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Scotland's RUNNER

JUNE 1993 ISSUE 82 £1.60



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Scotland's RUNNER

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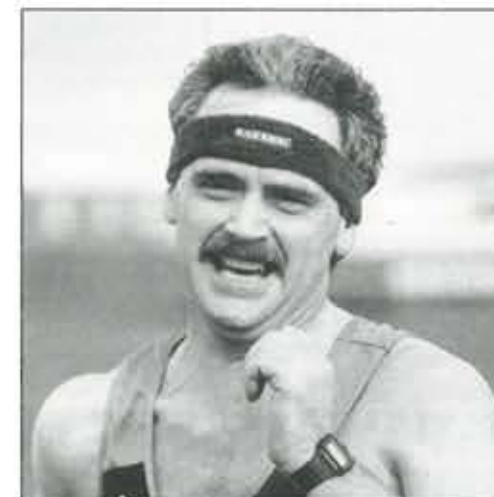


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TRACK AND FIELD. P27

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The Multiple Sclerosis Society in Scotland,
2a North Charlotte Street, Edinburgh EH2 4HR.
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Disaffection in the ranks?

SINCE our last issue, two national champion athletes - Tom Murray and Robert Fitzsimmons - have been snubbed by the selectors. Road on one hand, track on the other.

As a consequence, the volatile but talented Murray has decided never to run again on road or country wearing a Scotland vest; Fitzsimmons, more phlegmatic, remains within the fold largely thanks to his coach's powers of persuasion, plus love of the sport and the desire to prove a point.

Another top competitor, Anglo Paul Evans, who topped the national rankings at 5000 metres, 10,000m, half marathon, and marathon, has thrown in his lot with England, robbing Scotland of a hot medal prospect at the Commonwealth Games next year. The Olympic 10,000m finalist's defection was partly coincidence, rather than wholly constructive.

It was certainly not the fault of the Games athletics team management, but he claims that in more than four years, since taking silver at the national cross country championships, he was offered only one international vest, against Israel. Had he been persuaded to make just one appearance, then, he admits, we would not now be writing of his departure.

Tom Hanlon, Olympic steeplechase finalist and fastest Scot at 1500 and 3000 metres last year, is so disaffected by past international experiences that he remains steadfast in his refusal to pull on a Scottish vest.

Scotland's team for Israel departed minus Tom McKean, Brian Whittle, Yvonne Murray and Liz McColgan. Notwithstanding the pressure on them to succeed at a level somewhat higher than the modest opposition in Tel Aviv, absence from their country's only overseas match this season either implies lack of fervid patriotism or insufficient incentives from SAF headquarters - and that need not be equated to money.

A succession of leading coaches - and Scotland can afford their disappearance no more than they can sustain the loss of the above competitors - have resigned in the wake of the publication of the Genesis document, a blueprint for the rebirth of the sport by national coach Andy Vince. Precisely why is unclear.

At least seven top coaches have gone. Among them are Malcolm Brown, event coach for women's endurance; Rowland Hill, group coach for jumps; Bill Blair, endurance group coach; Alex Naylor, national event coach for 800/1500m; and Janet Smith, group organiser for throws.

Snubbing the national flag? Leading athletes and coaches departing? When was Genesis ever preceded by exodus?

The reasons are complex, well beyond the scope of a brief magazine editorial. The Genesis document of Vince, the fruit of considerable labour, runs to more than 90 pages. But it has clearly upset some of the current coaching establishment.

A month after this column celebrated arguably the finest hour in the history of Scottish athletics, with two World Indoor golds and a silver, we now must urge a close analysis before the seeds of disaster blossom. These successes are only masking the disease. Something is far wrong in the brave new world of federated Scottish athletics. Where have we gone wrong?

Your forum for airing views? Write here, to Scotland's Runner.

Doug Gillon

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SR932

Turbulent times as athletes rage

LOST one, gained two, angered two. That is the strange record for Scotland during recent weeks, writes Doug Gillon.

Paul Evans, a potential Commonwealth medal winner next year, was lost to Scotland when he opted for England, while Robert Fitzsimmons and Tom Murray were left fuming by selection decisions which left them out of teams they felt they were entitled to be in. But Scotland picked up England internationalists John Sherban and Peter Dymoke, who have opted for Scotland on residential grounds.

Evans, a member of the Scottish Commonwealth Games squad, made his England debut in a road race at Bamburgh Castle, helping them to beat Scotland.

It is four years since his tartan qualification emerged, when he placed second in the national cross country at Hawick, behind Murray. He finished tenth (second European) in the Olympic 10,000m final, and was leading Scot at 5000 and 10000m, plus marathon and half marathon, last year.

Yet in these past four years Evans never appeared in any Scottish team. He claims that the only one he was ever chosen for was the May match in Israel, which he turned down because of European club commitments.

Officials retort that he rejected other opportunities: "Not to my recollection," insists Evans.

Ian Aird, Scotland's athletics team manager for the Games, has been in regular contact with Evans for a year, and has a letter from him confirming his wish to compete for Scotland. And on at least five occasions Evans affirmed his Scottish ambitions to me. "I said a long time ago we had to get him in a Scottish vest," said Aird, and

Evans confirmed: "Had that happened, this controversy would never have arisen."

Evans himself said: "The head has ruled my heart. I have lived in Ipswich for 30 years. Travelling to Scotland is more impractical, and I thought that if I was keeping a home Scot out of the team, there could be some flak."

Murray, reigning national cross country and 10,000 metres track champion, has resolved not to wear the national vest again, on road or country, but has reserved judgement on his track future, after being dropped from the Castle series.

Murray, of IBM Spango Valley, top Scot in the first race, at Warkworth, ahead of John Robson and Stephen Wylie, told a selector he wanted to run the final two events, but was unable to contest the middle event because flights could not be found to relay him from a race in Marseilles on Saturday to Bamburgh on Sunday.

Somehow, Murray's message to one of the selectors was confused, and it was believed he could not contest either of the final races. At the time of going to press, Murray was still deliberating whether to run for Scotland on the track after racing the 5000m in Tel Aviv.

Scottish 1500m champion Fitzsimmons returned his trophy in protest over his exclusion from the national team for that match against Israel, Turkey, and Wales. "Winning that title has benefited me not one little bit," he said. "So they can have the trophy back. If being Scottish champion is meaningless to the selectors, then it is meaningless to me."

Fitzsimmons lost out to Glen Stewart, the selection being made following the opening Scottish

League fixture at Aberdeen, where Fitzsimmons won the Division 2 800 and 1500m. But Stewart, running in the Division 1 event, concentrated only on the metric mile, and clocked the faster time.

The Kilbarchan runner's coach, Derek Parker, initially thought he would be pushed to persuade Fitzsimmons to remain in the sport.

"I find Robert's omission shameful, contemptible, and despicable," he said. "This is absolutely unbelievable. Robert beat Glen for the national title last year, ran two seconds faster than him over the season, has beaten him the last five times they have met, and is top of the indoor rankings at the distance. He was also UK bronze medallist outdoors at 3000m, and top Scot at that distance indoors. To be overlooked was inexplicable."

George Duncan, chairman of the selection committee, invited Fitzsimmons to put his grievances in writing, guaranteeing immunity from subsequent persecution.

"Nothing he says will be held against him," promised Duncan, pleading that the first team of the season is always difficult to select, given the lack of current form. "On the data available, Stewart ran faster than Fitzsimmons, though in different races."

Duncan sounded a warning to those with Commonwealth ambitions: "Perhaps athletes will have to be a bit more selfish about their personal needs - and just do one event. This will be particularly relevant regarding Games selection next year."

"I certainly will not be quitting the sport," said Fitzsimmons, "but I won't be dumping my club in the lurch either. I'd rather be remembered as a good club man



John Sherban - now eligible for Scotland.

than a selfish so-and-so. But you can take it I'll do just one event at the Games trials."

Falkirk Victoria's Sherban, fastest man on the long stage in the English 12-stage championships, hopes to make Scotland's team for Victoria at 10,000m, while Livingston and District's Dymoke, third in the Ben Lomond race, has designs on a place in the World Mountain Racing Cup, in France in September.

A further consolation for the men's Games team boss Aird, balancing the Evans debacle, is that despite the European Championships falling immediately before the Commonwealth event in Victoria next year, Tom McKean and Yvonne Murray have both committed themselves to being part of Scotland's team.

Liz McColgan says she also wishes to be part of the squad, although she has not so far given an explicit commitment to go to Canada.

Pacesetters Launched

JAVELIN, discus, and hammer were hurled around a mediaeval Dean Castle by 100 Kilmarnock school children at the launch of Pacesetters Scotland, which it is hoped will launch an athletics revolution in Scotland.

All of the missiles were harmless: the "flying sausage" javelin and "flying saucer" discus were of soft material, as was the rubber hammer.

Former Olympians Steve Overt and Brian Whittle, plus international rugby winger

Derek Stark, helped with the Scottish launch of the nationwide scheme.

Graham Ross, the newly-appointed development officer for the SAF, said: "It is a quantum leap for the grassroots, and has taken off at a blistering pace south of the Border. We hope to have 100 qualified coaches in Scotland by the end of this year."

Scotland lags behind the rest of Britain in introducing children to track and field. Pacesetter had only five quali-

fied coaches in Scotland out of more than 200 in the UK last year, and another tandem scheme, Startrack, had only three out of 80.

Derek Stark and Brian Whittle help launch the Pacesetters Scotland scheme.



WHITTLE IMPROVES

BRIAN Whittle (cover picture) showed he is making progress in his new 400 metres hurdles event when he won the British League B event for Haringey.

Whittle clocked 52.3, faster than all of the A string runners who included Scottish national record holder Mark Davidson from Aberdeen.

Whittle then recorded his fastest time to date, 52.06, in Barcelona.

Hospice run

TWO Scottish hill runners plan to run from Chamonix in France to Zermatt in Switzerland in August to raise funds for the Highland Hospice in Inverness. Ewan Lardner and Stuart Tedcastle will run 177K and climb 11,000ft during their proposed five day traverse of the Haute Route.

The pair have already secured backing from top band Run Rig, and any readers able to help out with sponsorship should contact Ewan on 0738-30706.

New Women

OVER 750 entries had been received for the City of Glasgow Women's 10K as we went to press.

Glasgow City Council sports officer Gillian Duncan said: "We've been very successful in attracting women who have either never run before, or not since school." The Kelvingrove Park run on

May 30 follows the council's successful beginners' jogging course which has seen increased participation in the sport from Glasgow women. There are six sets of mothers and daughters taking part and a group of cooks from the Southern General Hospital are giving up their duties at the stove.

Entries up

THE Dunfermline Half Marathon on June 6, which starts and finishes at Pittencrieff Park is expected to be contested by a record number of runners as entries were up 11% on the same time last year by mid-May.

The top placed three in last year's men's race, Terry Mitchell, Michael Carroll, and Ian Brown, have indicated their intention to compete again. The race had over 1200 entrants last year.

Polaroid clicks

THE Dumbarton "500" 10K on June 10 - the second race in the three event Polaroid 10K Road Race Series is looking for an increase in participation for the sixth year running.

Over 450 runners now take part in the event, as opposed to 100 a few years ago. Organisers report a strong East Coast interest in this year's event.

Tenth anniversary

THE Isle of Skye Half Marathon celebrates its tenth anniversary on June 10 with unique medals on offer to competitors completing the course.

Those handful of athletes who have competed in all ten runs will also receive special awards.

Entries had been low at the time of going to press, but as local sports development officer Willie McKinnon explained: "The forms went out much later this year, so things will pick up."

There are hopes that Karen MacLeod, who was brought up on Skye, can be persuaded to run in the event for the first time.

The day includes a 4.5 mile family run.

THE Edinburgh 10K, planned for July 18, has now been switched to October 3.



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Walter Ross

ONE of Scottish athletics' most generous benefactors, Walter Ross, has died at the age of 74.

Walter owned and operated a Glasgow printing business which handled many of the sport's publications, usually for substantially less than the going rate. Indeed, when it came to his beloved Scottish Veteran Harriers work would often be gratis.

Founder of the Scottish Vets, before there was a British body for veteran athletics, he lived to see his club become Scotland's largest. It all stemmed from a five-day trip to the Cologne Marathon in 1973.

His German hosts invited him to join a group of retired and older athletes on training

runs for the next few days. Walter thought the camaraderie was so outstanding that it inspired him to establish the SVHC.

Subsequently he was instrumental in helping establish veteran bodies in many countries, and he was an honorary member of the world body.

Walter and his wife, Winnie, were talented ballroom dancers - they travelled regularly to watch the world championships - and the pair gave displays regularly at veteran social events. But above all Walter was a great enthusiast for athletics.

A generous and optimistic man, he never lost sight of the fun objective.

DG

Run takes off

AS REVEALED in the April issue of Scotland's Runner, Glasgow company Unicorn Leisure are the title sponsors of this year's Great Scottish Run.

eral companies - and with the Daily Record publicising the event and printing entry forms the organisers are confident entries will exceed 8,000 this year.



It is believed that the company, which operates three discotheques, is putting £50,000 into the event, which will be run on August 22. The event has also attracted secondary sponsorship from sev-

The closing date for these is July 16, with club runners paying £8.25 and non-club runners £8.75. Our picture shows Ally McCoist, Justin Fashanu, and Chris Eubank at the launch of the race.

Big money at stake

SOME £16,000 in prize money will be at stake on June 3 when Strathkelvin hosts the final event of the UK-wide Reebok city centre grand prix series.

Once the home of Scotland's biggest half marathon, the Kirkintilloch race is now a 5000 metres road event, and has switched from the traditional Sunday to a Thursday evening.

The elite men's and women's winner will each lift £750, with the series winners banking £1500. The two earli-

er rounds were May 23 in Bath, and May 28 in Sheffield.

Strathkelvin's event was founded in the early fifties as the Scottish Marathon Club's 12-mile road race. For eight years, from 1983, it was the Luddon Half Marathon, peaking at 3500 entries in 1983, and for the past two years it has been held over 10,000m.

Besides the elite event, there will be an open race, and others for primary and secondary schools.

New route

THE Kirkcaldy Half Marathon and 10K on June 13 will take place over a new route, based on a loop to the north-west of the town.

Devised with the help of senior Fife AC runners, organiser Crawford Mackie believes the route has long term advantages.

"There are some stiff hills on the way out," said Mackie, "but at last we can say we have a simple, scenic route, with more than a mile of downhill running towards the usual finish in the park. If the route is popular, we will stick to it in the future."

Paul Evans' Springburn connection

West Cottage,
West Balgrogan Road,
Torrance.

SIR - It came as no great surprise that Paul Evans has opted to run for England. When he first indicated his desire to run for Scotland, he had not quite broken into world class running. He was good enough to make the Scottish 10,000 qualifying time for the Commonwealth Games, but not necessarily able to see off the top English boys. However, last year he was the UK's top 10,000m and marathon runner.

Paul cites the impracticality of travelling from his Ipswich home for rejecting his Scottish connection. This is nonsense. In recent years he has travelled extensively abroad to race - where he is earning appearance and prize money. Money makes the difference.

When Paul lost his job two and a half years ago, it coincided with a high profile in the Sun Life Great Race and an improvement in performances. He became a full-time runner, and with a young family to support it is not unreasonable that he should want a race to be worth his while.

His talents will receive greater exposure and possibly financial return if he is turning out regularly in an England vest. In contrast, the Commonwealth Games would have been virtually the only time he would have been able to gain any worthwhile exposure in a Scotland vest.

Paul's parents hail from the Springburn area, and Springburn Harriers were delighted when this fast-improving English athlete made contact more than four years ago saying he wanted to join the club. However, he has performed for Springburn on

just one occasion, in the national cross country at Hawick where he finished second.

Knowing what he could add to a team involving the likes of George Braidwood, Adrian Callan, David Donnet, and myself, the club tried repeatedly and patiently, both by telephone and letter, to get him to turn out for one of the top relays. Paul, who is extremely personable, promised more than once to try and make it to a certain race, but invariably he would cry off.

He always seemed genuinely sorry to let the club down, and we could only say we understood and hope that it would be a different story the next time. This business over representing Scotland has all the same feel about it; that he is taking advice from another or others who will claim to have his best interests at heart.

I have no criticism of Paul. These are changed times, and runners like him, being full-time and with a family, must think carefully about the financial side of things. Like a professional footballer, he has a short career which he must maximise.

Perhaps now he has moved into the English camp (and when you hear his accent, you feel it is where he belongs), Doug Gillon may refer to him less as a Springburn Harrier. Knowing the endeavours of the club to actually see him run in our colours for at least a second time - he was ultimately promised his air fare out of our limited club funds, but could earn more going abroad - it has been quite irritating to see Doug repeatedly play up Paul's Springburn connection.

Graham Crawford,
Springburn Harriers.

A wonderful legacy

74, Leeward Circle,
East Kilbride.

tireless worker for the veteran organisation, and the Scottish vets in particular.

SIR - The many veteran athletes among your readers will be greatly saddened to learn of the passing of Walter J. Ross of Garscube Harriers and the Scottish Veteran Harriers.

Walter will be remembered as the man who had the vision and the drive to establish the SVHC, a dream that has had spectacular success, attracting to its ranks runners from all over Scotland and beyond, providing great enjoyment and a purpose in life for the older athlete.

Walter was one of the nicest men in athletics. He was known and respected throughout the world wherever veterans met, always ready with a kind word, a bit of encouragement, and a friendly handshake. He was a

At the end of one of Walter's trips abroad, he was saying his goodbyes at the airport to his Japanese host. As these two old friends shook hands, he said to Walter, "May you live for ever." I have no doubt that in the hearts and minds of all who knew and loved Walter, he will live for ever.

On behalf of Springburn Harriers, our deepest sympathy to Walter's family, and to his friend and business partner, Dale Gregg. I hope that they will take comfort in the knowledge that Walter has left a wonderful legacy to his fellow man, a gift not given to many.

Tommy O'Reilly,
President,
Springburn Harriers.

10, Medcroft Avenue,
Croftfoot,
Glasgow.

As a child I suffered from "fallen arches" which I am sure may be the cause of the blisters, but how can I avoid getting them? I have changed my shoes from Reebok Hexalite to Nike Air Pegasus. I wear running socks, have tried "second skin" and vase-line - all to no avail.

SIR - I am a relatively newcomer to running and wonder if you could help to solve a problem which is causing me great misery - blisters!

I run three to four times a week and each time I have increased my run to six miles my right foot becomes inflamed and three blisters appear under the arch of my foot, stretching across the full length of the arch.

I would be grateful of any suggestions you may have as I am currently unable to increase my miles - which is extremely frustrating.

Sharon McEwan

Mary's mark

141-143 Drury Lane,
London.

mark for 1993 was 2-08.93, placing fourth at Ames, Iowa.

SIR - Regarding the recent issue of your magazine containing indoor rankings, I should point out that Mary McClung's best indoor

She also clocked a 2-09.60 in early March, but did not race the NCAA's.

Ian Hodge

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Coping with a change of race pace

Derek Parker outlines some of the ways to handle pace changes.

ACCORDING to athletics coaching theory, the most efficient method of completing distance races is to run at even pace. Thus someone aiming to record 13.45 for 5000 metres would cover each 400 metres lap in 66.0 seconds.

But although this may be true physiologically, the athlete frequently has to increase the tempo in certain situations and run at uneven pace.

These pace injections can occur when an opponent tries to open a gap at a crucial stage in a race, or when you yourself decide to make a tactical manoeuvre by attempting to pull away from a rival.

Faster than even pace running also takes place at the start of a race when athletes set off quickly to put themselves in favourable positions early on, or at the finish when the ability to produce a fast sprint is often decisive in team and individual competition.

But like all skills, the capacity to change pace during a race must be practised in training to make it really effective. The tactic involves sound judgement, a good physical fitness base, and positive mental qualities such as confidence, determination, and courage.

Equally important, it requires rehearsal and the simulation in training of situations likely to occur during races.

In previous articles I explained how athletes should train at race pace in order to attain time targets in competition.

Thus the athlete aspiring to run 5K in 13.45 would tackle sessions such as 12.5 x 400 metres in 66.0 with 20 to 30 seconds recovery or 5 x 1000 metres in 2.45.0 with around 45 to 75 seconds recovery. These times reflect precisely the pace the athlete must run at

without any recovery for the entire race.

This principle applies to all race distances and time targets.

As I said earlier, however, not all races are run at even pace. Slow starts, fast finishes, sudden surges, and gradual accelerations are some of the factors which result in races being run at varied pace.

So, to prepare himself physically and mentally for these situations, our hypothetical 13.45 aspirant could run every third or fourth lap of his 12.5 x 400 metres session two to three seconds faster than level pace, i.e. in 63.0 to 64.0 seconds.

Even if this means increasing the recovery times by a few seconds, the exercise will have a profound mental as well as physiological benefit by accustoming the mind and body to cope with surges injected into an already brisk pace.

Knowing he can reel laps off at a faster tempo is an immense morale-booster.

Innumerable options are open in the quest to improve your ability to handle pace variations.

You can, for example, run at different race paces within the context of a single training session. Thus an 800 metres effort at 5K pace can be followed by about 45 to 60 seconds recovery then 400 metres at 3K or 1500 metres pace. After about 30 to 45 seconds rest, the 800/400 sequence can be repeated three to four times.

The 13.45 athlete would aim for times of 2.12/60 to 62.0.

A logical progression from this already severe form of training is to run at two different race paces without any recovery between the pace increases.

So instead of simply running 5 x 1000 metres at 5K effort with 45 to 75 seconds

recovery, the athlete could run the first 800 metres of the 1000 metres repetitions at 5K pace then increase the tempo over the final 200 metres to 3K or 1500 metres effort. The recoveries between repetitions would have to be lengthened appropriately to accommodate the faster pace over the final one-fifth of the repetition distance.

This type of workout can be quite severe, so another option is to perform a session such as 600 metres at 5K pace, plus 200 metres jog plus 200 metres at 1500/3000 metres pace. Five sets of each repetition would be done.

Alternatively, the recovery jog could be shortened to 100 metres and the 5K effort lengthened to 700 metres. This type of exercise is very

effective in getting the athlete used to running faster when tired.

Repetitions over distances of 1200 and 1600 metres are physically and mentally demanding even when run at even pace.

When varied pace is introduced they become even harder, but they provide immense benefits and help the athlete to cope with arduous race situations.

An athlete aiming at 13.45 for 5K has the option of running 3 to 4x1600 metres in 4-24 (i.e. even pace) with 60 to 90 seconds recovery.

If he chooses to practice varied pace running he has a number of options, e.g. 800 metres at 5K pace (2.12) and 400 metres at 3K pace (62.0) and 400 metres at 5K pace

(66.0) or 1100 metres at 5K pace (3-01.5) and 200 metres at 1500 metres pace (29.0) and 300 metres at 5K pace (49.5).

Three to four repetitions involving these sequences would be performed with 75 to 150 seconds recovery.

It must be emphasised that these workouts are for UK standard middle-distance runners. Individual athletes and their coaches must formulate sessions commensurate with age, ability, experience, and training phases.

Varied pace training programmes should be constructed thoughtfully. They should reflect each runner's personal requirements.

The choice of distances run in each repetition, along with suitable recovery, is important.

Thus an 800 metres athlete aiming to run the two laps in just under two minutes could tackle workouts such as 400 metres in 58.0 and 200 metres jog in 75.0 to 90.0 and 200 metres full effort.

This sequence would be performed three times with recoveries of around five to eight minutes between repetitions.

Someone aiming for 1500 metres in four minutes could be asked to run 1000 metres in 2.40 and 200 metres jog in 75.0 to 90.0 and 300 metres as fast as possible.

Two to three repetitions of these sequences with a fairly good recovery would provide a hard session specifically aimed at increasing the pace when tired during the closing stages of a race.

DEREK PARKER'S SCHEDULES

EXPERIENCED

Week One

Sunday: 90 to 120 minutes cross-country running.
Monday: 75 to 90 mins fartlek inc. 4 x 2 mins fast (60 secs jog) & 4 x 60 secs fast (30 secs jog) & 4 x 30 secs fast (15 secs jog).
Tuesday: 5 miles or 30 mins steady.
Wednesday: 10 miles steady.
Thursday: 2 x 2 x 800m at 1500m pace (90 secs between reps/2 laps jog between sets).
Friday: Rest or 20 mins easy running.
Saturday: 12 to 15 miles steady.
Morning runs of 20 to 30 mins can be done four to six times weekly.

Week Two

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc. 10 secs fast (10 secs jog) & 20 secs fast (20 secs jog) & 30 secs fast (30 secs jog) x 10 sets.
Tuesday, Wednesday, and Friday: As Week One.
Thursday: 2 x 3 x 1000m at 3K

pace (75 to 90 secs between reps/2 laps jog between sets).
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. 5 x 3 mins fast (2 mins jog) & 6 x 10 secs sprint (30 secs jog).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 12 x 400m at 5K pace (30 secs recovery).
Saturday: 12 to 15 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 75 to 90 mins fartlek inc. 16 x 45 secs fast (jog 30 secs) & 3 x 15 secs fast (45 secs jog).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 2 x 3 x 300 metres at 800m pace (60 secs between reps/2 laps jog between sets).
Saturday: Race or 12 to 15 miles steady.
Morning runs as Week One

CLUB ATHLETES

Week One

Sunday: 75 to 90 mins cross-country running.
Monday: 60 to 75 mins fartlek inc. up-the-clock 5-10-15-20-25-30 secs fast x 4 sets. Jog 5-10-15-20-25-30 secs after equivalent fast repetition.
Tuesday: Rest or 15 to 20 mins easy.
Wednesday: 5 to 8 miles steady.
Thursday: 2 x 2 x 800m at 1500m pace (3 mins between reps/2 laps jog/walk between sets).
Friday: Rest.
Saturday: 8 to 12 miles steady.
Morning runs, if done, should be of 15 to 20 mins duration two to four times weekly.

Week Two

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc. 20 x 30 secs fast (jog 30 and 60 secs alternately).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 1 to 2 x 3 x 1000m at 3K pace (90 to 120 secs between reps/2 laps jog between sets).

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. 10 x 60 secs fast (jog 60 and 120 secs alternately).
Tuesday, Wednesday, and Friday: As week one.
Thursday: 12 x 400 metres at 5000m pace (30 to 45 secs recovery).
Saturday: 8 to 12 miles steady.
Morning runs as Week One.

Week Four

Sunday: As Week One.
Monday: 60 to 75 mins fartlek inc. 15 secs fast (jog 15 secs) & 30 secs fast (jog 30 secs) & 45 secs fast (jog 45 secs) & 60 secs fast (jog 60 secs) x 4 sets.
Tuesday, Wednesday, and Friday: As week one.
Thursday: 2 x 3 x 300 metres at 800m pace (60 secs between reps/2 laps jog between sets).
Saturday: Race or 8 to 12 miles steady.
Morning runs as Week One.
*Note: These sessions are for guidance. They should be adapted/mod-
ified to suit individual requirements.*



PITLOCHRY HIGHLAND GAMES

SATURDAY 11th SEPTEMBER 1993

Commencing 11.00am

RUNNING • CYCLING • JUMPING • SOLO PIPING •
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Secretary: D. McLauchlan, Easter Auchlath, Pitlochry
Tel: 0796 2207

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at Sports Field, Taynult on
SATURDAY 24th 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

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1.00 p.m. 4th July 1993

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SATURDAY 10th JULY 1.30pm
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BUTE HIGHLAND GAMES

at the PUBLIC STADIUM, ROTHESAY
SATURDAY 21st AUGUST 1993

Commencing at 11a.m. approx.

Open Athletics 1.30p.m. approx.

Athletics (male/female), Highland Dancing, Wrestling,
Pipe Band Contests (all grades), Drum Majors' Contest (Adult
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Entries also from Greaves Sports

Entries close Monday 9th August 1993

Sec. Mr GORDON SUTHERLAND, BIRGIDALE,
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GLENURQUHART HIGHLAND GATHERING AND GAMES

(Under SAAA, NDA, SWAAA and SCU Rules)

at DRUMNADROCHIT ON SATURDAY 28th AUGUST 1993

LOCAL EVENTS commence 11am - OPEN EVENTS at 1.30 pm

1 Open Road Race (Leveness to Drumnadrochit, distance 15 1/2 miles) Leaving Leveness at approx. 12.45pm
2 Ladies 100 Metres (H of SHC)
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 Putt (Scratch)
9 Ladies Long Jump (Scratch)
10 Ladies Relay
11 100 Metres (Handicap)
12 200 Metres (Scratch)
13 400 Metres (Scratch)
14 600 Metres (Scratch)
15 800 Metres (Scratch) Youthie
16 1000 Metres (Handicap)
17 Triple Jump (Scratch)
18 1600 Weight Over the Bar (also H of SHC)
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 25lb Weight for Distance
Value of prizes: £30, £25, £20
OPEN CYCLE RACE
1.30pm Official Opening
27 800 Metres (Scratch)
28 1500 Metres (Handicap)
29 200 Metres (H of S Chislop)
30 De'n Tak' the Hindmost
21 800 Metres (Juvenile)
22 Hill Race (McKenzie Challenge Cup)
ENTRY FEES 50p per event Road Race £3 (Medals for all finishing race)
Most events also carry sponsor prizes
CLOSING DATE FOR ENTRIES - 17th AUGUST 1993
NOTE: No competition will take place unless there are four or more competitors
Please return Entry Forms before the 16th August to the Secretary.
Mr R MacDonald, Westfield, Lewiston, Drumnadrochit Telephone: Drumnadrochit 481

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The 152nd

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HIGHLAND GAMES

Competition heavy, but still not open

Matthew Lindsay looks ahead
to the Highland Games
season.

AFTER a year spent looking into the joint proposals put forward by the Scottish Athletics Federation and the Scottish Games Association for open Highland Games competition, representatives of the International Amateur Athletics Federation asked Scotland's Bob Greenoak to meet them in Birmingham last month to clear up some grey areas.

Leaving the meeting, the SAF chairman said: "It's not particularly complicated; they just don't seem to want to raise the very thorny subject of

amateurs and professionals competing together."

It appears the IAAF are getting cold feet about the proposed and long overdue change in Scotland following the experience in Australia where, after giving the go-ahead, they are not entirely happy about the situation.

Andrew Rettie, secretary of the SGA, looks forward like most people to the day when open competition is introduced in Scotland.

"We've been fighting for this for some years now and meetings have been taking place between the SAF and SGA for some time," he says. "Basically we've agreed on the principle of the idea and are looking at a scheme similar to the set up existing in Australia and now it's down to the IAAF - but it could be August before anything is decided."

Bob Greenoak adds: "We had hoped it would just get the nod by the IAAF but following the situation in Australia that doesn't look like happening now. Hopefully the issue will come up in front of the full council in Stuttgart in August."

DESPITE the controversy that tarnished professional Highland Games last year when the world champion Joe Quigley, along with Matt Sanford, tested positive for drugs the sport is "flourishing more than ever" according to Andrew Rettie.

With two new events joining the 60 strong circuit, Rettie also forecasts a number of new

athletes coming onto the circuit and says: "We've tried to make it absolutely clear to people that we're taking a firm stand on the control of drug taking in conjunction with the Scottish Sports Council. We have no time for people who want to cheat and get an unfair advantage over others with the use of drugs."

Since Geoff Capes and Bill Anderson departed the circuit no one person has dominated, but the younger generation of competitors started to come through last season. Alasdair Gunn is just one who is expected to continue to fulfil his promise this summer.

The first Scottish Championships take place at Blackford on May 29 with the tug of war, followed by the cycling championships at Forfar on June 13. But the tourists' favourite - the heavy events - start on July 4 in Dundee with European Championships and continue at Balloch on July 17 with the World Championships.

ON THE amateur front, Mark MacDonald of Dumfries is expected to have a difficult task retaining his Scottish



Elgin Highland Games

Saturday 3rd July 1993

Morrison Park
Playing Fields

Junior Events Start
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Official Opening 2pm

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Tel - 0343 842578

Durness Highland Gathering Association

in Shore Park
Friday 30th July 1993
12 noon

All track and field events
Piping and dancing
Heavy events
(member of SGA)

Contact the sec. (0971) 511358



Championship at Cowal on August 28. A strong American contingent is expected to include Bill Sutherland, while other overseas entries are also expected - possibly raising the standard of competition and helping long standing records to fall.

But south coach John Freebairn believes that MacDonald will still be difficult to beat.

He said: "Mark is in his best-ever condition this year. Andy Vince and I went to see him in September to work on his conditioning, which is something he has continued throughout the winter. He has been in excellent form this season and will be hard to beat if he keeps up his strength level."

Freebairn sees Kenny Wilson of Stranraer as another who could impress if his technique continues to improve to match his strength. And Alan

Pettigrew and Lawrie Nisbet could also figure strongly - Pettigrew has been dogged by injury for some seasons now and had his knee operated on, but an elbow injury could further hamper his efforts.

Meanwhile, the annual North versus South match at Bathgate on May 28 may be one of the last times the event is held. With the contest traditionally a rather one sided affair, the representations made to the Highland Games Commission that the contest be changed to a four team event may prove successful.

And the south will also make moves this year to create more junior events. The promising youngsters coming through the north circuit have been helped by the presence of junior events at most of the meetings, but in the south the Bridge of Allan event is one of the only meetings with separate events.

Don't burn out the kids

Ian McCafferty was arguably the greatest raw talent in the history of Scottish athletics. The enigmatic Lanarkshire runner won 5000 metres silver at the 1970 Commonwealth Games in a native record which is still unbeaten. Here he gives his typically controversial views on the state of Scottish athletics.

HAVING recently returned to athletics - on the coaching side this time - and having read articles in Scotland's Runner, I have been disappointed at the poor state of Scottish athletics.

The number of national and native records which have survived so long tells you all you need to know about the progress we have made. Yet I am sure there must be talent throughout the country, over the age of 15, which has not been brought to light, but which, given the right encouragement and coaching, could find and develop future potential champions.

I believe the problem lies with the Scottish Athletic Federation, and I am sure that they could do a lot more if they only they employed the right people to help youngsters.

I know many club and SAF officials will disagree with my comments. However, before continuing I would like to acknowledge that there are lots of hard working officials dedicated to the sport.

Nor am I criticising the national coach or development officer. What I blame is the lack of a network of part-time people. Perhaps the sport lacks the resources to do the job, but I would divide the country into areas to promote athletics. At the moment there just aren't enough kids coming in to the sport.

If anything, I would concentrate on rural areas where transport and finance cause bigger problems, and where I believe there is more scope for uncovering talent. Children in the country are far fitter than city kids thanks to their lifestyle.

My first and main belief is that children under 12 should not train seriously for competition at any level. By all means let them join an athletics club but only for fun, to enjoy the atmosphere. But anything they achieve at primary level should be due to their own natural ability. I reckon that approach does no harm at all.

I am totally against intensive training for youngsters, and

would ban all under-12 leagues. I am sure they ruin more kids than they ever discover.

When I was ten I ran against other schools, but the only training I did was at PE on Tuesday and Thursdays.

Clubs have long complained of losing athletes at 15 or 16, blaming lack of coaches. That might well be the case in some clubs, but it could also be due to children having competed too much when too young, becoming bored and burned out through having been driven by pushy parents, teachers, or club officials who took the fun out of it.

Then let's look at the youth and junior age groups. What is the point in being brilliant at that age, then a has-been at 20? Not nearly enough continue on to the senior ranks.

I'd like to come now to coaches - and I only feel qualified to comment on middle distance events. What makes a good coach? I don't think it has to be someone who has attended courses and picked up a lot of jargon or scientific and technical expertise. Knowledge is important, but I reckon some club coaches could probably bring talented athletes up to international standard.

My father coached me without ever having been to a coaching course in his life. But he could see I had ability, and,

with common sense and training that suited me, we worked things out well together. My total mileage at 16 was between 25-30 miles per week and gradually built up over the next three years.

Warm weather training? Nonsense, except maybe for sprinters. The only warm weather training we had years ago was the occasional hot Scottish summer day. Yet the records set then have stood the test of time, more's the pity. But it shows we must have been doing something right.

Going back 25 years, people like Lachie Stewart, Ian Stewart, and Jim Alder all had full time jobs. I had to work overtime to earn extra money for athletics. I needed extra food - I used to eat like a horse - or for travel and training expenses.

There were no trust funds in those days. I remember breaking the European indoor two mile record at Cosford, and the meal expenses hardly bought a roll and a cup of tea.

Yet several Scottish athletes were running faster than some of the top people today. Apart from a very few, I think we are going backwards not forwards.

So stop driving the under 12's. Please, parents, don't allow your children to compete at this level. If you do, Scotland's gifted athletes of tomorrow may be lost for ever.



City of Aberdeen

HIGHLAND GAMES

Sunday 20 June 10am-5pm
Hazlehead Park Aberdeen

World Caber Tossing Championship
Pipe Band Competition
Highland Dancing
Athletics
Heavy Events
Light Events
Tug of War
5 Mile Forest Run

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Will Scotland's gifted athletes of tomorrow be lost forever?

Low standard at championships

The university summer season started with something of a whimper with a low standard of competition at the Scottish Universities Championships at Grangemouth in April.

When one considers the standard of, in particular, women's middle distance athletes available (eg. MacPherson, Haining, Cliffe, and Potts) it was disturbing to see the winning times of 2-31, 5-22 and 11-04 in the 800, 1500, and 3000m respectively. None of the above four competed, due to a combination of injuries, exams and league commitments, and this exposed the weakness of the remaining athletes.

Among the women's events, only Wendy Steele (Dundee), Tracey Shorts (Paisley), and Emma Lindsay (Napier) could be happy, with Steele setting a new championship record of 55.7 seconds in the 400m, and Lindsay recording 5.52m in the long jump. Shorts dominated the throws with wins in the shot (11.44m), discus (32.74m) and javelin (37.80m).

The men's events were little better, although Paul Walker cruised to victory in the 800m in 1-53.4. Phil Mowbray ran well to hold off John McFadyen in the 1500m (3-58), while the hurdles events showed some strength with Napier's Graeme Smith easing to victory in 15.7 in the 110m event and Ken Pearson taking the 400m hurdles in a personal best 55.5. In the 'chase, Gordon Crawford showed good early season form with 9-18.

Among the field events, only Jamie Grant's javelin win in 58.20m and Hugh Watson's triple jump 13.22m were approaching respectability. Any supposed national championship in which 18 metres can win the hammer is verging on the embarrassing.

British better

The following week Meadowbank hosted the British Universities Championships. Traditionally, the Scots have always won a large number of medals, but the restructured event in 1993 cut down the number of medals available.

In past years, there has been up to nine medals presented in

each event due to the political bickering between different governing bodies. This year they went some way to making it sensible by restricting it to three medals per event. Thus, gone were the confusing scenes of past years when the tenth athlete in the 5000m won the bronze medal, or the sixth girl in the 100m won gold! Notwithstanding this change, the Scots put up a commendable performance.

The first winner was Glasgow's Jane Fleming. Jane has been an under-rated sprinter for years, but has previously won silver and bronze at the British, along with relay gold. In 1993 she came off age, running a stunning personal best 12.24 in the semi (with a legal wind) before cruising to victory in the final in 12.48 into a strong headwind.

There can rarely have been a more delighted winner at these championships, or a more popular one, and I am still recovering from the bear hug after she realised how fast the semi final run had been.

It was a long wait for the next gold, and then, like buses, two came at the same time. Dundee's Wendy Steele had paced herself through the heats, showing the experience of having run many BUSF events before. In the 400m final she blasted off, and into the wind in the back straight she opened a sizeable lead. As she came off the bend, there was a brief challenge before she stretched away in an impressive 56.45.

Almost immediately, Napier's Chris Krieves won the men's equivalent in 49.62. His approach was the opposite of Wendy's, as he strolled the first 300m before bursting through the field to win in the final strides. Strathclyde athlete Henry Kennedy-Skipton grabbed a bronze in the same event.

Before the 400 golds, another Scottish athlete won her event. Alison Rose ran away from the opposition to win the 5000m in 16-41.51, but as she runs for Queen Margaret College her medal cannot be counted among those from Scottish Universities athletes.

In a similar position was Hazel Melvin, who was below her best when coming second in

the high jump with 1.68m. Although in some ways the authorities have sorted out their differences, it is still ridiculous that Scottish students can compete in a British championship but not in a Scottish event. It is not as if the Scots have such great strength that they can do without these talented athletes.

Other good performances came from Claire MacIntosh, who came second in the hurdles in 14.62, and then helped the Glasgow sprint relay team to silver in 49.20, while Karen Saville/Costello won two silvers with throws of 46.18 (javelin) and 11.45m (shot).

Alison Potts was perhaps a little disappointed with her 800m bronze (2-14.78) but at 18 she still has time to add the gold to her collection. Her time was good in the windy conditions, and she should not be upset when she considers it in detail.

The highlight in the men's competition for the Scots was the final of the 800m, where

Paul Walker and John McFadyen had a private battle for the gold. McFadyen took the pace and tried to burn the finish out of Walker, and coming into the straight they were shoulder to shoulder. Unfortunately, Paul drifted out into lane two and left a gap for the others to exploit and burst through to steal it on the line. Paul and John were inseparable on the watch (1-51.7) but Paul got the verdict on the photograph.

The final Scottish medal was won by Gordon Crawford, who came third in the steeplechase in 9-11.99.

Although some of the times and performances may not appear particularly impressive, it has to be remembered that the conditions were not ideal — cold and windy. You can only beat the athletes who turn up to compete, and in winning so many medals the Scots showed a true fighting and competitive spirit.

Gordon Ritchie

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SCOTTISH ATHLETICS FEDERATION 1993 CHAMPIONSHIPS



Grangemouth Sports Stadium



SCOTTISH NATIONAL ATHLETIC CHAMPIONSHIPS 1993 GRANGEMOUTH - SATURDAY 10 JULY 1993

ENTRIES CLOSE: MONDAY 21 JUNE 1993 with
Mrs Pat Hockley, 41 Murieston Park, Murieston South, Livingston EH54 9DU

UNDER 15 AND UNDER 13 CHAMPIONSHIPS GRANGEMOUTH - SUNDAY 11 JULY 1993

ENTRIES CLOSE: MONDAY 21 JUNE 1993 with
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UNDER 17 AND UNDER 20 CHAMPIONSHIPS GRANGEMOUTH - SUNDAY 27 JUNE 1993

ENTRIES CLOSE: MONDAY 7 JUNE 1993 with
George Duncan, 22 Wilson Street, Perth PH2 0EX



SCOTTISH VETERANS TRACK AND FIELD CHAMPIONSHIPS GRANGEMOUTH STADIUM, SATURDAY 3 JULY 1993

ENTRIES CLOSE - MONDAY 14 JUNE 1993 only with:
Andy Edgar (Convener), 1 High Parksail, Erskine PA8 7HY



All events are under BAF Rules

All events take place at Grangemouth Sports Stadium

Entry forms and/or further information can be obtained from:
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Reebok

March

27

SAF National Six Stage Road Relay Champ, Dumfries -

1, RCE 2-26-01 (I Brown 15-05; B Kirkwood 33-39; D Ross 15-22; P Fleming 33-06; A Robson 15-31; J Robson 33-18); 2, Cambus 2-30-07 (J Quinn 16-31; S Wylie 33-55; G Croil 15-09; W McTaggart 34-55; M Gormley 15-36; D Runciman 33-59); 3, FVH 2-31-44 (M McQuaid 15-45; G Grindlay 34-19; W Grieve 15-54; S Birns 34-25; D McMillan 16-20; G Crawford 35-00); 4, Shett 2-33-45; 5, EAC 2-35-20; 6, DHH 2-35-42; 7, GGH 2-36-18; 8, Fife 2-37-46; 9, Liv 2-38-02; 10, ESH 2-39-41; 11, Annan 2-41-31; 12, Ayr 2-42-33; 13, EAC 2-43-03; 14, Irvine 2-44-51; 15, Pit 2-46-31; 16, E Kibride 2-46-51; 17, Spring 2-47-36; 18, Belta 2-47-51; 19, Dumfries 2-48-08; 20, VP 2-49-14.

Fastest times: Long Stage: Fleming 33-06; J Robson 33-18; T Mitchell (Fife) 33-36. Short Stage: A Campbell (DHH) 14-49; A Callan 14-59; I Brown 15-05.

28

Lanarkshire AAA CC Meeting, Stonehouse -

Inter: 1, W Frame (Ayr) 15-28; 2, E Richardson (Sto) 16-00; 3, N McIntyre (Ayr) 16-19. **Girls:** 1, T Tighe (Law) 11-27; 2, L Jackson (Law) 11-29; 3, N Louchran (Law) 11-40. **Team:** Law 6.

Minor Girls: 1, K Smith (EK) 5-57; 2, L Clarkison (Law) 6-11; 3, L Campbell (EK) 6-13. **Teams:** 1, E Kibride 10; 2, Law 23. **Mini Minor Girls:** 1, K Canning (Law) 5-13; 2, L Irvine (Law) 5-26; 3, T Tierney (L&L) 5-32. **Teams:** 1, Law 11, 2, E Kibride 15.

Colts: 1, J Moran (L&L) 4-38; 2, R Dearie (Law) 4-42; 3, K Gallagher (Ayr) 4-51. **Teams:** 1, Aird 12, 2, Law 22; 3, EK 24.

Alloa Advertiser Half Marathon -

Men: 1, A Robson (RCE) 1-06-23 (rec); 2, F Clyne (Met) 1-07-12; 3, D Ross (RCE) 1-07-39; 4, M Gormley (Cam) 1-08-16; 5, A Little (She) 1-08-20; 6, C Law (Car) 1-08-25; 7, R Bell (DHH) 1-08-29; 8, M Coyne (RCE) 1-08-46; 9, F Harper (FVH) 1-08-50; 10, D McAlra (FVH, M40) 1-09-12; 11, D Peel (CRAC) 1-09-41; 12, J Douglas (FMC Car) 1-11-41; 13, P Bovill (Liv) 1-11-47; 14, AN Other 1-12-00; 15, A McDonald (KO) 1-12-35; 16, A McLinden (Ham, M40) 1-12-38; 17, R Mardie (Mary) 1-12-42; 18, R Milton (FMC Car) 1-12-45; 19, I Stewart (FMC Car) 1-12-48; 20, D MacGregor (Fife, M50) 1-13-06. **Teams:** 1, RCE 12, 2, Carnegie 36; 3, FVH 40. **Women:** 1, J Stevenson (FVH, W40) 1-20-51; 2, C Reid (GN) 1-23-45; 3, L Fairburn (Un) 1-25-37; 4, S White (Ayr, W35) 1-27-29; 5, J Thomson (FMC Car) 1-28-01; 6, M Morris (Kib) 1-29-34; 7, R Mackay (Un) 1-30-12; 8, D McDonald (Lass) 1-31-40.

Aberdeen AAC Half Marathon Champ -

Men: 1, R Taylor (Met) 1-11-15; 2, C Youngman (Ab,



First woman home, Dunbar 10K Road Race.

M45) 1-12-14; 3, B Moroney (Met) 1-13-07; 4, B Adams (Ab, M45) 1-13-23; 5, S Forbes (Met) 1-13-25; 6, N Milosovov (Met) 1-13-45; 7, S Cassells (Ab) 1-14-19; 8, N McCulloch (Ff) 1-15-47; 9, R Sutherland (Ab) 1-16-43; 10, J Stewart (Met, M40) 1-16-48. **M50:** 1, J Gallon (Ab) 1-19-35. **Women:** 1, A Cassells (Ab) 1-41-30; 2, J Buchan (Ab) 1-48-00.

Durisdeer 9.5 Mile HR, Dalveen Pass -

1, I Murphy (Cly) 1-34-06 (rec); 2, M Mon-Williams (Liv) 1-36-03; 3, A Dytch (Cly) 1-37-59; 4, J Gallacher (DHR) 1-39-17; 5, C Shaw (West, M40) 1-39-40; 6, D Scott (West) 1-41-48; 7, R McIntyre (Clyde) 1-47-24; 8, M Gorman (West) 1-47-46; 9, A Anderson (Nith) 1-47-55; 10, A Spencely (CHR) 1-47-27; 11, D Hurst (Un) 1-51-45; 12, S Briggie (Un) 1-52-07; 13, C Marhenett (Clyde, L1) 1-52-45 (rec); 14, R McCraw (DHR) 1-53-36; 15, D Miller (Liv) 1-54-51. **M50:** 1, E Harvey (CHR) 1-59-33. **Teams:** 1, Clydes 11; 2, Wester 19; 3, Ochil HR 32.

Women: 1, C Menibennett (Cly) 1-52-45 (rec); 2, P McLaughlin (West, W35) 2-27-59.

April

2

FMC Carnegie 1 Mile RR, Pittencreeff Park, Dunfermline -

1, M Kelso (Car) 4-34 (rec); 2, J Stevenson (FVH) 4-44; 3, R Milton (Car) 4-46; 4, S Ogg (Car) 4-52; 5, D Howatt (Car) 4-55; 6, P Morrison (Car) 4-59. **Women:** 1, K Davidson (Car) 6-29 (rec); 2, S Legge (Car) 6-34; 3, S Welsh (Car) 7-14.

3

Glenpark H Chisholm Memorial Mile RR, Greenock -

1, J McFadyen 4-16; 2, W Jenkins 4-21; 3, G McGratton 4-38; 4, S McLoone 4-43; 5, D McLaughlin 4-46; 6, R McNea 4-48; 7, R McDonald 4-50; 8, K Morrison 4-54; 9, R Fleming 4-56; 10, E Currie 5-06; 11, J Kerr M40 5-23; 12, J Smith M40 5-39. **Women:** 1, J Smith W35 6-03; 2, E O'Brien 6-28.

Dunbar Boundary 10K RR, Dunbar -

1, B Kirkwood M40 (RCE) 30-55 (rec); 2, A Robson (RCE) 31-17; 3, J Ross (RCE) 31-47; 4, K Smith (RCE) 32-01; 5, K Chapman (HELP) 32-14; 6, D Wilkinson (RCE) 32-21; 7, P Simpson (Car) 33-19; 8, D Henderson (Ain) 33-25; 9, R Fleming M40 (Car) 33-27; 10, R Thompson (ESH) 33-27; 11, D Garner (ESH) 33-25; 12, B Howie M40 (ESH) 33-37; 13, I Mustarde (HELP) 33-47; 14, D Bell M40 (HELP) 33-57; 15, P Morrison (Car) 34-21. **Further Vs:** M40 J Gavin (Ferr) 35-43; L Kay (EAC) 37-20; J Padon (Whit) 38-12. **M50** W Murray (Por) 39-28; G Armstrong (HELP) 40-52; D Smith (HELP) 41-50. **Team:** 1, RCE 6pt, 2, Cam 31pt.

Women: 1, J McCall W35 (VP) 37-27; 2, V Blair W35 (EWM) 39-31; 3, D McDonald (Lass) 42-16; 4, F Kay (EAC) 44-15; 5, A Winship (QMC) 45-03.

4

Four Tops 14 Miles/5100 Feet HR, Ft William -

1, D Rodgers (Loch) 2-16-30 (rec); 2, M Rigby (West) 2-20-34; 3, J Thin (Car) 2-26-02; 4, R Boswell M40 (Loch) 2-26-14; 5, P Hughes (Loch) 2-26-23; 6, J Hepburn (Dund) 2-28-17; 7, I Vetch (Gala) 2-30-35; 8, I Wallace (HBT) 2-30-50; 9, G Bartlett (For) 2-31-24; 10, D McGuinness (HELP) 2-32-31; 11, D Bell M40 (HELP) 2-33-22; 12, J Wilkinson (Gala) 2-34-04; 13, J Williamson (Loch) 2-36-50; 14, S Burns (Loch) 2-39-05; 15, A Ward (EAC) 2-42-30; 16, J Blair-Fish M40 (Cam) 2-42-43; 17, C Shaw M40 (West) 2-44-34; 18, J Maltland (Loch) 2-45-13; 19, A Young (AF) 2-46-12; 20, R McIntyre (C'dale) 2-46-18. **M50:** 1, K Burns (Car) 2-46-47; 2, C Love (Dund) 2-46-51; 3, G Clark (AF) 3-05-13. **M60:** W Gauld (Cam) 2-49-05. **Teams:** 1, Loch 10pt, 2, Carmethy 42; 3, Wester 55. **Women:** 1, H Diamantides (West) 2-57-49 (rec); 2, J Schniber (West) 3-16-06; 3, H Searle (Loch) 3-25-43.

Glen Fruin 14.5 Mile RR, Helensburgh -

1, A Robson (RCE) 1-15-30 (rec); 2, W McTaggart (Cam) 1-16-30; 3, C Thomson (Cam) 1-16-48; 4, G Tenney (Kib) 1-17-23; 5, J McLaughlin (Gar) 1-19-46; 6, D Cameron (She) 1-21-40; 7, G Fairley (Kib) 1-22-05; 8, A McLinden M40 (Ham) 1-22-16; 9, R Young M45 (C'dale) 2-23-41; 10, D Mewse M40 (Kib) 1-23-50; 11, A McDonald (KO) 2-23-56; 12, E McNair (KO) 2-25-29; 13, P McGregor M40 (VP) 2-25-32; 14, A Nicol M40 (VP) 2-26-03; 15, J Bakes (Camb) 2-26-19; 16, A Robertson (Cam) 1-26-58; 17, S Styles (Hel) 2-27-08; 18, D Fletcher M40 (Perth) 2-27-52; 19, T Kelly (Dumb) 2-27-58; 20, N Stanley (Un) 1-29-04. **M50:** P Kearney (Mory) 1-32-27. **Teams:** 1, Kilbarch 2, Cambus. **Women:** 1, J McCall W35 (VP) 1-32-05; 2, R MacKay (Un) 1-48-36; 3, I McErian (Un) 1-49-06; 4, S McCraw (Tev) 1-50-08; 5, S Taylor (Gar) 1-53-42; 6, G White (FVH) 2-00-07. **Teams:** 1, Falk; 2, Helens.

Solway AL, David Keswick Centre, Dumfries -

1, Nith 807pt; 2, Dumfries 788; 3, Carlisle 522; 4, Annan 509; 5, Stewart 384; 6, Aspatria 183.

Edinburgh & Dist League, Tweedbank Stadium -

1, Scot Boid 825pt; 2, Corstorph 700; 3, Har 675; 4, Penicuik 595; 5, M'burgh 224.

Springburn H Centenary 5 mile Canal Bank Race, Bishopbriggs -

1, A Callan (Spr) 24-44; 2, C Haskett (Dund) 24-48; 3, J Cooper (Spr) 25-13; 4, G Reid (Kiln) 25-24; 5, D Williamson (Bella) 25-44; 6, E Tonner (Kiln) 25-47; 7, A McIndoe (Spr) 25-58; 8, B Cook (Dund) 26-17; 9, S Borland (Dund) 26-19; 10, E Holmes (Dund) 26-21; 11, G Bell (Bella) 26-27; 12, J Bell (S'burn) 26-36; 13, M Ferguson (Kiln) 26-44; 14, R Guthrie M45 (Bella) 26-53; 15, G Mercer (Bella) 27-10; 16, C Joss (Bella) 27-39; 17, J Goldie (Kiln) 27-58; 18, J McInnes (Bella) 28-03; 19, T Dickie (Bella) 28-05; 20, A Wilson (Dund) 28-07. **Other Vets:** J Irvine (Bella) M50 29-05; W McGregory M40 (S'burn) 29-56; H Gorman M40 (S'burn) 29-59; J Harkness M40 (Bella) 30-24. **Teams:** 1, DHH 71pt, 2, Spring 73; 3, Bella 79; 4, JWK 87.

Great Angus Run 15 miles RR, Forfar -

1, T Mitchell (Fife) 1-17-41; 2, I Brown (RCE) 1-17-54; 3, M Ferguson (EAC) 1-20-21; 4, D McAlra M40 (FVH) 1-22-30; 5, E Grant (Mor) 1-23-00; 6, H MacKay (Fife) 1-24-08; 7, G Rennett (Dund) 1-26-10; 8, R Davidson (DRA) 1-26-20; 9, G McIntyre (Fife) 1-26-56; 10, B Wood M40 (DRA) 1-27-21; 11, J Stewart (Met) 1-27-46; 12, A Gray (Un) 1-28-19; 13, N McDonald (Met) 1-29-15; 14, S McCabe (Perth) 1-29-23; 15, B Brown (PRR) 1-29-26. **Women:** 1, K MacGregor W35 (Fife) 1-45-34; 2, S A Hales (Dund) 1-49-24; 3, L Trahan (Garroch) 1-50-27. **Vets:** C Cadger (Perth) 1-51-09; P Donald (Dee) 1-51-21; H Henderson (SH) 1-50-27.

Maggie Storey 10K RR, Forfar -

1, P McColgan (Dund) 30-41; 2, A Reid (P'head) 31-00; 3, M McColgan W1 (Dund) 31-19; 4, R Bell (Dund) 31-54; 5, M McQuaid (FVH) 32-01; 6, D Knight (Perth) 32-04; 7, W Grieve (FVH) 32-16; 8, R Taylor (Metro) 32-28; 9, M McCreadie (Fife) 32-42; 10, R Fleming M40 (Carnegie) 32-48; 11, B Pattison (Dund) 33-25; 12, P Morrison (Carnegie) 33-50; 13, C Goodall (Dund) 33-54; 14, J Ballantyne M50 (A'deen) 34-01; 15, L Campbell (Glas Un) 34-04; 16, D Sullivan (Dund) 34-10. **Further Vets:** D Gunstone M40 (Fife) 35-03; C Simpson M40 (A'deen) 35-35. **Women:** 1, E McColgan 2, C Price W40 (Dund) 37-06; 3, L Bain W35 (A'deen) 37-46; 4, A Allan (ArbF) 39-54; 5, A Douglas W35 (FVH) 40-42; 6, J Ritchie W35 (ArbF) 41-54.

Scottish Motor Neurone Races, Strathclyde Park -

4 miles Men: P Russell (Car) 23-44; **U15:** A Mc Glenon (Ham) 25-01; **Vet:** J Hunter (Wish) 28-24. **Women:** L Alexander (Lin'gow) 31-38; **U15:** J Bethal (EK) 31-41; **Veteran:** L Curley (EK) 33-47. **6 miles Men:** R Johnston (EK) 32-18; **Vet:** R Blair (VP) 33-58; **Women:** K Logan (Moth) 43-05; **U15:** F Marra (EK) 45-55; **Vet:** A Welsh (Glas) 43-54.

10

Renfrewshire 10 mile Road Relay Champ, Greenock -

1, T Murray (SV) 48-17 (rec); 2, P Fleming (RC) 48-20; 3, A Puckin (GG) 48-22; 4, I Brown (RC) 49-40; 5, H Cox (GG) 49-47; 6, C Spence V40 (SV) 51-53;

7, D McAlra V40 (FVH) 52-06; 8, G Tenney (Kib) 52-27; 9, T Anderson (Kib) 53-04; 10, K Ranken (FVH) 53-54; 11, P Russell (GG) 53-59; 12, B Ross (FVH) 54-21; 13, S Dalgleish (SV) 54-22; 14, C Joss (Bella) 54-33; 15, B Howie V40 (ESH) 54-35; 16, C Miller (Liv) 54-41; 17, J Gallacher M40 (SV) 54-51; 18, G McGratton (GG) 54-55; 19, D Geddes (Gar) 55-35; 20, A Nicol V40 (VP) 55-38; 21, D Mewse V40 (Kib) 55-53; 22, S McLoone (GG) 55-55; 23, R McDonald (GG) 55-57; 24, P McGregor M40 (VP) 56-29; 25, R Guthrie V45 (Bella) 56-41; 26, D McLaughlin (GG) 56-41; 27, M Gibbani (SV) 56-51; 28, I Burke V40 (Bella) 56-59; 29, R McKenna (Renf) 57-01; 30, J Camuth (Kib) 56-18. **Further Vets:** V40 F Wright (S'burn) 58-22; A Nicol (Car) 59-01; **M50:** 1, R Hodeler (GG) 62-06; 2, M Coyne (RC) 63-05; 3, J Haldane (Mory) 64-20. **Teams:** 1, FVH 29; 2, GG 34; 3, SV 36; 4, Kilbarch 38; 5, RCE 58; 6, Bella 67; 7, Irvine 81. **Women:** 1, M Blaikie (SV) 62-13; 2, A McKee (SV) 63-38; 3, M Blacker (G'nock) 64-15; 4, C Gibson (SV) 64-56; 5, J Thomson (Gla) 65-57; 6, J Byrn V45 (Liv) 66-36; 7, C McEbin (Swin) 68-52; 8, E McGarry V35 (Liv) 70-41; 9, J Smith V35 (GG) 72-27; 10, K Melville W35 (Liv) 77-21. **Teams:** 1, Spango 7pt; 2, Irvine 24.

Fife AC Normans Law 5 mile HR, Luthrie, Fife -

1, P Mowbray (HBT) 29-47 (rec); 2, R Herries (HBT) 30-15; 3, M Laing (Un) 31-08; 4, J Kirkwood (Dund) 31-27; 5, J Hampshire (HBT) 31-48; 6, A Cassidy (Fife) 32-22; 7, T Ross V45 (Fife) 33-49; 8, J Rough V40 (Fife); 9, I Wallace (HBT) 34-03; 10, J Holden V45 (Fife) 34-11; 11, B Cruickshank (Fife) 34-17; 12, N Blissett (HBT) 35-41; 13, I Mills (Fife) 36-53; 14, A Cassidy V40 (Fife) 37-17; 15, B Thomson (Fife) 37-43. **Women:** 1, P Lemmoncello V45 (Fife) 40-29 (rec); 2, L Proven (Dund) 47-34; 3, J Bennisson (Fife) 47-57; 4, L Milne V40 (Dund RR) 48-34.

Craig Dunain 6 mile HR, Inverness -

1, D Runciman (Loch) 32-50 (rec); 2, A Murchison (Liv) 34-31; 3, G Bartlett (For) 34-38; 4, R Rodgers (HBT) 35-29; 5, J Hepburn (Loch) 36-06; 6, R Boswell V40 (Loch) 36-40; 7, D Cowie V40 (For) 37-31; 8, P Mathieson (For) 37-33; 9, W Johnstone (Keith) 37-40; 10, J Muir (Cam) 37-53; 11, G Herbert (Un) 38-00; 12, D McDermid (Liv) 38-04; 13, S Gil (Keith) 38-09; 14, D Watson (Liv) 38-20; 15, P Garner (Liv) 38-22; 16, P Jeffrey J1 (Loch) 38-59; 17, R Witby V40 (HHR) 39-02; 18, E Remie V40 (Ab) 39-20; 19, W Brooks (Loch) 39-44; 20, B McDonald (Liv) 39-45. **Teams:** 1, Lochaber 12pt, 2, IH 28. **Women:** 1, H Searle (Loch) 48-31; 2, M Woodman (Cam) 51-17; 3, J Wilson W35 (Strath) 54-17; 4, N Burtwell V35 (Nai) 58-18.

11

Tom Scott Memorial 10 mile RR, Strathclyde Park -

1, S Wylie (Cam) 47-29 (rec); 2, T Mitchell (Fife) 47-48; 3, B Kirkwood V40 (RC) 49-51; 4, D Ross (RC) 47-58; 5, A Robson (RC) 48-13; 6, C Thomson (Cam) 49-02; 7, A Russell (Law) 49-57; 8, W Richardson (Liv) 50-26; 9, W Weir (Law) 51-04; 10, C McDougall V40 (Cam) 51-09; 11, S Ogg (Cam) 51-37; 12, M McCreadie (Fife) 51-42; 13, J McMillan (EK) 51-47; 14, T Anderson (Kib) 51-53; 15, A Skirving V40 (Bo) 52-04; 16, M Bartley (Fife) 52-26; 17, A McLinden V40 (Ham) 52-30; 18, A McNair (KO) 52-35; 19, R Brown (HBT) 52-37; 20, P Simpson (Cam) 52-47; 21, P Bovill (Liv) 52-49; 22, R Young V45 (C'dale) 52-57; 23, F Caldwell V40 (Dum) 53-08; 24, R Milton (Cam) 53-12; 25, F Cooper (G'nock) 53-17; 26, D Law (Cam) 53-20; 27, C Ross (Fife) 53-37; 28, K McLeod L1 (EAC) 53-42; 29, G Milne V45 (Ab) 53-43; 30, J Bell (S'burn) 53-55; 31, M Orpin (Cam) 53-55; 32, S Snodgrass (Kib) 54-15; 33, R Mill (Fife) 54-20; 34, G McShane (Un) 54-24; 35, P Cartwright V50 (FVH) 54-33; 36, P Laing (Spr) 54-42; 37, G McIntyre (Fife) 54-43; 38, I Gordon V40 (Cam) 54-52; 39, H Rawlin V55 (Kiln) 54-57; 40, M Duthie (C'len) 54-59; 41, A Brown V60 (Law) 55-08 (0'60 world rec); 42, S Doig (OG) 55-19; 43, G Allsop (Arr) 55-22; 44, J Doyle (VP) 55-29; 45, A Buckley (PB) 55-38; 46, J Young (Ayr) 55-42; 47, M McPherson V40 (DRC) 55-49; 48, J Martin (FVH) 55-56; 49, G Calvin (EK) 56-11; 50, A Parker V40 (Gar) 56-14; 51, R Brennan V50 (She) 56-24; 52, J Harper V40 (Spr) 56-21; 53, N MacGregor V50 (She) 56-24; 54, J Hughes (Moth) 56-28; 55, T McPake V40 (Cam) 56-33; 56, L Hill (DRC) 56-38; 57, I Donnelly V40 (Law) 56-39; 58, I

Conditions no deterrent

Some 1475 pupils from 167 schools, from Orkney to Annan, were entered in the Scottish Power Primary Schools Cross Country Championships on April 24, held for the sixth consecutive year at Kirkcaldy High School.

This was the biggest entry ever, and although both Primary 7 races were split this year (A-L and M-W), it was obvious that the Primary 6 races were at saturation point, the demand on the skill of the funnel judges being enormous.

If numbers increase, or even stay the same, then it is envisaged that 1994 will see eight races, the maximum size in each being no more than 275. While this might detract from the Championships being for the whole of Scotland, it would be much easier to administer, would give more pupils the chance of success, and would also not be so fiercely competitive - no bad thing for such young athletes.

In the biggest field of the day, the first race, for Primary 6 girls, Joanne Logie of Bishopmill, Elgin, won in 8-50, from Kimberly Canning, Law, 8-58, and Dawn Fraser, Park, Ross-shire, 9-05. The first team was George Watson's College - Sarah Hood 6th, Catriona Cunningham 25th, and Sarah Marshall 29th - 60 points, from Trinity, Hawick - Louise Brydon 9th, Kirsten Law 12th, and Louise Young 49th - 70 points, with St Matthew's, Bishopbriggs, third - Laura Jamieson 16th, and twins Nicola and Katrina Mullan 18th and 39th, for a total of 73 points.

The Primary 6 boys' race was won by John Aitken, Clifton Hall, a school entering for the first time (as was Bishopmill in the previous race) in 8-50, from Chris Barlas (who ran the fastest lap in the Primary 6 boys' road relay championships in October) and Andrew

Auld, Greenmill.

The team award went to Townhill, Dunfermline - Lee Arnold 10th, Graeme Walls 39th, and John McDiarmid 43rd - 92 points, from St Matthew's - Simon Lynch 22nd, Stephen Coia 33rd, and Paul Reynolds 40th - 95 points, and Park, Ross-shire - Ruairidh MacLennan 16th, David Russell 28th, and Martin Munro 55th - 99 points. Townhill were amazed at their victory, as the three boys had not ran together before and had been brought to the championships by Graeme Walls' father - the school itself being unaware of the success of its athletes until two days later!

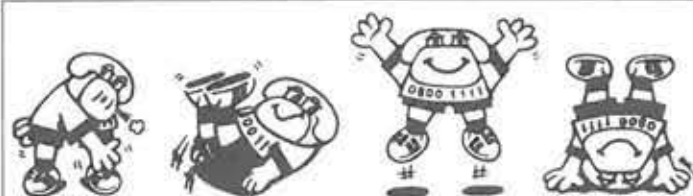
In Race Three, Primary 7 girls (A-L), Isla Ross of Bonar Bridge improved on her 11th place last year to win in 8-20 (a time nine seconds slower than she ran in 1992) from Louise Campbell, Conon Bridge, and Deborah Hastie, Dales Park, Peterhead (another school new to the event). Hannah Norman, Aberdour, the 1992 Primary 6 winner was fourth. Sixth was Kimberly Montador of Claremont, Alloa, whose sister Karen won in 1991, gained her first Schools' cross country vest earlier in April in Llanelli, and worked all afternoon as the chief competitors' steward's runner.

The first team was Conon Bridge (1992 champions for Primary 6) - Louise Campbell 2nd, Suzie Kerr 12th, and Karen Murray 16th - 30 points. Douglas, Dundee, were second - Corinna Charles 11th, Gemma Kennedy 24th, and Charlene Duncan 29th - 64 points, and Craighill, Ross-shire, third - Katy Smith 18th, Lynsey Ross 23rd, and Carol Ann Moyes 25th - 66 points.

In the race for the second half of the Primary 7 girls alphabet, Laura Redmond of Murrayburn, as expected, won in 8-35, from Cheryl



Hillside Primary, Dundee, who were first in the P7 (A-L) race. Left to right: John McGuinness (2nd), Dwayne Beattie (3rd), and Mark McDonald (10th).



**Every race can have only one winner.
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sponsors to help you help ChildLine. For every
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ANYONE who crossed the finishing line of this year's London Marathon having raised money for the Multiple Sclerosis Resource Centre would have been the envy of many other runners.

The charity continued their commitment to those people who raise money for them through sponsored runs by laying on a reception for the competitors and their families - where they were reunited, fed, and watered, and offered advice by physiotherapists who were on hand to help with recovery.

The care the runners received from the charity mirrors the attention the people who have recently been diagnosed as having MS receive when they approach the centre. The reassurance and positive advice that up to 20 people are offered every day prove invaluable in helping them manage the disease.

The centre has a helpline that advises on methods of self-help with newsletters, reports on research and therapy, referrals to therapy centres, and to sources of specialist information. The centre is also able to put sufferers in contact with specialist counselling services and support groups.

Such a high level of care for this gap in the market is maintained with the help of the thousands of runners across Scotland who put their pastime to good use.

Anyone wanting to join the group has simply to fill in the form on this page - or contact Mike Patmore on 0279-817101 and he will send you a sponsorship pack.

THE horror and distress which inflicts itself on at least two families a week in Scotland when they wake up and find their perfectly healthy and happy baby unexpectedly dead is something that the Scottish Cot Death Trust has been set up to help deal with - improving and extending the support on offer to the bereaved parents.

On top of helping the parents cope with the bewilderment they feel when, despite all the advances in medical knowledge, no-one can tell them why their child has died, the trust aims to raise funds for research and educate healthcare professionals and the public about cot death ensuring there is a caring community for the families.

The cost of providing these facilities, and in ensuring that breathing monitors are available for subsequent children born into a family, relies on the "generosity of the Scottish public" and the trust believe that with the help of runners raising money they will one day solve the tragic problem.

OVER 150 runners endured the 26 miles of the London Marathon with the Childline logo emblazoned on their vests. The charity, set up by Esther

Rantzen of That's Life, gave free running vests to athletes who raised money for them.

The charity has proved an invaluable help for children in trouble or in danger and they say that "several big hearted Scottish runners" made the journey south this year.

Childline say that 1993 is the year that runners will be taking to the roads to raise money for the charity and have been encouraged by the performance and results of many, including the likes of Gillian Crawford who raised a phenomenal £1,250 running in New York in 1992.

WITH no government funding, the medical charity Chest, Heart and Stroke Scotland relies entirely on public subscription to fulfil their programme of activities and encouraging Scottish runners to raise money for them. All money raised in Scotland is spent here.

With a drop in advice centres in Edinburgh, Glasgow, and Inverness, the charity investigates the most effective diagnosis, prevention, and treatment of chest, heart, and stroke illness.

The regional offices play an important part in providing health screening, information and advice, cardiac rehabilitation groups, and self-help groups where they provide local contacts. They also fund research projects leading to the improvement and further diagnosis of the conditions, and they spend over £250,000 each year on such projects in Scottish hospitals.

With grants totalling over £100,000 supplied to individuals also relieving hardship caused by the disease, the charity need £1m to keep it going and hope that you can take the time to improve the lives of thousands of Scots.

SINCE being established in 1974 to find unrelated bone marrow donors to save the lives of people suffering from leukaemia or other bone marrow related diseases the Anthony Nolan Bone Marrow Trust today has Europe's largest register of volunteers with over £210,000.

Last year the trust supplied a record 208 donors for life saving transplants and added almost 50,000 new donors to the register. They have to somehow find in excess of £6m a year - to fully tissue type a volunteer it costs £50.

With such a large amount of money required, the trust show their appreciation of runners who raise money for them by supplying a top quality air-flow running vest and a sponsor pack.

Other runners, aged between 18-40 and weighing over eight stones, can help by offering to be a bone marrow donor, or make a contribution by writing to the trust or run for them by filling in the coupon on this page.



TWO BABIES DIE OF COT DEATH EACH WEEK IN SCOTLAND

**Nobody knows why these babies die.
PLEASE HELP US FIND THE CAUSE!**

**Send donations to:
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Yorkhill, Glasgow, G3 8SJ**



Now he's climbed two mountains...

Lloyd Scott had leukaemia. His life was saved by having a bone marrow transplant. Now he runs to save the lives of other sufferers.

He is now inviting his fellow athletes to join him, and give other Leukaemia sufferers, who need a matching donor, a sporting chance of life.

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The Multiple Sclerosis Resource Centre is one of the first places that those diagnosed with MS telephone for help with their daily fight to combat the disease.

Our association with Specialist Agencies and direct contact with Therapy Centres in their area enables us to ensure that their fears are allayed and sound advice given.

We need your support to enable them to win the battle against this crippling disease.

Please help MSRC to beat Multiple Sclerosis by completing the form below and receive our Sponsorship Pack together with a free Running Vest or Tee Shirt.

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52A, Silver Street, Stansted, Essex, CM24 8HD. Tel: 0279 817101 Fax: 0279 647179

Mr, Mrs, Miss Name

Address



Tel. No. Postcode

Event Vest/Tee Shirt & Size

THANK YOU - MS SUFFERERS WILL NOW BENEFIT

Miller (EAC) 56-42; 59, P. Odgen V40 (Cam) 56-46; 60, J. Rowley V40 (Law) 56-47; 61, I. Leggett V50 (Liv) 56-50; 62, A. McLaglin (G'nock) 56-54; 63, J. Hood (EK) 57-00; 64, D. Harlin (Dun) 57-02; 65, M. Scobie V40 (Fife) 57-03; 66, M. McDonald V40 (Cam) 57-10; 67, J. McCol V35L (VP) 57-12; 68, B. Campbell V40 (G'nock) 57-15; 69, W. Scoular V40 (Law) 57-22; 70, J. Buick (Muss) 57-25; 71, B. McKeating (Troon) 57-29; 72, G. McLean (Corst) 57-39; 73, D. Mitchell (Loud) 57-47; 74, S. Higgins (Camb) 57-51; 75, W. Marshall V60 (Cam) 57-51; 76, L. Gallary (Gov) 58-02; 77, I. Dalrymple (DRC) 58-05; 78, D. Dick (C'glen) 58-11; 79, A. McKie V50 (DRC) 58-14; 80, T. Feeney V40 (Un) 58-18; 81, J. Stevenson V45L (FVH) 58-25; 82, A. Morwood V40 (Un) 58-29; 83, D. Gray (Pit) 58-31; 84, I. Airdie (G'nock) 58-32; 85, D. Wyper V40 (Bella) 58-37; 86, F. Dowell (Inv) 58-49; 87, A. Muir V40 (C'glen) 58-52; 88, W. Mason (DRC) 58-56; 89, P. Smith V40 (Cum) 59-05; 90, J. Gnerson (DRC) 59-38; 91, A. Shaw V50 (G'nock) 59-53; 92, J. Kerr V40 (DRC) 59-59; 93, T. Davers V40 (DRC) 60-02; 94, M. Halleron (IR) 60-02; 95, A. Henderson (Cal) 60-08; 96, D. Padden V40 (Un) 60-30; 97, A. Jackson V40 (Un) 60-39; 98, K. Gilmore (Un) 61-03; 99, P. Jeffcut V40 (Mory) 61-30; 100, W. McBrien V60 (Shett) 61-34. **Teams:** 1, RCE 12pt; 2, Cambus 17; 3, Fife 40; 4, Carnegie 55; 5, Law 57.

Women: 1, K. MacLeod (EAC) 53-42; 2, A. Buckley (PB) 55-38; 3, J. McCol V35 (VP) 57-12; 4, J. Stevenson V45 (FVH) 58-25; 5, J. Kaminski (DG) 61-41; 6, C. Reid (G'nock) 62-07; 7, H. Simon (Gla) 62-54; 8, K. Todd V40 (Kilm) 63-51; 9, A. Hughes (She) 65-06; 10, D. MacDonald (Lass) 65-57; 11, S. Irvine (G'nock) 66-33; 12, M. Thomas (West) 67-29; 13, D. Monteith V40 (S Vets) 67-51; 14, A. Richards V40 (G'nock) 69-29; 15, P. Allen V35 (Moth) 70-33; 16, J. Miller V35 (Moth) 70-34; 17, C. Ralston (Moth) 70-57; 18, G. Harper (Sra Pol) 73-41; 19, K. Logan (Un) 74-14; 20, B. Kerr V35 (Ab) 75-50. **Teams:** 1, Gift 31pt; 2, Moth 48.

EAC Champs, Meadowbank

Men: LJ: E. Clark 6.74; SP/DT: S. Hayward 14.06/43.68; 400: A. Kinghorn 50.56; Jun: 800: T. Winters 1:57.17; **Wom:** 100/200/400/800H: S. Dudgeon 12.68/26.40/59.35/64.14; U/17: 800/1500: C. Simpson 2:18.00/4:55.32; U/15: HJ: 1, M. Zalis 1.53; 2, G. Stewart 20.04m; U/13: DT: C. Smith 19.38; JT: L. Redmond 23.74.

McFarlane Bruce OGM, Inverness

Men: 3000: J. Bowman (Inv) 8-48; HT: L. Carter (Diy) 45.60m; Jun: 3000: D. Roache (Cly) 8-49.4; 200/400H: D. Hards (Inv) 23.5/57.7; JT: P. Fraser (Ab) 46-36m; **Youths:** 100/200: S. Fraser (Inv) 11.4/23.5; 100H: D. Cotter (Nai) 13.8; **Women:** SP/DT: H. Cowe (Sale) 13.73/42.24m; JT: L. Lowe (Str) 40.64m.

Inter Club Match, Grangemouth

Men U17: 400: R. Wilson (CR) 52.7; U13: T.J. P. Lee (CR) 8.89m; **Women:** U/15 HJ: J. Tindall (Fife) 1.55m; **Senior:** SP A Dutch (Perth) 10.89m.

Selkirk Half Marathon

1, M. Carroll (A&D) 1:06-10; 2, L. Atkinson (AH) 1:07-28; 3, A. Fair (Tev) 1:10-36; 4, D. Henderson (AH) 1:11-24; 5, B. Adams VI (AAC) 1:11-57; 6, G. Rennet (DHH) 1:12-26; 7, P. Morrison (Car) 1:12-37; 8, C. Scott (Tev) 1:12-54; 9, I. Elliot (Tev) 1:14-10; 10, S. Cornie (Tev) 1:15-22; 11, J. Sneddon (AH) 1:15-51; 12, J. Paxton (Tev) 1:17-38; 13, P. Henderson 1:18-26; 14, C. Brown (BH) 1:18-28; 15, N. Brown O45 (CAC) 1:18-31; 16, J. Craggs 1:18-42; 17, K. Yates (West) 1:19-04; 18, A. Shanley (EAC) 1:19-08; 19, D. Brown (CAC) 1:19-20; 20, N. Castle 1:19-32; 21, J. Christie (AH) 1:19-42; 22, L. Rutven 1:19-49; 23, K. Simton (NRC) 1:19-56; 24, K. Dickson (BH) 1:20-43; 25, A. Wilson 1:20-49; 26, C. Lees 1:21-31; 27, D. Niven 1:21-43; 28, J. Buchanan (A&D) 1:21-44; 29, M. Henry (Aht) 1:21-45; 30, C. Mackay (Shett) 1:21-48; 31, D. Danoch (Gala) 1:22-26; 32, P. Taylor (BH) 1:22-36; 33, R. Lyall (ESH) 1:22-58; 34, E. Dickson (SAAC) 1:22-58; 35, D. Moffatt (Ken) 1:23-32; 36, J. Watson (Fife) 1:23-36; 37, D. Marsh 1:24-11; 38, K. Hope 1:24-25; 39, J. Martin (FRY) 1:24-49; 40, T. Chenev (HBT) 1:25-41; 41, P. Renne (Car) 1:25-11; 42, E. Gowrie (PAC) 1:25-57; 43, S. Appleton 1:26-11; 44, J. Purves (NRC) 1:26-18; 45, N. Davidson 1:26-23; 46, G. Armstrong (Had) 1:26-32; 47, D. Wallace 1:26-49; 48, G. Tait (NRC) 1:27-08; 49, S. Dumper 1:27-13; 50, G. Dickie (BH) 1:27-15; 51, A. Tait 1:27-22; 52, A. Scott 1:27-22; 53, C. Morton (NRC) 1:27-26; 54, N. Ross (SV) 1:27-30.

17

Central Dist Champs, Grangemouth

100/200: D. McRae (J) (CR) 11.2/23.5; **400:** A. McDougall (FVH) (J) 52.1; 2, B. Doyle (U17) (Cum) 52.8; **3000:** M. McQuaid (FVH) 8-58.9; **110H/SP/JT:** F. McCabe (FVH) 16.8/12.17/50.14m; LJ: P. McCue (U17) (CR) 6.09; TJ: D. Hepburn (J) 13.14m; **HJ/DT/HT:** J. Freebairn (Cumb) V55 1.58m/32.58/32.68m; **Wom:** HJ: C. Scott (J) (CR) 1.55; DT: S. Freebairn (Gla) 41.82m.

Knockfarrel 6 mile HR

1, A. Murchison (IH) 39-18; 2, G. Bartlett (FH) 39-22; 3, A. Reid (PH) 41-03; 4, R. Boswell (Loch) M40 42-48; 5, F. Roach (MB) 43-11; 6, P. Garner (H) 43-22; 7, S. Gill (K&D) 43-27; 8, D. McDermid (IH) 43-59; 9, W. Johnston (K&D) 44-03; 10, M. Gorman (West) 45-15; 11, B. MacDonald (IH) 45-37; 12, G. Mitchell (H) M45 45-39; 13, A. Brett (HHR, M40) 46-36; 14, P. Fletcher (IH) 46-42; 15, P. Crowe (H) 46-56; **Team:** Inv H 15; **Women:** 1, G. Irvine (HHR) 54-02; 2, H. Searle (Loch) 55-52; 3, R. Axson (Mor) 64-51.

Scree 4 mile HR: Polnackie, Castle Douglas

1, M. Rigby (West) 29-14; 2, I. Veitch (Gala) 29-34; 3, R. Hope (AR) 30-05; 4, D. Crowe (She) 30-09; 5, D. Moffatt (H'gill) 30-48; 6, D. Bell V40 (HEL) 30-52; 7, R. Longmore (Sol) 30-59; 8, J. Hampshire (HBT) 31-28; 9, I. Wallace (HBT) 31-39; 10, J. Hope V40 (AR) 32-24; 11, W. Knox V40 (Tev) 32-30; 12, T. Cowan (H'gill) 32-33; 13, D. Hope J1 (AR) 32-40; 14, C. Shaw V40 (West) 32-43; 15, D. Scott (W'lands) 32-55; 16, N. McIntyre (HBT) 33-28; 17, D. Whitelaw (Sol) 34-19; 18, P. Baxter (West) 34-32; 19, H. Diamantides W1 (West) 34-42; 20, J. Marsh V40 (Tev) 34-43; **Teams:** 1, Ach 26pt; 2, West 30; 3, HBT 33; **Women:** 1, H. Diamantides (West) 34-42; 2, J. Robertson (West) 39-32; 3, E. Scott (West) 40-33; 4, L. Longmore (Sol) 40-40; 5, A. Sims (Dumf) 48-07; 6, G. Smith (Un) 52-21.

Cambuslang 3 x 3.25 Road Relay, Cambuslang

1, Cleland's 58-58 (S Eaglesham 19-32; C. Cleland 19-22; M. Johnston 21-04); 2, Orphin's 59-35; 3, Higgins' 59-46; Fastest laps: 1, J. Quinn 18-20; 2, C. Cleland 18-22; 3, J. Gordon (V40) 19-10.

Knockfarrel 6 mile HR, Strathpeffer

1, A. Murchison (Inv) 39-18; 2, G. Bartlett (Forr) 39-22; 3, A. Reid (Pet) 41-03; 4, R. Boswell V40 (Loch) 42-48.

18

Dora Stephen Memorial OGM, Crownpoint

100: 1, S. Dudgeon (EHC) 12.4; 2, J. Fleming (Gla) 12.4; 3, G. McIntyre (CoG) 12.6; **200:** 1, S. Dudgeon 24.9; 2, G. McIntyre 24.9; **100H:** G. Murchie (Ab) 15.6; **400H:** 1, J. Low (CoG) 59.7; 2, F. Laing (CoG) 61.4 (Scott vet rec); 3, F. Watt 65.3; **HJ:** 1, R. Pinkerton (CoG) 1.70; 2, H. Melvin (CoG) 1.65m; **LJ/TJ:** L. Davidson (Ab) 5.42/11.81; **TJ:** F. Watt 10.63; **SP/DT:** A. Grey (CoG) 14.40/42.96; **DT:** H. McCreadie (EWM) 40.06; 3, S. Freebairn (CoG) 39.98; **JT:** 1, J. Currie (CoG) 44.08; 2, J. Barclay (CoG) 38.54; **U17:** 100: 1, F. Hutchison (CoG) 12.9; 2, M. Rostek (CoG) 12.9; **U17 3000:** 1, P. Crawley (CoG) 10-26.9; 2, E. Gorman (CoG) 10-31.7; **200:** 1, F. Hutchison 25.7; 2, P. Anderson (HBT) 26.7; **300:** 1, L. Scott (CoG) 42.6; 2, F. Hutchison 42.9; 3, A. Kean (Aird) 43.4; 4, J. Polka (CoG) 43.5; **800:** 1, L. Scott 2-20.0; **LJ:** 1, P. Anderson (CoG) 5.39; **SP:** 1, N. Dhalwai (CoG) 11.96; 2, J. Robin (Hal) 11.84m; **DT:** 1, J. Robin 41.82; 2, N. Dhalwai 34.98; **JT:** 1, J. Walker (Loud) 37.14m; **U15:** 100: 1, N. Hutchison (CoG) 13.1; 2, M. McEwan (VP) 13.3; **200:** L. Hoey (Aird) 27.3.

White Caterthun 11.5 mile HR, Brechin

1, P. Jennings (Met) 1:07-00; 2, A. Gray (Forr) 1:08-33; 3, P. O'Kane (HBT) 1:10-22; 4, P. Butcher (AF) 1:11-29; 5, A. Young (AF) 1:12-28; 6, E. Rennie (Ab) M40 1:14-05; 7, J. Campbell (BT Pit) 1:14-34; 8, P. Baxter (Car) 1:14-56; 9, G. Angus (DHH, M50) 1:15-12; 10, S. Thompson (AF) 1:15-32; 11, G. Clark (AF) 1:16-54; 12, F. Benham (AF) 1:17-05; 13, R. Shaw (Buck) 1:18-03; 14, D. Elder (Dund) M50 1:18-50; 15, R. Roy (BT Pit) 1:19-16; **Women:** 1, A. Allen (AF) 1:23-26; 2, A. Strachan (DHH, W35) 1:28-49; 3, I. Gibson (DHH, W40) 1:29-30.

EWM Champ, Meadowbank

Sen: 100: 1, P. Devine 12.68; 2, F. Boswell 12-66; 3, D. Flockhart 12.96; **200:** 1, P. Devine 25.08; 2, E. Lindsay 25.28; 3, D. Flockhart 25.79; **400:** 1, L. Pearson 59.43; 2, D. Flockhart 59.75; 3, L. Black 59.81; **SP/JT:** D. Sutherland 9.76/37.54; U/13: C. Sutherland 70H/JT/DT 12.93/22.34/17.24m.

Border AL, Tweedbank

1, Scot Bord 288pt; 2, Teviotdale 165; 3, Berwick 68; 4, Eyemouth 37.

McDonalds SYAL (Match 1)

East Dist: Div 1: 1, MBI 407pt; 2, Pit 384; 3, CR 293; 4, FVH 286.5; 5, PSB 218.5; 6, ESH 184; **Man of Match:** A. Donaldson (Pit) U17 1500: 4-37.9 (rec); **Div 2:** 1, Aird 374pt; 2, Liv 286; 3, Fife 266; 4, Har 264; 5, Lass 221; 6, EAC 187; **Man of Match:** M. Bruce (Fife) U15 80H 13.9; **200:** 25.1; LJ: 4.44m.

West Dist: Div 1: 1, VP 648pt; 2, Camo 638pt; 2, Ayr 558; 4, Kibor 554; 5, Cumnock 518; 6, Irvine 472; 7, C'dale 353; 8, Shett 309; **Man of Match:** R. Baillie (VP) U17 100H: 14.5; **100:** 11.6; **200:** 23.4; **U13:** C. Baillie (VP) 75H 14.7 (rec); TJ: 9.02; M. Howie (Clyd) 800: 2:31.9; **1500:** 5:07.3; **Div 2:** 1, EK 647pt; 2, Helens 547.5pt; 3, Nith 455; 4, Dumfries 443; 5, JWK 432; 6, Bella 359.5; 7, Law 317; 8, KO 309; **Man of Match:** P. Dennis (Helens) U17 1500: 4-50.5 (rec); **NE Dist:** Div 1: Aber 551pt; 2, Inv 528; 3, MRR 444; 4, DHH 436; 5, Airbrat 402; 6, Tayside 396; 7, Banchoy 322; 8, Montrose 12; **Man of Match:** S. Scott (Mor) U17: 400: 52.0; U17: 100: S. Fraser (Arb) 11.8; **4x200:** Inv 1-37.6; **SP:** C. Leslie (Arb) 12.17; TJ: W. Stark (Ab) 12.82; JT: P. Fraser (Arb) 46.84.

Girls NE League, Caird Park

1, DHH 180pt; 2, Aber 170; 3, Arb & Dist 164; 4, MRR 147; 5, Banch 110; 6, Tayside 87; **U11 League:** 1, Aber 115pt; 2, Banch 106; 3, MRR 102; 4, Arb 95; 5, DHH 87; 6, Tay 12.

Tom Scott Memorial Road Race, April 11

A LARGE number of entries on the day boosted entrants to around the 250 mark on the 31st running of the race, writes Bob Benyon.

With weather conditions excellent, the normal mad rush down Lawhill Road saw the leaders go through the first mile in the very fast time of 4-28. The pack was headed by Terry Mitchell (Fife AC) and Stephen Wylie (Cambuslang). By the time the leaders had reached the two mile mark it became clear that the winner would be contested between these two plus Racing Club runners Brian Kirkwood and Dave Ross. By four miles Wylie had opened up a small gap of between 50-60 yards. At the halfway stage at Wishaw Sports Centre he had begun to stretch his lead even further, and by six miles he looked a likely winner. As expected, Karin MacLeod (EAC) was leading the women's field.

By Strathclyde Park, Wylie had increased his lead to over 100 metres to win his first Tom Scott race in the record-breaking time (for this revised course) of 47-29. Second runner home was Mitchell (47-48) followed three seconds behind by leading veteran Kirkwood. With Ross (47-58) and Robson (48-13) right on his heels, Racing Club were worthy winners of the team award - with Cambuslang and Fife second and third. In the women's race MacLeod (20th overall) finished well in front of her nearest competitor, Anne Buckley (P&B) with Janet McCol (VP) third. MacLeod completed the course in 53-42, another course record and also a new personal best.

Law & District, who were organising the race for the first time, had reason to celebrate when veteran and former race organiser Andy Brown (who won the first Tom Scott Race) came tripping home to win the over 60 age category in a world best time of 55-08. By finishing in 41st place overall, Brown led the host club's vet team into second place, being beaten in the run-in by Cambuslang.

A most successful day was rounded off when the prizes, valued at around £800, were presented by Mr Kirby-Browne, managing director of the event sponsors, Ian Skelly Wishaw Ltd.

McDonald's Young Athletes' League, April 18

LAST year's champions, Babcock Thom Pitreavie, had a disappointing first round in the East Division of the Scottish McDonald's Young Athletes' League, losing to rivals Minolta Black Isle.



The Racing Club of Edinburgh won the first three positions at the Dunbar 10K Road Race.

MBI finished 27 points ahead despite Pitreavie winning ten events including a field triple from Bruce Robb. In addition, Pitreavie were responsible for breaking the first record of the season - man of the match Alastair Donaldson shattering the youths' 1500m steplechase record with a time of 4-73.9, eclipsing the previous record by 13 seconds.

In the West, Victoria Park had a convincing win, finishing ten points ahead of Cambuslang. Ross Baillie, the Victoria hurdler, was awarded man of the match after finishing first in the sprint hurdles in 14.5. He also won the 100m in 11.6 and the 200 in 23.4.

Ayr Seaforth were penalised for a weak youths team. Since the new age groups were introduced, they have failed to regain their form of 1991 when they were Scottish champions. Strong performances in the sprinting however, did earn Ayr some credibility, with Scott Kennan winning the colts' 100m and 200m, and John Harris and Simon Campbell taking the boys' 100m and 200m.

In the North, Dundee hosted the first fixture at which Aberdeen had a triumphant win, beating favourites Inverness. Paul Fraser was in fine form for Aberdeen with a javelin throw of 46.84 in the youths' event helping his team to victory.

McDonald's Young Athletes' League, May 9

BLACK Isle and Pitreavie shared the honours in the second round of the league.

Competing in Division 1 East, both teams finished with 434 points after a closely fought match in which Minolta dominated the junior track events but Pitreavie scored well at U15 and U17. Pitreavie's star performer, Bruce Robb, was in fine form, taking a field event triple with firsts in the shot, discus, and pole vault. Robb looks set to challenge Britain's best in the discus in 1993. Pitreavie's U15 Paul Armstrong was also in good shape, winning an unlikely combination of high hurdles, triple jump, and mile.

In the North East, Inverness celebrated victory thanks to a shot and discus double from U13 Alastair Broadbent. In addition, Scott Fraser clocked the fastest 100m time of the day with an excellent 11.3. Inverness now join Aberdeen in the next McDonald's Scottish Young Athletes' League round, both sharing number one spot with 15 points. Victoria Park are one point clear of Ayr Seaforth in the West Division 1 league after a strong performance in the second match. Ross Baillie claimed a sprint double for VP with times of 11.9 in the 100m and 24.4 in the 200. Scott Kennan boosted Ayr sprinting power, winning the Athlete of the Match Award after clocking 14.6 in the 100m and 30.1 in the 200 in addition to a long jump of 4.15m.

Dumyat Hill Race, May 12

GALA'S John Wilkinson beat 165 runners to win the 21st running of the race, which starts from Stirling University's sports centre.

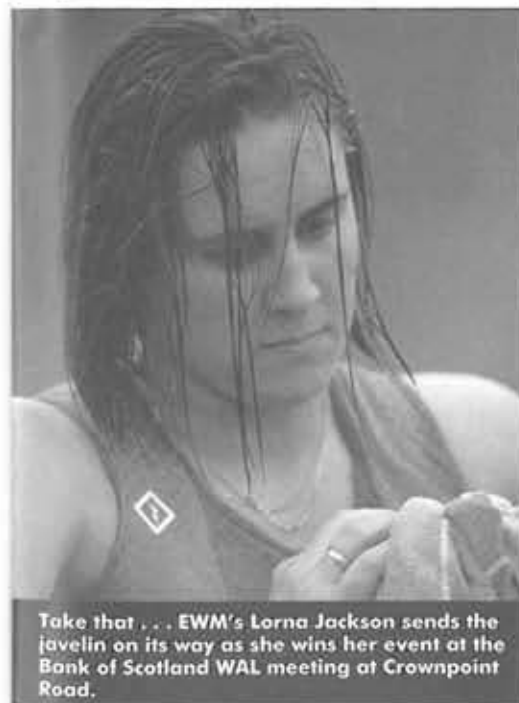
Wilkinson, who had previously finished first in 1989 and 1992, won by just nine seconds from Steve Nicholson (Livingston). Another previous winner, Dermot McGonigle (Shettleston), had to be content with third place.

First local runner, for the second year in succession, was Peter Bovill (Ochil HR), who finished eighth. The outstanding performance of the evening was from Joyce Salvona (Livingston), a veteran, who repeated her 1992 win to be first woman home again.

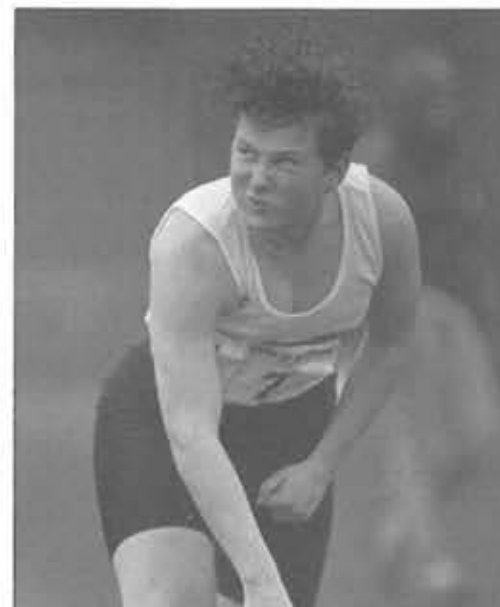
In the university race, Stirling staff member Jim Davis was first, followed home by two students, Matthew Powell and Roger Knox. The first woman was student Cathrine Coey.



The man behind the shades looks puzzled... could it be Tommy Murray figuring out just what the Scottish cross country selectors are playing at?



Take that... EWM's Lorna Jackson sends the javelin on its way as she wins her event at the Bank of Scotland WAL meeting at Crownpoint Road.



Take that... EWM's Lorna Jackson sends the javelin on its way as she wins her event at the Bank of Scotland WAL meeting at Crownpoint Road.



Veteran Charlie MacDougall leaves the youngsters in his wake as he finishes fifth in the Jimmy Moore race at East Kilbride.



Jason Young's left arm drew as much attention as the caber at Gourrock Highland Games.



Rhona Pinkerton perfects her rain dance - part of her high jump routine - at Crownpoint Road.



What did the lady in the middle do for everyone to turn her back on her at the end of the Jimmy Moore 10 mile road race?

We hope you enjoy Robert Perry's photographs, which feature throughout the magazine. Should you wish to buy a print of any particular photograph, please telephone Lisa, Ellen, or Jackie on 041-332-5738.



Sutherland TRIATHLON '93

in GOLSPIE

at 12 noon

on Saturday 12 June 1993



*** TROPHIES ***
** MEDALS to all Finishers **



Senior/Veteran: £5.00
750 m swim, 32 km cycle, 10 km run

Junior/Try: £2.50
400 m swim, 10 km cycle, 4 km run

Start: Swimming Pool, Golspie
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Sports Development Officer
Sutherland District Council
Main Street, Golspie

Tel: 0408 633033

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CYCLES

TRIATHLONS

Big test ahead

JUNE promises to be an important month for the elite band of Scottish triathletes with aspirations to take part in the Kellogg's ITU World Championships at Manchester on August 22. With the first of three qualifying events having taken place at Swindon on May 23, the Shropshire event on June 6 and the Market Bosworth Triathlon on June 27 provide the final opportunities for the country's top triathletes to qualify for this prestigious event.

There are 12 places available for each sex in each of seven five-year age groups from 25-64. To qualify, competitors must be either a 1993 STA member or 1993 BTA licence holder, and finish in one of the top four positions at any of the three qualifying events.

Scottish national coach John O'Donovan has already qualified for the event by finishing ninth in his age category in the 1992 World Championships in Canada, and hopefully he will be joined by more Scottish competitors on the day.

Training

MEANTIME, John is heavily involved in training the Scottish international squad and recently combined with STA coaching co-ordinator, Mike Joiner, to run a weekend for elite squad members at Aberfeldy Recreation Centre at the end of April. A similar weekend for non-elite members is to be held at Aberfeldy in mid-June; anyone wishing to take part can contact John or Mike through the STA.

Clubs are finding that with an increase in members greater strain is being placed on existing coaches, with many feeling they do not have the knowledge or experience to advise the range of abilities they are dealing with.

The STA, having come under increasing pressure from clubs and their members to provide a service to coaches, has now been successful in obtaining grant aid from the Scottish Sports Council to set up a coaching scheme. The aims are to develop a coaching award scheme in line with Scottish/National Vocational Standards; to develop an education programme for club

level coaches; to develop a network of coach tutors to deliver coach education courses; and to encourage more club level coaches.

The STA is also keen to encourage training weekends run by individual clubs.

Try-a-tri

STIRLING University campus again provided an ideal setting on May 9 for the seventh annual try-a-triathlon event organised by Stirling Triathlon Club in association with Stirling District Council.

The day's proceedings began with 22 competitors taking part in the novice event over 400m swim, 10K cycle, and 2.5K run. The competitive honours went to Colin Milligan, who completed the course in a total time of 48:50. First female and second overall was Jennifer Hastings, who finished just 30 seconds later.

Competition in the sprint event (750m swim, 20K cycle, 5K run) was more serious with a number of top triathletes taking part. Stephen Clark of Cupar took the honours in a time of 61:57 after an impressive cycle run of 33:12 saw him build up an unassailable lead. Second place was taken by Stuart Black (Alloa) in 63:44, and third was Douglas Smith, 64:38.

In the women's competition, Fiona Lothian of Tyne took first place in 70:21 followed by Doreen Williamson of Pitlochry, 77:46, and Lorna Rice of Fairport, 78:15.

Other prize winners were as follows: male vet - Pat Weir (Fairport) 70:04; super vet - Don Trail (Lomond) 83:08; Female vet - May Mair (Cumnock) 89:25; super vet - Helen Stalker (Lomond) 90:10; male junior - Sean Curtis 89:54.

June events

- 06: Aberfeldy Olympic Distance.
- 12: Golspie Triathlon and Try-a-Triathlon.
- 13: Berwickshire Sprint.
- 20: Saltire Team Relay Triathlon.
- 26: Orkney Team Triathlon.
- 27: Huntly Olympic Distance and Sprint.

Note: the Aberfeldy Iron Man, scheduled for June 24, will now be held on August 26.

Anthony Quinn

Karen comes into her own

Doug Gillon, athletics correspondent of the Herald, talks to Karen MacLeod.

SCOTLAND'S forgotten marathon champion has emerged from the shadow of Liz McColgan. Unsung, Karen MacLeod has grabbed a World Championship place in Britain's team for Stuttgart this summer.

Liz may have the money - a reputed £500,000 for contesting three London events - but Karen has three marathon victories to McColgan's two. Admittedly, MacLeod's fastest time to date, 2:34:30, will not frighten the world 10,000m champion, but she achieved it at the end of February, off just eight weeks' work, and, insists her husband and coach, former Welsh schools and Bath stand off, John Davies: "There is still a lot to come. Karen is just learning the event, but has won in Seville, Bordeaux, and Majorca."

The 34-year-old MacLeod has received little help from the system.

"We are always scraping along," she says. "If it was not for John, I could not run and not work. There is nothing coming in regularly. I often have to find part time jobs. It is a precarious living."

Being based between Bristol and Bath means MacLeod is far less well known than she should be in Scottish athletics.

When she won her first title, the 4000 metres closed, in 1985, she beat world and European champion Yvonne Murray. She won the title again in 1987, and the WAAA indoor 3000m crown the same year. She has also won the outdoor Scottish title at the same dis-

tance, and competed in each of Scotland's final three world cross country championships.

A PE graduate of Dunfermline College, Karen also has a degree in English and History, and is now studying for a post graduate degree in health promotion. And she memorably claims the most unusual sports injury: splinters in her feet, dancing barefoot after the Warsaw World Cross Country Championships.

Indeed, she has suffered more than her share of misfortune.

An asthmatic attack caused her to collapse in the 1986 UK 10,000m championship, when chasing ultimate winner McColgan, and she was stretchered off. She broke ribs in the 1990 Commonwealth 10,000m final, thumped by a flying elbow, and finished the race in agony before being hospitalised. But she came back to set 14 course records in the UK during 1991, from 10K to the half marathon, and finished second in the Great Scottish Run behind Andrea Wallace.

Just when it seemed Karen was heading for peak form, disaster struck in last year's London Marathon as she tried to win an Olympic place. She collapsed at the end, and it eventually transpired she had a serious iron deficiency.

However, the three subsequent marathon wins, and a course record in this year's Tom Scott race (53:40) have shown her to be running better than ever.

It is dramatic progress, not hinted at by her first race, the 1982 Bath Half Marathon,

which she ran shortly after the death of her father to raise funds for cancer research.

"I was a bit of a sloth," she recalls. "I liked my drinking, and was not that fit. I was clueless - ran in a pair of Dunlop green flash, and could hardly walk the next day."

She met her husband during the Wells Half Marathon later that year. "He'd been following me for some time, then drew level and came out with this corny line about us wearing the same shoes - I'd graduated to a real pair by then."

"John decided I should be a bit more competitive. He reckoned I was a real wimp. I suppose I was a bit pathetic. I chased after one rival and told her she had taken the wrong route - then she beat me. I helped another girl through a stitch - and she beat me too."

"John indoctrinated me to the rugby mentality of killing people off - that when people are suffering is when you put the boot in. I've come round now, but it's taken a long time."

But her career almost came to a premature halt. Ten years ago she was thrown from a horse, while pony trekking in the Mendips.

"I have never been on a horse since," she says. "On Skye, where I was brought up, we were used to riding bareback. If you got in trouble, you just slid off. But my foot stuck in the stirrup, and I was



Karen MacLeod
Photograph by: Mark Shearman

dragged at the gallop, hanging by the left ankle.

"I twisted my pelvis, damaged muscles, and suffered sciatic problems. Being an idiot, I kept trying to run. I developed a very awkward style, and it took the physio ages to sort me out."

MacLeod, born at altitude in Tanzania, where her father was a government architect, moved to Skye as a toddler, living there until she was 18.

"When we went there I spoke Swahili," she recalls, "and had to learn both Gaelic and English. I only remember a couple of words of Swahili now - enough to say hello to the Kenyans, and goodbye. Usually goodbye!"

But not, she hopes, in next year's Commonwealth Games. "I am determined to make the team," she says. "I don't like the memory of having run badly in Auckland, even if I did have broken ribs."

George Duncan, convener of the SAF's track and field commission, continues his monthly column on new developments.

No Way to Treat a Lady?

HERE I go again. Never out of trouble because I'm not afraid to tackle controversial subjects, I am going to ask a question of our clubs and coaches.

Do we treat our young ladies as well as we should in athletics?

From my observations we seem to have plenty of girls in athletics at under 13 and under 15, but thereafter we have a large drop out. Why?

I know you are going to tell me that it is because of part-time jobs, studying for exams, boyfriends, and lots of other reasons which I accept, but we seem to maintain - percentage wise - more males than females at the older age group levels into senior level.

Do we lose any under 17's because we treat them too often as seniors? Should we increase

women to too severe competition too early. Many of you will know that moves are afoot in the UK to change the system for women's track and field. It has been suggested, in some quarters, that a young athletics league for girls be set up with a separate league for women. A similar set-up to men's track and field.

Great consternation at this suggestion will be felt by many clubs, but before dismissing it out of hand should we consider the merits, rather than the problems, that will be faced by trying to field a senior women's team only.

This subject is going to crop up in the coming year and it should be considered now by clubs, coaches, and committees. What is the way forward to improve the number of women who will still be competing at senior level? I don't know the answer, but I do know we need to do something about it.

I would appreciate points of views from anyone who thinks they can help to encourage our ladies to stay in the sport.

In case anyone should think I'm knocking womens athletics, let us be clear that I'm not. Far from it.

When selecting the womens elite squad we got the numbers we required within the top 10 UK rankings - we had to go to the top 13 UK places to get the equivalent number of men.

I am very much aware we have quality in womens athletics but I am worried about the quantity!

Am I Getting Old?

WITH the change of age groups in men's athletics to fit in with the rest of the UK, I have come to the conclusion that I'm either getting old or the competitors look so very young!

Having been at a couple of open meetings, a Young Athletes League match, and a men's league match so far this season (and I write this in April), I think we are now seeing youngsters being catapulted into age groups - which I personally think is wrong.

Is a 14-plus boy really a youth, to use the old phraseology? Is a 16-plus really a man? I don't really think most of them are ready for the older age groups in which we now have to place them.

I don't dare to think what will happen come the 1993-94 cross country season when some boys move up a two year age span unless something is done about it before then. I hope the clubs are working to have the cross country age groups amended before December 1, 1993.

McDonald's YAL

AT the time of writing I do not yet know the amount of money being put into Scottish athletics by the sponsorship of McDonald's, who are supporting all Young Athletes Leagues throughout the UK. McDonald's are retaining the athlete of the match awards, and the first winners were:

NE Section: S. Scott, Moray RR.
East Div 1: Alaisdair

Donaldson, Pitreavie; Div 2: Michael Bruce, Fife AC.

West Div 1: Ross Baillie, Victoria Park; Div 2: N. McNae, Nith Valley.

Team managers are encouraged to contact their local McDonald's and speak to the manager. McDonald's are keen for their staff to get involved at local level, and I'm sure it will be to clubs' benefit to make the contact.

Golden Awards

THE NSAHA was formed in 1987 to encourage athletes of all ages and abilities to compete in the North of Scotland Highland Games circuit. To achieve this aim, trophies, called Golden Awards, were introduced, and are competed

for on a points system over the season.

Further information may be obtained from the secretary: Mrs Margaret Cooke, 1 Hepworth Lane, Forres, Moray IV36 0AE (Tel: 0309-673576).

Points to ponder

* **THE** home countries under 23 match at Whitehaven on June 19 has been cancelled because of lack of sponsorship. BAF are trying to find a replacement, and if another match can be fixed up for our under 23 team we will keep you informed.

* **CLOSING** entry dates for the Scottish Track and Field Championships are: senior, June

21; U17 and U20, June 7; U13 and U15, June 21; combined events, July 5; relays, July 5; vets, June 14.

* **ROGER Harkins**, of Shettleston Harriers, has agreed to be a manager for the under 15 team select and international track and field teams. Roger is a former Scottish internationalist and is well known to many athletes.

* **ONE** or two of the smaller clubs in the Borders have got together to form a new outfit - the Scottish Borders Athletics Club. I consider this an enterprising initiative. It will be even more enterprising if they can persuade the Scottish Border Enterprise Board to invest in the club's future to encourage athletics in the Borders area.

June

2

AYR Seaforth 10K RR.

FALKIRK OGM, Grangemouth.

HILL of Tarvit 5 mile RR, Ceres.

SRI Chinmoy 2 miles, Meadows.

3

REEBOK 5K Series, Kirkintilloch.

4

FMC Carnegie H Fri. Series.

5

BENBECULA Marathon, Half, Fun Run. For details, contact Dave Bettany, Range Wing R/A, Hebrides. Isle of Benbecula. EAST Kilbride Summer Races.

FRANK Sinclair RR, Greenock.

HADDINGTON Festival Five Mile RR.

LILIAS Day RR, Kilbarchan.

ROSS-SHIRE 10K, Muir of Ord.

GRE BAL Div. 1, Birmingham; Div. 2, Enfield.

SHOTTS Highland Games, inc. 10 mile RR. D - Contact (d) 0555-750051; (e) 0501-820493.

6

AIRDRIE HG, Airdrie.

DUNFERMLINE Half Marathon. Pittencreeff Park, Dunfermline, 9.30am. D - 0383-723211.

FORTH Road Runners 10K RR.

IRVINE Valley Half Marathon.

SCOLTY HR, Banchory.

SCOTTISH & NW League (2) D1, Dumfries; D2, Wishaw; D3, Coatbridge; D4, East Kilbride; D5&6, Crownpoint.

GRAMPIAN TV League (East), Peterhead; (North), Nairn.

9

CITY of Edinburgh OGM, Meadowbank. E Forms/Timetable from O.N. Dickson, 4 Old Farm Place, Edinburgh, EH13 0BA.

KILWINNING Acad 10K.

SRI Chinmoy 2 Miles, Meadows.

WIGTOWN DC OGM, Stranraer.

10

DUMBARTON Academy '500' 10K Road Race, Dumbarton, at 7.30pm. E form and further details from Alex Stewart on 0389-22222.

JSB Plumbing Forth Valley League D1, Pitreavie; D2, Livingston.

12

SUTHERLAND District Sports Council Triathlon '93, Golspie, 12 noon. Details and entry form tel. 0408 633033.

BEARSDEN & Milngavie HG.

BRECHIN 24 Hour RR.

GLEN Rosa Horseshoe, Brodick, Arran. For E forms and further details tel: 0770 2140/2401.

GLENGOYNE Gallop, Strathblane.

HAMILTON Dist Sports Festival.

ISLE of Skye Half Marathon, Portree. 10am. Unique medal to all finishers. E closing date June 7. D - 10" x 6" envelope to Willie McKinnon, Sports Development Officer, Skye & Lochalsh DC, Park Road, Portree, Isle of Skye.

LOCHWINNOCH Open Races.

SSAA Pent & Relay Champs, G'mouth.

TRAPRAIN Law HR.

KIPPEN Hill Race, 5 mile cc course. E on day up to 11.30. Enq: 0786-87055.

ORD Hill Race. 14

13

HOY Half Marathon, Orkney.

AONACH Mhor HR.

BRECHIN 24 Hour Race.

KIRKCALDY Dist People's Half Marathon & 10K, Beveridge Park, Kirkcaldy. D - Fife College of Technology, St Bryceland Ave, Kirkcaldy, KY1 1EX.

MONKLANDS Festival 7 Mile RR.

ASDA Dyce Half Marathon.

BANK of Scotland WAL D1, Inverness; D2, Dumfries; D3, G'mouth; D4, C'bridge; D5, Livingston.

PANASONIC Scot. League (3) D1&2, Meadowbank; D3, 4 & 5, Greenock.

LOCHMABEN Childrens Gala 5 mile FR.

15

BABCOCK Thorn Pitreavie OGM.

16

EASTER Anguston Appeal 4 mile Race, Aberdeen.

SRI Chinmoy 5K, Meadows.

AYRSHIRE H OGM.

17

PORTOBELLO Fun Run.

18

AULD Hoose Black Rock '5', Kinghorn, Fife. 19.45 start; E £2. D - John on 0592-891247.



Caroline Black . . . one young lady who has stayed in athletics, but why the large drop out of under 17s?

our league programmes to have more under 17 events and fewer for seniors?

From my experience, many clubs use their under 17s to fill gaps in their senior teams and perhaps expose the younger



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UK Women's League (2) Div. 5, Meadowbank.

BANK of Scotland NE League, Inverness.

7

FALKIRK OGM, Grangemouth.

NEWBURGH 5 mile Road Race.

SRI Chimney 10, Meadows.

10

DAVID Shepherd Memorial Glamaig Hill Race, Slighachan, Skye.

FORRES Highland Games. Grand Park Forres, 1.30pm. E forms from MW Scott, 7, Fleurs Road, Forres.

IV36 OLY (SAE), tel. 0309 673289. **SAF** Senior Championships, Grangemouth.

11

BALGONIE Seven Miles.

BORDER AL, Tweedbank.

CAITHNESS People's 10K.

TSB SAF U15 & U13 Champs, Crownpoint.

13

EWM Road Race 15K, Moffat.

14

CITY of Edinburgh OGM, Meadowbank. E forms, timetable, from: O.N. Dickson, 4, Old Farm Place, Edinburgh, EH13 0BA.

FRYISH Hill Race, Evanton.

SCHOOLS International, Wales.

SRI Chimney 2 miles, Meadows.

16

AAA Champs, Birmingham.

17

INVERNESS Highland Games.

ISLE of Harris Half Marathon.

LIV & Dist. AAC OGM.

MEAL An-T Suidhe HR, Ft William.

SIAB Schools International, Dublin.

18

ANNANDALE & Eskdale DC OGM.

FALKIRK YAM, Grangemouth.

HALF Nevis Hill Race.

HARBOUR Festival 10 mile RR, Irvine.

SHIRE Harriers Open Meet, Aberdeen.

19

ROUND the Houses, Salcoats.

21

SRI Chimney 2 miles, Meadows.

24

TAYNUILT Highland Games, at sports field, Taynuilt. Starts 11am. Contact Mrs Thomson, tel 08662 431.

24-25

BELGIAN National Championships (Scot. Select), Belgium.

SAF Combined Events, Relays & 10,000m Champs, Linwood.

25

BALLATER Ten, Ballater.

HELENSBURGH Half Marathon.

28

LIV & Dist AC OGM.

SRI Chimney 1 mile, Meadows.

30

DURNES Highland Gathering Association, Shore Park, noon. All track and field events. Contact 0971 511358.

31

HALKIRK Highland Games, Piobaireachd 10 am, over £6400 prize money. Over 74 events. Secretary A S Budge, Milton Farm, Halkirk, tel 0847 83666.

LOCHABER Highland Games (inc Cow Hill Race), Fort William.

McDONALD SYAL/Consolation Plate, Pitreavie.

KINCARDINE & DEESIDE DISTRICT COUNCIL

STONEHAVEN HALF MARATHON AND FUN RUN

(SAAA & SWAAA Rules)

11.00 am

Sun 4th July 1993,

Main sponsors: Kincardine & Deeside District Council

- * Entry fee £5.50
- * Medals and certificates to all finishers
- * Free swim in Scotland's only outdoor 50m heated seawater swimming pool

Entry forms, send S.A.E. to:
Race Administrator, Leisure & Recreation Section, Kincardine & Deeside District Council,
Viewmount, Stonehaven AB3 2DQ

Tel 0569 - 62001 Ext. 267

CLOSING DATE 19-6-93



Advertising assisted by Sutherland District Sports Council

DORNOCH 1/2 MARATHON AND 10K

SATURDAY 3rd JULY

START - 2pm

£800 total prize money.

Engraved glassware to all finishers

Toughest Half Mile Marathon in the North,
Downhill 10K

Entry Forms from:

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Information Line
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Entry Fee £20 Sterling
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For Information On Holidaying in Ireland
Including Travel & Accommodation Contact
Your Local Travel Agent Or Bord Failte
The Irish Tourist Board, 150 New Bond Street
London W1Y 0AQ Tel. (071) 4933201

For Tour Details Contact

Sports Travel Intl., 109 Old County Road,
Crumlin, Dublin 12, Ireland.
Code 010 3531 Tel 545135 Fax 545142



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BREEZE SHORTS
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