to anybody. The atmosphere was informal and friendly and, whilst the races were competitive, there was no pressure of league points.

It was a good evening out for the family - my son had his races too.

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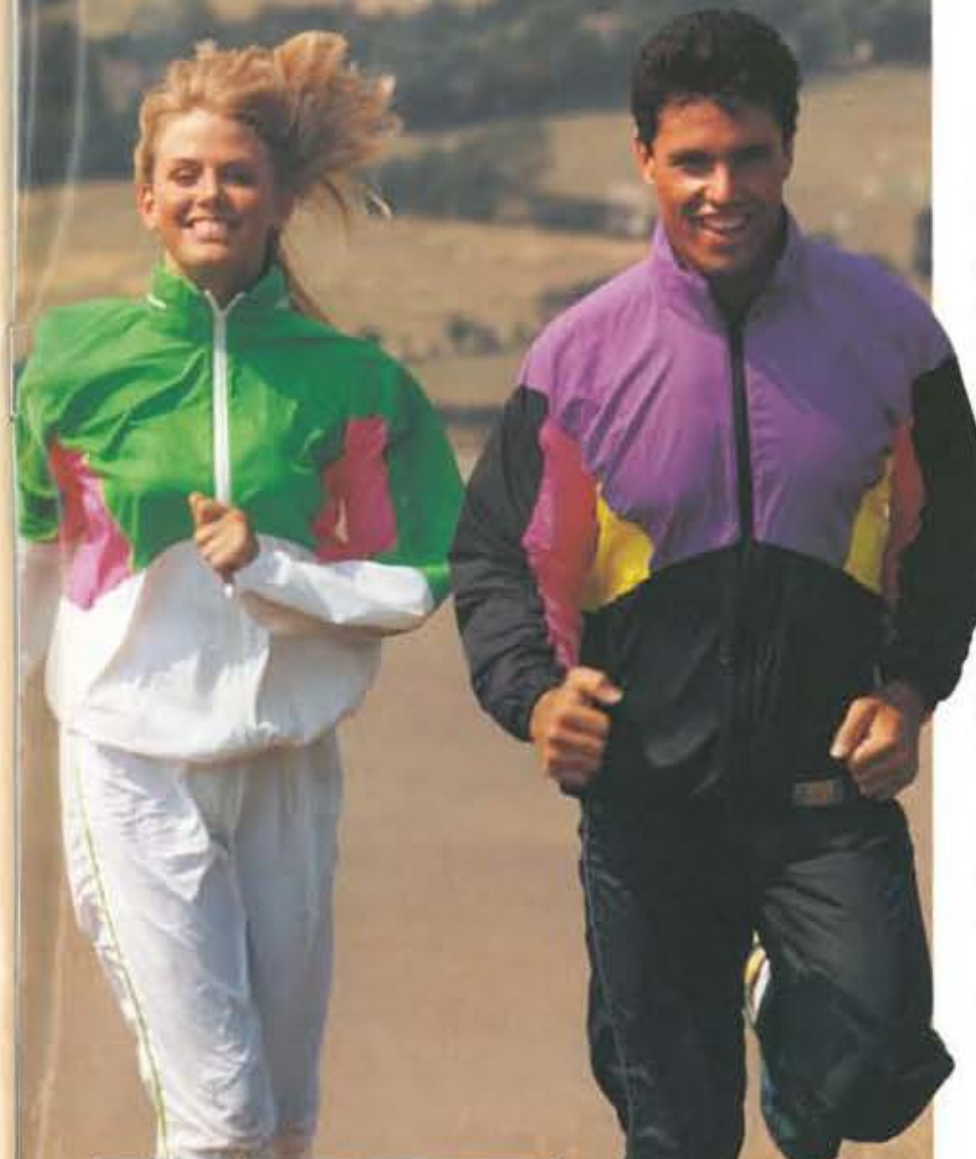
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