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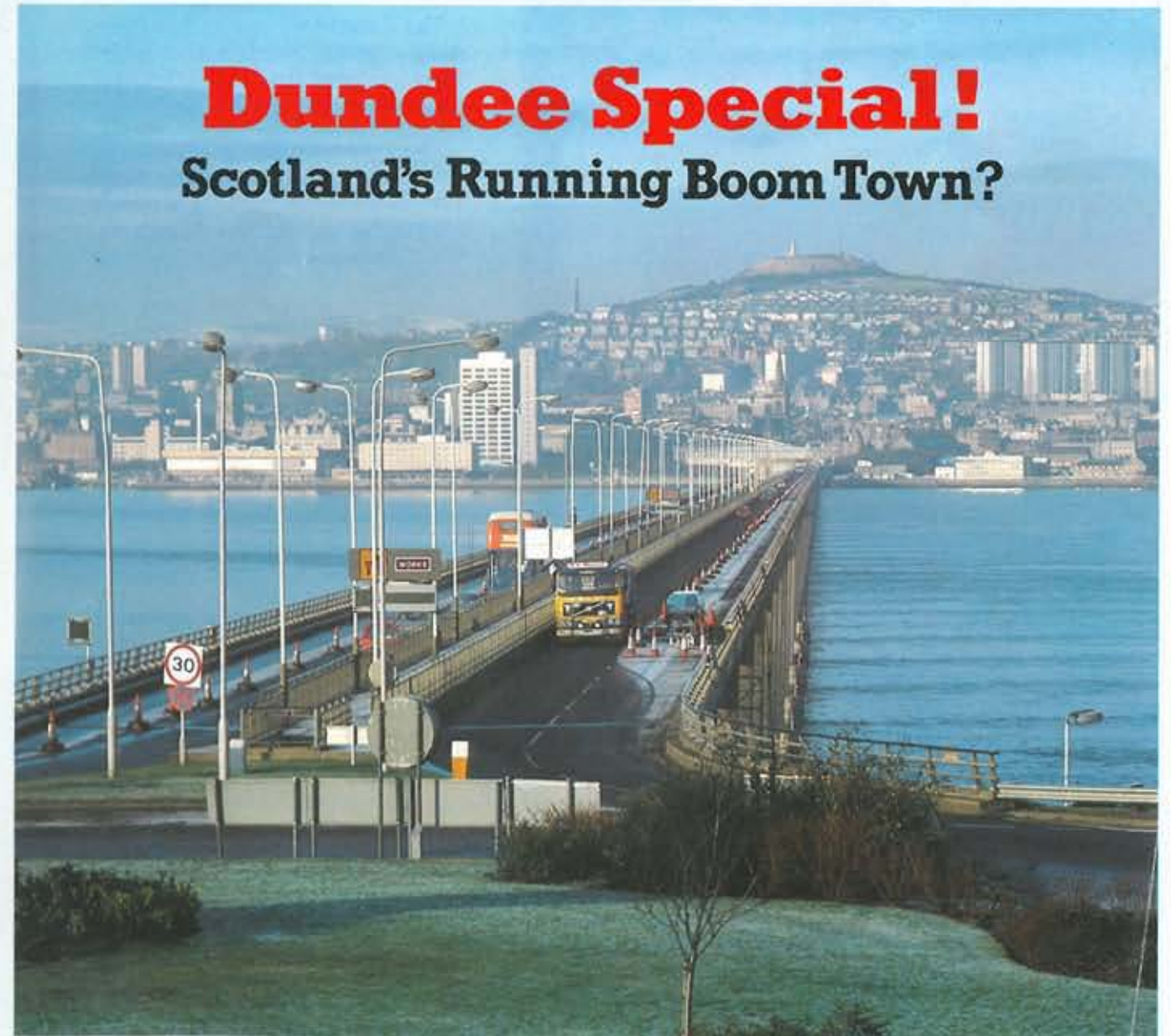


SCOTLAND'S RUNNER

FEBRUARY/MARCH 1987

ISSUE 8 £1.00

Dundee Special! Scotland's Running Boom Town?



**Quinn
Bounces Back**

**Chris Price
Profile**

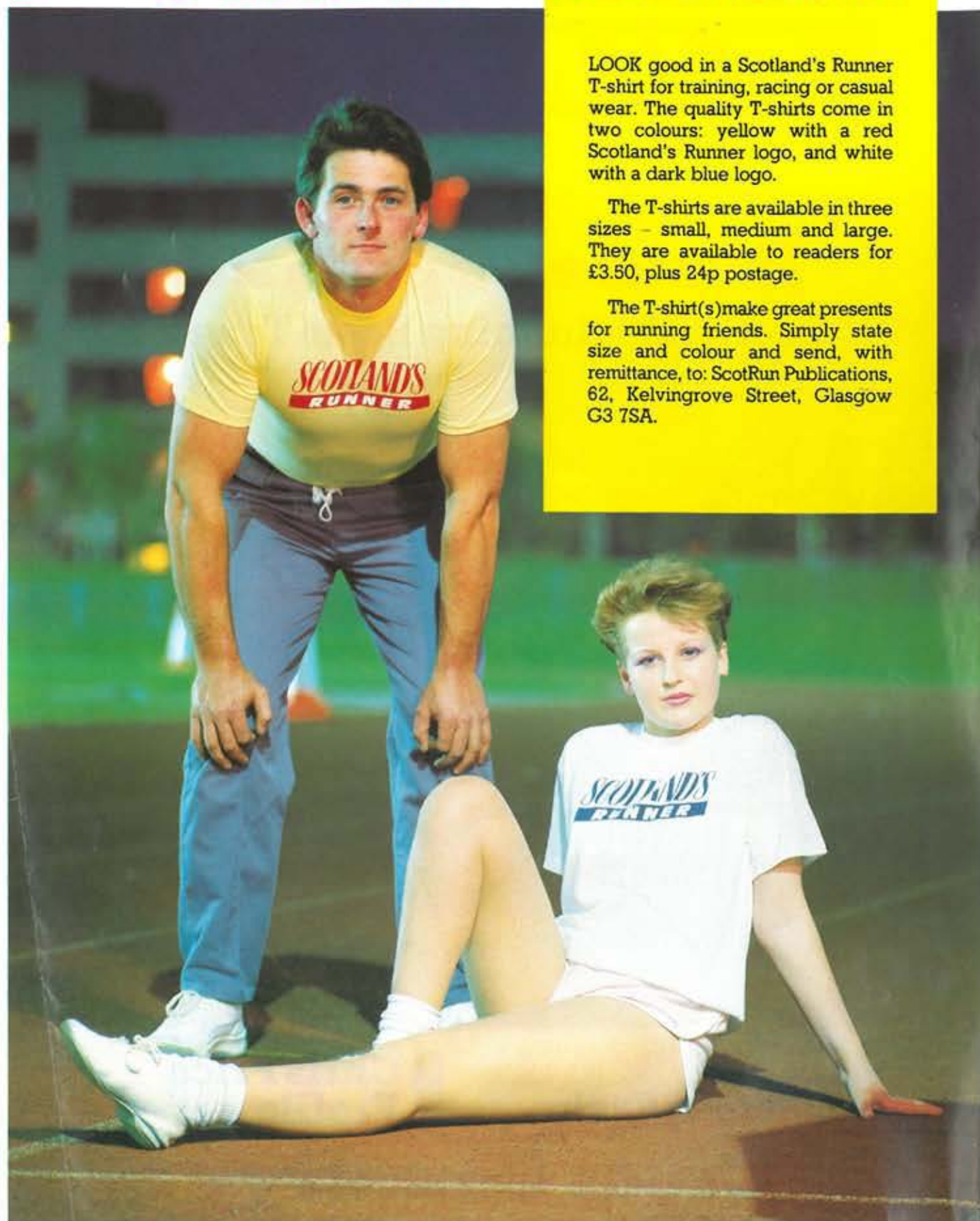
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SCOTLAND'S RUNNER

February/March, 1987

Issue 8

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Dundee, looking from
Fife across the Tay
Road Bridge.
Photograph by David
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Inside LANE

Our congratulations to the organisers of the Glasgow Marathon for their undoubtedly correct decision to award prize money this September. By offering modest rewards, a wise course has been steered between the excesses of other cities and the previous refusal to bow to the inevitable.

The incentive of a £7,000 car for the winner, provided he breaks 2:13:00, brings a much needed dash of colour and excitement to the race. This time bonus alone should stimulate greater interest in the marathon by the television companies — and, let there be no dispute about it, the very future of the Glasgow Marathon as it exists depends on better exposure from the media.

Having got it almost all right, the organisers have made a couple of bad omissions in not offering a time bonus to the women, and not earmarking any prize money at all for veterans. Hopefully, both these areas will be remedied — perhaps when a new sponsor is found.

Both Glasgow and Edinburgh are taking a real lead in promoting road running, as is revealed on our **Up Front** pages. Glasgow Sports Promotion Council is hoping to add a major half marathon to its other events this summer, while, as **Mel Young** reports, Edinburgh — having lost the cultural initiative to its rival in the West — has ambitious plans of its own for 1987.

It's against this backdrop of increasing support for the sport that Scotland's Runner is pleased to launch the first ever **Scottish Road Race Championship** (see **Page 7**). Some 30 events have been chosen for their geographical spread and drawing power, and, after eight months of competition, the 1987 Scottish road race champions will emerge from the Falkirk Half Marathon in October.

The championship is the brainchild of our events and results compiler, **Colin Shields**. However, we don't claim to have got the formula exactly right, and suggestions and criticisms which would improve the championships in future years will be welcomed.

In this issue, we preview other championships of more immediate importance — the National Cross Country Championships at Falkirk

and Lochgelly. No prizes for guessing which leading men's contender tells **Doug Gillon** on **Page 42**: "This will probably come out the wrong way. It will probably sound a bit arrogant. But I don't see any way I can be beaten."

Perhaps **Nat Muir** is correct. But the women's event — with **Liz Lynch** and **Yvonne Murray** both absent — promises to be more of a lottery.

The evergreen **Chris Haskett-Price**, who is interviewed on **Page 32**, will do her utmost to take the title back to Dundee (despite Lynch's absence), and we stay with Dundee to look at running in the city once renowned for jute, jam and journalism.



Elliott Bunney

According to **Ross Ireland** on **Pages 28, 29 and 31**, the emergence of **Dundee Roadrunners** in the past three years has mirrored the city's growing commitment to running. Club secretary **Dave Roy**, one of the Roadrunners' driving forces, says: "We started with one rule and we still live by it today. Our club would be a running club as distinct from a racing one. It's an important difference, and one which has kept us going." Those wishing to form their own clubs could do worse than take a leaf out of the Roadrunners' book.

Elsewhere, **Graham Crawford** borrows horse racing terminology in tipping

Alan Campbell

his "one to follow" for 1987. He's banking on Kilbarchan's **Robert Quinn**, whose highly promising athletics career was shattered last May when his left leg was broken in two places by a motorbike.

Quinn's brave recovery is chronicled by **Crawford** on **Pages 24 and 25**. Andybody who is mad enough to race round a 10k course on crutches in 75 minutes — as Quinn did at Inverness just two months after his accident — can only deserve to succeed!

Fiona Macaulay looked in on the celebrations of **William Snoddy's** camp after the American professional won the famous New Year sprint at Meadowbank. The former Scottish internationalist was renewing an acquaintance which began in 1978, when they were both on track and field scholarships at the University of Oklahoma. Her report, and a round up of the Meadowbank results, appears on **Pages 36 and 37**.

Staying with sprinters, **Henry Muchamore** looks forward with relish on **Pages 40 and 41** to **George McNeill's** 40th birthday on February 19. The great Scottish sprinter becomes eligible to compete against contemporaries on that date, thanks to a rule change which now enables veterans to compete against each other in closed veteran-only meetings, whatever their status.

As Muchamore says: "If George chooses to enter the Scottish Veterans Championships this summer, there would be a bumper entry for the sprints as everyone would love to be drawn in the same heat just to tell their grandchildren they raced against George McNeill — off scratch!"

Strangely, given the time of year, it is sprinters who have captured the headlines this issue. Both **Elliott Bunney** and **Jamie Henderson** gave Scottish athletics a great start to 1987 with their performances at the Pearl Assurance meet at Cosford. Bunney, of course, took the British indoor title in a UK all-comers, Scottish and championship record of 6:62 seconds, while Henderson set a UK junior record of 6:66 seconds. Again, congratulations to both.

Over the coming months we'll be introducing a number of new features to the magazine. Suggestions from readers would also be welcomed.

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Up Front

Who'll be Scotland's Runner champ?

IN THIS first issue of 1987, Scotland's Runner is pleased to confirm that we will be promoting the first-ever Scottish Road Race Championship throughout the coming months.

Some 30 events are scheduled for the championship, and by the end of January, 70 per cent of the races involved had accepted invitations to join this inaugural event.

Our events and results compiler, Colin Shields, deserves the credit

for getting the 1987 Scottish Road Race Championship started, and he will be heavily embroiled in its administration from the first event on March 8 till the final at Grangemouth on October 25, as championship convener.

Below we publish an outline of the rules of the championship, and also a list of the participating events, which, as well as being chosen for geographical spread, were also picked on the basis of their size of entry during 1986.

We would ask race organisers who have not yet replied to our invitation - those events marked not confirmed - to please do so before February 20. If we have not heard from them by this date, other events will be invited in their place.

Scotland's Runner hopes that the series will stimulate greater interest in road racing throughout Scotland, and provide a goal for the top age group competitors. We will publish monthly updates on the progress of the championship.



Colin Shields

List of events

March

- 8 Kodak Classic 10k, Glasgow (S)
- 22 Highland H M, Inverness (L)

April

- 4 Tom Scott 10 Miles, Motherwell (M, NC)
- 11 Renfrewshire 10 Miles (M, NC)
- 12 Dundee 10k (S)
- 19 Claymore Homes 10 Miles, Haddington (M)

May

- 3 Pearl HM, Edinburgh (L, NC)
- 6 Adidas 10k, Glasgow (S)
- 10 Jimmy Moore 15k, E. Kilbride (M)
- 13 Adidas 15k, Glasgow (M)
- 17 Luddon HM, Kirkintilloch (L)
- 23 Kirkcudbright Milk HM (L)

June

- 7 Govan 10k, Glasgow (S)
- 14 Clydebank HM (L, NC)
- 14 CR Smith HM, Dunfermline (L)
- 24 Roevin 10k, Aberdeen (S)

July

- 10 Runsport 10k (S)
- 12 Rureport HM (L)
- 19 Inverness 10k (S)

August

- 2 Edinburgh 10 Miles (M, NC)
- 2 Ferranti 10 Miles, Aberdeen (M)
- 8 Cambuslang 10 Miles (M, NC)
- 16 British Airways HM, Glasgow (L, NC)
- 22 TSB Blairgowrie HM (L)
- 30 Inverclyde QM (S)
- 30 Adidas Mars HM (L)
- 30 Livingston HM (L, NC)

September

- 6 Land O' Burns HM, Ayr (L)
- 13 Round Cumbrae 10 Miles (M)
- 26 Livingston 6 Miles (S, NC)
- 26 Ness Motors 10 Miles, Inverness (M)

October

- 11 Dundee Half Marathon (L, NC)
- 25 Falkirk CIB HM (L) The Final

Code: HM - Half Marathon; QM - Quarter Marathon; L - Long; M - Medium; S - Short; NC - Not Confirmed.

Rules

1. The Championship is staged and organised with the approval of the appropriate men's and women's National Governing Bodies.
2. The Championship will recognise three race distances at short (6 mile/10,000 metres); medium (10 miles/15,000 metres) and long (half marathon) in counting for points towards the overall title.
3. Three races at each distance will count for points, with contestants being able to compete in any number of races nominated for the Championship. Contestants may count the races in which they score the highest number of points and discard the other races.
4. The nominated races for the Championship have been selected over a time period from March to October and are located geographically throughout Scotland to give the best chance of competition for all runners.
5. Points will be awarded for finishing positions in each race. The winner in each age and sex category will receive 30pts; runner up 26pts; 3rd 23pts; 4th 21pts; 5th 19pts; 6th 17pts and other finishers one point less till 20th placed received 2pts.
6. All nominated races to be held under permit from appropriate Governing body.
7. All courses to be accurately measured before the race is held to ensure accurate race distances.
8. All race organisers to print detailed results within 10 days of the race and send to the Championship Convener to allow calculation of points tables for each category.
9. A championship final will be held to decide the eventual winners. This race will be over the half marathon distance and points will count as double.
10. The top 20 runners in each category (Senior Men, Senior Women, Veteran Men and Veteran Women) - decided after adding points gained in each of the three race categories - will be eligible for free entry to the final which will be the CIB half Marathon at Grangemouth in October.

THE prodigious form of Scotland's Commonwealth 10,000 metres gold medalist Liz Lynch seems to know no bounds. She rang out 1986 braving sub-zero temperatures to win a 5000 metres road race in Zurich, and the following weekend rang in '87 with another victory, this time in the Brooks cross-country race at Mallusk, Belfast.

The Swiss field included the previous year's winner, Cornelia Buerki, fifth in the Olympic 3000 metres final, Aurora Cunha, three-times winner of the world 15,000 metres road race crown, and Elly van Hulst, who once won Dutch track titles at 800, 1500, 3000, 5000 and 10,000 metres at her national championships.

Dundee's Lynch clocked 16:34, with compatriot Yvonne Murray 15 seconds behind in second place. Chris Haskett-Price was twelfth (18:28).

In Ulster, while visiting her fiancée, steeplechaser Peter McColgan, Liz demolished an

international field, winning a 8000 metres race by a whopping 32 seconds. Thereafter she announced: "I reckon I'm in shape to win the world cross country title."

Lynch, with a new sponsorship from British Midland Airways, is now making regular visits to her

In shape for a title

new coach John Anderson in London.

She will miss the closed and national cross-country championships because of a 10,000 metres road race in Bali (against Ingrid Kristiansen) and subsequent warm-weather training in Alabama.

A beast of a record

ELLIOT Bunnay won the Pearl Assurance British indoor 60m title in a spectacular fashion when he clocked a UK all-comers, Scottish and championship record of 6.62 sec. on January 24.

In second place 17-year-old Jamie Henderson set a UK junior record of 6.66 seconds. It was a time which prompted his mates at Cosford to prod light-heartedly into his hair, searching for evidence of the number of the beast (Revelations XIII, 18). Behind them were former

European indoor champion Mike McFarlane and Ghana-born Ernie Obeng.

It can only be a good omen for Scottish sprinting.

Other notable successes at the UK championships were a Scottish record of 4:10.62 by second-placed Yvonne Murray in the women's 1500 metres; and third places from Alastair Currie (1500m, 3:50.74), Eric Irvine (shot, 16:41m), Dawn Kitchen (400m, 56.22) and Karen Hutcheson (800m, 2:01.06).

Glasgow's miles better for prizes

FIRST PAST the post in the 1987 Glasgow Marathon will win an Austin Rover MG Metro valued at £7,000 - provided he is inside 2:13:00.

For the first time, the organisers have conceded publicly that the event now needs prize money to attract a better standard of field at the sharp end (and hopefully attract better television coverage - the key to the event's future prosperity).

At a press conference in Glasgow City Chambers on January 29, Bob Dalgleish, the race

organiser, announced total prize money of £7,150. First male - apart from the time prize bonus - will collect £1,000, and the first female home will win £750. Quite why there is no time bonus for the first woman was not clear as we went to press.

Dalgleish, explaining the prize money turnaround, said: "So far, we have tried to resist financial inducements and have put on five top class marathons. However, we are aware that top athletes were perhaps by-passing Glasgow in favour of other races, and now feel that awarding modest monetary prizes will encourage enhanced performances at the front end of the race."

The race director added: "We will not let this detract from the fact that the Glasgow Marathon is first and foremost a Peoples Marathon."

Disappointingly, just as Dalgleish was announcing this much-needed boost for the Glasgow, he had to admit that the 1986 sponsors, Scottish Citylink Coaches, were pulling out.

The marathon has enough funds to see it through 1987, but obviously the search for an alternative sponsor was a top

priority for the organisers as we went to press.

However, Glasgow's 1987 effort isn't stopping at the marathon. The city's Sports Promotions Council is anxious to hold a prestigious half marathon through Glasgow's streets this summer - such a move makes sense with the Kodak 10k in March, and the marathon, of course, in September.

Meanwhile, Dalgleish was due to fly to the Philippines on February 11 for a meeting of the Association of International Marathons (AIMS) which is being held at the same time as the Manila Marathon.

Having spent most of November in New Zealand in connection with the 1990 Commonwealth Games, the globe-trotting Glaswegian is in line to become world president of AIMS during his stay in the Philippines. He has been nominated for the four year post by the AIMS' executive, and barring unforeseen circumstances, should get the nod.

The Association provides a forum for the world's biggest marathons, and Dalgleish hopes to persuade it to hold its annual conference in Glasgow during his tenure of office - possibly even in 1988.



Bob Dalgleish

Entry forms for the 1987 Glasgow Marathon are available for any Scottish branch of the Nationwide Building Society, or from 20, Trongate, Glasgow G1.

FIFE Southern Harriers voted to amalgamate with Fife Athletic Club at the club's annual general meeting on January 24. The Harriers' decision means that the club has effectively dissolved itself, and its members now join Fife AC to form a bigger and stronger club.

The reasons for the move, and their implications, are explained by Crawford Mackie in the next issue of Scotland's Runner.

Question time for Steve

WORLD, European and Commonwealth 1500m champion Steve Cram captivated an audience of some 500 people at a question and answer session in Aberdeen's Powis Academy on December 18. The popular Geordie was in Aberdeen as a guest of local sports shop Running North, whose co-manager Ray Smith had won first place in a nationwide window display contest organised by Cram's sponsors, Nike UK.

The world mile record holder handled a barrage of wide-ranging questions during his two hours on stage, and then stayed behind for a further hour signing autographs for his many fans. Here is a selection of Cram's views:

On being beaten by Tom McKean at Gateshead in 1985:

"I didn't really know who he was at that time. It was a classic case of underestimating an opponent on my part."

On eating:

"I eat a lot. I can run within half an hour of eating a big fry up. I suppose I've just got used to doing that over the years. I eat hamburgers - anything in fact."

On his feelings after losing the 800m at the Stuttgart European Championships:

"I was very depressed but it made me even more determined to win the 1500m... and I did!"

On training:

"I hate training. I'd like to be able to get as good as possible by doing as little training as possible. But, when I train, I train hard."

On possible future stars:

"My Jarrow and Hebburn club-mate David Sharpe has, I think, more talent, more natural ability than I do. But, he has the same attitude to training as I do."

On pacemakers in big races:

"I prefer head to head confrontations, rather than races against the clock where a pacemaker is being used. But the top guys can't race each other every week. Sometimes I do ask for a pacemaker, maybe in two or three races out of ten. On another two or three occasions out of ten, the meeting promoter puts a pacemaker in because he wants to encourage a fast time."



Steve Cram in full flight

On television commentators:

"I get on quite well with most of them. Some, Alan Parry and Jim Rosenthal for instance, I am very friendly with."

On winter training:

"I try simply to get through to May in reasonable shape. I run maybe 70 to 80 miles per week,

never slower than six minute mile pace. It probably averages out at five and a half minutes per mile.

I try to fit in as many local races as possible, and I like a reasonable road race/cross country programme during the winter. This year, though, I will spend some time training in New Zealand and Australia."

On missing training:

"I have quite a few days off. People shouldn't be scared about having a day off - it can be beneficial to have a rest. I quite often have a day off just before a big race."

On recovering from injury:

"I tend to get fit again very quickly. In 1983 I missed most of April, May and June with injuries, but won the World Championship in August."

On playing other sports:

"I play snooker and golf and even the odd game of football. I hate swimming."

On Coe and Ovett:

"At their peaks they were perfectly matched. Both could claim to be 'the best', and by avoiding each other as much as possible they could both continue to be 'the best'. I wish they had raced more often."

On British coaching:

"Still, too much is left to chance. The coaching set up at national level is getting better, but we still produce good athletes despite the system - rather than because of it. The clubs still have the biggest role in bringing on talented athletes."

On money:

"Athletes have always been paid, but nowadays it's more open. I don't, however, think that the present trust fund system is the best way of handling things. Another thing you find is that some people are burning themselves out on the European track circuit just trying to make money."

On weight training:

"I prefer to run rather than spend time doing weights. But for the past few years I've used hand dumb-bells. I felt my upper body needed some strengthening, and simply by using these weights for ten minutes every evening I feel stronger."

Fraser Clyne.

Taking care of tomorrow's star athletes

Almost unheard of but true - "coaches break record". What for? Attendance at a conference to further their education for the advantage of athletes.

Over 148 coaches attended the XVth International Coaches Convention in Edinburgh in November, being lectured on and discussing the development of the athlete through childhood and adolescence to achieve maturity. The attendance was 69% greater than at any previous conference.

Each speaker confined himself to a particular aspect, but the message spelt out clearly on a number of occasions was: "care must be taken not to develop any growing athlete beyond the strength capabilities of their age".

The "Dunky Wright" award, the highest Scottish Coaching Education has available, was awarded to Dr. Ron Maughan, whose paper "The Development of Strength" detailed the factors which determine muscle strength and stressed the large amount of knowledge still to be gained in the future using the sophisticated equipment now available. There are factors of muscle strength which can be changed by training and others which do not respond.

"The effect of training on skeletal muscle has received little attention from the scientific community and the scientist is at present learning from the coach in this area," said the Aberdeen physiologist.

A series of lectures were given on jumps

(Davis Lease), sprints (Ian Robertson), throws (Max Jones) and the endurance athlete (Tommy Boyle).

In his paper based on practical experience in coaching Tom McKean, Boyle showed the growth of the athlete from interclub and regional relays to European competition. The development had required continued strengthening of the support team to achieve the standard.

Jumps were given importance by Lease who spoke - and demonstrated by synchronised video and film - on the dedication required to accept the programmed learning of difficult technical skills in international pole vaulting. "Tarzan would have been lacking," said Lease, the Scottish national coach.

Starting before the age of 14, Jones, by use of slides and personal demonstration, advised on the schedule changes required to progress to international standard.

Robertson lectured under the watchful and admiring eye of his early mentor, Jimmy Campbell. He gave in great detail drills required to reach the top standard in Scottish sprinting, now highly respected throughout the world. To obtain such a standard, an athlete must be coached by someone skilled in advanced sprinting techniques, have their strong and weak components identified and worked upon together with a long-term individual development programme.

Dr. Per Renström, who had journeyed from Sweden where he is the Associate Professor at Sahlgren Hospital, Gothenburg, specialising in sports injuries, explained the special considerations to be taken with regard to injuries to a developing athlete. The special characteristics of the musculo-skeletal system at the various ages as aspects that the trainer, coach and parent must be aware of in the short and long term. The clinical aspect of the lecture - even to the open surgical wound - was heightened by the professional delivery and pictorial presentation given in English, one of his five languages.

Seminars discussed the "Commonwealth Games" prompted by opinions voiced by different interested factions after the games. The result is that some chair-persons have to write and express the views aired to the respective administrative bodies.

The concluding talk by Ron Pickering highlighted the problem of multi standards in disciplinary rules across the different branches of international sport using drugs, monetary gain, international eligibility, and acceptability to compete as examples.

Copies of the papers can be obtained at a cost of £5.50 including post and packaging from D. Lease, National Coach, 18 Ainslie Place, Edinburgh.

Bob Steele

ADIDAS are staging a three-race challenge in five cities across the UK, culminating in the Adidas/Mars half marathon at Wolverhampton in September.

Scotland's Runner will be including one of the three Glasgow events in the Scottish Road Race Championship.

Adidas feel they should support shorter races in which novices can readily take part, but at the sharp end they see the elite representing their city at the final in Wolverhampton.

The three Glasgow races are: 5000 metres - April 29; 10,000 metres - May 6; 15,000 metres - May 13.

An entry coupon for the three races appears on the inside back cover.

DOUG EDMUNDS, former Scottish amateur shot putt champion (four times) and discus champion (three times), seems about to have a weighty impact on the Scottish professional arena.

Edmunds, a larger-than-life character (PhD in metallurgy, world professional caber-tossing champion, and now Highland Games entrepreneur) has set up 13 strong-man and Highland Games events in 1987.

These have considerably upset the Scottish Games Association who run professional gatherings in Scotland.

Since Geoff Capes (67 UK amateur vests and former Commonwealth shot putt champion) has thrown his substantial weight

A Big Shot

behind Edmunds, it seems the SGA has lost a significant box office draw.

Capes claims to be upset by poor judging and "the Colonial Dick" attitude. By that he means he objects to being told not to throw at Braemar because some foreign visitor wishes to see the Queen.

Capes, steroid tested without incident some 20 times over the years, is considering legal action against a Scottish newspaper which implied he had failed such tests, and says his defection from SGA events is related to SGA inefficiency, pressure of work, and a preference for Edmunds's organisation.

ABERDEEN shop Running North has secured a guaranteed 50 entries for Britain's largest road race, the Great North Run on June 21.

As entries for the televised half marathon close through the normal channels in mid-February, anybody caught out by the early closing date should contact the shop at Aberdeen 636299.

A package has been put together by the shop whereby a luxury coach will leave Peterhead on June 20, picking up at Aberdeen, Dundee, Perth, Edinburgh and other points on the route. The party will spend Saturday night in a Newcastle hotel before competing in the race and returning home on Sunday evening.

Away win

KAREN MACLEOD is not wildly enthusiastic about being a long-distance Scot. Despite some highly respectable performances down south, cross country officials insisted she run in the East v West match in order to make sure of her place in the Scottish team for Cardiff.

Without breaking sweat she placed second behind Yvonne Murray in a comfortable East

victory, and was given the nod for Cardiff where she finished tenth (second Scot behind Murray).

Shortly afterwards the Skye-born woman, who is based near Bath, picked up the WAAA indoor title for 3000 metres at Cosford.

"I've recently graduated in English down here," said 28-year-old Karen, "and I'm currently unemployed. All these trips north are expensive, but it seems if I don't make them, I'm likely to be forgotten about."

Home win

ALLOA folk are hoping that next month they'll get the "home win" they've been waiting for since 1983.

No, it's not that the football team at Recreation Park have hit a form slump, simply that the locals would like nothing better than a victory for Frank Harper in the town's half marathon next month.

Harper, who lives just outside Alloa in the village of Sauchie, has

come a long way since he started running five years ago. His biggest moment came last September when, representing Scotland, he finished fourth in the Glasgow Marathon in a personal best 2:18.

But Harper has never won his home town event: in each of the four years since its birth he has finished third - hindered for the past couple of years by injury. He's hoping he can finally break that sequence on March 29.

Decisions, decisions

THE annual meeting of the Scottish Amateur Athletic Association, by standards of comparison with its female counterparts and even its own recent history, might be deemed to have been dull... no law suits, and no palace revolution.

But the association's deliberation must still have disturbed the dust on the fossils at the Royal Scottish Museum where it was held.

A year after asking the association to approve sponsorship for clubs and vest advertising, significant progress was still awaited.

Just six days before the meeting, the British Amateur Athletic Board informed the SAAA and SWAAA that advertising on tracksuits and vests would be restricted to 3 x 15cm.

This is despite the fact that the world governing body, the International Amateur Athletic Federation, at its meeting in Stuttgart, agreed that 4 x 15cm was acceptable.

The British Board's four-page document found little favour with the SAAA meeting, and the Scottish delegates to the board were told to pursue approval for the larger size - on the grounds that the sponsorship was hard enough to come by without having additional restrictions imposed.

Official clearance for clubs wishing to change their names to incorporate that of a sponsor (Spango Valley and Edinburgh Southern Harriers take note) should not be long delayed.

John Brown, the Commonwealth Games team manager whose treasurer's hat was up for re-election, survived an attempt to depose him in favour of George Duncan of Perth Strathtay. Other appointments:

Honorary president - Sir John Orr; president - Jim McInnes (Dumbarton AAC); vice president - Neil Donachie (Edinburgh AC); general secretary - Bob Greenoak (Edinburgh AC).



Last year... horror in the snow

THE horrific scenes at last year's Scottish women's relay championships obviously struck a powerful chord.

This year's event, scheduled for mid-January, was cancelled. "With

all those kids suffering from hypothermia last year, we didn't want a repeat," said Scottish Women's Cross-Country and Road Running Association secretary June Ward. The races have been rearranged for March 1.

Old timers

CHRISTMAS brings all kinds of old timers scuttling out of the woodwork in a bid to put one over the handicapper.

Andy Forbes, Commonwealth Games silver medallist at six miles

(1950), now swiftly pursuing his seventy second birthday and still logging up 40 miles per week in training, almost pulled it off in Victoria Park's Christmas event.

But he was beaten... by a high jumper no less, a mere youth in his fifties - Andy Galbraith, who is the UK veteran high jump champion.

Top team

CROSS-COUNTRY is grumbling enough without the added hurdles strewn in the recent path of Scotland's internationalists, courtesy of the Scottish Cross-Country Union.

Some of the men chosen for the match against the Scottish Universities, Scottish Banks and Scottish Civil Service at Stirling did not hear of their selection until too late.

Peter Fleming (Bellahouston) was at home on the day of the race when he learned that he was supposed to be in the team, while Alex Gilmour (Cambuslang) and Graham Crawford (Springburn) were informed so late of their selection that they could not make alternative arrangements.

Gilmour was tied up with duties at work, while Crawford had already put in punishing training sessions which made a race impossible.

Scotland's problems were not over. Paul Dugdale's car broke down en route to the race and the athletes were left to hitch lifts from an oxygen tanker driver and a local farmer.

Four of them made it to the start, although Dugdale did not. But despite all that, the Scottish team filled the first four places, winning the team event comfortably.

The women's race was won by Chris Haskett-Price (Dundee Hawkhill) who led the Scottish Women's Cross-Country and Road Running Association to a clean-sweep victory.

Top two

ANDY GIRLING, former Glasgow University runner and Scottish People's Marathon medallist, logged up his first international success when he won the Florence Marathon on December 7 in a time of 2:15:17.

The same weekend, John Robson equalled the five-year old record in the Lo-Salt East Kilbride Festival of Road Running. He clocked 28:39, beating 287 rivals in the six-mile event.

Scotland's Runner

New club makes its mark

A NEW athletics club is off and running in Fraserburgh, and one of the founder members is already making her mark on the North East scene. The club has almost 50 members and around 115 runners took part in its inaugural meeting in November.

Fraserburgh Running Club is open to all over nine years old, and has members in all age groups through to veterans. One group in which the club would like to see more members, though, is 14-17 year olds.

"It is hard getting girls of that age, but it is particularly hard to get boys. A lot of them seem to go out of sport in their early teens and a huge amount of potential talent is lost," says club official Charles Noble.

"Some youngsters do come back, but even those who do return have lost valuable years," he says.

In spite of this, the club has some promising youngsters - particularly sprinters - who are hoping to take their black and white vests to prominence over the next few years.

One member already bringing success to the club is 30-year-old mother of three Lyn Findlay who has notched up five road race successes in her first competitive year.

Lyn took to her feet because of pangs of conscience every time husband Gordon went training.

"He would go off and I would be left sitting knitting. I felt very guilty so I started running just to get fit," she said.

Within six weeks Lyn took part in the Peterhead Half Marathon, in which she finished third. "I enjoyed it so much I continued running and looking for other races," she says.

Lyn, who has a son of nine and daughters of seven and three, then went on to be the first woman across the line in the Nairn, Grantown-on-Spey, Buckie and Fraserburgh half marathons and the Buckie 10k before an achilles tendon injury forced her to rest and miss her own club's inaugural outing.

While her mum watches the children when Lyn and Gordon attend weekend events, early



morning runs are the only way Lyn can train during the week.

"I go out at 6.30 a.m. summer and winter," she says. "I don't like it, but I have no choice because it's the only time I can manage. I am used to it now, but I prefer to run later in the day and that's what I do with weekend training runs."

Anyone interested in joining Fraserburgh Running Club should contact Charles C.R. Noble at 43, Saltoun Place, Fraserburgh. The club meets at 7.30 p.m. in the Strichen Road car park on Tuesdays and Thursdays, and there is a cross country session at the local beach each Sunday at 2.30 p.m.

Graeme Smith

Lyn Findlay

Seoul mates

SCOTLAND will provide three of the eight runners in the British team for the World Marathon in Seoul this April. Fraser Clyne and Lindsay Robertson will make up half of the men's team, and Sandra Branney has gained selection for her first major international event.

"My training is going well, but I'm keeping my mileage down to about 60 a week due to a minor foot injury," says the woman who ran away with the Glasgow Marathon title last September.

Fraser Clyne reports that he is fairly happy with his training for Seoul, although his plans for a steady 13 week build up have had to be altered thanks to the effects of the weather during weeks one and two!

School survey

BRAD McSTRAVICK, who represented Britain in the last two Olympic decathlons, as well as being a member of the squad for the four-man bobsleigh event at the 1984 Winter Olympics, has been appointed to a new post by the British Amateur Athletic Board. He is to conduct a survey into the impact of the teachers' strike on school athletics.

Scotland's Runner

Barge suffers as the date war goes on

AFTER the dispute between Maryhill Harriers and the Scottish Cross Country Union over race permits, the Nigel Barge Road Race on January 10 was a pale shadow of its former self.

Following the SCCU's insistence that the event be restricted to members of Maryhill and to unattached runners, only 32 runners took part, while the Springburn Cup, the race which clashed with the Maryhill plans, took place a couple of miles away with almost 300 runners on a bitterly cold afternoon.

The Barge winning time was the slowest in 30 years, and would not have been good enough to squeeze into the first 150 last year. Ironically, the race did have a permit from the Scottish Women's Cross Country and Road Running Association, and Sandra Branney won the women's title, finishing fifth overall.

A similar fiasco could develop next year. The first Saturday after New Year falls on January 2 and, as this year, Maryhill will be unable to use the community centre which

acts as the race headquarters, due to holiday arrangements. Maryhill would like the race to take place on the ninth, but this will clash again with the Springburn Cup.

Springburn Harriers have agreed to attend talks between Maryhill and the SCCU in an attempt to sort out the clash, but we can confidently predict that they will not back down from their determination to maintain their event on the second Saturday of the year.

Maryhill have only two realistic choices: bite on the bullet and move their race - for next year only - to the third Saturday or an appropriate Sunday - or they can find themselves another headquarters, even if the facilities are not as good as those at the community centre with its swimming pool.

Maryhill could, of course, run a repeat of this year's event with only a handful of club runners turning up. But that would be the worst option of all, as the race would never regain its former stature.

Murder, polis

YVONNE MURRAY arrived in Bermuda to find the Caribbean idyll in turmoil. Clive Longe, the man who had invited her there to compete in an international 10,000 metres road race against Grete Waitz, had committed suicide and his girlfriend had been found murdered.

"Reporters from the local paper were quizzing me about what I knew of the race organiser," said Yvonne.

Longe, decathlon silver medallist at the 1966 Commonwealth Games in Kingston, invited Murray to defend her 1986 10k title when he was with the Bermudan team on their ill-fated trip to Edinburgh (they were ordered home by their government after having marched in the opening ceremony).

Longe, Guyanese-born, competed for Britain in the 1968 Olympics, and set three UK decathlon records between 1967 and '69 when he settled in Bermuda, becoming national coach and founder of the Bermuda Track and Field Association.

The contrast between freezing Musselburgh and 88% humidity and temperatures in the high 70s proved too much for the Scots woman. Waitz won in 32:43, some 55 seconds in front of Murray.

BE PREPARED for a summer running bonanza in Edinburgh, writes Mel Young.

Not surprisingly, this year's Edinburgh Marathon has definitely been cancelled. You'll remember the 1986 furore about the last minute change to the finishing line, when it was transferred from Meadowbank Stadium to a nearby side-street. For many runners it destroyed the effect of finishing the "Commonwealth Marathon" in style. With mounting criticism from runners and sponsorship problems, the 1987 race is off.

But, in a bold and imaginative step, Edinburgh District Council has stepped into the breach. The council, which has the clear intention of promoting sport in the city, has been aware of criticisms of the annual marathon, and has been researching alternatives for some time.

Although recreation department officials are remaining tight-lipped

A Capital sports plan

about the race plans at this stage, Scotland's Runner can exclusively reveal some of the running events which will take place in the spring and summer.

A new 10k road race through the city centre will take place on July 5. The race will start in Meadowbank, and there will be two other races, 5k and 3k, for younger athletes and fun runners. A major sponsor has been signed up for this series of races, which should attract a large entry.

And Edinburgh may not be without a marathon this year. I understand Queensferry, on the outskirts of the city, could be the starting venue.

A co-ordinated series of local fun runs will also take place throughout the city. The council

has agreed to back these races in an attempt to promote running in every locality throughout the city. Already smaller events take place in Gorgie, Wester Hailes, Broomhouse, Portobello, Craigmillar, and Crammond. With or without sponsors, the council plans to support these events.

Races are also being planned during the Festival to coincide with Edinburgh's tourist boom time. Don't be surprised to find a major road race (possibly one mile) involving top international athletes and celebrities from around the world in August or September.

The council also plans to back races which are currently promoted by the city's athletic clubs. They will either back events

themselves, or using their resources they will try and attract major sponsors. Hill running and cross country also come into this category.

A series of lectures on athletics, running and fitness involving Edinburgh University are also on the drawing board.

Races for all age groups are planned for the new athletic track at Saughton Park. Open graded and novice events will be organised.

The council now seem determined to make Edinburgh a centre for running after the bad publicity surrounding the Commonwealth Games and the success of the Glasgow Marathon.

Running simply fits in with what the council calls its "total sports plan" whereby it aims to promote all aspects of athletics - from the grass roots fun runner right through to the biggest names in international athletics.



Peter Cartwright gets on his bike

Biking and bounding to beat the blizzards

THEY fought it in the bedrooms, they fought it on the stairwells, they fought in the tunnels and they fought in the multi-storey car parks. Some even threw themselves outside to fight it on its own ground.

What did you do in the great white-out of '87? Anyone who snuggled up with a book in front of the fire, thinking that at least nobody else was out there training, is in for a shock in their next race. The dedicated runners of Scotland didn't let mere blizzards and snowdrifts stand between them and their daily training sessions.

Many simply took to their bedrooms. Houses, throughout the nation rocked to the regular rhythms of runners substituting press-ups, skipping and running on the spot for their regular mileage. Others dusted off the exercise bike or rowing machine they bought in yon catalogue a couple of years ago (and then shoved under the bed with less than 30 miles on the clock).

Swimming pools and gymnasia lost their regular customers, who were too sensible to venture out, but found themselves flooded with running junkies demanding "anything cardiovascular".

Scotland's Runner administrator and international sprinter Sandra Whitaker gave up her lunchtime running session - and took to hopping, bounding and louping up and down the office stairwell until our neighbours begged for mercy. Distance star Nat Muir turned to the stairs as well, driving his mother to distraction as he tried to keep in condition for his big Spanish races.

Muir's fellow internationalist John Robson thought that he had beaten the snow when he managed to keep up some form of training. But the blizzard got him too - in Spain. He had to drop out of the race in Seville after 6000 metres because his calves and hamstrings were suffering from the effects of training with the short, chopped stride that is necessary to keep you on your feet in the snow.

Glasgow Marathon champion Sandra Branney took to the Clyde Tunnel, where she joined a crowd of other refugees in subterranean training on the one and a half mile circuit thoughtfully provided by

the architect - with built-in hills as well.

Aberdeen's Fraser Clyne confesses that it was the biting wind from the North Sea, rather than the snow, which put him off most. Although he did set out on one 15 miler, he had to abort due to a combination of snow underfoot and frost everywhere else.

"I just can't get warmed up in that weather. I need a choke," he says. He solved the problem by walking up to his planning department office several times a day rather than using the lift - a nine floor hike to his eyrie.

For more serious training Clyne used a town centre car park where he could get in hill sprints on the spiral roadways.

Half-marathon man Graham Crawford found that his part of Stirlingshire was not too badly affected, so he avoided public transport delays by running to and from his office. His mate Peter Cartwright, Scottish veteran 1500 metre champion prevented the snow putting a spoke in his wheel by getting on his bike.

The bike is on a permanent stand, and the Falkirk Victoria Harrier regularly sets it up in his workshop or driveway for extra training.

"It can be a useful addition to just pounding the roads every day," says the 45 year old British Telecom engineer. "And it's a terrific alternative when there is too much snow to run properly."

"I can still get a real sweat up and increase my pulse rate."

Cartwright's favourite workout on the bike is alternative bursts of five minutes intense and easy cycling. "I read a book during the easy spells to alleviate the boredom," he explains.

Mill races

A LARGE and enthusiastic crowd turned out to watch the indoor sprinting staged at Meadowbank on January 18 by Edinburgh Woollen Mill. There were so many spectators that the crowd threatened on several occasions to spill onto the track and had to be shoved back by officials, which augurs well for the future of the indoor sport in Scotland when the facility at Kelvin Hall becomes available next year.

Campus coach

GEORGE Gandy, the man who put Sebastian Coe and Jack Buckner on the road to stardom, is currently helping one of Scotland's "forgotten" men get back on the glory trail.

It's not so long ago that Robert Cameron was being tipped for great things, the Alloa runner showing tremendous promise as a youth and junior.

In 1982, Cameron won the Scottish Cross Country Union's John D. Semple Trophy for being first Scot in the junior race at the World Cross Country Championship - and he repeated the feat the following year.

But injury and illness prevented Robert from fulfilling his potential, starting from an inspired spell under Stirling coach Stewart Easton in 1984.

Now, however, a second year recreation management student at Loughborough College, Leicestershire, where he trains under the watchful eye of coach Gandy at Britain's top athletic campus, Robert is feeling fitter than ever. Last summer, despite being troubled by a knee injury, he managed to clock 7:59 for 3,000 metres on the track - the third fastest time by a Scot last year.

After some encouraging cross country performances down south recently, Cameron plans to return home for the Scottish Cross Country Championship.

"I've never felt better," Robert, 23, reported, "and now I hope all my fitness problems are behind me."

Grass roots 'in the dark'

IN A letter to Scotland's Runner this month, Dundee reader Alistair Barrie argues strongly for Scotland's athletics administrators keeping the grass roots of the sport better informed.

Mr. Barrie, who is chief planning officer with Dundee District Council, is particularly concerned at the silence from the governing bodies regarding the Scottish Sports Council's move to initiate amalgamation talks between the SAAA, the SWAAA, the SCCU and the SWCC & RRA.

Regular readers will recall that the sports council, which pumps about £90,000 a year into Scottish athletics, wants to set up a committee to discuss a possible merger. As we went to press, it appeared that none of the four bodies had formally responded, although the two women's organisations have informally indicated their willingness to participate.

The matter was raised at the annual general meeting of the

SAAA, where there was some muttering about "arm twisting" by the sports council.

What concerns Mr. Barrie is that the ordinary athlete in Scotland is not being kept abreast of developments in this most important issue. He suggests that either the governing bodies are ignoring the Sports Council's initiative, or, if they are responding, they are keeping the grass roots in the dark.

Mr. Barrie suggests that the administrators could use Scotland's Runner as a regular vehicle to impart information - and we are only too happy to offer this facility. Like Mr. Barrie, we're beginning to wonder if Scottish officialdom has any views on this - or any other - issue which they're prepared to share with our readers.

We'd also like to hear what Mr. and Ms. Average Runner think about the amalgamation debate. Send your letters to 62, Kelvingrove Street, Glasgow G3 7SA.

home town support from some of Aberdeen's leading athletes.

However, local runners do not like the route - preferring a flatter race through the city. But the local constabulary have again refused to accede to these pleas; it seems that Aberdeen's church-going population might take the huff.

Both the marathon and 10k will start at 10am.

Park series

A SERIES of road races for junior boys up to senior men and women will be held at Strathclyde Park on February 28. Details of the Saturday morning races can be obtained from the race convener, Bill Marshall, at Motherwell 61848.

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Ups and downs of Holland

WHEN Springburn Harrier Graham Crawford discovered on his arrival at Amsterdam Airport on January 11 that his first race for Great Britain would be run over frozen sand dunes and beaches, he quickly forgot any idea of a fast time on the flats of Holland.

And when temperatures on race day plummeted to minus 13°C, and were worsened by a chill wind straight off the Russian continent, the 15th International Edmond Ann Zee Half Marathon simply became a matter for survival.

The 30-year-old Scot borrowed a pair of running tights from teammate Jimmy Ashworth and bought a ridiculous woolly hat that had him looking like a Smurf. He didn't care; his ears were now safe. And lining up also with gloves and three tops, he still felt far from overdressed. "I cannot honestly say I have experienced it colder," he says.

In the race, which attracted 7,500 starters, Crawford and Ashworth started steadily and so never made contact with the leading group. But they went through the field to finish 17th and 7th respectively in 68.44 and 67.25.

Both felt they had had solid runs, especially Ashworth who had clocked over 130 miles and three track sessions in the previous seven days, in his determination not to interrupt preparation for this year's London marathon.

The race was won by England's Mike Bishop in the remarkably fast time (and record) of 65.11, in view of the course and conditions.

Second was Dutch 5,000 metre runner, Rob de Brouwer, ahead of fellow countryman Marti ten Kate. Belgium's evergreen Karl Lismont was 14th, and former Olympic marathon silver medallist and European champion, Genard Nijboer 22nd.

Other British placings included Bishop twin, Martin, in eighth, and super-veteran Mike Hurd, 26th in 70.53.

Letters...

Plea for a 'network'.

38, Stewartville Street,
Glasgow G11 5PL

SIR - One of the requests put out through the editorials and letter pages of your magazine has been an appeal to the readership to say what they feel would be a valuable addition to the magazine.

I have agreed with most of the correspondence already printed on this particular issue, and can only conclude that Scotland's Runner is getting better all the time. We had waited long enough for a magazine that catered specifically for Scottish runners, be they club members or otherwise. Congratulations!

However, for my own part I would like to see an extension to your offer to informal district jogging groups to advertise and bring to the attention of others their particular group. I wonder if some kind of "runners network" could be established - perhaps via a page in your magazine - where individuals with specific running aims could have a means of getting in touch with similarly minded people living in the same district?

I, myself, would like to kick off such a scheme with an appeal to anyone living in the West End of Glasgow who fancies doing the Two Bridges Race (covered recently by your correspondent) in August 1987. With the type of high mileage training necessary for this event, I would welcome company on the longer runs if something could be arranged. Anyone interested?

Please contact me at above address.

Jim Boyd

WHY look a gift horse in the mouth? We are only too happy to take up Jim Boyd's excellent suggestion, and as from next month will carry a Runners Network information service.

Accordingly, we want to hear from any individuals or groups who are looking for other runners/joggers to join them training. We will publish any such requests free of charge in the new Runners Network page.

To extend the information service, we will also publish monthly the names of established athletic clubs, along with the secretary's name, address and

telephone number, if they submit them to us.

To be included in this page, write with your requirements to Runners' Network, Scotland's Runner, 62, Kelvingrove Street, Glasgow G3 7SA. We reserve the right to edit entries for space reasons, but otherwise will carry insertions until asked to omit them.

A stickler

72, Kirkshaws Avenue,
Coatbridge ML5 5BT

SIR - I should like to commence my letter by saying that your magazine Scotland's Runner is an excellent publication, which I thoroughly enjoy.

It fulfills a long-felt need for a

Scottish athletic magazine, and for as long as it is published I will most certainly buy it.

However, as I am something of a stickler for overall accuracy, I have one or two minor criticisms to make viz:

In your list of contributors, you never mention Henry Muchamore's name despite his writing a monthly article on veterans' activities. I find this omission a trifle puzzling.

You publish an Events Diary each month, and presumably this is to provide your readers with a list of forthcoming events. As an occasional participant, I find it somewhat irritating to find that many of these events are "entry on the day" but the starting times are never given.

Some of these races start at 10a.m., some at noon, and some at

2p.m. Surely the starting times could be incorporated?

In your latest January issue, there is an article on Alistair Wood, whom I know. On Page 2 you inform us that he will be 50 in January. Actually, he was 50 some time ago.

In your article on Page 34 you then state that he was born in 1933. This would make him 54 in January - right?

Anyway, keep up the good work. Looking forward to future issues.

Ben Bickerton

NOT ONLY is Ben Bickerton a stickler for accuracy - he's also correct! Editorial slips over the wrist for Henry Muchamore's omission and the double-take on Alistair Wood's age - for the record he turned 55 on January 13.

Yes, starting times could be included and it's something we're considering, but our events and results compiler is already a very busy man. We provide a basic service but would hope that more and more race organisers support the magazine by advertising their events - and these advertisements obviously, could include the start time.

Miles better

126, Estcourt Road,
Gloucester.

SIR - Your December issue of Scotland's Runner has reached this southern part and if you will permit a Sassenach, I would like to add a few points in reply to your "Up Front" article on course measurement.

I am an authorised road race course measurer for the Road Runners Club of Great Britain, and therefore speak with some authority and experience.

One of your readers wrote to complain about the overlength distance of a half marathon course. Your article indicated that the race organiser had been contacted, and she had given an assurance that the course was the correct distance, having been measured by an experienced marathon runner with a "surveyors wheel".

You so rightly pointed out that measurement with a vehicle odometer is notoriously inaccurate, but the reader could be left with the impression that measurement

with a "surveyors wheel" is accurate.

This is not so. Surveyors wheels need constant recalibration - and even so are not so accurate a means of measurement to satisfy the various bodies in athletics for record purposes.

The most common and acceptable method of course measurement to the IAAF, AAA, and as adopted by the RRC of GB is the Clain Jones cycle wheel mounted counter.

Without going into the details of course measurement, the counter - which records to six digits - is before each course measurement, calibrated over a certified calibration course of at least one kilometre in length.

The calibration course will have been measured with a steel tape, it will be within certain tolerances, and subjected to corrections to allow for temperature changes during the period of measurement.

After the course measurement, the counter is checked over the calibration course. At each calibration check, pre-race course measurement and post-race course measurement, the calibration course is ridden over four times and the average number of counts is used as the base figure to determine the measurement of the race course.

You can see that by using such exact methods to measure a race course, the likelihood of the course being the wrong distance is eliminated. In fact safeguards are built in to make sure that the course, as measured, cannot be under distance; indeed it is likely to be very slightly over-distance but within official tolerances.

Course measurement has become an exact determination and not before time too. The various AAA regional offices are, at present, setting up a data bank of all courses measured in the approved method so that performances can be validated.

Any organiser wishing their course to be properly measured, or anyone interested in becoming involved with course measurement, should contact: Don Turner, Hon. Sec. RRC Gt. Britain, 40, Rosedale Road, Stoneleigh, Epsom, Surrey KT17 2JH.

Edmund Baud

Non-person?

21, Craig Road,
Tayport,
Fife.

SIR - I turned to the 1986 Half Marathon Results by Colin Shelds in the January issue of Scotland's Runner with interest because I'd taken part in several of the year's events.

With glee, I spotted from the

Scotland's Runner

Letters...

opening entry (Dyce) that first place, first lady and first veteran were listed. Eagerly I scanned down the column looking for the St. Andrews event.

There it was: I, P. Conaghan; L, E. Turner; V, Not Available. Shock, horror, chagrin and other such emotions coursed through me. N. Available hadn't won the prize of a bottle of champagne for being the first vet, I had (I distinctly remember the hangover).

What should have been the crowning glory to the highlight of my short athletic career, i.e. my name appearing in your magazine - surely the pinnacle of any jogger's ambition - was denied me.

But why? Presumably the results listed were supplied by the organisers of the event, yet those who fulfilled this function at St. Andrews certainly knew my name - they wouldn't have handed over the bubbly to an anonymous runner.

I can't have been the only runner disappointed in this way, because N. Available appeared several times, not only among the veterans but the ladies too.

David Christie.

P.S. It's just struck me that if you print this then I'll have had my ambition of seeing my name in the magazine realised. Devious characters, we Filers!

OUR apologies to David Christie. As he correctly surmises, N. Available was credited with wins where race organisers were unable to supply the names of the real winners.

Next year, we hope also to include a list of female veteran winners - organisers please note!

Conversion

7, Summerhill Terrace,
Aberdeen.

SIR - The health club I visit has a Powerjog E10 jogging machine. The running board appears to be inclined at about 10° to 15°.

I have difficulty keeping a speed of 8k/m for more than an hour on this machine although I can maintain seven minute miles on the open road.

Can any of your readers give me some idea of a conversion factor to enable me to relate time and distance on this machine to the more familiar experience of road running?

Charles W. Pressley.

U.S. gain

Apt. 327,
1108 14th Avenue,
Tuscaloosa,
Alabama 35401.

SIR - I read with interest the article in your January issue on "Life in America". I thought you might be interested to know that at present there are three Scots attending the University of Alabama: both myself and Elspeth Turner of McLaren Glasgow AC, and Patrick Morris of Cambuslang. I would also like to make some comments on my experience of Life in America.

I have been at the University of Alabama for one and a half years and can honestly say I have never enjoyed my running as much as I do at present. I can combine studying and training easily, my running is improving considerably, and I have made many new friends and am experiencing a completely different way of life. I would recommend American university to any athlete, but before deciding to go, the athlete must consider some important factors.

I think the most important is - why am I going and what do I expect to gain? Going to America will not make an athlete an overnight success. You must be willing to work hard and above all be patient. You are making many changes, for example, leaving home, different food/climate, new training, and therefore results may not be immediate. You must prepare yourself for this and not give up.

It is important to find out about the university first, before making any decisions. Important questions to ask are:

- Who are the coaches and what are their training methods?
 - What facilities does the university have?
 - What is the standard of competition?
 - Exactly what will my scholarship cover?
 - What is the education standard?
- I feel that the University of Alabama has a lot to offer any athlete:
- Excellent coaches who cater for individual training and racing

schedules. Athletes are not made to overtrain or overrace.

•Excellent facilities, which include an eight lane tartan track (at present being resurfaced), two weight rooms, a medical/training room with ultrasound whirlpools etc.

•High standard of competition, equivalent to UK standard or higher.

•Top cross country and track team boasting several Olympians.

•Encouragement and help from teammates - no rivalry or jealousy.

•Good climate - warm and sunny and very little rain!

I think many people believe that athletes at American universities are forced to overtrain and overrace. I hope this letter will change this view.

I would re-emphasize that anyone thinking about going to university must be certain of their reasons for going, and be sure to investigate the university thoroughly.

Finally, what do you gain by going to America? An experience you will never forget.

Susan Crawford.

Kind words

3, Crosshill Drive,
Rutherglen,
Glasgow.

SIR - I am glad that you took heed to a letter in Issue 3 about the coverage of young athletes results.

Scotland's Runner is my favourite running magazine. The magazine started like a usual magazine, but after the first few issues it has gone from strength to strength, and I wish you the best of luck.

Eddie McCafferty
(Cambuslang Harriers)

THANK you, Eddie, for your kind remarks. You are obviously too modest to tell the readers that your own name frequently appears among the lists of winners and placings in the junior boys section.

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RUNNING SORES



TO JIM BLACK

In training if I run 5 miles or more, my left foot goes to sleep on main roads. It does not happen all the time, but it is a real pest. Sometimes I carry on, but mostly I just stop and wait until feeling comes back. I thought at first the fault was a cheap pair of trainers, but it happens with expensive ones as well.

THIS is not an unusual problem. Generally the cause is either tying your shoes too tightly, interrupting the blood supply to your foot, or a problem in your leg or even lower back.

You haven't specified whether it is your whole foot or part of it which goes numb, and this could be a clue as to the cause. Numbness could be caused by mild forms of compartment syndrome in the leg. The fact that the feeling comes back after resting would lead me to suspect that there is some overuse problem in your leg and that it is not your footwear that is at fault. I think you should seek professional advice.

Injured? Worried about getting injured? Or do you need top professional advice on diet, footwear or any of the habitual problems which follow runners about?

Write to us at Scotland's Runner (giving your name and address, although these will not be published) and our panel of experts will do their best to answer your queries.

TO GREG McLATCHIE

I am male, in my early forties, and have been running for six years. I also cycle 12 miles per day to and from work. My racing times are 2:50 for the marathon; 1:21 for the half marathon; and 31 minutes for ten kilometres.

I am a club runner, and at present average 40 miles per week, running six days a week and racing once every four-five weeks. I also do supplementary weight exercises involving legs twice a week.

Recently, I have suffered extreme fatigue and tiredness in my legs during races. This

fatigue is more intense in the first part of the race, and I sometimes wonder if I will manage to complete the course, although I realise that running five miles should be no problem. After the race, recovery is no problem.

I have tried cutting back on training, with plenty of rest before a race, but this has little effect. I have tried various forms of warm-ups, but also to little effect.

I have no other apparent problems to bother me, either at work or at home. The only other symptom is difficulty in sleeping. I can lie awake for hours before finally dropping off, and I can also wake during the night and be wide awake for further periods. This lack of sleep produces irritability and bad temper.

In summer I was doing 60-70 miles per week with no side effects. I would therefore appreciate any advice that you may be able to give, as I wish to continue racing but tiredness and fatigue make me wonder whether it is worthwhile.

YOURS is a difficult one, but I believe there are three possibilities worth exploring.

Firstly, it is possible that you are overtraining, and one of the symptoms of this is

insomnia. Wakefulness is often induced by excessive training mileages. By my calculations, you are cycling 84 miles per week and running 40. It might be worthwhile taking a fortnight's holiday from training completely.

The second possibility, which might cause a sensation of heaviness and fatigue, is that you might have a viral infection, or may even be clinically anaemic. Therefore, it is obviously worthwhile seeing your doctor and having your blood parameters established as well as viral titres. Viral illness can produce a deterioration of performance, as well as insomnia and depression.

Thirdly, you might simply be becoming stale with training so frequently. Again, a solution to this would be to stop training for a period of two to three weeks and take part in some other totally unrelated activity.

Most troughs in training and performance are temporary, and there is always an identifiable cause. I would strongly advise you to follow these guidelines, especially having yourself physically checked out.

TO LENA WIGHTON

I am a 28 year old club runner running approximately 50-60 miles per week. I'm 6'1" and 11 stone 7lbs in weight.

My problem is that for the past five or six months I have been experiencing pain in the lower region of the abdomen, especially first thing in the morning when trying to raise out of bed, and also for the first two or three miles of my run. I feel that it has been going on too long to be muscular.

I only use good quality well cushioned shoes and most of my training is done on the road. Can you advise me of any explanation, and what I should do next?

FIVE to six months is a long time to suffer pain. In your letter you don't say if this pain is present every day, or where it is located in the lower abdomen — in the middle, or to the left, or to the right side, but from your weekly mileage you seem to be training five or six days in the week.

I would think from your description of the pain, that it is quite possible that it is in fact due to over straining of the Psoas muscle tendon, which attaches to the femur at the top of the front of the thigh. This muscle is a flexor of the hip, lifting the thigh forwards and upwards but it can work in reverse, raising the trunk on the legs which would explain the pain on rising from your bed.

The reason for the pain persisting is, I think, due to the repetition of the action, causing repeated trauma — running, swinging the leg forward rhythmically 50-60 miles per week, giving it no time to recover.

Other muscle possibilities include the pectineus (also a hip flexor) or the abductors — muscles which come from the brim of the pelvis to the femur, lifting the leg forward, or the trunk on the leg. I think it is unlikely that the abdominal muscles themselves are to blame, unless you have been doing a lot of sit ups, or weight training. One other possibility is inguinal hernia, and if in any doubt you should see your doctor. If muscle strain is the problem your local physiotherapist should be able to help with some treatment.

fairly regularly for the past 15 years. For the past two years I have been having a problem with my groin and hamstring on my right leg. After a couple of miles, the back of my hamstring begins to seize up and I am unable to extend my leg as I should. Any speed work is impossible, and the injury is very frustrating as I am unable to train or race as hard as I would like.

I have been to a number of physiotherapists over the past 24 months and they have given me exercises to do, but these have not been a success. When I am sitting I can feel pain shooting down the back of my hamstring and also when I do stretching exercises I feel a lot of discomfort in the groin.

To date I have never had an X-ray for this injury. I would appreciate your help and comments on this, as I am now really desperate to get rid of this nagging injury.

THE symptoms of which you complain could possibly relate to local injuries in the groin and hamstring muscles of the right leg, but I am more inclined to believe that you may be nursing a low back injury with pain radiating to the leg and groin.

I am surprised you have tolerated these symptoms so long. In my view you need further investigation. This is best achieved by presenting to your own doctor, who will almost certainly wish to investigate you further — and, without elaborating, you will need a full clinical and possibly radiological examination. You should arrange for this to be done as soon as possible.

I would be very interested to know the findings of this examination and the investigations.

TO GREG McLATCHIE

I am a 40 year old female, and have been running regularly four times a week for three years. I don't run very fast — ten minute miles is an easy jog, and eight minute miles are the best I can manage for up to seven miles (8 minute miles for a half marathon).

I have never smoked, hardly drink and have weighed 7st 1lb since I was 15; running has not altered my weight or my shape noticeably. I have always been fit enough — no operations, no health problems and I enjoyed my running and presumed I was now fitter and certainly happier.

THEN... I happened to buy a book called "Running Without Fear" by Dr. Kenneth H. Cooper, and have been filled with fear and dread ever since! In this book it states that the maximum heart rate for a 40 year old woman should be 180 beats per minute, and that I should train at between 60% and 80% of this.

Now, I had never bothered taking my pulse rate before, but when I read the book and started taking my pulse, it is always between 162 and 180 beats per minute when I stop running. Even worse was to follow!

This book states that even more important as an indicator of any "coronary artery" state is the length of time it takes for my pulse rate to fall below 120 beats per minute, and that it should do within five minutes of stopping exercise. My pulse doesn't do this either! It's between 120-132 beats per minute after five minutes.

My husband, who runs with me, advises me to forget about this book and insists there is nothing wrong with me. I wish I could forget it, but I can't.

I don't feel I would get much

sympathy or interest from any of the doctors in my practice. Please tell me — am I a "gunged-up artery wreck", or what am I? My resting pulse is 58 beats per minute.

I've done three Glasgow Marathons between 4-4½ hours and do half marathons in just under two hours. I've never had any adverse reaction of any kind during or after runs, but I'm really worried by what seems my very odd pulse rate. My blood pressure in May was 110 over 70!

I THINK there are always dangers in trying to stick too rigidly to guidelines. It is quite obvious that with a resting pulse rate of 58 beats per minute and a resting blood pressure of 110/70, that you are a very fit individual. With exercise you are able to increase your pulse rate by a factor of three, and although it was not clear in the letter, it does seem to fall back to its resting rate after five minutes.

You have said it all yourself in that you have had no adverse reactions after runs, and have successfully completed three Glasgow Marathons in good times with no real difficulties.

From the information you have given me, I do not think there is any need for anxiety. People do vary in their response to exercise. However, if you are not satisfied with my answer, you could ask your doctor to refer you for an exercise test, or you could even arrange to have one privately.

There are also sports centres in Scotland which have sports medical clinics and they may have the facilities for carrying out exercise tests. The Scottish Sports Council Consultative Committee for Sports Medicine and Science in Scotland should be able to help you with this. Their address is 1, St. Colme Street, Edinburgh.

I am inclined to think that your husband is right, and that perhaps you should not stick so rigidly to the dictates of the book.

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TO GREG McLATCHIE

I am a 34 year old hill runner who has been training and competing

JIM BLACK, M.Ch.S., is a state-registered chiropodist; JOHN HAWTHORN is Professor Emeritus in Food Science; GREG McLATCHIE M.B., Ch.B., F.R.C.S. is a consultant surgeon; and LENA WIGHTON, M.C.S.P., is a senior physiotherapist specialising in sports injuries.



SCOTT'S CORNER

Eating good, honest food helps to ensure health. What you must avoid, however, is bad, dishonest food. That category covers heavily-processed and additive-laden products, which owe more to the scientist than to the chef.

When a wise cook prepares a meal, the flavours of the fresh, whole ingredients are heightened by the careful addition of herbs, spices and other seasonings. But if the ingredients of so-called convenience foods are examined, it seems that the additives came first, and the small amounts of real food in the mixture are only there to give a spurious respectability to the product.

Look at the ingredients of packet soups: processed this, refined that, modified this and artificial that. Look at potato crisps: around a penny's worth of potato and a half-crown serving of laboratory chemicals. Lemonade and other soft drinks are concentrated sugar solutions dressed up to go to the alchemist's ball.

Avoid all foods which have more additives than real ingredients. Avoid all foods which are labelled "something-flavour" — if they contained the something, they'd be labelled "something-flavoured". Many "chicken-flavour" dishes can safely be eaten by Vegans!

Additives — which include colourings, flavourings and preservatives — are included in food to make it look and taste better than it really is, and to keep it "fresh" long beyond its natural lifespan.

People the world over are eating more and more of these additives, and there is evidence that they accumulate in the body, causing cancers and allergies in adults, and hyperactivity in children.

Some which were considered for years to be safe have been banned — cyclamates, for example — and others have been permitted without, it seems, being fully tested.

A difficulty which faces the sensible shopper is the poor quality of British food labelling. One MP has told the House of Commons that the law enables him to know more about the ingredients of his socks than of his dinner. Some manufacturers are more forward than others, but the law still allows the food

industry to pull the processed outer coat of sheep over our eyes.

Many labels merely parade long lists of E-Numbers — the European Community standard designations for various additives — which sound so much less threatening than their formal names. If you were introduced to E217 at a party, you might well consent to dance with it. But you wouldn't want even to be introduced to the sodium salt of propyl 4-hydroxybenzoate, the name which appears on E217's passport.

How about E220 (sulphur dioxide) or E321 — butylated hydroxytoluene, our old friend (see last issue's Top Tip). Don't they sound much more at home in an industrial chemist's test tube than in your soup?

So, avoid high concentrations of additives and choose wholesome fresh food cooked simply.

FIBRE

DIETARY fibre is simply the part of the

food your body can't digest. So why eat it? Firstly, because wholefood is unprocessed, and when the fibre is taken out — for example, when you polish rice or skin potatoes — the nutrients often go missing at the same time. Secondly, because bulky, fibrous meals travel through your system more slowly, giving your body time to digest the food and absorb the nutrients.

Fibre protects against constipation, and research suggests that it can help fight bowel disorders, including cancers. It also gives you a feeling of being full after eating... and it contains no calories! Fill up with fibre first thing in the morning — try a plateful of muesli with low-fat milk and a piece of fruit. Choose sugar and salt-free cereals with wholegrains and dried fruit.

Prefer wholemeal bread (not brown bread), especially those brands without preservatives or animal fats. Buy brown rice — the husk contains most of the fibre. Wholegrain bread and rice have something else going for them — they're tastier than their processed cousins.

Eat your potatoes with the skin on. Boil, bake or mash them in their jackets. As well as adding some colour to your plate, jacket spuds are tastier and healthier — most of the goodness in a potato is in the outer layer, just under the skin.

Fibre comes from cereals, fruits and vegetables; there's none in animal products, so make sure each meal includes some pulses, wholegrains or vegetables to ensure a healthy mixture and a feeling of fullness.

RONNIE SCOTT

TOP TIP

GOT a cold? It's difficult to avoid a dose of the cold - if someone at work or in the family falls ill with the virus, it's a safe bet that, before too long, the cold will be calling on you. All you can really do is treat the symptoms, taking aspirin (not on an empty stomach and NEVER to children) to get rid of headaches and high temperatures, and linctus to suppress coughs.

At the onset of a cold, some doctors recommend taking zinc tablets to stop the virus reproducing. Others say you should avoid eating any sugars (always sound advice, cold or no cold) and take large doses of vitamin C.

Take plenty of liquids, especially fruit juices, and keep warm. All of the above, plus a day in bed if you can afford the time, will help stop a cold before it gets a chance to take over your body.

Vitamins and the careless eater

THE WELL-FED Runner



John Hawthorn

A couple of months ago I wrote a beginner's guide to vitamins, but it seems that a beginner's guide is not enough for our ever-interested readers. So, here beginneth the second lesson.

When vitamins were first discovered they were simply distinguished by letters (A, B, C, D etc.). The original vitamin B later turned out to be a mixture so these were given numbers as well — B₁, B₂, and so on. Later still, when researchers had tidied up the chemistry, others were given chemical names. Complication upon confusion, some were found to exist in different chemical forms, each showing vitamin activity. As a result the naming system of vitamins is a bit messy. So here they are with what they do for you:

Vitamin A. Essential for healthy eyes and skin, and internal surfaces, skins and membranes also need it to work properly. Examples of these skins are the inner surfaces of the lungs, intestines and the urinary tract. Fortunately, we store vitamin A in our liver, so temporary shortages in food do not matter too much.

Over dosage with vitamin A is toxic, so it is usually best to stick to natural food sources — milk, cheese, eggs, butter, margarine, green vegetables and carrots. Liver is a particularly good one.

Vitamin B complex. There are seven vitamins within this group. B₁, B₂ and nicotinamide are essential for the breakdown of sugars and starches to yield energy; pantothenic acid is essential for the utilisation of fats and carbohydrates; pyridoxine is needed if proteins are to be properly used by our bodies.

These five members of the B group are therefore of special importance to the runner because they are so closely involved in turning carbohydrates and fats into energy, and proteins into flesh and muscle. Fortunately they are present in perfectly adequate quantities in normal food, wholemeal bread and wholemeal pasta being good sources. Yeast is another particularly good source, and yeast tablets are a useful addition to the diet of people who consume large quantities of white rice, which is low in these vitamins unless it has been fortified by the rice miller.

The other members of the group are vitamin B₁₂ and folic acid, both of which are involved in the prevention of certain dangerous anaemias. Vitamin B₁₂ is only found in foods of animal origin and Vegans must take a separate supply of this vitamin in pill form. Folic acid is present in most cereals and green vegetables.

Oysters and liver are very rich sources.

Vitamin C. The anti-scurvy vitamin. It is essential for healthy gums and teeth, in wound-healing and in the formation of collagen, a protein essential for the formation and health of tendons and muscle sheaths.

When I read of pulled muscles and tendon injuries among runners, I often wonder if they have been eating plenty of green vegetables and fruit. These are the best sources of this vitamin, so if in doubt, correct your diet.

If you are not able to do so, vitamin C tablets are cheap and available without prescription from any pharmacy. One small 50mg tablet is more than enough for daily needs. Fortunately vitamin C is non-toxic (unlike vitamins A and D) so a modest excess will not do the slightest harm. It simply spills over in urine.

Dietary Hint

Do not do it for too long. But if you must, you would be well-advised to use one of the multivitamin preparations available without prescriptions from all pharmacies. Try one with extra iron and folic acid, especially in the winter months and in early spring. That is when a poor diet is particularly likely to be short of vitamins. Be sure to follow the makers instructions if you do decide that you need them. And do not, repeat not, overdose. You may do more harm than good.

Vitamin D. The action of sunlight on the skin produces vitamin D in the body. So, given enough sunshine, we need give little thought to what we get from our food. But grey Scottish skies and the short hours of winter daylight mean that we must pay attention to our intake.

The vitamin is essential for strong healthy bones and teeth, since without it the body cannot build calcium.

The only real rich source of this vitamin is fish liver. Long before the science of the vitamins had been worked out, Scottish mothers and doctors knew that a teaspoonful of cod-liver oil did much to keep children healthy in winter. The only trouble was that many kids hated, indeed loathed, the smell and taste of the stuff, so it was sometimes mixed with malt extract which hid the worst of the taste and added some B vitamins.

So even in this scientific age of pills, a winter dose of malt and cod-liver oil helps your body compensate for lack of sunshine. But do not exceed the recommended amounts. Vitamin D is toxic in excess. Do not take cod-liver oil and malt if you are already using multi-vitamin tablets.

Vitamin E. This vitamin has been known for over 50 years, but there is still some mystery about what it does. It certainly protects essential body fats from oxidation and may have an influence on the process of aging. Some coaches prescribe its use in training and since it seems non-toxic there is no harm in this, although there is no sure evidence that it does any good.

The vitamin is widely distributed in food, and illness from human deficiency is unknown. However, diets deficient in vitamin E produce sterility in experimental animals and so it is popularly described as the sex vitamin. This is a misunderstanding. So don't dose yourself with it in the hope... It won't!

Vitamin K. Necessary for blood clotting. Enough is present in all adult diets and obvious deficiency is unknown, except occasionally in infants. The vitamin has medical uses in the treatment of certain illnesses, but is of no known importance in athletic performance.

But as you already know, food is better than pills for supplying daily vitamins.

Do athletes need extra vitamins? The short answer is 'No', always assuming that you eat a good mixed diet and eat according to the five-food classes outlined in December. If you simply fill up with odd snacks between irregular meals, as well as work, training and enjoying yourself, more fool you. So this month's dietary hint is a warning.

Cross Country Training Schedules

Plough your way towards the National Championship with our experts Stewart McIntosh (beginners) and Fraser Clyne (experienced)

BEGINNERS

The key to successful racing is to taper off for the big day. The Scottish Cross Country Championship will be littered with the shattered dreams of runners who left their best race out on the road a few days before the event, instead of hoarding and cossetting their fitness to release it bang on target at Callendar Park on February 21 or, for the women, at Lochgelly the following day.

Our schedule is designed to get the beginners who have been following it for the past few months to the starting line itching for the gun, rather than arriving physically and mentally exhausted from their previous training.

Week One is designed to hold and develop the fitness which you have built up over the winter months. The long Sunday run over the country will give you confidence that you can finish the course on the big day, but if you feel that 10 or twelve miles is too much for your current state of fitness, then reduce it to eight miles — that is still about half a mile further than you will have to run in the championship. Women could cut back to about six miles if necessary.

After that, the emphasis is on steady running, with perhaps a little fartlek on the Tuesday night. Week Two is a holding operation. Resist any temptation to have a

hard run. Your body will hold its fitness if you spend most of the week jogging lightly — there is no chance of a hard run bringing you any extra fitness on the big day.

Don't get carried away in the sprint at the start, as you will only tire yourself too quickly and on the winding slippery route you will be a hazard to more sensible runners who are ploughing through the course at a steadier pace.

Lastly, enjoy yourself. You are about to take part in the equivalent of a cup final, and although your role will probably be a modest one you will be contributing to the most important date in the calendar of a fine sport.

Week One	
SUNDAY	10-12 miles cross country
MONDAY	Rest
TUESDAY	6 miles hard/fartlek
WEDNESDAY	4 miles easy pace
THURSDAY	6 miles medium pace
FRIDAY	Rest
SATURDAY	8 miles cross country

Final Week	
SUNDAY	6 miles cross country
MONDAY	Rest
TUESDAY	4 miles steady
WEDNESDAY	4 miles steady
THURSDAY	2 miles jog
FRIDAY	Rest
SATURDAY	Race

EXPERIENCED

Only a few weeks to go now until the biggest cross country race of the winter, the National Championship at Callendar Park, Falkirk, on February 21.

All the hard work and preparation undertaken in the past few months will, hopefully, result in you turning in a good performance on the day.

We cannot all hope to win. Only two athletes — Mat Muir (eight times) and Allister Hutton (twice), have achieved that distinction since 1977. But at least we can aim to be in peak condition for the challenge.

I believe in running very easily in the seven days prior to a major race, so in the final week of the build-up I would suggest that you do little more than jog through your sessions, with maybe a series of strides during the middle of the week to stretch out the legs.

Some people feel they need to taper down over a longer period, so you may wish to cut your mileage back during the second last week before the national. There is certainly no harm in doing that if you feel it necessary. Above all it is most

important that you don't turn up on the starting line feeling tired.

One final piece of advice. When the gun goes don't charge off as if you are running a 200m race. You have 7½ miles to cover and there are no prizes for first man through the 200m mark. Certainly move up to your optimum cruising speed as fast as possible, but remember to go through all the gears first.

Good luck, and I'll see you at Falkirk.

Week One	
SUNDAY	20 miles cross country
MONDAY	5 miles
TUESDAY	am 8 miles, pm 5 miles
WEDNESDAY	am 5 miles, pm 5 miles inc 4 x 1200m
THURSDAY	8 miles
FRIDAY	8 miles
SATURDAY	12 x 400

Final Week	
SUNDAY	12 miles cross country
MONDAY	5 miles
TUESDAY	4 miles
WEDNESDAY	5 miles inc long and short strides
THURSDAY	4 miles
FRIDAY	Rest
SATURDAY	Race



John Scott

PROMISES, PROMISES ...



Alan Campbell. Age 33. Weight 11st 10lbs. PB's Half Marathon: 1:24 (Luddon 1985). Marathon: 3:31 (Glasgow 1985).

I SUPPOSE, although I dislike the term, I'm a cross between a "fun runner" and somebody who aspires to a better standard of performance. My biggest hurdle in achieving better times is my propensity to get involved in heavy drinking sessions — which wreck my proposed training sessions.

This year though — and I say this at the start of every year — I plan to give it a real go. As I started road racing with the advent of the Skye Half Marathon in 1984, this tough 13.8 mile race with its steep climbs is my main annual target.

The editors have plans for 1987. Foolishly, they've decided to go public with them.

For this year's event in June, I hope to break the 130 barrier for the first time (I was just outside in 1985) I'll also be trying to improve my half marathon time — at Luddon and elsewhere — while, against my better judgement, I'm entering the Glasgow Marathon for the second time.

I dislike the high mileage training required for the marathon and my joints and muscles usually rebel. However, I was on course for a much better time in 1985 when I caved in at about 18 miles and eventually had to walk and limp the last five.

I realise that to improve my times I should really join a club — but for me one of the pleasures of the sport is to run alone. So, to push myself harder, and to give myself an incentive to cut back on the drink, I'll be running far more races than ever before during 1987.

Famous last words



Stewart McIntosh. Age 38. Weight 12st 10lbs. PB's 10 miles: 52:10. Half Marathon: 1:17. Marathon: 2:44:57.

A WORD of advice. Never turn your sport into your way of earning a living — your training dives downwards faster than a front-runner on the fells.

It happens too easily. There is always another job to be

done, always another story to chase and unfortunately the chasing is done by telephone rather than on foot. Mileage slumps to virtually nothing, blood pressure pumps quietly up and the waistline plumps softly out.

Still, new year, new hopes — and veteran status is just over the hill. Life can begin at 40, but first you have to prepare the body a bit.

So, it's time to take stock. And that is one of my problems — I've been taking too much stock over the past year... to say nothing of too much soup, too much curry, too much meat... and too much beer. My manly frame, which was rarely under 11½ stones even when it could propel me round a marathon in 2:45, has ballooned out to 12 stones 10lbs — a stone of

Doug Gillon. Age 40. Weight 13st 12lbs. PB Half Marathon: 1:26.

SOME 19 years ago, faced with a choice of reporting sport for a lifetime or competing actively for a few more years, I chose the former. Not without some reluctance at the time, nor without the odd regret since.

And so an all-too-brief competitive career ended. Highlights: Scottish schools 1500 metres steeplechase title (4:24.1) and school and junior international representation. Other best times were: mile 4:24.1; 880 2:00.2; and 3000 metres steeplechase 9:23.0.

I've managed to train intermittently since, clocking 57.8 secs for 400 metres hurdles 11 years ago, and running the first Luddon Half Marathon in 86 minutes.

Back problems in recent years have almost halted any training, and so I jog, infrequently, towards my 41st birthday, bearing some 13st 12lbs. I have no athletic ambitions left, save one...



Fellow editor Alan Campbell, a mere strapping of 33, thinks that in my ageing, crippled, overweight frame he has at last found someone he can beat, and has issued a challenge — a pentathlon consisting of 100, 400 and 1500 metres on the track, 10,000 metres and half marathon on roads.

The 10k selected is the Adidas event in May and the half marathon will be the Luddon. The three track races will be held behind closed doors in a darkened stadium with Sandra Whittaker timing (ie. holding a calendar).

A report by the survivors (if any) will appear in our first anniversary edition.

Now, does any reader have the address of Allan Wells' tailor? He does a super line in shorts.

which will have to go in the near future.

Then there was the weekly mileage. I can't remember when it was last over 20 miles. The problem is that when you regularly run 40 to 60 miles a week, anything less than 30 seems a waste of time, and there is a tendency to put off training for another day — the dreaded, "I've lost so much this week another night off won't make much difference", syndrome.

At least I've managed to break my duck. I'm back into training (though the routine has yet to settle into its former regular pattern), and I've taken part in a couple of races. There is nothing like a race for cruelly exposing the decline in your abilities.

My next target is the national cross country.

After that I'll turn out in some of our Scottish Road Race Championship events, aiming to get down to six minute miles for the ten milers by the late summer, and 80 minutes for the half marathon. As for the marathon, a sub-three hour in Glasgow on September 20 would leave me feeling that I was almost back to where I was before the onset of the great decline.

There, I've put my money where my mouth is and it feels good — let's hope I haven't put my foot in it too.

NEXT MONTH, the magazine's contributors and experts — who represent a wide cross-section of running experience and expertise — outline their aspirations for 1987.

Floored - by a lump of kohl!

Pleasant places, hospitals. Suppose elite athletes attend continually for injury treatment. Nice nurses. Helpful doctors. Mind you, they do tend to give you special treatment here in intensive care. It's all Ruth's fault - her and that blasted Cordon Blah cookery course.

"Oh, Ruth, not an entree of taramasalata, then ossobuco and risotto alla Milanese, followed by Bel Paese cheese and organic oatcakes again, for God's sake! Any more Italian food and I'll... I'll..."

"Fine," Ruth said, hurt. "Boring old mince and tatties tomorrow."

As good as her word, it came, with a funny looking vegetable she called kohlrabi, tasting like turnip. Not bad - I had two helpings to boost my carbohydrate intake.

Events after my run that



Ewan Mee

evening remain hazy. Perhaps these 25 minute runs are overdoing it? I recall gasping when Len soaked me with his water pistol, frantically screeching into the bathroom for a towel and steadfastly refusing, through superglued lips, my usual cup of tea. I've vague recollections of pulling that towel over my head and wailing uncontrollably when Ruth tried to splash me playfully with my bathwater when I was huddling miserably in a corner of the bathroom. She finally dialled 999 when she discovered,

under the towel, a puffy red-blotched face hiccupping uncontrollably, gulping like a fish out of water.

In the Accident and Emergency Department, barely conscious, I was imagining the headlines - "Athlete Dies After Exercise"; "Does Running Kill?"; "We Did All We Could, Say Hospital" - when I overheard two passing porters - "What's up with that dirty sweaty old geezer?" Furious, I found my throat muscles paralysed. I sank into oblivion.

Dr. Cohen professionally cradled his fingers as he spoke reassuringly that Thursday. "No, no, no, my dear chap - not a long-term illness. A week's stay, for observation. Mildly unusual case - incipient hydrophobia, constriction of the larynx, accelerated cardiac rate, respiratory tension: tell-tale signs to anyone of my experience."

Irritated at being regarded as a run-of-the-mill patient, I demanded, "So what is it?"

"Hydrophobia brassicae, my dear man - commonly called Kohlrabies, a fear of water. Semi-interesting case for my specialism - allergy - I minister to the afflicted. In your case, you could say I'm a Kohlrabbi."

He cackled and spluttered at his own joke. Huh. Very funny. How am I to make up all this lost training time?

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WOMEN on the RUN

I still haven't recovered from Christmas and New Year. Too much food and drink have taken their toll, and my return to the pavements was further hindered by the arctic weather and a bout of flu.

And I suspect there are many like me, who haven't yet managed to get back into regular running.

For many runners, February is probably the worst month of the year. The cold dark winter nights seem to have been here forever, and Spring seems a long way off. For those who don't compete in cross country events, there is little happening - particularly for beginners.

Icy roads and pavements are my worst fear at this time of year. Wind, rain and hail may be unpleasant but they are all bearable. Ice is downright dangerous. In January, I spotted one brave runner who took to the streets during the spell of freezing weather. Just as I was congratulating him on his perseverance, the runner slipped and fell badly on his knee.

Clearly there's no point braving the elements if injury and an enforced lay off for several weeks is likely to follow.

When ice is widespread, it's better to find an alternative, such as a gym with a treadmill. A swim in the local pool will also prove beneficial.

The most important point is to accept that there is better

weather ahead and keep training. And remember that the training done now will pay dividends when the road racing season descends.

Usually all I need to break my post-Christmas lethargy is a couple of consecutive runs. That's normally enough to give me the bug again.

I find that arranging to run with a friend often helps. That way I'm less inclined to cancel when someone else is

depending on me going out. And I usually run further when accompanied. Talking while pounding the pavements seems to lessen the distance!

If you usually run alone, why not look for a partner to join you. Often Scotland's Runner carries names and addresses of running partners.

If there is no one from your area, put a notice in the Runner's Network which is being introduced next issue.

I have another "trick" for ensuring I venture out on dark, cold nights. If I am feeling particularly lazy, I change into my track suit and running shoes as soon as I arrive home from work. Then I just have to go out. I'd feel so silly sitting in front of the television in all my gear! It's also surprising how just donning the tracksuit gives me a burst of energy.

When you do make the great effort and return to the regular routine, don't go mad. Just because you were covering ten miles before Christmas doesn't mean you should go out immediately after the festive lay-off and cover a similar distance.

I have a friend who suffered badly doing that. After a month's holiday at Christmas, she went out for an eight mile jog. After five miles she had to walk home!

The message is clear: go easily at the start, and build up your mileage gradually.

It's a good idea to have a target in mind when you resume regular training. The Strathclyde Women's road race in June is an ideal race for beginners and experienced runners alike.

Next month, we'll have a special training schedule for beginners and those runners who've become a bit rusty. The programme is designed to get runners fit and ready for the 10K OK in Glasgow.

In the meantime, keep running!



Connie Henderson

OUR ORIGINAL Women on the Run columnist, Lynda Bain, had decided - as befits her top marathon and road race status - to concentrate on running rather than writing in 1987. Lynda will still be contributing to Scotland's Runner on an irregular basis, but in the meantime our thanks are due to her for getting this page off the ground.

Our new columnist is Connie Henderson, a 26 year old

Glasgow journalist who, in the months ahead, will be developing her own style and approach to Women on the Run.

"I hope to write about controversial issues affecting women, which men would also want to read," says Henderson. This month, having been given very short notice of her deadline - just 24 hours - due to the sloth of the editors, she eases gently into her new role.

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BOBBY GETS BACK IN THE SWIM OF THINGS

In the tradition of horse racing tipsters, my "one to follow" for the forthcoming season is Robert Quinn trained at Kilbarchan out of the Derek Parker stable.

A young, fast-improving sort, Bobby Quinn is an extremely game and genuine performer — and a proven winner. He also acts on any going, be it road, cross-country or track.

Put him in the right race and he's what the punters would call "a good thing" guaranteed to set the bookies trembling.

That's the good news. The bad news (and the reason why a bookie would give very generous odds) is that Bobby has not had an outing since before last May when he was struck by a motorbike while training and had his left leg shattered in two places.

So damaged was the leg — "I thought it was severed, my foot was dangling at right angles" — that Scotland's most promising distance runner for nearly a decade momentarily envisaged the end of a fully active life.

The sight of the smashed and contorted

limb was also sudden and ghastly enough to blackout all learning from the mind of his training partner, medical student Alistair Douglas, and it took a passing surgeon to give reassurance.

"He told me it wasn't the end of my running," explains Bobby. "But all sorts of things were going through my head as I lay on the ground, not least of all 'why me?'"

And all sorts of dreams were shattered with the leg in a moment of a motorcyclist's recklessness. The road to Edinburgh and the Commonwealth



Bobby running well in the 1985 Edinburgh to Glasgow relay, before his horrific accident.

Games 5,000 metres had hit a dead end on the outskirts of Maryhill, Glasgow.

"I had been fairly confident of making the necessary 20 second improvement on my 14.03 personal best to make the team," says Bobby, and it would be a hasty man who'd argue with the 21-year-old Paisley lad. He has made rapid progress in less than five years of running, especially over cross-country: Scottish youths champion, twice national junior champion, 20th in the world junior championships, twice fourth in the British universities, and finally ninth in the world students last March.

And there are plenty of good reasons why I'd back him to be winning again very shortly — despite having a first tentative jog only on Christmas Eve, nearly eight months after his horrific accident.

He is proving the perfect example that we humans, for all our inferior power, are much more resilient than horses.

Treading water is actually harder than running

A horse suffering similar damage to Quinn's would be put down or, if it promised talented progeny, put to stud.

And while the latter idea might appeal to many a young man, it does not satisfy one other great human desire — the urge to win. It's another great advantage we have over the horses for, as in the case of Quinn, that hunger to conquer, achieve and overcome can hasten our recovery.

Bobby has "the hunger" by the barrowload. He began "training" again within a few weeks of his accident. Obviously limited by a plaster almost up the full length of his left leg, he did sit-ups and press-ups and swung dumb bells in a running action. It wasn't long before his whiplash eight and a half stones were acquiring the upper body strength of a jockey.

But this wasn't enough for him, and soon he was seen driving himself along on his crutches as hard as he could — "to get my pulse rate up". In July, he accompanied Alistair Douglas to the Inverness 10k and completed the course in crutches in 75 minutes!

"I saw it as a challenge, but I've never known such agony after a race. I'd tried so hard," he recalls.

When his plaster was reduced to below



Graham Crawford

the knee, he cycled half an hour a day, but there was disappointment in store with the complete removal of the plaster — his leg had not set properly. It meant another operation and further time in plaster.

Finally, in October, the second plaster came off and the okay given on the leg. Immediately Bobby plunged into special sessions at Glasgow University's swimming pool. He also began almost daily treatment with Scottish athletics team physiotherapist Lena Wighton to mobilise and rebuild badly wasted muscles.

For the pool work, the popular Kilbarchan athlete used a "wet vest", which held him sufficiently buoyant to let him tread water and concentrate solely on a running action.

Very quickly he was behaving in the pool as if he was back running and in full training. He was even doing interval work.

Bobby explains "Derek Parker, my coach, wrote me out schedules, just as if I was running normally. On my hard days I would do fast and slow treading — intervals — and it was just like a track session.

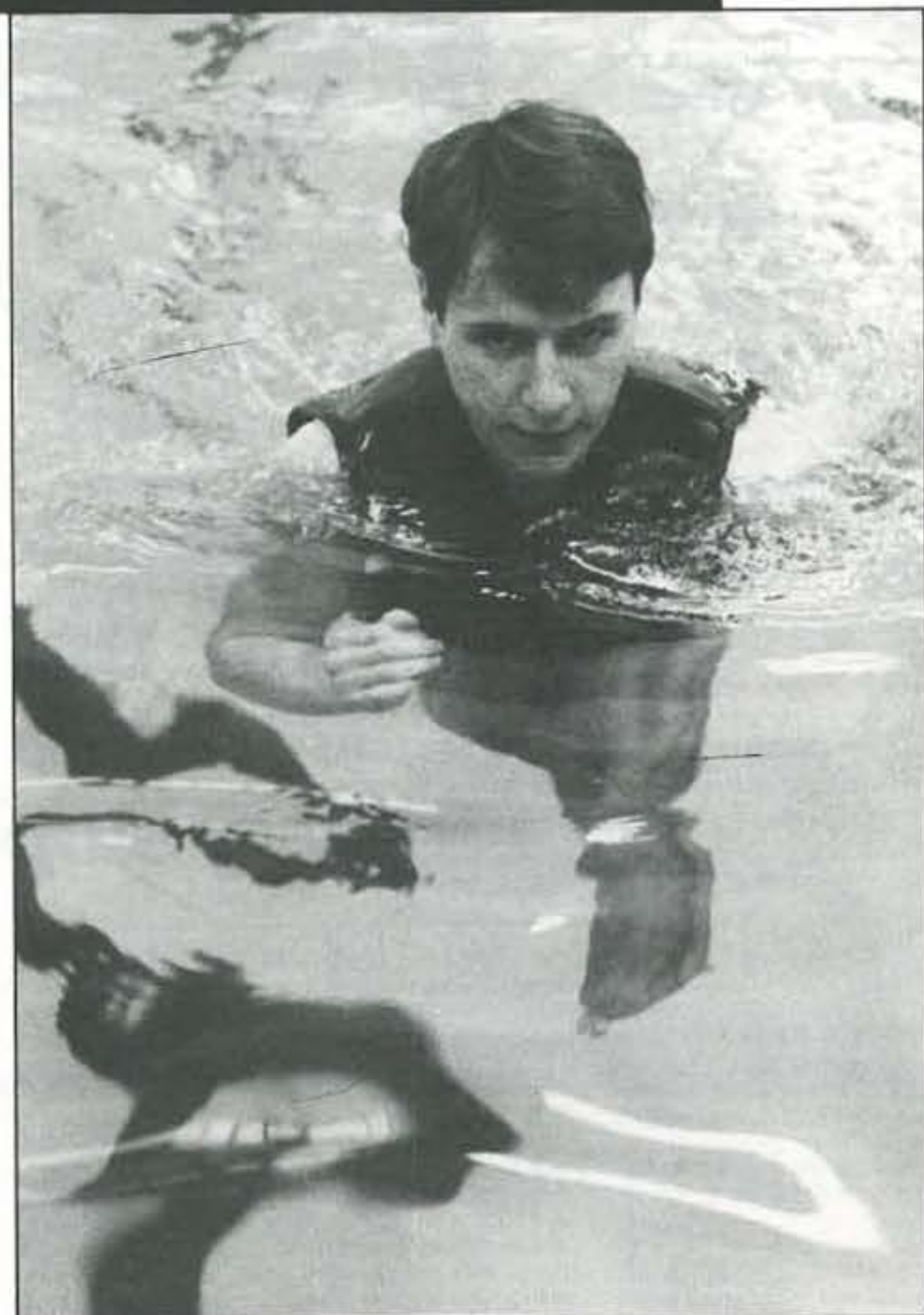
"Treading water is actually harder than running because of the resistance, so it was excellent cardiovascular exercise. I was able to get my pulse up to over 200 beats a minute. When I got bored, as you inevitably do in a pool, I would do exaggerated strides and high knee lifts for variety."

Quinn spent six days a week in the pool from October through to December, and, not surprisingly, became sold on the £70 "wet vest" which appears to have provided him with a lifeline back to quick fitness.

"The vest is a great thing for an injured athlete. Apart from hastening recovery, it also allows you to work off your frustrations at not being able to train properly and compete. I intend to go on using it as supplementary training," he says.

There was more than frustration, however, in Bobby Quinn's prolonged lay-off — there was also learning.

"I realise now how much just being able to run means to me, how much I enjoy it," he says. "But I also know now that there



Bobby, treading back to fitness in the swimming pool.

are other things in life as well. I don't think I will get quite as nervous before a race.

"I am also indebted to a great number of people who have helped me since the accident: Derek Parker, the most underestimated coach in Scotland, all the members of Kilbarchan AC, Lena Wighton, and the friends who ferried me around everywhere."

Now that he is back jogging and cutting down on the physiotherapy and swimming, Quinn is looking to have a little more time to concentrate on his studies at Glasgow University, where he is doing honours in accounts.

He hopes to do a post graduate course somewhere next year — "I reckon a student's life is good for most runners" — and he is already thinking of top races to aim for in the forthcoming track season.

He won't be pinned down as to what his first race back will be, but it could be sooner than most people would think humanly possible.

"I'm itching to get back into competition. I don't want anybody to think they can forget about me. I'll be back. Soon."

There you have it — straight from the horse's mouth.

Joe Campbell



BRIAN CUNNINGHAM tackles the Swedish masculinity test.

On the slippery slope

The Vasaloppet is an 85-kilometre cross-country ski race which takes place in Sweden each March. It commemorates a journey taken by a past King of Sweden to gather the army which went on to throw the Danes out of the country. Each year it attracts in excess of 12,000 participants and has become a great Nordic institution.

It was a long, cold wait. The temperature was minus 15C and, despite the warm duvet I was wearing, the cold was beginning to seep through.

There wasn't room to swing arms or jump up and down as approximately 5000 of us were tightly packed together on a large frozen lake. We had been there for two hours, thereby securing a prized position about one third of the way back from the starting gate.

In front of us, and separated by an open stretch of about 25 metres was another paddock containing a further 5000 skiers. They had posted respectable times in previous Vasaloppets. Beyond them, about 2000 elite skiers from all parts of the world were also waiting patiently for the start.

Ten minutes before the gun, a whistle blew. Everyone promptly stripped off their outer clothes, put them in the bag which had been provided for the purpose, and hurled them through the air towards the back of the throng. The sky was thick with flying poly bags, stuffed with clothes.

In a few minutes all was still again and then the cry went up. If there was a gun to signal the start, I certainly never heard it. The entire throng surged forward as a unit, only thinning out very gradually as we progressed along the lake.

Using poles was a dodgy business. I realised the dangers when I was jerked to a crashing halt, only to find the pole of another competitor anchoring my rear pole basket to the snow. Inevitably, a mass pile-up ensued and it was only with great difficulty that we sorted it all out and got underway again.

Things picked up a little as we approached the hill at the end of the lake, where the track climbed into the trees on its way to the first checkpoint at Mangsbodarna, 22.2 kilometres away.

But it was a brief improvement. The hill was steep and narrow, thus acting as a throttle on the thousands of skiers cramming the slope. There was no question of skiing. One simply trudged up the slope, feet close together and poles clutched close to the body.

Woe-betide the skier whose wax wasn't capable of holding him on the slope. About half way up I came across one such unfortunate who, having started to slip backwards down the slope, was forced to herring-bone. As I, like thousands of others, skied slowly over his widespread skis, firmly anchoring them to the ground, it occurred to me that it might be a long time before he would move.

Once over the hill, the proper skiing started. I quickly realised that my lack of technique, coupled with the over-waxing I had done as insurance for the hill, would make it a real struggle to reach the half-way point before they closed the course.

Soon there were five lanes of skiers shussing silently through the forest. Overtaking was difficult, but that rarely applied to me.

My major problem, surprisingly, was on the downhill stretches. The over-waxing meant that my glide was noticeably slower than the rest.

The good side of that meant I didn't have to risk falling by having to step out of the tracks to overtake. The bad side meant I quickly became the engine of an increasingly long train as equally cautious, but faster, skiers ran into the back of me. Propelled by the enormous mass of perhaps 20

or 30 skiers, I feared for my life as we hurtled down the narrow tracks on the very brink of disaster.

Somehow I survived, skiing into the village of Mangsbodarna to the cheers of the thousands of spectators who treat this race as the major sporting event of the year and travel for hundreds of miles to watch it. There was a brief stop for refreshments and then it was off again to the next village where a similar welcome was waiting.

Gradually the atmosphere of the race overcame my growing frustration with my poor performance. I was enjoying it more as a total experience than simply as a race. This was just as well, as I was being overtaken by the most unlikely competitors. Technique, I learned, was a lot more important than fitness.

Female old-age pensioners, in trendy skinsuits, overtook me with ease. Their grace and economical style reflected a lifetime of skiing.

Occasionally, I would try and imitate them, but it was to no avail. I had to settle for my ungainly, plodding style. Only on the hills did my running fitness show as I shot past heavily puffing skiers only to be overtaken again, within minutes, once the tracks levelled off.

Village followed village as the ritual unfolded. The winner was celebrating his victory well before I reached half-way.

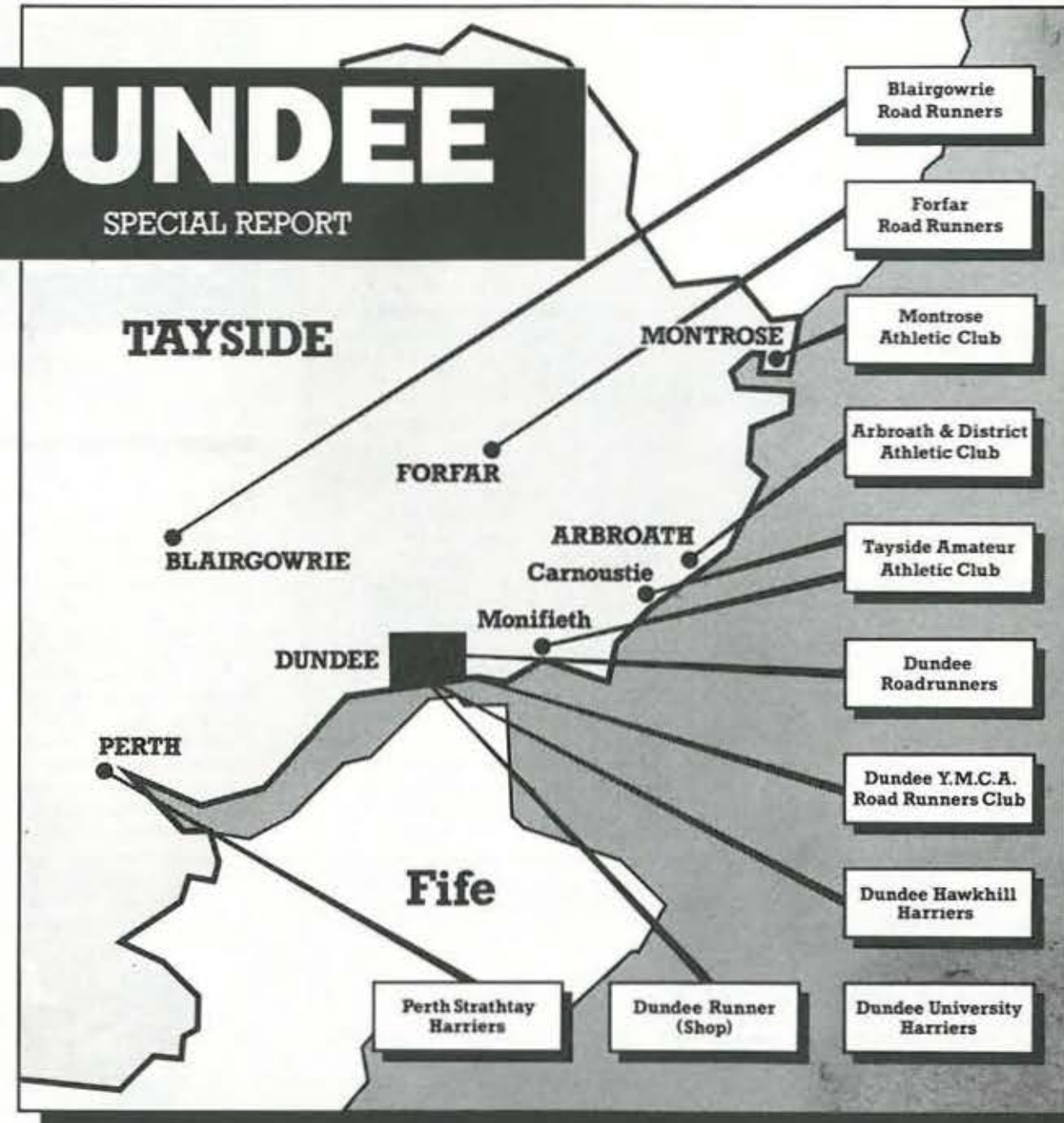
Darkness was beginning to fall as I entered the outskirts of Mora. The field was pretty thin by now, but huge crowds still lined the final kilometre through the town to the square and the finishing line. I thought they were cheering for me, but I realised later, that I was being hotly pursued by the first man over 70, who was finishing close behind me.

I was 8985th, with a time of 9:34:02.

It wasn't a very impressive performance, but the race had doubled my lifetime mileage on cross-country skis. More important, however, I had survived the Swedish Masculinity Test.

DUNDEE

SPECIAL REPORT



Addresses of athletics clubs in Tayside:

Arbroath and District Athletic Club

Sec: Mrs. Marion Wilson,
88, Elmbank Crescent,
Arbroath DD11 4EZ.
Tel: 0241-79154.

Blairgowrie Road Runners

Sec: Mrs. Gillian Donald,
16, Woodlands Park,
Rosemount,
Blairgowrie.
Tel: 0250-5618.

Dundee Hawkhill Harriers

Sec: Ian Robertson,
28, Forest Park Road,
Dundee.
Tel: 0382-643749.

Dundee Roadrunners Club

Sec: David Roy,
5, Mericmuir Gardens,
Downfield,
Dundee DD3 9DS.
Tel: 0382-814892.

Dundee University Harriers

Sec: Gerry Gallacher,
Sports Union,
Airlie Place,
Dundee DD1 4HN.
Tel: 0382-36482.

Dundee YMCA Road Runners Club

Sec: Brian Davidson,
8, Pitkerno Road,
Dundee DD4 7DG.
Tel: 0382-45401.

Forfar Road Runners

Sec: William Logan,
5, Westfield Crescent,
Forfar DD8 1EG.
Tel: 0307-67256.

Montrose Amateur Athletic Club

Sec: Mrs. Alison Grant,
2, Wellington Gardens,
Montrose DD10 9QF.
Tel: 0674-72123.

Perth Strathtay Harriers

Sec: George Duncan,
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Perth PH2 0EX.
Tel: 0738-32526.

Tayside Amateur Athletic

Secs: J.L. Ewing,
43, Hill Street,
Monifieth,
Angus DD6 4DH.
Tel: 0382-533945.

and Mrs. K. Quinn,
32, Limefield Road,
Carnoustie DD7 6DP.
Tel: 0241-54910

The roads and the miles of Dundee

SPECIAL REPORT by ROSS IRELAND
 PICTURES BY DAVID MARTIN

In a city more noted for its boxers than its athletes, a quiet metamorphosis is almost complete.

Without fuss or fanfare — or even being too aware of it itself — Dundee has become a town full of runners. While other areas have postured then faded, the new breed of Corinthian in Dundee has proved to be made of sterner stuff. It would be no exaggeration to say that the city probably has more runners per head of the population now than anywhere else in the country.

It's not that Dundee has come late to the marathon boom. Anything but. Its fifth annual marathon is in April, and has deservedly acquired a reputation as one of the best-organised, best-supported, best-routed events in Britain, recognised by the fact that it will host the 1987 Scottish Marathon Championship.

Dundee's half-marathons are just as successful. The last one, in October, was memorable as the first opportunity the Dundee public had had to see their greatest running daughter in action on her home ground since her name had actually meant anything to them.

Liz Lynch didn't disappoint the big crowds that Sunday morning. In a breath-

taking display of front running she destroyed the ladies field and stormed home in a new Scottish record of 1 hour 10 minutes 59 seconds — a walloping 5½ minutes ahead of Aberdeen's Lynda Bain. It was Lynch's first competitive half marathon and a stunning performance. Finishing in 10th position overall, she was only 11 seconds behind internationalist Murray McNaught a past winner of Dundee's full marathon.

Almost mirroring the town's growing commitment to running has been the progress of one of its newest clubs, Dundee Roadrunners.

It would be an over-statement to claim that the club has been responsible for the establishment of the area as one of Scotland's principal running centres, because bodies such as Dundee District Council and Dundee Sports Council have been quick to respond to the demands put upon them by the new breed of runners. But few would argue that the club has not played a major part in sustaining and nurturing the great wave of interest that suddenly sprung up with the nationwide jogging craze.

The birth of Dundee Roadrunners is fairly typical of what has happened up and

down the country in the last few years as Joe and Jeannie Jogger anxiously looked around for some kind of guidance about their new-found pastime. The club's coming of age, however, identifies it as an outstanding example of precisely how any would-be club should develop, and it is a model for all to follow.

The driving force behind the Roadrunners is secretary Dave Roy, who four years ago contemplated his first marathon in the coming Spring with a mixture of apprehension and ignorance. Five of his workmates were in exactly the same boat, having just as eagerly sent off applications for the first Dundee Marathon

without any real clue as to what they were getting themselves into.

They turned in desperation to one of Dundee's long-established running clubs.

"There was only one problem," said Dave, looking back on that first introduction to club life. "Everyone there could run. We couldn't!"

"Although we stuck with it for a bit, we found the training was just too hard. We were completely out of our depth and decided to pack it in."

In their misery, they reflected that others were probably experiencing the same kind of thing and the obvious solution was to form their own club — all duffers together.

"We started with one rule and we still live by it today. Our club would be a running club as distinct from a racing one. It's an important difference and one which has kept us going," Dave Roy says.

The original aims also remain unchanged — to promote road-running in the Dundee area, and to arrange travel to out-of-town events.

Novices the six might have been, but they set about things with a decidedly professional approach. Roy wrote to John Fairgrieve of the Scottish Amateur Athletic Association, asking to be pointed in the right direction and he responded with much useful advice.

They also contacted Scotland's marathon man himself, Don Macgregor, over at Fife Athletic Club.

"Nothing was too much trouble to him. If we encountered any problems all we had to do was ask and he would put us on the right track, metaphorically if not literally," says Roy, still marvelling at the generosity of the great veteran. "Some of our more able members went out on runs with him in Fife for a few weeks to learn the ropes and they became our road captains."

For the first two years, membership of



It's snow joke . . . as a group of Dundee Roadrunners take to the icy streets, left. Muriel Muir, above, is determined to add to her trophies as she prepares for another run.

the club was contained at around 40 as part of a deliberate policy of slow growth.

"We didn't push ourselves or go looking for members. We believed time was on our side and we wanted to grow properly. There was no point us promoting ourselves and taking on more people than we could handle. That would only have cost us members in the long run," Roy explains. "Working with a small group of people we were able to let them know how important a part of the club they were."

It was an approach that was to pay dividends beyond even Dave Roy's fondest hopes. Today, only four years after its first stumbling steps, Dundee Roadrunners has more than 300 members, and unlike most clubs it is a very active membership. On Tuesday nights, the main club get-together, Lochee Road resembles the scene of a major event as around 100 runners set off from the club base at the local leisure centre on an assortment of training runs.

With the increasing popularity of the club there was mounting pressure for the formation of a junior section, a demand which was met five months ago. "In that short time about 50 youngsters have joined up, and we're glad to see every one of them. They are our investment for the future," says Roy.

The impact of Dundee Roadrunners is making itself felt all over the country, and more than one event organiser has been very grateful for the club's existence as the Roadrunners live up to their stated aim of providing travel to out-of-town races. Usually they fill at least one coach, often more. For the Inverness Half Marathon they needed three to take 156 hopefuls north.

Club members are typical of runners everywhere, coming from all walks of life.

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temptation but no, the latter are not reformed pipe smokers.

Where the club probably does differ from most others is in its high percentage of female members. About one in three of all Dundee Roadrunners are women, and they are proving to be anything but the weaker sex.

In racing terms they have been more successful than the men. At Black Isle, for instance, three Dundee ladies took first, second and fifth places in the half marathon, while another three occupied exactly the same positions in the marathon.

Marathon winner Muriel Muir, who enjoyed a tremendous season of wins over shorter distances, clocked 3 hours 10 minutes for the event, which was only her second attempt at 26.2 miles. Her previous best, before joining the Roadrunners, was an HOUR slower!

Toni Respinger, who took second place to Muir, also lifted the female vets trophy with her 3 hours 22 minutes. The Moray Marathon earlier in the year was won by their clubmate Margaret Robertson.

A different kind of success was enjoyed a few weeks ago in a much more crowded corner of the world by member Jenny Wood Allen. The remarkable 75 year old, a world age record-holder, came home from the New York Marathon with the Golden Age Award for the best performance by someone in the 70-79 year old category. Her time of 4 hours 54 minutes was half an hour down on her best, but was a fine effort in the circumstances.

The men haven't exactly been hanging about either, despite the greater competition in their events. Success has arrived in a steady lowering of times and a gradual easing into many of the prize-lists.

There are high hopes that 1987 will see a Dundee Roadrunner break the 2½ hour barrier for the marathon — a realistic enough proposition given that Ricky Davidson has a 2 hours 36 minutes time to his credit, and veteran Bob Wood is a minute faster than that.

In November, the club staged its annual 10 mile road race through the foothills of the Sidlaws at the back of Dundee. In only its second year, the event again attracted more than 500 runners from all over the country, and gained universal praise for its organisation.

Over a punishing course in wet and windy conditions, Roadrunners acquitted themselves well. The race was won by Fife Athletic's Terry Mitchell in a fine 51.41. Second was Craig Ross (Dundee Hawkhill Harriers) in 52.19, and third, Roadrunner Ricky Hanlon in 53.29.

Hanlon's placing was a delight to all who know him. A "new breed" runner, he has worked hard since coming into the sport, and is now beginning to see it all bear fruit with some impressive performances and ever-decreasing times. His brother and clubmate Gerry is never far behind him, and Gerry's wife Jill collects her fair share of the silver in the ladies events to complete the family good fortunes.

Not too surprisingly, the ladies winner



Gerry and Jill Hanlon, training in the snow.

in the 10-miler was Liz Lynch, whose brilliant 53.59 also gave her fifth place overall. Roadrunner Muriel Muir was second in 64.02, and Morag Taggart (Pitreavie) third with 67.08. The ladies team prize went, almost as predictably as Liz Lynch's win, to the Roadrunners.

"Of course, it's very nice when our people do well but, really, winning is just a bonus. Success for us is members still enjoying their running, at whatever level," says Dave Roy earnestly.

"We never put any pressure on anyone to do well. If a member wants to train really hard he will find plenty people in the club to do it with. On the other hand, if they want to spend all their sessions just having a canny, short run, then that is okay too, because there are always lots of others who feel the same way.

"We're proud of the fact that we go out of our way to pamper our runners and do everything for them — providing them with entry forms, arranging transport, working out training schedules — you name it. All they have to do is run!"

Ironically, but inevitably, all the back-room work has taken its toll on Roy's own running. A veteran now of 17 marathons, with a personal best of 3 hours 17 minutes, his weight has crept up by more than a stone in recent times.

"I'm back to 4 hour marathons," he says resignedly. "Too much of my training time is taken up with paper work and helping out at events in our area."

He finds, however, that he is thriving on it all and in many ways is getting more out of the organisational side than he ever did out of running.

"I have no talent for running, but I've found I have a great enthusiasm for all the behind-the-scenes stuff. It gives me a lot of satisfaction and at the same time I know I'm helping others.

"Really, in the future I would like to see myself getting even more involved as an official. The way the club is going we will gradually be broadening out into track and fell running and possibly even field athletics. I would be more than happy to get involved in the organisation that would need."

He is not alone in that respect. Three of his fellow workers have been off on coaching courses, and they and others are deeply committed to club work. "Like myself, they all may not be great athletes but their pleasure comes from being part of the structure," he says.

Altogether, it is a combination which seems to be working rather well.

Although a number of former local boxers have taken up roadrunning with a fair amount of success, there are no reports yet of runners making the switch the other way. The fact that Liz Lynch is the only female member and the only runner attached to St Francis Sporting Club, Dundee's premier boxing club, seems much more likely to convert the pugilists than her.

One way or another, the process of making the city better known for its feet than its fists appears well on its way.

Dundee Special continues . . .

Running is a family affair for Chris . . .

The frequently-voiced protests of some top athletes . . . can't take a fulltime job . . . need sponsorship etc . . . bring a wry smile to the elfin face of Chris Haskett-Price.

As a divorcee with a son, Andrew, at nursery school, the barriers to a successful athletics career are multiplied for the 34-year-old Dundee Hawkhill Harrier, Scotland's most consistent cross-country performer ever.

"I don't know where I'd be without the help of my parents," says Chris, who works fulltime as a clerical assistant at Dundee College of Further Education.

With only threequarters of an hour for lunch, most of her training is done in the evening.

"That means picking Andrew up from nursery school, taking him to my mum's, going training, returning to collect Andrew, and then home," says Chris.

"I sometimes get angry when I hear some athletes saying I need this, I need that. My biggest problem is fitting everything in."

In fact, what she misses most, she says, is getting a rest.

"I keep reminding myself, when I'm disappointed with my racing form, that I'm competing against girls who are much younger and who have very much more time to train," she says.

"I should just be glad about what I can do."

In fact she has achieved more in some areas than any other Scottish athlete, yet



GOLDEN GIRLS . . . Chris, far right, winning the women's 1500 metres at the National Senior Championships at Meadowbank in 1975. Right: Helen Golden wins the ladies' 200 metres at an Edinburgh Southern Harriers open meeting in July 1970.

has rarely been given credit for it.

She has, for instance, competed a record 13 times in the world cross-country championships, she was the only athlete, male or female, to compete in both the 1970 and 1986 Commonwealth Games in Edinburgh, she is a former UK senior 3000 metres champion, she won a European junior silver medal at 1500 metres in Paris in 1970, and her British age-17 record for that distance was good enough to stand for several years, until the advent of Mary Stewart.

On the domestic scene she has won six national cross country titles. She reckons to have placed second about another six or seven times. "I'm not sure," she says. "I've lost count." She also has an uncertain recollection of the number of 1500 and 3000 metres track titles she has won. "Several," she says.

Her very first race was for "The Hawk" against Dundee University. "It was a grass track, and very bumpy. I ran about 2min 20sec for the 880," she recalls.

But that was quite enough to impress the late Harry Bennett who was subsequently to coach the young Liz Lynch at the same club.

Chris was second in the Scottish intermediate 880 that same year, 1968, and just two seasons later she graduated to the Commonwealth Games squad.

She reckons she was a little lucky, having finished second to Margaret Coomber in the 1500 metres at the Scottish championships. "The qualifying time was 4:30.00," recalled Chris. "My time was 4:30 point something — just over the standard, but the selectors let me in."

At 17 she was not the youngest in that team — sprinter Helen Golden and long jumper Moira Walls were both her junior. "But I was the lightest," she says.

She knows that because she was selected as the athlete to stand at the top of the ladder which Dave Wilson, Ricky Taylor, Dave Kidner and others carried round the Meadowbank stadium in that marvellously spontaneous closing ceremony.

Chris however is not the only member



Doug Gillon

of her family to have scaled the heights in the sport, even if she has climbed highest.

She has an elder brother, now in Canada, who was a very promising runner before he gave up the sport in favour of football. But her 29-year-old brother, Charlie, a civil engineer in Bolton, has also done Scotland proud.

Three times the pair have been in the same world championship team, the first being in Rabat when Ian Stewart won Scotland's last individual title, more than a decade ago.

Like his sister, Charlie had early success. He won four successive East district titles at senior boy and youth level. But the closest he came to a national crown was when he was runner-up to Nat Muir as a youth, in 1975.

"I never particularly liked the track. Cross country was always my favourite," says Charlie.

"If I had my time over again I would spend a lot more time doing speed work. I think you can become a slave to the miles too young. I was virtually unbeaten in the East as a youngster."

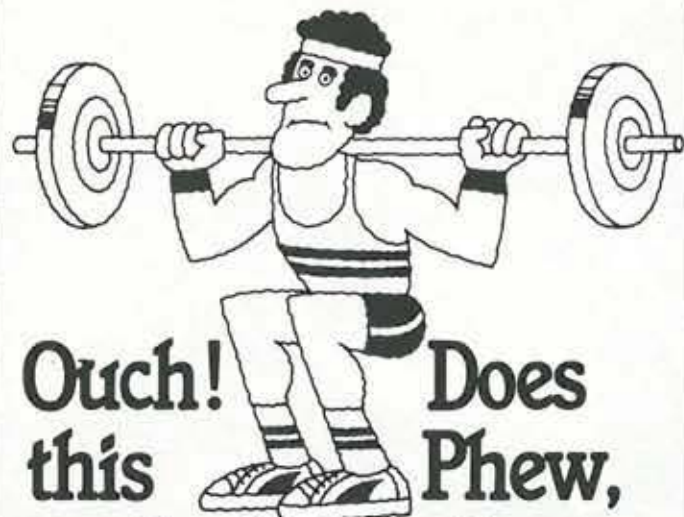
But four years out of the sport, while he took his degree, seem to have removed his edge slightly. As a marathon runner he has represented Britain — seventh in Buffalo on the day of the Glasgow event last year.

"You don't get many chances of a British vest, so I decided to give Glasgow a miss. But America was not ideal. There was 95 percent humidity and it was very hot and difficult to breathe. The times were slow, and I did around 2:24."

His best marathon was London last year when he clocked 2:18:29. "But I'm not sold on the marathon. It's a bit of a slog," says Charlie.

He had set his sights on six world championships in a row since he started back into the sport. Sixth place in the national in the past two years booked his place, and if he can make the team again this year, brother and sister will be able to bow out for Scotland together in what will be the final fling for the dark blue.





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Back in 1848 when America's West was still Wild, a carpenter by the name of James Marshall discovered gold in the foothills east of Sacramento. Although Marshall and his employer, Captain John Sutter, tried to keep quiet about the discovery, it wasn't long before word leaked out and almost every able-bodied man in the country was heading for Northern California. The Gold Rush was on.

Now, almost 140 years since those heady days, able-bodied men (and women) are again rushing towards Sacramento in search of success. This latter day run to the West has been sparked not by the lure of gold, but by the prospect of people recording personal best marathon times.

Word has got out that the California International Marathon, the fourth running of which was held between the cities of Folsom and Sacramento on December 7, is one of the best to be found Stateside. And with course records of 2:10:56 (men) and 2:31:36 (women), there can be no doubt that this is a place for fast times.

I have been fortunate to run in this race each year since 1984, placing 2nd (2:11:50) on my first visit, 7th in 1985 (2:14:26) and 6th this past December with a time of 2:15:03.

The California International Marathon is not one of the USA's biggest races in terms of numbers of participants or spectators. But it is a superbly organised and friendly event in which all competitors are well looked after. Proof of its popularity and growing reputation is evident from this year's record entry of some 2200 runners at a time when most of the smaller marathons around the world are experiencing a decrease in numbers.

The Sacramento course is completely traffic-free with an excellent road surface, and weather conditions are usually ideal, being neither too warm or cold, nor windy. Media coverage of the event is also excellent, with the local television station (KCRA) and the local newspaper (the Sacramento Bee) both involved as sponsors of the race. Local television personalities have become actively involved with the event, many of them taking part not in the marathon itself, but in the 5k Celebrity Fun Run held 24 hours earlier.

The marathon weekend was also graced by the appearance of former world mile record holder Jim Ryun, who took part in the fun run, hosted a running seminar, and acted as guest commentator for the television coverage of the race.



Fraser Clyne runs through the 20-mile "wall" in California



Fraser Clyne

The TV station broadcast 60 minutes of highlights and interviews in the evening after the race, and the following morning the newspaper carried detailed race reports and results.

To give you some idea of the standard of the field, I have compared the times achieved by the leading 100 finishers (men and women) at Sacramento with those recorded in the 1986 Glasgow Marathon. The 100th placed woman at Sacramento clocked 3:33:02, compared with 3:48:05 at Glasgow, while the 100th man in the American race recorded 2:47:29 as opposed to 2:39:26 at Glasgow.

The race starts at daybreak, 7:05am to be precise, which means getting out of bed no later than 6am! The Northern Californian air is quite sharp at that time of the day, so it doesn't take long to fully waken up once you step out of doors.

The casual observer passing the Sacramento Hilton Hotel on race morning could not be faulted for believing that some great catastrophe had occurred, and that a massive evacuation was taking

place. The hotel lobby was mobbed with vast numbers of gathering marathoners, most of whom were well wrapped up in defiance of the crisp morning air.

Some people sat motionless on comfortable armchairs, clutching cups of steaming coffee which was being dispensed from a large urn to a seemingly never-ending line of people. Others lay sprawled out on the floor, their eyes wide open but trance-like, their minds obviously on the task which lay ahead of them. Most looked anxious and nervous. Outside, a convoy of sturdy yellow school buses filled the darkened car park, waiting to transport the hordes to Folsom.

Much of the race is run through semi-rural low density suburban residential districts. The route parallels the course of the American River through the communities of Orangevale, Fair Oaks and Carmichael, before entering the boundaries of Sacramento itself. The rolling opening 13 miles gives way to a less demanding almost pleasantly flat second half.

However, the infamous marathon runners' wall faces everyone at exactly 20 miles on this course. No-one can avoid it. They've actually built a portable wall across the road so that everyone can run through it and thereby claim to have conquered the distance runners' biggest psychological barrier.

The final few miles take you into the heart of the city, ending in front of the State Capitol building on Capitol Mall for as impressive a finishing straight as you will find anywhere.

For the record, the fourth California International Marathon was won by America's Dan Gonzales, who covered the course in 2:13:23 in what was his first attempt at the distance. First lady was Christa Vahlensieck of West Germany (2:39:31), with second placed Gabrielle Andersen (2:41:09) taking the veteran's award. First male vet was 42 year old Bruce Mortensen in a time of 2:27:56.

CALIFORNIAN GOLD RUSH!

JUST WILLIAM

On January 2, William Snoddy of Tulsa became the 117th winner of the prestigious New Year Sprint at Meadowbank. I first met him at the end of the Oklahoma summer of 1978 when we were both on track and field scholarships at the same university.

Already William ("please don't call me Bill") held the world record for the 100 metres of 9.87 seconds—although he is quick to point out the following wind of 11.2 metres which helped him on his way to the title of "the world's fastest human". At the same time he also held the world record for the 300 yards indoors, 29.47, and has also run a very useful 20.37 for the 200 metres. Snoddy must count himself very unlucky not to have run in an American vest and to have missed out on the 1980 Olympic team (even although the USA boycotted). Such is the standard of sprinting in the States.



Fiona MacAulay

A year later, I was back in Edinburgh finishing a degree and Snoddy was in the Navy, based at San Diego. It is hard to say who was more surprised when we bumped into each other six years later at the New Year meeting of 1985 at Meadowbank Stadium, where he unsuccessfully tried to achieve the unique double of winning both handicaps.

New to the professional scene, he admits he underestimated the abilities of Andy Sobik, who won the 90 metres that year with Snoddy taking a bad fall on the line. He managed to recover in time for the final of the 110 metres less than ten minutes later but this too eluded him, being won by Willie Fraser of Bonnyrigg. Nevertheless, to make both finals was a feat in itself.

William Snoddy did not appear for the 1986 meeting, but did return to Scotland in the late summer of last year to compete on the professional circuit and start his build-up for the 1987 New Year Handicap—amidst rumours that he was unable to compete through injury, that he had returned to the States, and that he had split with his coach.

Snoddy sailed through his 110 metre heat on New Year's Day, but only narrowly made it through his semi-final on the second day. He was evidently well warmed up for the final which he won in



William Snoddy proudly holds the 1987 New Year Sprint Cup.

superb form, despite being back marker.

Aberdonian Rob Hunter coaches William Snoddy and 1984 Handicap winner Kipperr Bell along with the rest of his squad, and I caught up with them on the evening of Snoddy's victory, all seated round a table in their bed and breakfast house and really chuffed at the day's result. Kipperr Bell was drinking Tia Maria in a glass of milk, and still wearing the Aberdeen Football Club tammy he had been sporting all day. Rob 'I'll just nip out for another bottle of Drambuie' Hunter used to run himself and went to the States years ago to take up an engineering post. There he got into organizing and

promoting Highland Games (which are very popular) and he also got involved in coaching, which was how he met Kipperr Bell and William Snoddy in San Diego in 1983.

Over the ear splitting music in the Edinburgh pub we all moved on to—the squad still in their tracksuits—Hunter told me that the Americans would not be back next New Year. He pays out of his own pocket to bring them over and support them as they prepare, but unless the meeting organisers or promoters will pay travelling expenses, Snoddy will not be defending his title, and Bell's talents will not be seen again at Meadowbank.

It will certainly be a great loss if these colourful characters are not to be part of

‘Snoddy was in superb form for the final’



Snoddy is first over the line in the final at Meadowbank this year.

the Scottish professional scene in the future, especially as they are without doubt great favourites with the Meadowbank crowd. We had to convince Snoddy however, that there had been a great response from the spectators when he was introduced just before the final. He wondered why it was that even although there are hundreds of people cheering you, you always only hear the one person who boos.

While Rob Hunter admitted that they did pick up a lot of money on the betting this year, this does not happen all the time. The prize money at New Year would have to be a lot more to make the journey from the States worthwhile, and there would also have to be a photo-finish in use with so much at stake.

Hunter is not only responsible for bringing the Americans to Scotland, but also for the mobile indoor track. The lack of response to the indoor circuit has been disappointing from both professional and amateur quarters, especially as Scotland has been crying out for such a facility. Hunter blames poor publicity, and athletes putting it about that the track is dangerous to run on. The indoor season which runs in the States from January to March is as important as the outdoor season, and I ran and trained on tracks like

HOW THEY FARED

The 20 heats of the Carlsberg 110 Metres Handicap were held in freezing cold and driving rain. Defending title holder Brian Mulgrew went safely through, along with expected names such as William Snoddy, Owen Quin (recently turned professional), Stewart Putland, Davey Clark, Gerry Santangelli, and Spence Fernie. Last year's runner-up Brian McLean did not compete, apparently as a protest against his mark.

On the second day the weather cleared and Clark stormed through his semi-final with the fastest time of the five cross-ties, 11.2 seconds, off 4 metres. Mulgrew and Quin, both off 4 metres, could not get near Brian Headley in the second semi, while Fernie was passed by Snoddy on the line. Putland (6. metres), and Keith Douglas (7. metres) also went through.

The bookies had Edinburgh's Clark, coached by George McNeill, as favourite for the final, the last event of the two days. Douglas was pulled a metre for false starting. In a thrilling race,

back marker Snoddy got past Clark to take the trophy and £1400, in 11.14 seconds, off 2 metres—excellent running considering the prevailing weather conditions and the head wind. Bonnhil's Putland came through for third place.

The new 200 metres event which replaced the 90 metres Handicap proved to be very testing with heats, semis, and finals being held within three hours. In the final, previous 110 metre Handicap winner, Willie Fraser of Bonnyrigg, battled it out with training partner Spence Fernie and picked up £1000 for first place in a very good 21.14 seconds.

Although there were 45 entries on the programme, the 400 metres was run as a straight final on the first day. Brian Hutchison of Hawick won off 15 metres in 47.75 while Owen Quin, having come safely through his heat of the 110 metres, took second place as back

marker, with Euan Gillies of Edinburgh picking up third prize.

Also contested on the first day were the heats and finals of the veterans (over-45) 80 metres which saw backmarker John Steele of Jedburgh taking the first prize of £100.

Although Brian Mulgrew failed to successfully defend his sprint title, young Mark Mulgrew gave the family something to celebrate in winning the youths 100 metres championship (everyone off scratch) in what proved to be one of the best races of the two days. Mulgrew, looking remarkably like his older brother on the track, was only included as reserve at the last minute, but came through to win convincingly in 10.80 seconds, an exceptionally good performance. Brian Mulgrew, who is still only twenty, was lucky to be running at all after a severe ankle injury sustained only weeks before New

Year while running for a bus. No doubt Brian will return to form again, and a cigarette or two less between training sessions should find him another yard.

In the senior 800 metres final, the back markers did not manage to get up and McDonald of Livingstone took first prize in a time of 1.51.00 in atrocious conditions. The same afternoon, Mark Allan of Pumpherston won the 3,200 metres in 9.17.00.

Brian Wilde had the fastest of the 1,600 metres heats on the second day and went on to take the £175 first prize in 4.11.00—which was slower than his heat. It was the second time Wilde lifted this title, the first being 13 years ago!

As usual, the 1,000 metres proved to be a fiercely competitive race. With the runners still bunched at 100 metres to go, last year's 800 metres winner, Brian Falconer of Hawick, came through to win with George McNeill of Tranent second, and Alva's Kenny Cook in third. The time was 2.30.74 seconds.

yesterdays...



Jim Wilkie

The "Dorando" marathon was to have a dramatic sequel in the 1950s and this time, for a change, a Scotsman had a leading role. Joe McGhee of Shettleston Harriers came originally from Falkirk. He won three successive Scottish marathon titles from 1954-56 but his efforts were largely overshadowed at the time by those of an Englishman, Jim Peters.

Peters had performed poorly in the 1952 Olympic Marathon at Helsinki, but was to make amends in the summer of 1953 when he clocked the first sub-2hr 20mins time in the Polytechnic Harriers, Windsor to Chiswick Marathon (2:18:40), came close to Gordon Pirie's world record for six miles (29:07.4), won the British marathon title at Cardiff, and broke the

course record for the Entschede Marathon. His friend and compatriot Stan Cox was also to the fore in marathon races.

When Peters then returned to Finland and gave her best runners a pasting, his fame spread to America and he was invited to compete in the Boston Marathon of 1954. The Finnish champion, Karvonen, however, also received an invitation and promptly got his revenge in a punishing race which caused Peters to collapse at the end.

Once recovered, the Englishman began the summer of 1954 as he had that of '53. In June he was again victorious in the 'Poly', and on August 7

he found himself on the other side of the world, in Vancouver, for the British Empire Games (forerunners of the Commonwealth Games)

Cox and McGhee were also lined up for this race and, at three miles, the three men comprised the leading group. At nine miles Peters made a move, and the fact that he appeared once again to be shaping up for a 2:20 time —despite the glaring heat —was astonishing to the race observers. Cox and McGhee could not keep up, but the Scot was able to capture second place and fight off the challenge of two South Africans, Meckler and Barnard.

As Peters approached the

stadium, he was two and half miles ahead of McGhee. When negotiating the final hill, however, for reasons probably associated with developing heatstroke, he began to wobble and, upon reaching the track he fell —less than 400 yards from the tape.

Memories of Dorando (now there's a title for the Eurovision Song Contest)* came flooding back, and for that reason, no-one dared assist him. Finally, in the interests of Peters' life, the English masseur, Mick Mayes, intervened and, helped by shot-putter John Savidge, he got the runner to a stretcher and then to the dressing room. Savidge and some of his team-mates had previously been thumping the ground in encouragement, and there was also the suggestion that Mayes had mistaken the finishing line.

The next runner, McGhee, did not appear for almost twenty minutes but, in holding himself together and effectively running a sensible race in very difficult conditions, he richly deserved his gold medal (2:39:36).

In the dressing room, Peters became conscious for a few moments.

"Did I win?" he asked a nurse, anxiously.

"You did very well" she replied.

"The young Irving Berlin apparently did write a song called "Dorando". Unfortunately, "Jim Peters" just doesn't have quite the same "je ne sais quoi".

Seconds from disaster... Jim Peters on the brink of collapse 200 metres from the end of the Commonwealth marathon.



George Clark, a legendary sportsman

By GRAEME SMITH

It looked as if the legendary George Clark had been beaten at last. Twice, in front of King George VI, he had failed to toss the pride of Braemar, its 19ft 3in 120lb caber.

Only once, 70 years earlier, had anyone succeeded in tossing the brute, which most had difficulty even lifting. It looked as if it would defy the Highland Games' top all round performer.

"What's wrong George, is it too heavy?" asked a watching press man. "Na, na laddie, but I have to give them a show," he replied, before earning himself a place in the Guinness Book of Records with a magnificent toss.

George, who reigned supreme on the Scottish Games circuit for more than 30 years, died on Hogmanay in his home at Torphins, Aberdeenshire. He is survived by his wife, Margaret, and two daughters.

He was drawn into the Games arena as a farm lad at Grange in Banffshire. At lunchtime, he and the other farm hands would throw the hammer, and in the evenings —with little else in the way of entertainment — he would again go out to the fields and practise with the hammer or stone.

"It was just brute strength we used," he once said in a tribute to another heavyweight legend, Bill Anderson, who Clark described as, "a phenomenon who brought science to hammer throwing with his controlled swing."

When he began competing in 1924 he was 6ft 1in,

weighed 17 stone, and had an expanded chest measurement of almost 50 inches. Not only did his fine physique help him out-throw every other competitor on the Games circuit, but it took him to two world heavyweight championship wrestling bouts.

Clark was a character who was never too far from controversy and was idolised by many, liked by most, disliked by a few, but respected by all.

Bill Anderson paid tribute by saying: "There is no question that he was the best athlete of his time, and he ruled the Games circuit from the 1920s for about 30 years.

"He was a great athlete. As a young lad I even used to cut the stories about him out of the

“He was the best athlete of his time”

paper because he was winning everything."

David Webster, a leading authority on Highland Games and a former competitor who now commentates all over the world, said: "He inspired people like myself, Bill Anderson and Charlie Allan. He was something special. Even the up and coming competitors today all know of the great George Clark. He was a rascal and a rogue, but in the nicest possible way. He knew plenty of tricks, but he was a great competitor and a gutsy competitor."

Indeed he was, even



competing at the Aboyne Games on one occasion and coming a lowly third in an event to the surprise of the spectators — who were unaware that his bulky jumper was hiding a plaster and bandaging on his arm.

It was also at Aboyne that he led a walk out of the heavyweights after the organisers reduced their prize money, and it was many years

attention to professional wrestling, having already established himself as one of the Highland Games circuit's best ever Cumberland exponents.

He fought world championship bouts in Madison Square Gardens and at the Forum in Montreal, and for a time lived and fought in North America where he became the darling of the crowds.

Clark depended on skill to win bouts, but when required he proved he could out-rough anyone who mixed it.

His humour will be missed by his many friends who all have tales to tell about him —such as the time a Games official decided that a smaller, lighter caber might be better for throwing. The "stunted tree trunk", as it was described, was viewed by Clark who told him: "You'll have to get a new caber next year. I'm needing a new spurtle and this will do fine for stirring my porridge. I think I'll tak' it home in my pouch."

The records George Clark set have long since been surpassed by a new breed of Highland Games heavyweight, but he will be forever remembered as one of Scotland's greatest strongmen.

George comes in from the cold

February 19, 1947, saw the birth in Tranent of George McNeill, a lad not particularly interested in athletics in his school days. In fact, McNeill was soccer crazy and not bad into the bargain.

At a trial match in which he scored a hat trick of goals he was "signed up" at the tender age of 15 for Hibernian. That simple gesture put George into the professional ranks of sport, and consequently barred his way to amateur athletics.

Looking back at the age of 40, George has regrets, but no recriminations. He tells how his somewhat tentative enquiries to the Scottish Amateur Athletic Association in 1971, after he had won the 1970 Centenary Powderhall Sprint, resulted not in any outright rejection, but in him being sent a copy of the rules with the appropriate section for re-instatement underlined. McNeill admits that he did

not pursue the matter, but what his response would have been if a more encouraging reply had been made to his enquiries can only be speculated. Certainly, he feels that, despite proving himself in the Centenary Sprint and again eleven years later when he won the Centenary Stawell Gift in Australia, and despite beating Olympic champion Tommy Smith in three sprint events at Wakefield in 1968, he would have liked to have had what he describes as "the ultimate test" of running in the Olympic Games.

George McNeill is, however, looking forward to competing as a veteran because of a rule change that came onto the

SAAA statutes only last year. This enables ALL veteran athletes, whatever their status to compete together in closed veteran-only meetings.

(The credit for introducing the motion at the SAAA AGM lies mainly with New Zealand-born Ian Steedman. Now 57, Ian has been the SVHC's representative on the British Veteran Athletic Federation and has consistently argued to try and bring British athletics into line with Australia and America, where "Masters", as they are called there, can openly compete together whatever their status.

Ian himself is world indoor record holder for 60 metres hurdles and keen pentathlete,

although both he and his wife Betty — who is a stalwart of women's athletics in Scotland — are busy pounding the roads at the moment preparing themselves for their first, and they say only, London Marathon in May.)

McNeill constantly found himself in handicapped races being put off marks that give him very little chance of winning, and winning, as Fiona Macaulay pointed out in her January article on professional runners, is everything. George is therefore very keen to see how he can perform against his own peers in a straightforward challenge. Currently he reckons to be working at about 90% rate of

An old Sunday School hymn I once used to sing had the words "Pass it on" in the chorus, and when most of us think back to how we came into athletics we inevitably recall someone who took the time and energy to "pass it on" to us.

For me, it was an ex-Powderhall pro whom I only ever knew as 'Jock'. His stories of pre-war athletics in Scotland in his broad Scots tongue kept us North London youngsters enthralled at the now "famous" Willemsen Stadium.

Those days of the cinder track and the hand-made spikes may be long gone, but how many vets these days coach and encourage youngsters — not to mention the new breed runners who may have only discovered athletics over the last five years? My own limited research has come up with quite a few, particularly due to some of the excellent coaching courses now put on in Scotland as part of the British Amateur Athletic Board Coaching Scheme.

Many vets are doing different things in different ways. Martin Hyman, the

former British six mile record holder, can be found every Tuesday evening at the Meadows in Edinburgh with what must be one of the largest training squads to regularly gather for a session of interval training over 1200 and 1000 metres. Martin would say he doesn't "do much", but his timing is impeccable and his quiet encouragement at all levels is an example of coaching in a non-imposing way.

PASSING IT ON ...

Donald Macgregor is another of what I would call the quiet kind; his writing and broadcasting can often seem very laid back but none can doubt the wisdom of his experience.

Other active vets like Brian Scobie, who coaches Veronique Marot, and Bill Gentleman, who coaches Yvonne Murray, are still at or near the top of the tree in their own events. Brian, now based in Leeds, took the vets cross country title in 1986, and Bill still throws a good hammer and triple jumps well over 10 metres at 45.

Other vets who take groups of youngsters, but still find time for the occasional race on road or country, include Gordon Steele and Joe Benger of Edinburgh Athletic Club.

The same could be said for people like Bill Scally from Shettleston, who not only supports his youngsters but still puts in a very heavy training schedule himself to the point of being selected by his club to compete in the 1986 Edinburgh to Glasgow relay.

Shettleston are an excellent example of a club with a number of "active" veterans who are involved in coaching at different levels. As well as Scally, Alec Jackson always has time for his youngsters. Hugh Mitchell, at the other end of the scale, has a squad of veterans and seniors which has produced some excellent results over the last few years, particularly Brian Carty who won the Edinburgh Marathon in 1986, and Peter Cowan who, by sheer hard work, produced a string of personal bests last

year from 1500 metres to marathon.

George Black and Jimmy Moore are another two men who unstintingly give their time to their local clubs at East Kilbride, but still try and find time to keep active.

Over in Fife at Pitreavie, is one of the most exuberant coaches in the business, ex-professional Jimmy Bryce who was formerly coach to Lindsey McDonald. Bryce coaches what he knows and does best — sprinting.

Although I am convinced there are many other vets who are involved in coaching, one of the many new recruits to the assistant club coaching courses last year was Scottish champion and 1970 Commonwealth Games gold medalist Lachie Stewart.

If men like Lachie can find the time to take such a course to help him "pass it on", that may just be the inspiration needed for some of the other active, and not so active, vets who have benefitted so much from the wonderful sport of athletics to put a little bit back — either as a coach, official or some other way that helps to "pass it on".



On the VETERAN scene...

the targets he gives his own coaching squad, and age has certainly not affected his enthusiasm or appetite for athletics.

George McNeill is among the rare breed of coaches — Peter Coe and Lachie Stewart are others — who have taken up the challenge of coaching their own sons.

George McNeill junior is a strapping 17 year old who

Elliott Bunney, George says quite firmly that his son is a "good second year youth", and is not prepared to get him involved in senior athletics until he is ready.

"When he is a man, I'll give him man's work, but not till then," he says. He encourages George junior to work out in the gym building up his strength.

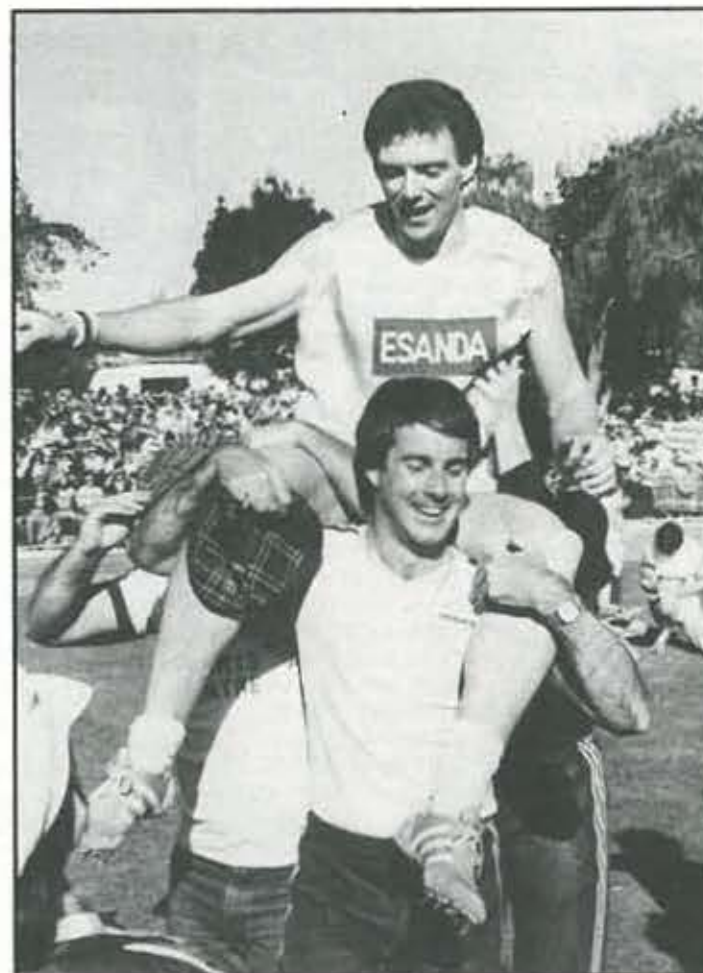
McNeill has a "school" of both professional and amateur athletes, and is very philosophical in his approach. He thinks back to his own younger days when he admits that he was impetuous and had a tendency to do too much. A good coach claims George, is not someone who can tell you what to do, but what NOT to do and when NOT to do it.

On the issue of drugs, George is adamant that not only is he against them, but that with the right diet any drug induced benefit can be gained legally. Now at 40, he has mostly happy memories of the professional arena and feels that in many ways the pro's have been the honest ones, while many so-called amateurs have cashed in on the sport. He would like to have met Allan Wells on even terms, but it is never possible to compare different generations of athletes completely objectively. McNeill points

60 yds.	6.0 secs.
80 yds.	7.9 secs.
90 mts.	9.2 secs.
100 yds.	9.6 secs.
100 mts.	10.1 secs.
110 mts.	11.00 secs.
120 yds.	11.14 secs.
200 mts.	21.3 secs.

when viewed from the canteen of Meadowbank Stadium down the 100 metres straight, has all the style and physique of his father. He has clocked 11.00 dead for the 100 metres and 22.4 for the 200 metres, is current Scottish Schoolboy champion over the distances and was awarded the Bank of Scotland trophy for the most outstanding youth of 1986 by the SAAA.

However, George Snr refuses to compare his son with other young proteges such as Jamie Henderson and



George McNeill celebrates his 1981 victory in the Stawell Gift in Melbourne.

out that the common link between himself and Allan Wells is Wilson Young, who has been coach to both men.

The main highlight of George's career was his win in 1981 in the Stawell Gift and the video recording shows not only George the athlete but George the singer in his rendering of "Flower of Scotland" to a 20,000 crowd.

There's no doubt that if George — as he hopes to — returns to Melbourne in November 1987 to take part in the World Veteran Championships, he would not only give the championships a much needed boost, but would draw spectators in numbers

never seen before at such championships.

Indeed, if George chooses to enter the SVHC open track and field championships this summer, his presence alone could swell not only the public to watch, but there would be a bumper entry for the sprints as everyone would love to be drawn in the same heat just to tell their grandchildren they raced against George McNeill OFF SCRATCH!

How long will he go on? "It all depends on how I'm enjoying myself," he replies. That should be the hallmark of all athletics, not just veterans.



George McNeill and son George Junior.

NAT'S FIVE-YEAR PLAN

This will probably come out the wrong way," said Nat Muir, weighing his words carefully. "It will probably sound a bit arrogant. But I don't see any way I can be beaten."

With most sportsmen such a statement would, indeed, sound like arrogance. But Shettleston Harrier Muir is talking about the Scottish Cross-Country Championships, and you are forced to listen and believe.

In 1975 Muir won the national youth championship. Only once since then, in 1982, has he failed to win a Scottish title. That was when Allister Hutton beat him for the senior crown. In that year Muir was struck by a car during a race in Madrid, wrecking his preparations.

Muir, 28, already holds the record for the greatest number of titles, 11, at youth, junior and senior level. At this year's championship, to be staged at Callander Park, Falkirk, on February 21, Muir will be chasing his eighth senior victory. His three consecutive junior titles are already more than has been achieved by any other athlete. So too are his seven senior ones.

Nevertheless there is one record which has eluded the Salsburgh man. From 1928 to 1932 John Suttie-Smith notched up five wins in a row.

A Muir victory in 1987 would equal that catalogue as well as booking his place in the team for the world championships in Warsaw in March.

Barring an unforeseeable change of heart by the International Amateur Athletic Federation, it will be the last time that Scotland competes in the event. It will be the final fling also for the other three Home Countries, as only a UK team will be permitted in New Zealand next year and thereafter.

That inevitably will mean very few Scots — and on current form probably only Muir — gaining world championship selection for the men.

But future misfortune is current gain. The lure of a last dark blue vest has guaranteed the strongest national field for many years.

Hutton, the man who stemmed the Muir monopoly, has not run the national subsequently, having concentrated his energies on marathons. "But I'm doing the race this year," says Hutton, who has twice been first Scot to finish the world event.

Other Scots, fired by a possible final world championships chance, are training harder than ever before in the hope of running well enough at Falkirk to make the world championship nine.

John Robson, best-placed world



Doug Gillon

championship finisher in recent years (fifth in Paris in 1980) will also be a force to reckon with.

While Muir, Hutton and Robson could have been expected to fight it out alone up front until recently, there are new, younger, competitors who enter the equation this year.

Men like Tommy Murray, Adrian Callan, and Neil Tennant runner up to Muir last year. There is Chris Robison of Spango Valley, Derbyshire born, and a member of England's team in the world championships two years ago, but who, since being posted by the Royal Navy to HMS Gannet at Prestwick, has opted to compete for Scotland.

There are the road fraternity, like Graham Crawford and Peter Fleming, who in firm going will be well up.

And there are the established internationals, men like Fraser Clyne, Charlie Haskett, Ed Stewart, Alex Gilmour, Terry Mitchell and Lawrie Spence. And Callum Henderson, who will not be available for the world event because of



John Robson at Cardiff.

religious beliefs, will also be a threat at Falkirk.

Tennant, Callan, Robson, Henderson and Murray all placed ahead of Muir at Gateshead in November, but Muir has made considerable progress since.

"The start of my season was delayed by injury, and when I did get into it, I tried to come back too soon," says Muir.

A virus then interrupted his training before Cardiff, where he finished 11th in a race won, like Gateshead, by Tim Hutchings.

A domestic victory in the Springburn Cup showed there was nothing on the home front to trouble him. But there were mutterings about the narrow margin of his win, just three seconds clear of Alastair Douglas.

"If people see a race that close, they think I'm not running well," said Muir. "But I was trying to run even-paced laps. There's little point in my sitting around to win a sprint finish which I know I can win anyway."

"People expect me to win by quarter of a mile. At Springburn I was away from the word go, and Alastair was never going to catch me."

Muir followed that up with twelfth in an international 10,000 metres cross-country event in Seville. Despite not having the best of preparations — training up and down the stairs at his home in snowbound Salsburgh — Muir placed twelfth in a race which included the first six finishers in last year's world championships. And the reigning champion himself, John Nguigi of Kenya was twentieth.

"The Kenyans had their whole team on a one-month tour before the world event," said Muir. "There's a moral there for Scotland — or there would be if it wasn't too late."

With further races in San Sebastian and Paris before the national, he is confident that, barring injury, another successful chapter, and another record, are about to be written into the annals of Scottish cross-country running.

That pattern extends to the team championship, won for the past five years by Edinburgh Southern Harriers. The current record string of successive victories stands to Maryhill, with six wins from 1927-32, when Dunky Wright was their star man. During that reign however, Wright, a Commonwealth Games marathon gold medallist, could win only one title because of the presence of Dundee Thistle's Suttie-Smith.

On February 21, Falkirk plays host to the Scottish Cross-Country Championships... and Nat Muir aims to break a 55-year-old record.

A Southern team-win, with Hutton, Tennant, Henderson and the brothers Robson, John and Allan, will be as much a formality as a Muir individual one.

Predictions however over the women's championship, due to be staged the following day, February 22 at Lochgelly, are far harder to make with conviction.

Liz Lynch, who must be a candidate in any book for the world title, will be absent, enjoying warm weather training in Alabama after a scheduled 10,000 metres race against world track record-holder Ingrid Kristiansen in Bali.

Absent too will be the only Scot capable of giving the Dundee woman a run for her money, namely Yvonne Murray, who will be attempting to add a European gold to the bronze and silver she has won in the past two years at 3000 metres indoors.

If these defections will blunt the edge of its quality, it will conversely make the event much more sharply competitive and a more exciting spectacle.

Chris Haskett-Price, featured on Page 32, will be attempting to win her seventh national crown, but she faces stern opposition from Karen Macleod.

Macleod, from Skye but now resident near Bath, won the national closed 4000 metres titles in 1985 and '86.

The auburn-haired Macleod began the year with spectacular success, scoring a runaway win at the Women's AAA indoor 3000 metres at Cosford in 9.30.98.

It was the 28-year-old Scot's very first attempt at indoor athletics. "I'd never even seen Cosford before," she said.

Her coach John Davies, a p.e. teacher and former stand-off with Bath rugby club, marked out a 200-metres circuit with flags on the university playing fields and then got access to a 200 metres outdoor track built after the riots in Bristol's St. Pauls area.

"So at least I knew what to expect from a tight wee track," said Karen.

Jean Lorden, an unheralded winner last year, is recovered from a viral infection and should be able to defend her title, while Violet Blair is also back in the running after injury, but a major threat has almost certainly been removed by injury to Marcella Robertson.

The international orienteer was first Scot to finish, ahead of Yvonne Murray, in last year's world event in Switzerland, but has been plagued by problems since.

Penny Rother, reserve for last year's Neuchatel event, has been a consistent



Nat Muir in action at IAC meeting in Cardiff.

performer over the winter. If Dr. Rother can gain selection it would complete a family double. Her brother, Doug Gunstone, competed in the 1974 world event in Monza.

One old face will grace the scene at Lochgelly, courtesy of US immigration laws.

Kerry Robinson of Pitreavie returned to Scotland shortly after the New Year, unable to get a work permit after 6½ years in America.

Her last race was a half marathon in South Carolina (79 mins) in early December. "I'm fit, but not racing fit," she said at her parents' home in Dunfermline. "I plan to pile in the speed work before the Scottish, but my first priority must be to get a job."

Although she won Scottish 1500 and 800

metres titles as a junior girl and intermediate, and twice finished runner-up in the national cross-country championships (to Judith Sheppherd and Yvonne Murray), most of Kerry's best running has been furth of Scotland.

She was second in the English championship to Wendy Smith, who will be more easily identifiable by her married name of Sly — the Olympic 3000 metres silver medallist.

"I haven't run any cross-country for about two-years," said Kerry, who spent two years at Dunfermline College before going to the States.

Her best track time for 5000 metres is 16:20, and if she can recapture something of that form and pace, she will be a contender at Falkirk.

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Results

December

6 Lo-Salt Festival of Road Running, East Kilbride -

Senior 6 Mile: 1. J. Robson (Edinburgh Southern H) 28:39 (Equals Course Record) 2. C. Robison (Spango Valley AC) 28:55 3. P. Fleming (Bellahouston H) 28:56 4. A. Douglas (Victoria Park AAC) 29:19 5. B. Scully (Shettleston H) 29:26 6. S. Marshall (Motherwell YMCAH) 29:30
V1 A Weatherhead (Edinburgh AC) (7th) 29:32 V2 W. Scully (Shettleston H) (30th) 31:34 V3 T. Dolan (East Kilbride AAC) (59th) 32:47 V50+ D. Fraser (Bellahouston H)
1. A. Swann (Shettleston H) (29th) 31:31 2. S. Allan (L & L) (41st) 31:55 3. C. Bryden (East Kilbride AAC) (42nd) 31:58 4. V. Blair (Edinburgh Southern H) (132nd) 35:14 (Ladies Course Record) 5. S. McCann (East Kilbride AAC) (309th) 39:01 6. E. Reid (East Kilbride AAC) (218th) 39:28

Teams: 1. Bellahouston 53pts 2. Cambuslang 81pts 3. East Kilbride AAC 85pts
Youths: 1. I. Tierney (East Kilbride AAC) 18:30 2. G. Stewart (Clydebank AC) 18:49 3. A. McBeth (East Kilbride AAC) 18:54
Teams: 1. East Kilbride AAC 8pts 2. Clydebank AAC 14pts 3. Kirkintilloch Olympians AC 31pts

Senior Boys: 1. T. Graham (Kilbarhan AAC) 13:09 2. G. Reid (Kilmarnock H) 13:16 3. S. Barnett (Victoria Park AAC) 13:17 Teams: 1. Clydebank AC 21pts 2. Victoria Park AAC 27pts 3. Cambuslang H 34pts
Junior Boys: 1. E. McCafferty (Cambuslang Harriers) 12:01 2. C. McShannon (Clydebank AC) 12:02 3. M. McEwan (Motherwell YMCAH) 12:19 Teams: 1. Clydebank AC 18pts 2. Ayr Seaforth AC 24pts 3. Cambuslang H 26pts

Colts: 1. C. McHolm (Stonehouse AC) 7:28 2. M. O'Donnell (Shettleston H) 7:35 3. M. Gorman (Springburn H) 7:42 Teams: 1. Victoria Park AAC 18pts 2. Stonehouse AC 24pts 3. Shettleston H 29pts

Dumbarton AAC 6 Miles Cross Country Championship, Dumbarton -
1. Alistair Currie 30:40 2. A. Adams (V1) 31:47 3. Alan Currie 33:34 HCap Placings: 1. A. Currie 2. H. Martin 3. P. Walsh

Greenock Glenpark Harriers Crescent Cup 5 Mile Cross Country Race, Greenock -
1. H. Cox 26:14 (Course Record) 2. W. Hammill 28:10 3. A. Curran 28:35 V1 R. Hodelet (6th) 29:06 Handicap Placings: 1. R. Mitchell 2. R. Curran 3. R. Boyd
Ladies Race: 1. S. Curran 33:55 2. J. Gallacher 35:52 3. J. Smith 40:26

South Highland Schools Cross Country Championships, Blairbeg Park, Drumadrochit -
Boys U/15: 1. I. Murray (Millburn Acad) 13:08 2. D. Handa (Millburn Acad) 13:48 3. G. Cameron (Glenquhart Sec) 14:35
Teams: 1. Millburn Academy 31pts 2. Glenquhart Sec 22pts 3. Fort Augustus School 44pts
Boys O/15: 1. D. Bell (Millburn Acad) 16:05 2. P. Miller (Millburn Acad) 16:09 3. K. MacKay (Millburn Acad) 17:24 Teams: 1. Millburn Acad 11pts 2. Glenquhart 33pts

Girls Open: 1. C. Bell (Millburn Acad) 16:14 2. A. Douglas (Glenquhart Sec) 17:09 3. F. Colquhoun (Millburn Acad) 17:26 Teams: 1. Millburn Academy 16pts 2. Glenquhart Secondary 24pts 3. Fort Augustus School 58pts
Overall: Mallaig Cup for Schools Under 300 Pupils roll 1. Glenquhart Secondary 2. Fort Augustus School

Teviotdale Harriers Burns Club Races, Wilton Lodge Park, Hawick -
Senior 2 Mile Handicap: 1. C. Nichol 12:41 2. A. Clyne 12:42 3. D. Clyne 12:59
Fastest Scratch: 1. A. Walker

Scottish Tug Of War Indoor Championships, Greenock -
620kg Aggregate Weight Championship: 1. Black Isle 2. Tinto (Biggat)
660kg Aggregate Weight Championship: 1. Ben Ledi (Callendar) 2. Black Isle
Sri Chinmoy Peace Mile, Glasgow Green, Glasgow -
1. S. Cullen (Garscube H) 4:57 2. M. DZola

Young Athletes: 1. M. Bryson 10:17 2. D. Seath 11:42 3. S. Scott 11:43

Fife Southern Harriers Lita Allan Memorial Open Cross Country Races, Beveridge Park, Kirkcaldy -
Senior: 1. T. Mitchell (Fife AC) 26:02 2. A. Russell (Law & District AC) 26:05 3. T. Ritchie (Pitresvie AAC) 26:58 4. J. McGarva (Falkirk Victoria H) 27:08

7 S.W.C.C.U. East v West v Northern Ireland Cross Country Representative Match, Beach Park, Irvine -
Seniors: 1. Y. Murray (East) 20:57 2. K. McLeod (Guest) 21:42 3. C. Price (East) 4. S. Sinclair (West) 22:02 5. S. Branney (West) 22:11 6. A. Ridley (West) 22:27
Teams: 1. West 41pts 2. East 52pts 3. N. Ireland 141pts

Intermediates: 1. V. Clinton (West) 14:19 2. C. Sheehan (East) 14:23 3. D. Hargan (N. Ireland) 14:35 4. P. Quinn (N. Ireland) 14:46 5. C. Lunny (West) 15:11 6. D. Kelly (West) 15:15 Teams: 1. N. Ireland 43pts 2. West 62pts 3. East 106pts
Juniors: 1. H. Haining (West) 11:36 2. M. McLane (West) 12:33 3. J. Anderson (East) 12:34 4. L. Svansson (East) 12:38 5. K. Mitchell (East) 12:42 6. L. Thourimire (East) 12:45 Teams: 1. East 34pts 2. West 49pts 3. N. Ireland 104pts

Girls: 1. D. Simpson (East) 12:33 3. G. Slaven (West) 12:43 3. J. Roxburgh (West) 13:01 4. R. Davidson (East) 13:06 5. L. Farmer (West) 13:09 6. D. McNally (West) 13:11 Teams: 1. West 33pts 2. East 55pts 3. N. Ireland 110pts
Minor Girls: 1. L. Duffy (East) 8:42 2. H. Brook (West) 8:44 3. G. Fowler (West) 8:45 4. C. Freil (West) 8:59 5. J. McDowell (West) 9:05 6. J. Scott (East) 9:06 Teams: 1. West 31pts 2. East 54pts

Running North 4 Miles Road Race, Peterhead -
1. R. Cresswell (Aberdeen AAC) 20:43

Galloway Harriers Open Cross Country Meeting, Newton Stewart -
Senior: 1. R. Carey (Annan & District AC) 23:21 2. S. Dickson (J1) (Galloway H) 24:14 3. K. Penrice (Galloway H) 24:20 4. R. O'Hara (Annan & District AC) 24:46 5. D. Allan (Dumfries AC) 24:59 6. J. Whitaker (Stewart AC) 25:12
J2 E. Dickson (Galloway H) 27:29 J3 C. Thomson (Dumfries AC) 29:25
V1 S. Taylor (Galloway H) 28:14 V2 W. Crawford (Dumfries AC) 28:36 V3 A. Andrews (Nith Valley AC) 29:42

Youths: 1. S. McClymont (Nith Valley AC) 15:25 2. A. Anderson (Nith Valley AC) 16:21 3. T. Whiffen (Nith Valley AC) 17:25
Senior Boys: 1. D. McDowell (Dumfries AC) 12:10 2. D. O'Donoghue (Dumfries AC) 12:31 3. K. Whannell (Dumfries AC) 13:13
Junior Boys: 1. D. Howet (Dumfries AC) 8:50 2. D. Whiffen (Nith Valley AC) 9:10 3. D. Menhove (Dumfries AC) 9:19

Colts: 1. C. McKay (Annan & District AC) 5:16 2. J. McNamara (Stewart AC) 5:30 3. A. Menhove (Dumfries AC) 5:31
Senior Ladies: 1. J. Rommel (Dumfries AC) (L1) 18:10 2. J. Ha' (Stewart AC) 18:54 3. M. McPhail (Galloway H) 20:00
Intermediates: 1. H. Edgar (Stewart AC) 14:49 2. J. Trotter (Annan & District AC) 15:41 3. P. Robinson (Nith Valley AC) 16:14
Girls: 1. R. McQuinton (Stewart AC) 9:03 2. L. Watson (Stewart AC) 9:12 3. C. Henderson (Nith Valley AC) 9:14
Minor Girls: 1. A. McKie (Dumfries AC) 6:24 2. K. Halliday (Nith Valley AC) 6:28 3. F. White (Stewart AC) 6:50

Scottish Tug Of War Indoor Championships, Greenock -
620kg Aggregate Weight Championship: 1. Black Isle 2. Tinto (Biggat)
660kg Aggregate Weight Championship: 1. Ben Ledi (Callendar) 2. Black Isle
Sri Chinmoy Peace Mile, Glasgow Green, Glasgow -
1. S. Cullen (Garscube H) 4:57 2. M. DZola

(Unattached) 5:01 3. N. Hind (Sri Chinmoy) 5:02 V1 J. Gormley (Scottish Marathon Club) 5:26 L1 E. Stott (Sri Chinmoy AC) 7:39

13 Quadrangular International Cross Country Match - SCCU v Ireland v Combined Scot Unis v Civil Service Select v Scottish Banks, 5 Miles, Stirling University -
1. C. Robinson (SCCU) 26:22 2. T. Mitchell (SCCU) 26:23 3. I. Steel (SCCU) 26:45 4. E. Stewart (SCCU) 26:52 5. A. Wilson (Scottish Uni) 26:53 6. T. Breen (Northern Ireland) 26:58
Teams: 1. SCCU 27pts 2. Northern Ireland 72pts 3. Combined Scot Unis 141pts 4. Civil Service Select 168pts 5. Scottish Banks 182pts
Women's 2.5 Miles: 1. C. Price (SWCCU) 15:10 2. P. Rother (SWCCU) 15:23 3. S. Branney (SWCCU) 15:46 4. E. Chelwell (Scott Univ) 16:00 5. R. McAleese (SWCCU) 16:23 6. J. Salvona (SWCCU) 18:24
Teams: 1. SWCCU 11pts 2. Combined Scottish Universities 36pts

Scottish Inter District Young Athletes Contest -
Youths: 1. M. Currie (East) 19:01 2. I. Tierney (West) 19:04 3. S. Rankine (East) 19:09 4. I. White (East) 19:12 5. C. Hendry (West) 19:23 6. F. McGowan (West) 19:26
Teams: 1. East 36pts 2. West 43pts 3. North 134pts
Senior Boys: 1. G. Reid (West) 13:56 2. S. Barnett (West) 14:23 3. N. White (West) 14:34 4. R. Sutherland (East) 14:35 5. D. McPherson (West) 14:36 6. J. Watt (West) 14:37 Teams: 1. West 27pts 2. East 70pts 3. North 94pts
Junior Boys: 1. A. Tulloch (East) 10:03 2. R. Carmichael (East) 10:04 3. E. McCafferty (West) 10:04 4. M. McEwan (West) 10:04 5. M. Kelso (East) 10:07 6. A. Moonie (East) 10:09 Teams: 1. East 32pts 2. West 55pts 3. North 118pts

Clydesdale Harriers Sinclair Trophy 6 Mile Road Race, Clydebank -
1. J. Austin 28:10 2. J. Hanratty 28:47 3. D. Halpin 29:09

Forbes Harriers 6 Mile Handicap Cross Country Race, Forbes -
HCap: 1. R. Hird (Moray Road Runners) L1 E. Cameron (Forbes H)
Fastest: 1. R. Arbuckle (Keith & District AC) 31:21 2. A. Reid (Coasters AC) 33:02 3. S. Dalziel 33:03 L1 K. Butler (Aberdeen AAC) Team: Moray Rd Runners

Spango Valley AC Colin Moon 3.5 Miles Road Race, Greenock -
1. C. Spence 17:37 2. J. Brown 17:39 3. C. Doyle 18:59 L1 K. Docherty 24:27 V1 D. Campbell 19:57 HCap 1. P. Collins

14 Sri Chinmoy 10,000 Metres Road Race, Strathclyde Park -
1. A. Daly (Bellahouston H) 31:17 2. C. Thompson (Cambuslang H) 31:19 3. R.

Fitzsimmons (Bellahouston H) 31:40 4. J. Hendry (Bellahouston H) 31:47 5. H. McKay (Dumfries Hawkhill H) 32:02 6. P. Russell (Greenock Glenpark H) 32:11

O/50 Vets: V1 J. Gormley (Scottish Marathon Club) 35:57 V2 A. Martin (Victoria Park AAC) 37:36 V3 I. Riddell (Greenock Glenpark H) 40:20
L1 C.A. Bartley (Victoria Park AAC) 41:07 L2 R. Gardner (McLaren Glasgow AC) 42:03 L3 L. Brown (Kirkintilloch Olympians AC) 42:14

Scottish Veterans Cross Country Handicap Race, Auchinairn Park, Bishopbriggs -
O/40 HCap: 1. S. McCrae (Scottish Vets) 29:00 2. J. Prentice (Scottish Vets) 29:47 3. A. Waterston (Babcock & Wilcox AC) 30:07
O/50 HCap: 1. J. Irvine (Bellahouston H) 44:57 2. T. Kelly (Shettleston H) 47:18 3. S. Lawson (Maryhill H) 47:20

Fastest Overall: 1. B. Carty (Shettleston H) 24:09 2. D. Fairweather (Law & District) 24:11 3. R. Young (Clydesdale H) 24:43 4. F. Wright (Springburn H) 24:59 5. H. Barrow (Victoria Park AC) 25:18 6. I. Prentice (Scottish Vets) 25:47
L1 K. Dodson (Law & District AC) 30:01 L2 J. Gallacher (Greenock Glenpark H) 31:16 L3 A. Newbigging (Bo'ness) 34:43

Cunninghame District Council Open Cross Country Races, Auchincharrie, Stevenston -
Senior: 1. H. Cox (Greenock Glenpark H) 29:39 2. S. Lonaghan (Spango Valley AC) (J1) 30:29 3. D. Lang (Cambuslang H) 31:33 V1 J. Brennan (Irvine AC) Team: 1. Irvine AC 22pts
Youths: 1. B. Scott (Kilmarnock H) 2. C. Hendry (Greenock Glenpark H) 3. M. Porter (Kilmarnock H) Team: 1. Irvine 30pts
Senior Boys: 1. D. McDowell (Dumfries AC) 2. C. Canters (Irvine AC) 3. C. O'Phant (Girvan AC) Teams: 1. Dumfries AC 18pts

Junior Boys: 1. J. Ferguson (Ayr Seaforth AC) 2. D. Howat (Dumfries AC) 3. K. Stevenson (Ayr Seaforth AC) Team: 1. Ayr Seaforth AC 9pts
Senior Women: 1. M. Dunlop (Kilmarnock H) 2. A. Tait (Ayr Seaforth AC) 3. I. Fraser (Ayr Seaforth AC) Team: 1. Loudon Runners 18pts
Euro Junior: 1. S. Black (Ayr Seaforth AC) L.V1 K. Bell (Loudon Runners)

Junior: 1. D. Rutherford (Kilmarnock H) 2. S. Teiler (Ayr Seaforth AC) 3. R. Pollock (Loudon Runners) Team: 1. Ayr Seaforth AC 22pts
Girls: 1. G. Slaven (Ayr Seaforth AC) 2. J. Roxburgh (Irvine AC) 3. L. Kerr (Strathclyde Ladies AC) Team: 1. Strathclyde Ladies AC 17pts

Penicuik Harriers Open Cross Country Meeting, Penicuik -
Senior: 1. A. Robson (Edinburgh Southern H) 23:05 2. J. Ephinstone (Unatt) 23:12 3. M. McQuaid (Central Region

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Results

AC) 2313, 4. B. Anderson (Gala H) 2321, 5. A. Smith (Edin. Uni. H & H) 2322, 6. P. Marshall (Haddington) 2323.
Juniors: 1. D. Arnott (Pitreevie AC) (7th) 2327, J2, J. Cook (L & L Club) (12th) 2413, V1, J. Knox (Gala H) (10th) 2349, V2, A. Letham (L & L Club) (22nd) 2456, V3, A. Foster (Dunbar) (36th) 2600. **Teams:** 1. Gala H 25pts, 2. Haddington 29pts, 3. Edinburgh Southern H 46pts

Youths: 1. J. Morrison (Cumbernauld AAC) 1453, 2. D. Spiers (Kirkcaldolph Olymp) 1505, 3. J. Gibson (Kirkcaldolph Olymp) 1508. **Teams:** 1. Kirkcaldolph Olympians AC 9pts, 2. Lasswade AC 29pts.

Senior Boys: 1. A. Lyttle (Cumbernauld AAC) 911, 2. R. Lewis (Edinburgh Southern H) 912, 3. R. Soutar (Perth Strathay H) 919. **Teams:** 1. Cumbernauld AAC 20pts, 3. Kirkcaldolph Olympians AC 44pts

Junior Boys: 1. M. Kelso (Pitreevie AAC) 801, 2. A. McConnell (Geo. Heriots School) 820, 3. D. Smith (Edinburgh Southern H) 821. **Teams:** 1. Edinburgh Southern H 19pts, 2. Queen Victoria School 29pts.

Colts: 1. G. McHolme (Stonehouse AC) 455, 2. K. Daley (Corstorphine AC) 501, 3. P. Scott (Boness H) 503. **Teams:** 1. Cumbernauld AAC 31pts, 2. Edinburgh Southern H 45pts.

Ladies: 1. A. Jenkins (Edinburgh WM Southern H) 1603, 2. K. Caldwell (Perth Strathay H) 1609, 3. R. McAleese (Monk Shett Ladies H) 1710, LV1, E. Ryan (Edinburgh AC) (11th) 1829, LV2, A. Buchanan (Haddington) (12th) 1838, LV3, H. Fyfe (Haddington) (15th) 1903.

Intermediates: 1. V. Allan (Perth Strathay H) 1731, 2. S. Granger (Edinburgh Woolen Mills SH) 1758, 3. L. Kerrighan (Lochgelly & District AC) 1818. **Teams:** 1. Perth Strathay H 32pts, 2. Edinburgh AC 41pts, 3. Edinburgh Woolen Mills SH 42pts.

Juniors: 1. J. Anderson (Teviotdale H) 1015, 2. L. Crawley (Lanlithgow AC) 1031, 3. S. O'Donnell (Lasswade AC) 1039. **Teams:** 1. Lasswade AC 18pts, 2. Perth Strathay H 57pts.

Girls: 1. A. Ramsay (Edinburgh AC) 918, 2. I. Ward (Lochgelly & District AC) 924, 3. W. Kennedy (Avoinside AC) 925. **Teams:** 1. Pitreevie AAC 10pts, 2. Lasswade AC 11pts.

Minor Girls: 1. L. Duffy (Harmony AC) 512, 2. J. Mendum (Corstorphine AC) 520, 3. M. Wilson (Avoinside AC) 523. **Teams:** 1. Pitreevie AAC 34pts, 2. Harmony AC 41pts.

20 Spango Valley AC "Bob Grant" Trophy 7½ Miles Cross Country Race, Greenock

1. L. Spence 39:52, 2. E. McKee 40:40, 3. C. Spence 40:57, 4. C. Leck 43:35, V1, J. Conaghan 45:19, V2, D. Campbell 45:45, L1, K. Docherty 57:39, L2, J. Hendry 60:31, L3, S. Muir 60:43

Dumbarton AAC 3 Mile Road Race, Marinecraft Sports Centre, Dumbarton

Handicap: 1. J. McKendrick 2. A. Currie 3. J. Dragan. **Fastest:** 1. A. Currie 13:58 (Record), 2. Alan Currie 14:48, 3. S. Reid 14:56. **Youths:** 1. S. McKendrick 15:43. **Senior Boy:** 1. B. McCreadie 16:00

Springburn Harriers 4 Miles Cross Country Race, Bishopbriggs

Handicap: 1. D. Donnet. **Fastest:** 1. D. Donnet 24:55, 2. A. McIndoe 25:05, 3. S. Bevan 25:26, J1, A. Chalmers 25:35, V1, F. Wright 27:35, V2, R. McBrearty 30:19

East Kilbride AAC 4 Mile Road Race, hitehills, East Kilbride

Handicap: 1. T. Paton, 2. P. Russell, 3. G. McKirdy. **Fastest:** 1. R. Ronald 21:13. **Youth:** 1. I. Tierney 24:38. **Lady:** 1. E. Reid 29:03. **Senior Boys 2½ Mile:** 1. A. Smith 14:58, **Junior Boys 2 mile:** 1. D. Fox 12:04

Elgin AAC 3½ Miles Cross Country Race, Elgin

Handicap: 1. A. Boyd (Forres H), 2. I. McKenzie (Forres H), 3. G. Wright (Elgin AAC). **Fastest:** 1. R. Arbuckle (Keith & District AC) 19:13, 2. C. Armstrong (Elgin AAC) 19:44, 3. A. Reid (Coasters AC) 19:55, L1, K. Butler (Aberdeen AAC)

Ayr Seaforth AC 3½ Mile Road Race, Dam Park, Ayr

Handicap: 1. J. Ferguson. **Fastest:** 1. D. McCrorie 19:14, 2. J. Caird 19:29, 3. G. Young 19:33

Junior 1½ miles Handicap: 1. A. Murdoch. **Fastest:** 1. J. Ferguson 9:12, 2. D. Kinghorn 9:30, 3. G. Slaven 9:44

Minors Handicap: 1. L. Martin. **Fastest:** 1. H. Brooks 8:39, 2. K. Ferguson 8:44, 3. L. McNaughton 9:01

Victoria Park AAC 3 Mile Road Race, Scotstoun

Handicap: 1. A. Galbraith, 2. A. Forbes, 3. K. Wilson. **Fastest:** 1. P. Wilson 16:17, 2. R. Stokes 16:33, 3. C. Little 16:34. **Youth:** 1. F. McGowan 16:26. **Young Athletes Handicap:** 1. A. Young, 2. S. McNeillan, 3. S. Law. **Fastest Senior Boy:** 1. S. Barnett 9:25. **Junior Boy:** 1. S. Queen 11:14. **Colt:** 1. S. McNeillan 10:58

Maryhill Harriers 3 Miles Cross Country Race, Summerston

Handicap: 1. A. Craig, 2. T. Monaghan, 3. N. Shearer. **Fastest:** 1. M. Gallacher 16:58, 2. M. McCartney 17:47, 3. A. Gallacher 17:55. J1, D. Shearon 18:39, V1, R. Stevenson 18:47, V2, P. Kearney 19:13, V3, S. Lawson 20:39. **Boy:** 1. M. McCartney 8:09

Shettleston Harriers 3 Miles Road Race, Baillieston

Handicap: 1. B. McMonsie, 2. S. McPherson, 3. G. McKie. **Fastest:** 1. A. Swann 14:12, 2. B. Scally 14:22, 3. B. Carty 14:38, V1, T. Kelly 15:55

Edinburgh AC Queens Drive Road Races, Edinburgh

Seniors: 1. S. Marshall (Motherwell) 16:11, 2. J. Muir (Fife Southern H) 16:14, 3. A. Robson (Edinburgh Southern H) 16:16, 4. B. Kirkwood (Edinburgh AC) 16:18, 5. K. Mortimer (Edinburgh AC) 16:29, 6. S. Doig (Fife Southern H) 16:29. J1, G. McMaster (Falkirk Victoria H) 17:12, V1, J. Knox (Gala H) 17:04, L1, J. Salvona (Livingston & District AC) 20:05, L2, M. Taggart (Pitreevie AAC) 20:28, L3, K. Fisher (Edinburgh University) 21:44

Youths: 1. J. White (Falkirk Victoria) 17:51, 2. E. Stark (Edinburgh AC) 18:08, 3. I. Falconer (Harmony AC) 18:20. **Senior Boys:** 1. M. Pauloskie (George Heriot School) 10:24, 2. D. McPherson (Cambuslang H) 10:26, 3. P. Gorman (Falkirk Victoria H) 10:35. **Junior Boys:** 1. A. Tulloch (Falkirk Victoria H) 10:13, 2. E. McCafferty (Cambuslang H) 10:15, 3. B. McMillan (Central Region AC) 10:19

21 International Cross Country Race, Cardiff

1. T. Hutchings (England) 25:05, 2. D. Taylor (Eire) 25:16, 3. C. Thackeray (England) 25:29. **Scots Placings:** 11, N. Muir 25:58, 22, T. Murray 26:22, 41, J. Robson 26:52, 42, A. Gilmour 26:56. **Teams:** 1. England 11pts, 2. Wales 56pts, 3. N. Ireland 63pts, 4. Eire 63pts, 5. Scotland 74pts.

Women's 5 Nations Cross Country International Match, Cardiff

Seniors: 1. K. Wade (Wales) 17:29, 2. Y. Murray (Scotland) 17:32, 3. S. Dornoefer (USA) 17:36. **Scots Placings:** 10, K. Macleod 18:05, 19, C. Price 18:24, 20, S. Brinclair 18:26, 21, P. Rother 18:28, 22, S. Brinclair 18:32. **Teams:** 1. Wales 24pts, 2. England 35pts, 3. Scotland 51pts

22 Kilbarchan AAC Christmas Road Relays, Kilbarchan

Fastest Lap: 1. M. McGinley 7:53, V1, J. Bremner 8:30, YA1, B. Adams 8:47, L1, J. Cochran 10:02, LV1, J. Murray and S. Belford (both 10:35)

Intermediates: 1. H. Titterton (England) 14:15. **Scots Placings:** 6, C. Sheehan 14:53, 12, V. Clinton 15:20, 19, R. de Jaeger 15:54, 20, C. Lunney 16:00, 26, D. Kelly 16:24, 28, V. Husband 16:33

Teams: 1. England 10pts, 2. Eire 52pts, 3. Scotland 57pts

Aberdeen AAC Club Christmas Relays, Balgowan, Aberdeen

Fastest Laps: 1.1 Matherson 9:59, 2. M. Murray 10:03, 3. M. Edwards (V1) 10:27, 4. D. Duguid 10:30

26 Irvine AC Boxing Day Cyclists v Harriers Cross Country Races, Irvine Moor

Seniors: 1. H. Cox (Greenock Glenpark H), 2. C. Miller (Irvine AC), 3. G. Young (Ayr Seaforth AC), 4. S. Halpen (Central Scotland Wheelers), V1, D. Compton (Linwood AC), V2, D. King (Irvine AC), V3, I. McKenna (Irvine AC), L1, E. McGarry (Irvine AC), L2, E. Morton (Irvine AC), K. Melville (Irvine AC)

Youths: 1. M. Camerson (Kilmarnock H), 2. M. Porter (Kilmarnock H), 3. S. Phillips (Loudon Runners). **Senior Boys:** 1. G. Reid (Kilmarnock H) 2. G. Simpson (Cambuslang H), 3. D. McPherson (Cambuslang H). **Teams:** 1. Cambuslang H 9pts

Junior Boys: 1. E. McCafferty (Cambuslang H), 2. J. Ferguson (Ayr Seaforth AC), 3. D. Strong (Cambuslang H). **Team:** 1. Irvine AC 17pts

Colts: 1. G. Cox (Greenock Glenpark H), 2. D. Kelly (Law & District AC), 3. C. Edment (Law & District AC). **Team:** 1. Law & District 12pts

Intermediates: 1. V. Clinton (Irvine AC), 2. S. McGregor (Kilmarnock H), 3. S. Robb (Irvine AC)

Junior Ladies: 1. K. Brennan (Irvine AC), 2. S. McDonald (Irvine AC), 3. C. Brackenridge (Ayr Seaforth AC). **Team:** 1. Irvine AC 9pts

Girls: 1. J. Roxburgh (Irvine AC), 2. A. McManus (Irvine AC), 3. S. Barry (Ayr Seaforth AC). **Team:** 1. Irvine AC 9pts

Minors: 1. H. Brooks (Ayr Seaforth AC), 2. P. Caspion (Irvine AC), 3. S. Scott (Ayr Seaforth AC). **Team:** 1. Ayr Seaforth AC 8pts

27 Strathclyde University Past and Present Students 5 mile Cross Country Race, Stepps

1. I. Spence 26:35, 2. G. Getty 26:53, 3. J. Brown 27:17, 4. D. Burt 28:35, 5. B. Scally 29:22, 6. P. Mayles 29:22

Dumbarton AAC 7½ Miles Cross Country Championship Race, Dumbarton

Handicap: 1. C. Martin, 2. Alistair Currie, 3. P. Walsh. **Fastest Time:** 1. Alistair Currie 49:21, 2. C. Martin 49:56

Motherwell YMCA Harriers 4 Mile "Round the Loch" Race, Strathclyde Park

Handicap: 1. F. Togniet, 2. D. Gardner, 3. W. Campbell. **Fastest Time:** 1. D. Marshall 18:48, 2. K. Newberry 18:56, 3. J. Quinn 19:25. **Young Athletes Handicap:** 1. R. Houston, 2. G. Danskin, 3. M. McEwan. **Fastest Time:** G. Danskin 10:44

Kilbarchan AAC 11 Mile Road Race Championship, Kilbarchan

1.1 McDougall 63:23, 2. D. Paterson 64:13, 3. A. Costigane 66:36, V1, H. Kerr 71:22

28 Kilbarchan AAC Christmas Road Relays, Kilbarchan

Fastest Lap: 1. M. McGinley 7:53, V1, J. Bremner 8:30, YA1, B. Adams 8:47, L1, J. Cochran 10:02, LV1, J. Murray and S. Belford (both 10:35)

Teviotdale Harriers Menzies Trophy Races, Hawick

Senior 4½ Miles: 1. R. Hall 23:18, 2. B. Emmerman 23:24, 3. D. Cavers 23:53. **Youths:** 1. M. Bryson, 2. B. Rudkin. **Senior Boys:** 1. S. Purdie, 2. C. Pringle. **Junior Boys:** 1. B. Wear, 2. J. Hughes. **Senior Ladies:** 1. M. Parker, 2. L. Hogg. **Girls:** 1. A. Spence, 2. J. Scott

Cambuslang Harriers Christmas 3½ Miles Road Race, Cambuslang

Handicap: 1. I. Shaw, 2. T. Dolan, 3. E. Stewart. **Fastest Time:** 1. E. Stewart 17:35, 2. A. Gilmour 17:47, 3. J. Orr 17:54, V1, T. Dolan 19:40

Women's Inter League Cross Country Match, Berry Hill Park, Mansfield

Senior 2½ Miles: 1. S. Crehan (North) 16:04. **Scots Placings:** 8. P. Rother 16:37, 9. S. Sinclair 16:40, 14. A. Sym 17:01, 16. S. Branney 17:08, 28. A. Ridley 17:48, 32. E. Cochran 17:59. **Teams:** 1. South 62pts, 2. North 64pts, 3. Midlands 92pts, 4. Scotland 107pts

Intermediate 2 Miles: 1. H. Herrington (Midlands) 12:18, 11. V. Clinton 13:10, 27. C. Sheehan 13:36, 31. J. Murray 13:52, 33. R. de Jaeger 13:58, 37. C. Lunney 14:06, 39. V. Husband 14:09. **Teams:** 1. South 42pts, 2. Midlands 57pts, 3. North 101pts, 4. Scotland 175pts. **Junior 1½ Miles:** 1. M. Ashe (South) 7:58, 2. H. Haining 8:05, 7. M. McLurg 8:15, 9. J. Anderson 8:20, 29. D. Rutherford, 8:42, 41. C. Mitchell 9:05, 42. C. Young 9:05. **Teams:** 1. South 61pts, 2. North 72pts, 3. Midlands 90pts, 4. Scotland 130pts

Girls 1½ Miles: 1. C. Maylock (North) 8:21, 2. D. Simpson 8:29, 3. G. Slaven 8:28, 28. J. Stirling 9:06, 30. L. Kerr 9:08, 38. J. Roxburgh 9:13, 43. D. McNally 9:22. **Teams:** 1. North 49pts, 2. South 62pts, 3. Midlands 120pts, 4. Scotland 144pts

3 Brocks International Cross Country Races, Mallow Park, Belfast

1. R. Hackney (Ireland) 24:23, 2. G. Curtis (Ireland) 24:23, 3. J. Richards (England) 24:25, 8. S. Cram (England) 25:06, 12. E. Stewart (Scotland) 25:31, 19. T. Murray (Scotland) 25:55, 23. A. Wilson (Scotland) 26:05. **Teams:** 1. Ireland 31pts, 3. Wales 39pts, 4. England 41pts, 5. Scotland 54pts. **Ladies:** 1. E. Lynch (Scotland) 16:26, 2. J. Shields (England) 16:58, 3. C. Benning (England) 17:05

Inverness Harriers Bought Park Handicap Cross Country Races - Men 3 Miles H'Cap: 1. J. McArdie, 2. S. Garland, 3. F. McGregor. **Fastest:** 1. D. Watson 14:59

Boys H'Cap: 1. A. Jarvie, 2. G. Dawson, 3. M. McKay. **Fastest:** 1. C. Stewart 4:54

Ladies H'Cap: 1. J. Wilson, 2. J. Renton, 3. C. Wollox. **Fastest:** 1. J. Wilson 5:21 (equals record)

4 Cambuslang Harriers Open 7 Mile Road Race, Burnside, Rutherglen

1. G. Crawford (Springburn H) 34:30, 2. C. Thomson (Cambuslang H) 34:35, 3. S. Wallace (Cambuslang H) 36:15, 4. I. Shaw (Cambuslang H) 36:27, 5. P. Carton (Shettleston H) 36:45, 6. C. Ross (Shettleston H) 36:51, V1, H. Barrow (Victoria Park AAC) (14th) 39:10

10 Teviotdale Harriers Langheugh Trophy Cross Country Races, Wilton Lodge Park, Hawick

Seniors: 1. J. Marsh 41:25, 2. R. Cannon 41:35, 3. A. Fair 41:45. **Youths:** 1. B. Rudkin 16:17. **Senior Boys:** 1. C. Pringle 16:05. **Junior Boys:** 1. B. Wear 12:11. **Colts:** 1. G. Young 9:20. **Senior Ladies:** 1. K. Wear 12:20. **Girls:** 1. J. Scott 9:08

Greenock Glenpark Harriers Harris Cup 6 Mile Cross Country Race, Greenock

1. H. Cox 29:51, 2. D. McLaughlin 31:49, 3. P. Duffy 32:17, V1, R. Hodelet 33:23, V2, D. McNeil 33:36, L1, S. Curran 40:58, L2, J. Smith 43:33, L3, J. Gallacher 44:00. **Youths:** 1. C. Hendry 14:03. **Senior Boys:** 1. J. McFadyen 15:08. **Junior boys:** 1.1 Thomson 7:20

Springburn Cup 5½ Mile Road Race, Huntershill Sports Centre, Bishopbriggs

1. N. Muir (Shettleston H) 26:09, 2. A. Douglas (Victoria Park AAC) 26:10, 3. T. Murray (Greenock Glenpark H) 26:14, 4. L. Spence (Spango Valley AC) 26:33, 5. A. Weatherhead (Edinburgh AC) (V1) 26:41, 6. A. Gilmour (Cambuslang H) 26:47, 7. G. Braidwood (Bellahouston H) 26:52, 8. W. Robertson (Bellahouston H) 27:13, V1, A. Weatherhead, V2, J. Adair (Lanlithgow AC) (21st) 28:00, V3, W. Scally (Shettleston H) (36th) 29:25, J1, T. Hearle (Kilbarchan AC) (25th) 28:08, J2, A. Swann (Shettleston H) (31st) 28:21, J3, P. McAvoy (Cambuslang H) (43rd) 28:53

L1, A. Sym (McLaren Glasgow AC) (120th) 31:45, L2, J. Walker (McLaren Glasgow AC) (130th) 32:02, L3, A. Ridley (McLaren Glasgow AC) (157th) 32:42

Fastest Junior Boy: 1. J. McColl (Dumbarton AAC) 11:08. **Senior Boy:** 1. S. Barnett 9:31. **Youth:** 1. B. McKay 9:10

5 Teviotdale Harriers Menzies Trophy Races, Hawick

Senior 4½ Miles: 1. R. Hall 23:18, 2. B. Emmerman 23:24, 3. D. Cavers 23:53. **Youths:** 1. M. Bryson, 2. B. Rudkin. **Senior Boys:** 1. S. Purdie, 2. C. Pringle. **Junior Boys:** 1. B. Wear, 2. J. Hughes. **Senior Ladies:** 1. M. Parker, 2. L. Hogg. **Girls:** 1. A. Spence, 2. J. Scott

3 Brocks International Cross Country Races, Mallow Park, Belfast

1. R. Hackney (Ireland) 24:23, 2. G. Curtis (Ireland) 24:23, 3. J. Richards (England) 24:25, 8. S. Cram (England) 25:06, 12. E. Stewart (Scotland) 25:31, 19. T. Murray (Scotland) 25:55, 23. A. Wilson (Scotland) 26:05. **Teams:** 1. Ireland 31pts, 3. Wales 39pts, 4. England 41pts, 5. Scotland 54pts. **Ladies:** 1. E. Lynch (Scotland) 16:26, 2. J. Shields (England) 16:58, 3. C. Benning (England) 17:05

Inverness Harriers Bought Park Handicap Cross Country Races - Men 3 Miles H'Cap: 1. J. McArdie, 2. S. Garland, 3. F. McGregor. **Fastest:** 1. D. Watson 14:59

Boys H'Cap: 1. A. Jarvie, 2. G. Dawson, 3. M. McKay. **Fastest:** 1. C. Stewart 4:54

Ladies H'Cap: 1. J. Wilson, 2. J. Renton, 3. C. Wollox. **Fastest:** 1. J. Wilson 5:21 (equals record)

4 Cambuslang Harriers Open 7 Mile Road Race, Burnside, Rutherglen

1. G. Crawford (Springburn H) 34:30, 2. C. Thomson (Cambuslang H) 34:35, 3. S. Wallace (Cambuslang H) 36:15, 4. I. Shaw (Cambuslang H) 36:27, 5. P. Carton (Shettleston H) 36:45, 6. C. Ross (Shettleston H) 36:51, V1, H. Barrow (Victoria Park AAC) (14th) 39:10

10 Teviotdale Harriers Langheugh Trophy Cross Country Races, Wilton Lodge Park, Hawick

Seniors: 1. J. Marsh 41:25, 2. R. Cannon 41:35, 3. A. Fair 41:45. **Youths:** 1. B. Rudkin 16:17. **Senior Boys:** 1. C. Pringle 16:05. **Junior Boys:** 1. B. Wear 12:11. **Colts:** 1. G. Young 9:20. **Senior Ladies:** 1. K. Wear 12:20. **Girls:** 1. J. Scott 9:08

Greenock Glenpark Harriers Harris Cup 6 Mile Cross Country Race, Greenock

1. H. Cox 29:51, 2. D. McLaughlin 31:49, 3. P. Duffy 32:17, V1, R. Hodelet 33:23, V2, D. McNeil 33:36, L1, S. Curran 40:58, L2, J. Smith 43:33, L3, J. Gallacher 44:00. **Youths:** 1. C. Hendry 14:03. **Senior Boys:** 1. J. McFadyen 15:08. **Junior boys:** 1.1 Thomson 7:20

Springburn Cup 5½ Mile Road Race, Huntershill Sports Centre, Bishopbriggs

1. N. Muir (Shettleston H) 26:09, 2. A. Douglas (Victoria Park AAC) 26:10, 3. T. Murray (Greenock Glenpark H) 26:14, 4. L. Spence (Spango Valley AC) 26:33, 5. A. Weatherhead (Edinburgh AC) (V1) 26:41, 6. A. Gilmour (Cambuslang H) 26:47, 7. G. Braidwood (Bellahouston H) 26:52, 8. W. Robertson (Bellahouston H) 27:13, V1, A. Weatherhead, V2, J. Adair (Lanlithgow AC) (21st) 28:00, V3, W. Scally (Shettleston H) (36th) 29:25, J1, T. Hearle (Kilbarchan AC) (25th) 28:08, J2, A. Swann (Shettleston H) (3

Results

Women's Relay 4 x 3000 Metres (Minor, Girl, Junior, Inter/Senior) - 1. Edinburgh AC 2. McLaren Glasgow AC 3. Victoria Park AAC **Fastest:** 1. Y. Murray (Edinburgh AC) 9:14.
Women's Relay: 1. Edinburgh AC (A. Scott 6:04, A. Ramsay 12:05, I. Finlayson 11:48, Y. Murray 9:14) 39:11; 2. McLaren Glasgow AC 39:34; 3. Victoria Park AAC 40:02 **Fastest Minor:** 1. K. Friel (Colzium AC) 5:23 **Girl:** 1. J. Stirling (Victoria Park AAC) 10:55 **Junior:** 1. C. Young (Victoria Park AAC) 11:39 **Senior:** 1. Y. Murray (Edinburgh AC) 9:14.

Ayrshire Harriers Open Cross Country Meeting, Beach Park, Irvine - **Seniors:** 1. T. Murray (Greenock Glenpark H) 26:34; 2. S. Miller (Irvine AC) 28:10; 3. C. Haddow (East Kilbride AC) 28:18; 4. G. Colvin (East Kilbride AC) 28:56; 5. D. McCrone (Ayr Seaforth AC) 29:05; 6. R. Welsh (Glasgow Univ) 29:17; 7. V. D. Crumpton (Linwood AC) (20th) 30:12; 8. S. McCrae (Cumbernauld AAC) (22nd) 30:15; 9. V. H. Rankin (Kilmarnock H) 30:35. **Teams:** 1. Irvine AC 20pts; 2. Ayr Seaforth AC 34pts; 3. Kilmarnock H 71pts.

Juniors: 1. S. Dickson (Galloway H) 22:36; 2. A. Ramage (Law & District AC) 22:51; 3. B. McEwan (Kilmarnock H) 23:25. **Team:** 1. Kilmarnock H 15pts. **Youths:** 1. C. McCann (Motherwell YMCA H) 15:56; 2. G. Stewart (Clydebank AC) 16:02; 3. B. Scott (Kilmarnock H) 16:03. **Teams:** 1. Clydebank AC 14pts; 2. Motherwell YMCA H 18pts; 3. Kilmarnock H 22pts. **Senior Boys:** 1. G. Reid (Kilmarnock) 12:45; 2. A. Russell (Clydebank AC) 13:03; 3. G. Simpson (Cambuslang H) 13:07. **Teams:** 1. Clydebank AC 20pts; 2. Clydebank H 20pts; 3. Dumfries AAC 21pts.

Junior Boys: 1. E. McCafferty (Cambuslang H) 11:39; 2. D. Kinghorn (Ayr Seaforth AC) 11:47; 3. D. Fotheringham (Clydebank AC). **Teams:** 1. Clydebank AC 17pts; 2. Ayr Seaforth AC 25pts; 3. Irvine AC 31pts. **Colts:** 1. A. Smith (Troon Tortoises AC) 3:46; 2. G. McHolm (Stonehouse AC) 3:50; 3. M. Gorman (Springburn H) 3:51. **Teams:** 1. Troon Tortoises AC 20pts; 2. Cumbernauld AAC 28pts; 3. Law & District AC 46pts.

Senior Ladies: 1. A. Dickson (Law & District AC) 16:57; 2. M. Dunlop (Kilmarnock H) 17:09; 3. I. Fraser (Ayr Seaforth AC) 17:16. **Euro Juniors:** 1. E. Graham (Airdrie H) 18:21 (11th); 2. V. D. Crumpton (Troon Tortoises AC) (12th) 18:24; 3. C. Melville (Irvine AC) (19th) 20:41; 4. M. Berry (Seagalls) (23rd) 22:55. **Teams:** 1. Irvine AC 18pts; 2. Ayr Seaforth AC 21pts; 3. Seagalls 65pts.

Intermediates: 1. S. McGregor (Kilmarnock H) 14:58; 2. K. Baird (Kirkintilloch Olympians AC) 15:14; 3. V. Clinton (Irvine AC) 15:21. **Teams:** 1. Irvine AC 16pts; 2. Kilmarnock H 18pts. **Juniors:** 1. M. McClung (Kilmarnock H) 12:06; 2. R. Houston (Motherwell YMCA H) 12:22; 3. K. Brennan (Irvine AC) 12:31. **Teams:** 1. Irvine AC 18pts; 2. Nith Valley AC 36pts; 3. Ayr Seaforth AC 39pts.

Girls: 1. G. Slaven (Ayr Seaforth AC) 12:46; 2. L. Kerr (Strathkelvin Ladies AC) 12:57; 3. J. McClung (Kilmarnock H) 13:05. **Teams:** 1. Ayr Seaforth AC 12pts; 2. Airdrie H 33pts; 3. Strathkelvin Ladies AC 33pts. **Minors:** 1. P. Raspison (Irvine AC) 3:36; 2. G. Fowler (Hamilton H) 3:38; 3. H. Brooks (Ayr Seaforth AC) 3:42. **Teams:** 1. Irvine AC 16pts; 2. Ayr Seaforth AC 19pts; 3. Kilmarnock H 45pts.

17 Inverclyde Schools Glenpark Trophy Road Races, Greenock - **Seniors U/16:** 1. P. Murray (Greenock

HS) 18:05; 2. S. Hepburn (St. Columbas HS) 18:18; 3. J. McFadden (St. Columbas HS) 18:18. **Teams:** 1. St. Columbas HS 9pts; 2. Greenock HS 19pts. **Juniors U/14:** 1. D. Kerr (Notre Dame HS) 13:52; 2. A. Murdoch (St. Columbas HS) 14:06; 3. E. Dobbin (St. Columbas HS) 14:07. **Teams:** 1. St. Columbas HS 10pts; 2. Notre Dame High School 19pts.

18 Pollok Park 10,000 Metres Road Race, Lochinch, Glasgow - 1. P. Fleming (Bellahouston H) 28:30; 2. G. Crawford (Springburn H) 28:41; 3. B. Scally (Shettleston H) 29:17; 4. W. Robertson (Bellahouston H) 29:25; 5. A. Daly (Bellahouston H) 29:56; 6. J. Hendry (Bellahouston H) 30:12; 7. V. R. Guthrie (Bellahouston H) (14th) 31:19; 8. L. K. Chapman (Giffnock North AC) 37:43. **Teams:** 1. Bellahouston H 10pts; 2. Bellahouston "B" 29pts; 3. Maryhill H 42pts; 4. Kilbarchan AC 45pts.

24 SCCU Western District Cross Country Championships, Kirkintilloch - **Senior 7½ Miles:** 1. C. Robison (Spango Valley AC) 39:22; 2. T. Murray (Greenock Glenpark H) 39:30; 3. A. Wilson (Glasgow Univ. H & H) 39:52; 4. J. Egan (Larkhall YMCA H) 40:01; 5. G. Crawford (Springburn H) 40:03; 6. R. Carey (Annán & District AC) 40:25; 7. A. Adams (Dumbarton AAC) (40th) 43:19; 8. V. Scally (Shettleston H) 44:59. **Teams:** 1. Spango Valley AC 116pts; 2. Bellahouston H 136pts; 3. Cambuslang H 165pts; 4. Clydesdale H 245pts; 5. Victoria Park AAC 380pts; 6. East Kilbride AAC 395pts.

Junior 5 miles: 1. P. Mayles (Kilbarchan AAC) 29:32; 2. T. Hearle (Kilbarchan AAC) 29:44; 3. P. McAvoy (Cambuslang H) 30:13; 4. J. Quinn (Motherwell YMCA) 30:22; 5. A. Susann (Shettleston H) 30:26; 6. C. Bryden (East Kilbride AC) 30:33. **Teams:** 1. Motherwell YMCA H 28pts; 2. Kilbarchan AAC 35pts; 3. Kilmarnock H 44pts. **Youths 4 Miles:** 1. D. McGinley (Clydebank AAC) 20:50; 2. J. Morrison (Cumbernauld AAC) 20:56; 3. J. Tierney (East Kilbride AAC) 20:58; 4. B. McKay (Victoria Park AAC) 21:01; 5. J. Houston (Motherwell YMCA) 21:05; 6. M. McKendrick (Greenock Glenpark H) 21:10. **Teams:** 1. Motherwell YMCA H 20pts; 2. East Kilbride AAC 27pts; 3. Clydebank AC 30pts.

Senior Boys 3 Miles: 1. G. Reid (Kilmarnock H) 16:21; 2. S. Barnett (Victoria Park AAC) 16:45; 3. A. Russell (Clydebank AC) 16:57; 4. A. Smith (East Kilbride AAC) 17:09; 5. G. Graham (Victoria Park AAC) 17:18; 6. J. McFadzean (Greenock Glenpark H) 17:22. **Teams:** 1. Victoria Park AAC 21pts; 2. Clydebank AC 32pts; 3. Dumfries AAC 38pts. **Junior Boys 2 miles:** 1. E. McCafferty (Cambuslang H) 12:40; 2. D. Kinghorn (Ayr Seaforth AC) 12:48; 3. J. Ferguson (Ayr Seaforth) 12:51; 4. M. McEwan (Motherwell YMCA H) 12:55; 5. D. Fotheringham (Clydebank AC) 12:58; 6. D. Callaghan (Colzium AC) 13:02. **Teams:** 1. Ayr Seaforth AC 21pts; 2. Cambuslang H 27pts; 3. Clydebank AC 28pts.

SCCU Eastern District Cross Country Championships, Beveridge Park, Kirkcaldy - **Senior 7½ Miles:** 1. T. Mitchell (Fife AC) 37:19; 2. P. Dugdale (Dundee University) 37:41; 3. C. Ross (Dundee Hawkhill H) 37:50; 4. D. Covers (Teviotdale H) 37:55; 5. A. Hutton (Edin Southern H) 38:31; 6. J. Pentecost (Falkirk Victoria H) 38:38; 7. I. J. Knox (Gala H) (44th) 40:58.

STAND OUT FROM THE CROWD

With over 600 events on the Scottish athletics calendar between April 1 (no, we're not joking) and September 30, a listing in the Scotland's Runner events diary isn't going to guarantee your event extra attention.

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Events Diary

February

14 Scottish Veteran Harriers Club 4 mile Road Race, Largs Promenade, E. - on day, start 3 p.m.

Edinburgh Woolen Mills Indoor Meadowbank Championships, Meadowbank Stadium, Edinburgh. (Day 1)

Carmethy Five Hills Race, Penicuik. E. - William Scott, 49, Nevis Gardens, Penicuik, Midlothian, EH26 8JZ.

Dundee Hawkhill Harriers Open Road Races, Campdown Park, Dundee. E. - Ian Robertson, 28 Forest Park Road, Dundee.

Scottish National YMCA Cross Country Championships, Larkhall. Details - James Egan, 6, Dalton Hill, Earnock, Hamilton.

Scoots at English Women's National Cross Country Championships, Bexley, Kent. Details - Mrs June Ward, 144, Canberra Avenue, Dalnair West, Clydebank G81 4EW.

15 Scottish Veteran Harriers Pack Run, Largs Promenade.

Castle Series Open CC Races, Haddock Castle, Darves.

Grangemouth "Round the Houses" Road Races, Grangemouth Stadium, Grangemouth. E. - A. Kerr, Stadium Manager, Grangemouth Stadium, Kersiebank Avenue, Grangemouth.

Edinburgh Woolen Mills Indoor Meadowbank Championships, Meadowbank Stadium, Edinburgh. (Day 2).

Inverness Joggers Club Fun Run, Queens Park, Inverness.

18 Scottish Services CC League, Faslane.

Edinburgh Community Open Graded Meeting, Saughton, Edinburgh.

21 SCCU National Cross Country Championships, Callendar Park, Falkirk. E. - Peter Faulds, Championship Convener, 6 Windsor Crescent, Maddiston, Falkirk. (Entries close 31/1)

European Indoor Athletic Championships, Lievin, France (Day 1).

22 SWCC and RR Association National Cross Country Championships, Lochgelly, Fife. Details - Mrs June Ward, address as above.

Scottish Indoor Tug of War Championships, Greenock Sports Centre, Nelson Street, Greenock. Details - W. Paterson, 'Strathendrick', 54 Major's Loan, Falkirk FK1 5QC.

24 Indoor Inter Club and Open Athletic Meeting, Coasters Centre, Falkirk. 7.30pm start. Details - Highland Sports Organisers, address as above.

28 Fife AC 5 mile Open Race, Cupar. E. - R. Morrison, 8, Trinity Place, St. Andrews, KY16 8SG.

Motherwell YMCA Harriers Young Athletes Road Races (morning event), Strathclyde Country Park, Motherwell. E. - William Marshall, 13, Ross Street, Greenacres, Motherwell ML1 3AU.

Motherwell YMCA Harriers Open (all age groups) Road Races. E. - as before. Teviotdale Harriers Club Cross Country Championships, Hawick.

Greenock Glenpark Harriers Willow Bowl 7 1/2 mile Cross Country race, Orangefield, Greenock.

March

1 Scottish Veteran Harriers Club 5 mile Cross Country Race, Lochinch, Pollok Park. Details - G. Porteous, 16 Balgonie Road, Glasgow G52.

4 Scottish Services CC League, East Kilbride.

6 IAAF World Indoor Athletic Championships, Indianapolis, USA (Day 1).

7 IAAF World Indoor Athletic Championships, Indianapolis, USA (Day 2).

Dunbartonshire AAA Balloch to Clydebank 12 1/2 mile Road Race. E. - D. Gilmour, 7 Marchmont Terrace, Glasgow G12.

Greenock Wellpark Harriers Club 9 mile Cross Country Championships, Gateside, Greenock.

8 British Veteran Cross Country Championships, Trent Park, Cockfosters, Hertfordshire. Details - A. Muir, 1, Graham Avenue, East Kilbride G74 4JZ, or Race Secretary, 7 Briarley Close, Broxbourne, Herts EN10 6QQ.

IAAF World Indoor Athletic Championships, Indianapolis, USA (Final Day).

Scottish National Kodak Classic 10,000 metres Road Race Championships, and age group races, Crownpoint Stadium, Glasgow. E. - Kodak Festival of Running, Crownpoint Sports Park, Crownpoint Road, Glasgow G40. (Entries close January 31 or when limit of 5,000 entries received.)

Lasswade Novaphone 10 miles Road Race, start 1 p.m. Details from M. Hutchison, 3, Parkhead Park, Dalkeith EH22. E. - on day (£2).

Tarradale Caol 10K Road Race, details from Leen Volwerk, Schoolhouse, Glencoe. Tel: 08552-549.

10 Indoor Inter Club and Open Athletic Meeting, Coasters Centre, Falkirk. (7.30 p.m. start). Details - Highland Sports Organisers, 1, Westdyke Way, Wearhill, Aberdeen.

13 Kodak Classic Indoor International Match, England v USA, Cosford.

14 Scottish Schools AAA National Cross Country Championships, Beach Park, Irvine.

Dumbarton AAC Hill Race Club Championship, Dumbarton.

Greenock Glenpark Harriers Club Singlehurst Shield 5 mile Road Race, Orangefield, Greenock.

Inverness Joggers Club Fun Run, Queens Park, Inverness.

14 Clydesdale Harriers Dunky Wright Memorial Trophy Open 5 Miles Road Race, St. Columbas School, Clydebank. E. - on race day. Details - B. McAusland, 1, Cedar Road, Kilearn, Glasgow G63 9RU.

15 Criffell Hill Race, New Abbey near Dumfries (6 1/2 miles, 1,750 feet climb), rec. 50:30 H. Jarrett (Cumberland FRA) 1981, E. - Roger Blamire, Ceiston Schoolhouse, Castle Douglas.

Borrowfield Community Centre Association Open Cross Country Races, Montrose. Details - Mrs A. Grant, 2, Wellington Gardens, Montrose DD10 8QF.

Garscube Schools Races, Blairdardie.

Inverness Harriers Kirinylies & Eden Court Club Handicap Races, Queens Park, Inverness.

Dairy Crest Indoor Invitation Athletics Meeting, Cosford.

Castle Series Open CC Races, Drum Castle, Drumclog.

17 Indoor Inter Club and Open Athletic Meeting, Coasters Centre, Falkirk. (7.00 p.m. start). Details - Highland Sports Organisers, address as above.

18 Scottish Services CC League, Craigiehall, Edinburgh.

20 AAA/WAAA National U/20 Indoor Athletic Championships, Cosford (Day 1).

21 AAA/WAAA National U/20 Indoor Athletic Championships, Cosford (Final Day).

Cumbernauld Inter Area Cross Country Championships and Open Meeting (all age groups, M & F), Cumbernauld, E. - M. McMahon, Leisure and Recreation Department, Kilsyth & Cumbernauld District Council, Council Offices, Cumbernauld.

Scottish Boys Brigade Cross Country Championships.

Greenock Wellpark Club 5 mile Cross Country Championship, Gateside, Greenock.

22 IAAF XIV World Cross Country Championships, Warsaw, Poland. (Scottish mens and womens teams compete in Final World Championship appearance)

HADDINGTON EAST LOTHIAN PACEMAKERS PRESENT THE 1987 HADDINGTON ROAD RACE SERIES

Three superb road races on East Lothian 'B' roads. Take each race individually, or combine all three to give you the 'Pacemaker' formula for your future marathon. All events start from Neilson Park, Haddington.

SUNDAY 19th APRIL 1987. (Easter Day) Start 2 p.m.
HADDINGTON '10'. This event is part of the Scottish Road Race Championship. 1986 Winner Alan Robson 51:58 Lady: Ann Bankowska 64:15
Entries Close: April 12th Entry Fee: £2.50p

SATURDAY 6th JUNE 1987.
HADDINGTON FESTIVAL '5' - Start 3 p.m.
Full support programme of Festival activities including Novelty Children's Races and Young Athletes races over 3000 metres and 5000 metres. 1986 Winner: Steven Doig, Fife Southern 24:15 Lady: Penny Rother, EAC 29:18
Record: Brian Emmerson 24:06 Record: Yvonne Murray 25:54
Entries Close: May 30th Entry Fee: £2 (seniors)
Youth Athletes: 13-15 enter on day 50p.

SUNDAY 16th AUGUST 1987.
HADDINGTON HALF MARATHON - Start 2 p.m.
Medals to all finishers in this event. Winner 1986: Alan Robson 1:10:10 Record: Keith Lyall, ESH 1:09:18
Lady: Penny Rother, EAC 1:22:08
Entries Close: August 9th Entry Fee: £3.50p
All entrants must be over 18

SERIES WINNERS 1986:
Alan Robson, ESH 2:27:32, 2nd William Anderson, Gala 2:31:51, 3rd Joe Forte, H.E.L.P. 2:32:47, 4th Jack Knox (Vet), Gala 2:32:51.
Lady: Ann Dickson 3:11:53.
All courses measured by calibrated wheel to BAAR specification. All events under SAAA & SWCCU & SWAAA regulations. Entry forms available (send sae) JOE FORTE SPORTS, 65, High Street, Haddington, East Lothian.

Motherwell District Council
present the
**Motherwell District Half Marathon
and Fun Run**

on
Sunday 24th May, 1987

From: Wishaw Sports Centre
Alexander Street, Wishaw.

Starting Times: 10a.m. Fun Run
11a.m. Half Marathon

Entry Fees: £3.00 Half Marathon
£1.50 Fun Run, Adult
£1.00 Fun Run, Juvenile

(Cheques and Postal Order Made Payable to:
Motherwell District Council)

For Entry Form send large S.A.E. to:

Event Secretary,
Wishaw Sports Centre,
Alexander Street,
Wishaw ML2 2HQ.
Tel: (0698) 355821

Events Diary

Bank of Scotland Peoples Half
Marathon and Fun Run,
Inverness, E.— Turnbull
Sports, 10 Church Street,
Inverness. Entries close March
16. Race records — G. Laing
(Aberdeen AAC) 64.37.
Swanson (Monkland)
Sheffieldon Ladies AC) 79.54

Peoples Half Marathon, Dyce,
Aberdeen.

Scottish Veteran Harriers Club
Open Allosa to Bishopbriggs 8
stage Road Relay Race
(Veteran teams only), E.— D.
Wilmot, 49 Watercress Road,
Kirkcaldy

Tayside AAC Open Cross
Country Races, Arbroath, (all
age groups, M & F), E.— J.L.
Ewing, 43 Hill Street, Mansfield,
Dundee DD6 4DH

Teviotdale Harriers 1894 Cup
Club Cross Country Race,
Hawick Moor Racecourse,
Hawick.

Spango Valley AC
Renfrewshire Womens Road
Races and Inverclyde Schools
Road Races, Details — C.
Spence, Greenock

SPONSORED BY BARNETTS Kirkcaldy College of Technology Road Races.

(Under S.A.A.A. Laws).

Organised with the assistance of
Fife Southern Harriers, at Dunnikier Park
on Sunday 24th May, 1987.
Start & Finish near Dunnikier House Hotel.

The Races	
A. 2½ mile Fun Run (Boys and Girls Under 15)	2.00 p.m.
B. 2½ mile Fun Run (Adults, and Boys and Girls over 15)	2.15 p.m.
C. Six Mile Race	2.50 p.m.
D. 10-Mile Race	3.00 p.m.

Entry on the day £2.00 all Classes.

Information and Forms from Kirkcaldy College of Technology, St.
Brycedale's Avenue, Kirkcaldy, FIFE KY1 1EX. Tel: 0592-268591.

Events Diary

April

24 Indoor Inter Club and Open
Athletic Meeting, Coasters
Centre, Falkirk, (7.00 p.m.
start), Details — Highland
Sports Organisers, address as
above

25 Scottish Services CC League,
RAF Leuchars.

28 SCCU National 6 stage Road
Relay Championships,
Calderglen Country Park, East
Kilbride, (12 noon start),
Details — J.A. Innes,
Championship Convenor, 73
Woodvale Avenue, Beasden,
Glasgow G61.

Chapelgill Hill Race, Broughton
(2 miles, 1,400 feet climb),
Record 1922 M. Lindsay
(Cairnethy Hill Runners) 19:04
E.— Dick Wall, 1 Springwell,
Bran, Broughton, Biggar

Greenock Glenpark Harriers
Young Athletes Cross Country
Championship, Greenock.

British Veterans Track and
Field Indoor Championships,
Coxford, Details — J. Cross, 36,
Manor Road, Athorstone,
Warwickshire, entries close
February 25.

29 Clackmannan District Sports
Council Mini Marathon,
Kincardine.

4 Kodak Classic Festival of
Running 10,000 metres
Championship Final, Hemel
Hemstead.

British Schools Cross Country
International Meeting, Sligo,
Ire.

28th Tom Scott Memorial
Trophy 10 mile Road Race from
Law to Strathclyde Country
Park, Motherwell, (including
Scottish Veterans 10 mile
Championship race) E.
— Andrew H. Brown.

Colzium AC Inter Club Athletic
Match, Coatbridge Outdoor
Sports Centre.

British Veterans 5,000 metres
Road Race Championships,
Hemel Hempstead, Details
— W. Morgan, 159, Marsh Lane,
Edington, Birmingham
B23 6JA.

5 Forfar 15 mile Road Race,
Forfar (starts 10 a.m.), E.— Bill
Logan, 5 Westfield Crescent,
Forfar DD8 1DD
accepted.

Glen Fruin 15 mile Road Race,
Helensburgh, E.— J. Turnbull,
"Clava", Campbell Street,
Helensburgh

Glen Nevis 10 mile Road Race,
Fort William, E.— Graeme
McConnochie, 24, Lundy Road,
Claggan, Fort William

North Inch Fun Run, Perth.

Pentlands Skyline Hill Race,
Hillend, Edinburgh, (16 miles
record A. Farmingham
(Aberdeen AAC) 2:37 (6 1986)
E.— R.L. Morris, 33,
Morningside Road, Edinburgh
EH10 4QP

Victoria Park AAC Open
Graded Meeting, Crownpoint
Sports Park, Glasgow, E.— on
day Details — J. Wallace,
Crawford, 83, Clarence
Gardens, Glasgow G11 7JW

11 Renfrewshire AAA Open 10
mile Road Race and County
Championship, I.B.M. Factory,
Spango Valley, Greenock
(Senior Men and Women), E.
— on day Details — D. Burt, 7,
Kirkhill Road, Uddingston

IAAF World Marathon Cup
Championship, Seoul, South
Korea (Day 1).

12 Selkirk Peoples Half Marathon
and Fun Run (6.6 miles), E.
— R.J. Wilson, 3 Ladylands
Terrace, Selkirk, by March 29

Scottish Marathon Club Jimmy
Scott 15 mile Road Race,
Clydebank to Helensburgh, E.
— J. Softley, 6, Cathkinview
Road, Glasgow G42

Barrf Open 7 mile Road Race,
Barrf.

Dundee Hawkhill Harriers
Open 10,000 metres Road Race
and Invitation Kenney Bennett
Track Mile, Caird Park,
Dundee, E.— Ian Robertson,
28 Forest Park Road, Dundee

Inverness Harriers Open
Athletic Meeting, Queens Park
Track, Inverness, Details
— Turnbull Sports, 10, Church
Street, Inverness

Scottish and North West
Athletic League:
Divs. 1 & 2 at Crownpoint
Sports Park, Glasgow.
Divs. 3 & 4 at Wishaw Sports
Stadium.
Div. 5 at Carlisle.

IAAF World Marathon Cup
Championship, Seoul, South
Korea (Final Day).

15 Ayrshire Harriers Clubs
Association Young Athletes
Meeting, Kilmarnock.

Edinburgh Southern Harriers
Open Graded Athletic Meeting,
Meadowbank Stadium,
Edinburgh, E.— on evening of
meeting Details — I.
McKenzie, 146 Avontown
Park, Linlithgow, West Lothian
EH49 6QH

18 Scottish Athletic League
Qualifying Match for entry to
Division 4, Coatbridge Outdoor
Sports Centre, Details
— George Duncan, 22, Wilson
Street, Craigie, Perth PH2 0EX

THE GREAT CUMBRIAN RUN

April 26, 1987

The half-marathon will again be between
Brampton and Bitts Park, Carlisle.

Entry fee



£4 for members of AAA and WAAA: £4.50
unaffiliated.

Recommended charities this time will be:
Cumbrian Spastics Society and British
Deaf Association.


The Organisers, Cumbrian Newspapers and
Brampton and Longtown Rotary and Round
Table stress that runners can be sponsored for
any organisation of their choice.

1986's event raised around £90,000. Help us to
do as well again this year.

Entry forms can be obtained from
**Mr M MacKay, Laversdale, Irthington,
Carlisle CA6 4PS, from January 1, 1987.
Closing date March 12, 1987.**

The Best of Luck
to all the runners in
the Kirkcaldy College
of Technology
Road Races
from your sponsors



Barnetts

KIRKCALDY

Barnetts of Kirkcaldy, Telephone: (0592) 55100

Dundee Hawkhill Harriers 10K Road Race

at Caird Park, Dundee
on 12th April, 1987
at 2 p.m.

Medal to all Finishers.
Team and Individual Trophies to the value of £800.
Entries to: B. Davidson, 8 Pitkerro Road, Dundee.
Tel: Dundee (0382) 454501
£2.50 plus S.A.E. or £3.00 on the day.
Under SWAAA and SAAA Rules

Clackmannan District Sports Council 5th Annual Half-Marathon Sponsored by the Alloa Advertiser Sunday 29th March 1987

PERMITS ISSUED BY S.C.C.U. S.W.A.A.A.
PRIZES FOR ALL CATEGORIES AND A MEDAL
FOR ALL FINISHERS

Entry Forms From: Mr. W. Murray
140 West Stirling Street,
Alloa.

SIXTH LOCH RANNOCH MARATHON

(INCORPORATING THE FIRST
LOCH RANNOCH HALF-MARATHON)
28th JUNE 1987 at 11 a.m.

(under SAAA and SWAAA Rules)
(BARR grading applied for)

SPONSORED BY BARRATT
MULTI-OWNERSHIP AND HOTELS LTD.

RUN IN ONE OF BRITAIN'S MOST BEAUTIFUL MARATHONS,
AND THIS YEAR FOR THE FIRST TIME THERE IS ALSO THE
CHANCE TO RUN IN A HALF MARATHON EVENT — WHICH
WE HOPE WILL ALLOW MORE RUNNERS TO ENJOY THE
WILD SCOTTISH SCENERY BUT OVER A SHORTER COURSE.
EXCELLENT FACILITIES INCLUDE DRINK/SPONGE STATIONS,
MILE MARKERS, MEDALS FOR ALL FINISHERS, COURSE
ACCURATELY MEASURED BY RRC, EXCELLENT PRIZE LIST
INCLUDING WEEKEND HOLIDAYS, AND ABOVE ALL A
FRIENDLY ATMOSPHERE.



Entry forms from:
Arthur F. Andrews,
Loch Rannoch Marathon,
Rannoch School,
Rannoch Station,
Perthshire, PH17 2QQ
(PLEASE SEND S.A.E.)

WHY NOT MAKE A DATE NOW FOR THE FRIENDLY RUN IN
THE HEART OF THE HIGHLANDS ON JUNE 28TH?

SPONSORED BY THE SCOTTISH MILK MARKETING BOARD



**KIRKCUDBRIGHT ACADEMY
MILK HALF MARATHON
SATURDAY 23rd MAY 1987, 1 p.m.**

APPLICATION FORMS FROM:
**HARRY MARLAND,
KIRKCUDBRIGHT ACADEMY,
KIRKCUDBRIGHT.**
TEL: 0557-30440

Events Diary

- Scottish Young Athletes Handicap Meeting, Livingston New Town.
- Inverness Harriers Craig Dunain Las Plant Open Hill Race, Inverness, (6 miles 000 feet) rec: 33:39 F. Clyne (Aberdeen AAC) 1984 E. — DB McGinn 116a Old Edinburgh Road, Inverness.
- Scottish Veterans Harriers Club 10,000 metres Road Race, Inverness. (Followed by Highland Ceilidh) Details — D. Wilmoth address as above.
- 19 Haddington Open 10 mile Road Race, Haddington, (First race in 3 race Challenge Series). Details — Henry Muchamore 3 Annisfield Road Haddington, East Lothian EH41 4EQ
- Scottish Young Athletes League.
- East Divs. 1 & 2, Grangemouth. West Divs. 1 & 2, Scotstoun, Glasgow. North East, Caird Park, Dundee.
- Border Athletics League, Tweedbank.
- Solway Athletics League, Dumfries.
- Scottish Veteran Harriers Pack Run along the loch shore, Inverness.
- 22 Forth Valley Athletic League: Div. 2, Grangemouth Stadium.
- Scottish Universities Athletic Cup, Semi Final matches.
- Scottish Veteran Harriers Club 7 mile Road Race, "Round the Loch", Strathclyde Country Park, Motherwell.

LOCHABER PEOPLES MARATHON

26th APRIL at 12 Noon

Medals and Certificates Extensive Prize List

Entry Fee £5

CLOSING DATE 18th APRIL or FIRST 500 LIMIT

S.A.E. With All Enquiries To
E. Campbell, Kisimul, Alma Road, Fort William

MOTHERWELL AND WISHAW SPORTS COUNCIL

OPEN ROAD RACES (MORNING)
'ROUND THE LOCH'
ON SATURDAY 28th FEB. 1987
ENTER ON DAY

ORGANISED BY:-

**MOTHERWELL Y.M.C.A.
HARRIERS**

CONVENOR: W. MARSHALL M'WELL 61848 (H)

SUNDAY
22nd MARCH 2.00 p.m.
INVERNESS



Under S.A.A.A./S.C.C.U./S.W.A.A.A./S.W.C.C.U. & RR Rules

Accurate and Fast course through the Streets of the Highland Capital, Inverness. Extensive prize list, over £2000, for all categories, including individuals, veterans, athletic clubs, works teams and pub teams. Beautiful Commemorative medal for all finishers in Half Marathon. Superb organisation and full facilities. Entry forms available from any Branch of Bank of Scotland or Turnbull Sports, 10 Church Street, Inverness, Tel: (0463) 241625. Entries close March 16.



Events Diary

- Open Graded Athletic Meeting, Tweedbank Stadium.
- 23 Forth Valley Athletics League: Div. 2, Grangemouth Stadium.
- 25 Dunbartonshire AAA County Athletic Championships, Scotstoun Playing Fields, Glasgow.
- Lanarkshire AAA County Athletic Championships, Coatbridge Outdoor Sports Centre.
- Renfrewshire AAA County Athletic Championships, Crownpoint Sports Park, Glasgow.
- Scottish Universities Athletic Cup Final, Caird Park, Dundee.
- Ben Rha Hill Race, Reay, Caithness, 7 1/2 miles, 800 feet climb. Rec: 45:36 W. Miller (Caithness AAC) 1983 E. — D. Lyall, Morven View, Weydale, Thurso.
- Scottish Womens Cross Country & Road Racing Association A.G.M. — Glasgow.
- 26 AAA 12 stage Road Relay Championship, Sutton Coldfield Park, Birmingham.
- City of Dundee Peoples Health Marathon including SAAA National Championship, Dundee.
- Lochaber Peoples Marathon, Fort William. E — E. Campbell, Kisimul, Alma Road, Fort William. Entries close April 18 or when limit of 500 reached.
- Edinburgh and District Athletic League, Tweedbank Stadium.
- Victoria Park AAC St. Mungo 10,000 metres Road Race, Boclair Academy, Bearsden. E. — J.A. Innes, 73 Woodvale Avenue, Bearsden, Glasgow G61 0G1.
- Scottish Womens Athletic League: Div. 1, Meadowbank Stadium, Edinburgh. Div. 2, Crownpoint Sports Park, Glasgow. Div. 3, Wishaw Stadium. Div. 4, Livingston.
- 29 Adidas Challenge Series 5,000 metres Road Race, Pollok Park, Glasgow, E — E. Donnelly, 53 Anchor Crescent Paisley PA1 1LX.



The exciting finish of last year's Luddon Half Marathon, which could well be repeated on May 17 this year.

GALLOWAY SEALINK MARATHON SUNDAY, 31st MAY, 1987



"After 25 Marathons completed to date, the Galloway still remains the best." Ken Evans, Wallasey, Wirral.

"Marvellous scenery, friendly atmosphere and even a lot of good weather thrown into the bargain. There can be no better course on which to suffer the 26.2 miles." Tony Mitcherstagel, Hampstead, London.

"I would not dream of missing the Galloway Marathon wherever you hold it. I think it is the best of all the Scottish Marathons." Frank Scott, Bonnyrigg.

"The race is superbly organised. If ever a town took a Marathon to its heart, it is Newton Stewart." John Duff, Aberdeen.

"Your Marathon is unbelievable for the enthusiasm and cheerfulness shown throughout. It must rank with the London for me." Ron Musgrove, Hartlepool.

Race Advisor — Brendan Foster M.B.E. The marathon is under S.A.A.A. rules and will be over an accurately measured course.

ENTRY FORM

Fill in all sections in block capitals and send to: Meriel Walker, Clydesdale Bank House, Newton Stewart, Wigtownshire. Any enquiries by Telephone: (0671)2265

SURNAME..... FORENAME.....

ADDRESS.....

POSTCODE.....

PHONE NO..... TEAM TITLE (if applicable).....

CLUB.....

AGE ON 31st MAY, 1987..... DATE OF BIRTH.....

MARATHON PERSONAL BEST..... MALE/FEMALE.....

ANTICIPATED TIME FOR GALLOWAY MARATHON.....

Entry fee of £5 must be enclosed (no post-dated cheques).

Cheques/P.O. No..... Cheques & P.O.s made payable to "Galloway Marathon". No refund of entry fees. You must also enclose stamped addressed envelope.

Please enter me for the Galloway Marathon. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be responsible for any injury or illness incurred to my person during or as a result of the event, or for any property lost on the course or in the changing rooms.

I hereby declare that I will be 18 years of age or over on the day of the race and have not competed in any athletic (track and field, road race, cross country or road walking) event as a professional, or having done so I have been reinstated to amateur status. I hereby declare that the above particulars are COMPLETE and CORRECT in every detail.

SIGNED..... DATE.....

Under S.A.A.A. Rules

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Month...**

A Runners Guide To Edinburgh and Lothians

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They're good for you!**

**Hill Running — the
season ahead**

**Full reports and
pictures from Scottish
Cross Country
Championships . . .
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Next month's issue,
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Plus, all the usual reports,
news, pictures, results,
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Don't delay — order your
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**SCOTLAND'S
RUNNER**

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Challenge

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Recently shorter races of 5, 10 and 15 kilometres have increased in popularity and mid week short distance races have also been enthusiastically supported.

INTRODUCING THE ADIDAS MID WEEK 5, 10 AND 15K RACE SERIES

You may enter any one of the three races — 5, 10 or 15k or go for the complete series of three. Priority will go to series entrants.

Each race may be entered by runners 17 years (18 in Scotland) and over. Male and female top class runners to club athletes to fun runners — all are welcome.

All races will be organised and supported to the highest standards and the series will include:—

- Over £5000 worth of prizes
- Superb prizes to individual race and series winners
- Quality souvenir sports bag to all series entrants
- Full Marshall cover
- Superb Timex and adidas spot prizes
- No entries will be accepted on race day unless stated
- Overall series winners (1st Male, 1st Female, 1st Male Vet, 1st Female Vet) will be invited to compete in the adidas/Mars Wolverhampton half marathon on September 20th. These athletes will receive free entry and all travel and accommodation expenses will be paid by adidas. Points total from races entered will determine overall race series winner. All three races must be completed to qualify to win.

A 9" x 6" SAE to be sent to Race Director.

GLASGOW

Wednesday 29th April 5 Km race
Wednesday 6th May 10 Km race
Wednesday 13th May 15 Km race

Start Time: 7pm. Entry Fee: £2 per race or £5 the series. Cheques payable to "Bellahouston Harriers". Send entries to: c/o 53 Anchor Crescent, Paisley, Scotland PA1 1LX. Entries accepted on race day.

SUNDERLAND

Wednesday 20th May* — Silkworth 10 Km race
Wednesday 27th May — Sunderland Town Centre 5 Km race
Wednesday 3rd June — Seaburn 15 Km race

Start Time: 7.30pm. Entry Fee: £2 per race or £5 the series (unaffiliated £2.50 and £6.50). Cheques payable to "Sunderland Harriers". Send entries to: Race Director, 10 Somerset Grove, Darlington, Co. Durham DL1 2LL. *Incorporated within the Vaux Old Pit races.

AVON

Wednesday 10th June — Churchill 15 km race
Wednesday 17th June — Clevedon Midsummer 10 km race
Wednesday 24th June — Bath City Centre 5 km race

Start Time: 7.30pm. Affiliated Entry Fee: £2 per race or £5 the series (unaffiliated £2.50 and £6.50). Cheques payable to "City of Bath A.C.". Send entries to: Avon adidas Challenge, 8 Ferndale Ave., Longwell Green, Bristol BS15 6XS.

BIRMINGHAM

Wednesday 1st July 5 Km race
Wednesday 8th July 10 Km race
Wednesday 15th July 15 Km race

Start Time: Affiliated 7.30pm. Entry Fee: £2 per race or £5 the series (unaffiliated £2.50 and £6.50). Cheques payable to "Birmingham adidas Challenge". Send entries to: Birmingham adidas Challenge, 16 Grosvenor Close, Four Oaks, Sutton Coldfield, West Midlands B75 6RS.

SOUTHAMPTON

Wednesday 22nd July — Netley 5 Km race
Wednesday 29th July — Lords Hill 15 Km race
Wednesday 5th August — Netley 10 Km race

Start Time: 7.30pm. Affiliated Entry Fee: £2 per race or £5 the series (unaffiliated £2.50 and £6.50). Cheques payable to "Southampton adidas Challenge". Send entries to: The Race Director, 106 Woodley Lane, Romsey, Hants. Under AAA, WCCA, RRC, SAAA and SWCCU Rules.

OFFICIAL MID WEEK RACE SERIES ENTRY FORM

SURNAME SEX M F

FIRST NAME AGE ON DAY OF RACE DATE OF BIRTH

POSTAL ADDRESS

TOWN

COUNTY POST CODE (ESSENTIAL)

DAYTIME TELEPHONE (STD CODE ESSENTIAL) HOME TELEPHONE (STD CODE ESSENTIAL)

FIRST CLAIM AFFILIATED CLUB

BEST TIME FOR EVENT CHOSEN
5K 10K 15K

I declare I am an amateur as defined by the AAA and WCCA, and will abide by those rules and that I will be 17 years of age (18 years in Scotland) or over on the day of the race. I hereby agree that the organisers or associates shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the Race.

Signed _____ Date _____
I enclose a cheque payable to the name of the chosen event, to the value of _____ and a SAE min size 9" x 6" (unless otherwise requested).

RACE OR RACES ENTERED

adidas  IN ASSOCIATION WITH **TIMEX**