

SCOTLAND'S TEAM

As the paper is about to be printed we have inserted the following notes on the Scottish team, selected to run at Paris, on 30th March, in the International Cross-Country Contest, mainly for the benefit of our English readers.

The first six runners home in the Scottish 'National' were automatically chosen, whilst the other three men to make up the team of nine were chosen at a meeting of selectors held on Monday, 10th March.

Though the Scottish title race was run over a heavy snow-covered trail, the first six home were "speedsters" with known ability on the track. In fact, we believe they would be capable of beating any other Scottish select over a 6 x 1 mile relay. This means that the most suited men for the probable fast race course at Paris have been selected.

Here is the team:—

A. FORBES (Victoria Park A.A.C.)—Midland and Scottish champion, has still to be fully tested. Socially—modest, but runs confidently. A great prospect in his first international.

A. MCGREGOR (Bellahouston H.)—Scottish runner-up. Made a remarkable and popular "come-back." Novice and Midland champion in 1934. Member of the famous Piebelan relay team of these days. Had the fastest lap in Edinburgh-Glasgow road relay in 1933. First international.

J. E. FARRELL (Maryhill H.) (captain)—Will be popular captain. Veteran, but evergreen. Has thrilled enthusiasts for a number of years with his great fighting qualities. Aptly described as "hero of a thousand races." Eighth and seventh in 1938 and 1939 Internationals. Was not satisfied with his 25th last year.

FRANK SINCLAIR (Greenock Wellpark H.)—First International. (See Photoflash, No. 3).

W. SOMERVILLE (Motherwell Y.M.C.A. H.)—Surprised many by finishing fourth for Scotland in 33rd position last year—the relatively best performance of the team. Speedy and steady, expects to do much better this year.

J. REID (West Kilbride A.A.C.)—South-Western champion and Scottish half-mile track championship finalist last year. First International.

R. REID (Birchfield H.)—Scottish champion 1939, and runner-up in English 'National' last year. Probably the only runner ever chosen to represent Scotland without turning out in the Scottish or English title race before-hand. Travelling difficulties were the reason for his non-appearance. So far, has not shown himself at best in Internationals. He has learned from experience, has speed (hidden by his style); this makes him the Editor's great hope for the Individual title.

G. ANDERSON (Bellahouston H.)—Seventh in the "Scottish," was selected, but did not run last year, through illness. Merits inclusion greatly by virtue of his patience and game perseverance.

J. C. FLOCKHART (Shettleston H.)—International champion 1937. Was only 40th in the "Scottish." Had been training conscientiously but ran with a foot injury. With his ability anything is possible.

The Reserves are:—

G. LAMONT (Victoria Park A.A.C.).

G. PORTEOUS (Maryhill H.).

A. McLEAN (Bellahouston H.).

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THE SCOTS ATHLETE

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A FIGHTING FINISH between J. McGHEE (St. Modan's H.S. F.P.) and J. DUFFY (Garscube H.), for third and fourth position in the Midland District Youths' 2½ miles Cross-Country Race at Hamilton Racecourse. J. McGHEE (left) got the verdict.

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THROUGH MY FIELD GLASSES—A Woman's View of Athletics.

THE MIDLAND CHAMPIONSHIPS.

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SCOTLAND'S TEAM.

ACTION PHOTOGRAPHS.

MIDLAND DISTRICT 7 MILES JUNIOR CHAMPIONSHIP

HAMILTON RACECOURSE, 25th JANUARY, 1947.



Top:—Leaders at half-distance and well in front of rest of field, running in this order: B. CAIRNS (Shettleston H.), A. FORBES (Victoria Park A.A.C.), G. LAMONT (Victoria Park A.A.C.), G. CRAIG (Shettleston H.). Bottom (left to right)—How the same runners looked crossing the finishing line:—A. FORBES, the winner; 2nd, B. CAIRNS; 3rd, G. CRAIG; 4th, G. LAMONT.

THE SCOTS ATHLETE

To Stimulate Interest, to Develop Enthusiasm
and to Encourage Sportsmanship in Scotland

Edited by WALTER J. ROSS

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The Scottish Cross-Country Championships

By George Dallas (Hon. Secy., N.C.C.U., of Scotland)



The fiftieth annual National Cross-Country Championship and the eighth Youths' Championship held at Lanark on 1st March, 1947, will be remembered by competitors for the conditions were of the most severe nature.

Because of an extremely heavy snowfall the course planned for the Seniors had to be altered, whilst the Racecourse, to which both races were confined, had a very heavy snow covering, and in some parts was probably around one foot deep.

The Youths' Race came first on the programme. With twelve individual entrants and 21 teams, an excellent

representation for the first post-war event, containing the names of youths who, throughout the season, had demonstrated their worth. The popular tip for the first home honour was Wilfred Young (Victoria Park). Over a two-laps course, figuring out at approximately two and two-thirds miles, the field was sent on its journey. On the completion of the first lap it became abundantly evident that Young was going to be in at the kill, so well was he stepping it out. It is true challenges were being delivered, the strongest coming from Stewart Lawson, Maryhill Harriers, who just had not the pace at the finish to live with Young. The sturdily-built Victoria Park lad certainly put himself through a gruelling test over the uneven footing provided by the snow. He was supported by clubmates A. T. Bell, G. A. Sim, and D. Mill, the four actually filling the first five places in the race, and scoring almost the possible points. One has to go back to 1919, the first National Novice Championship decided at Carntyne Racecourse when Maryhill Harriers provided the first four runners home, to equal the latest achievement of the Victoria Park members.

A meed of praise should be bestowed on the members of St. Modan's and Plebeian Harriers who, although well beaten by Victoria Park, displayed commendable enterprise by finishing second and third, and heading the

usual strong clubs like Maryhill, Garscube and Shettleston Harriers.

Coming to the story of the Senior nine miles, analytical prophesy was rendered perplexing because of the absence of information of form as few Club Championships were carried through, due to the abnormally prolonged maintenance of hard frosty weather conditions, and the consequent dangerous road, field, and fen routes. It was these conditions which seriously affected the regular training schedule of all with a direct interest in the National, and therefore "full out" training spins necessary for rounding off the attainment of peak condition were impossible.

What results we did have of the Midland, Eastern, and South Western Junior Championships and the Scottish Y.M.C.A. Championships threw some light on the subject. As a result, A. Forbes, Victoria Park; G. Craig and B. Cairns, Shettleston; and J. Reid, West Kilbride, were destined to take a very active part in the proceedings. That was among the Junior class, with A. Forbes reckoned to be classy enough to be considered a potential National Champion. Frank Sinclair of Wellpark, though a Senior, certainly exhibited grand form in winning the Y.M.C.A. Championship two weeks before, and this brought him right into the picture. What was happening in the Senior ranks? Little or nothing to offer guidance except to learn for instance that Jim Flockhart, 1937 International Champion, was putting in some hard effective training, and that J. E. Farrell, Maryhill Harriers, like Flockhart (both of whom have yet to let their country down) was putting in the desired touches to fit himself for the fray. It was later learned that Flockhart had injured his foot on the Thursday prior to the race, but would run not to let his club down, though he would be unable to wear spikes.

These were the factors before us when 18 clubs and nearly 50 individuals lined up for the seven laps of Lanark

Racecourse. Provost T. Russell, Lanark, got the field away to a perfect start. The course having been pounded down previously by the Youths in some measure helped the Seniors to pick their steps through the snow-clad route of 1½ miles to the lap.

After an absence of 7 minutes 45 seconds, the time occupied to cover the first lap, W. S. Somerville, Motherwell Y.M.C.A., was at the head of the field, closely followed by A. Forbes and G. Lamont, Victoria Park, and A. McLean, Bellahouston Harriers. During the next lap, A. Hay of Garscube came into the lead; time, 15 mins. 45 secs. Right at his heels was the danger man, A. Forbes, then G. Lamont, G. Cunningham, Victoria Park; J. Reid, West Kilbride; G. Anderson, Bellahouston; J. E. Farrell, Maryhill; A. McGregor, Bellahouston; F. Sinclair, Wellpark; and G. Craig, Shettleston.

A. Hay held to the lead over the third lap; time, 23 mins. 29 secs. At this stage the order of running was J. Reid, G. Lamont, A. Forbes, G. Anderson, G. Cunningham, J. E. Farrell, A. McGregor, F. Sinclair, W. S. Somerville. Running well within himself, A. Forbes moved up to the leading position for the first time during the fourth lap; time, 31 mins. 13 secs. The order behind him at this stage was clubmate G. Lamont, who was running well indeed (although obviously not too happy), J. Reid, A. McGregor, W. S. Somerville, A. Hay (dropped five places), J. E. Farrell, and F. Sinclair.

At the end of the fifth lap A. Forbes was still moving sweetly; time, 38 mins. 52 secs. He was followed by G. Lamont who was tenaciously hanging on, then by J. Reid, A. McGregor, F. Sinclair and J. E. Farrell. That Forbes was running with ample to spare he demonstrated over the sixth lap when he broke clean away from the field to return 46 mins. 9 secs., and actually showed the fastest lap of the series with 7 min. 17 secs. It was

during this lap that Emmet Farrell jumped into second place, then came J. Reid, A. McGregor, W. S. Somerville, G. Lamont, F. Sinclair and G. Anderson.

Over the final lap Forbes, maintaining his usual erect action and poise, succeeded in opening up his advantage to such good purpose that despite a great effort by A. McGregor, Bellahouston Harriers, he cantered home the winner by 150 yards in the splendid time of 53 mins. 33 secs., with the evergreen J. E. Farrell a good third.

It is interesting to note that the lap times for the distance were 7-45, 8-00, 7-44, 7-44, 7-39, 7-17, 7-24; total 53 mins. 33 secs. The runners were always in sight of the spectators who braved the day.

A. Forbes had the distinction of winning the Junior Championship as well. The only other previous winners of this dual honour were P. J. McCafferty (W.S.H.), Tom Jack (Edinburgh Southern), J. H. Morton (Eglington), J. C. Flockhart (Shettleston), and R. Reid (Doon).

I ought to mention here that R. Reid (Doon), who was the holder of the National title, did not defend the honour on account of the fact that he captains Birchfield, which club he hopes to lead home in the English National on March 8.

Bellahouston Harriers, holders of the Elkington Shield, never appeared to be in danger of losing the team title after the third lap. Actually they succeeded in finishing eight men before Victoria Park, runners-up, had placed their fifth runner. So the "tail" of the team was in rampant form and helping to register the remarkably fine aggregate of 59 points. A. McGregor, their leader, excelled himself by finishing second to Forbes. It is thirteen years since he won the Midland Junior Championship.

Full Results—

		Seniors	
		min.	sec.
1	A. Forbes, Victoria Park A.A.C.	53	33
2	A. McGregor, Bellahouston H.	53	53
3	J. E. Farrell, Maryhill H.	53	59
4	F. Sinclair, Green, Wellpark H.	54	4
5	W. S. Somerville, Motherwell Y.M.C.A. H.	54	7
6	J. Reid, West Kilbride A.S.C.	54	9

Team Championship

1	Bellahouston H. (A. McGregor 2, G. Anderson 4, W. J. McKinnlay 7, T. W. Lamb 13, A. Maclean 16, T. Gibson 17)—59 pts.
2	Victoria Park A.A.C. (A. Forbes 1, G. Lamont 5, G. M. Cunningham 8, D. McFarlane 12, R. Blacklock 26, J. Keith 38)—90 pts.
3	Maryhill H. (J. E. Farrell 3, G. Porteous 6, J. Bisset 21, J. Wilkie 23, A. Stevenson 31, H. Scoles 36)—120 pts.
4	Shettleston H. (H. Howard 9, C. McLennan 11, G. Craig 14, J. C. Ross 20, J. C. Flockhart 33, C. Brechin 35)—122 pts.
5	Springburn H. (J. Morton 10, A. Drennan 18, W. Macmillan 32, D. Fyfe 34, H. Haughe 45, J. Farrell 50)—189 pts.
6	Garscube H. (A. Hay 15, R. Mulgrew 24, A. L. Hay 29, D. B. Brooke 37, J. Gunn 54, W. J. Ross 55)—214 pts.
7	Greenock Glenpark H. (D. Turner 30, T. Mearns 44, W. McLean 53, J. McNab 71, B. Leitch 74, C. Berry 75)—347 pts.
8	Edinburgh Southern H. (T. J. Logan 48, W. S. Wilson 49, G. Mitchell 64, J. Wilson 67, R. Sime 70, T. Hendry 73)—371 pts.
Incomplete Teams—Auchmountain (47, 65, 66); Clydesdale H. (28, 46, 52, 68); Dundee Thistle H. (22, 60, 63, 69); Hamilton H. (56, 62).	

Youths' Championship (3 miles)

1	W. Young, Victoria Park A.A.C.	16	8
2	S. Lawson, Maryhill H.	16	10
3	A. T. Bell, Victoria Park A.A.C.	16	33
4	G. A. Sim, Victoria Park A.A.C.	16	37
5	D. Mill, Victoria Park A.A.C.	16	39
6	D. Dick, Edinburgh Northern H.	16	40

Team Championship

1	Victoria Park A.A.C. (W. Young 1, A. T. Bell 3, G. A. Sim 4, D. Mill 5)—13 pts.
2	St. Modan's A.A.C. (J. McGhee 7, G. Keill 14, D. Fair 15, G. Pollock 20)—56 pts.
3	Plebeian H. (D. Barclay 6, F. Cassells 12, A. Smith 31, L. Howitt 32)—81 pts.
4	Edinburgh Rover Scouts (8, 13, 30, 34)—85.
5	Maryhill H. (2, 9, 38, 44)—93.
6	St. Machan's B.G.A.C. (10, 16, 33, 35)—112.
7	Garscube H. (18, 19, 40, 46)—123.
8	Shettleston H. (23, 25, 29, 59)—136.
9	Johnstone Y.M.C.A. H. (17, 28, 35, 65)—145.
10	Kilbarchan A.A.C. (27, 41, 42, 49)—159.
11	Teviotdale H. (22, 50, 51, 56)—179.
12	Auchmountain H. (47, 48, 52, 55)—202.
13	Hillington H. (11, 63, 70, 71)—215.

EXCERPTS FROM FEBRUARY RUNNING COMMENTARY

by J. E. FARRELL.

(Scottish 3, 6, and 10 miles Champion).

Morpeth Reflections

The first big event of the year, the Morpeth to Newcastle road race, run as usual on New Year's Day, was last competed for in 1939, and 52 runners faced the starter, an excellent entry but a little below the average turn-out.

Holden's Form

Critical eyes are apt to be focussed on the performances of Jack Holden of Tipton Harriers in view of his position as a potential British Olympic hope for the Marathon event. Although Holden won in excellent time, the fact that he was nevertheless over a minute outside record for the course leaves anxiety in some quarters as to whether his recent 30 miles record has taken a little edge off his speed required to tackle the world's best. From a ten-mile point of view this may be true, but in the 26-mile grind I believe Holden has the right combination of stamina and speed to test the capabilities of the very best Olympic candidates.

Especially noticeable in this recent race was his speed on the uphill gradients, indicating tremendous strength and virility. Holden has experience, undoubted running sense, and, for an athlete of his years and service, retains splendid fitness. If his ambition and will to win are undiminished, he should be a great Olympic prospect.

Organisation Not Up To Standard

Perhaps after a lapse of seven years it is natural to find a little rustiness in the organisation of such a race. Certainly Scottish clubs have nothing to learn in this department from South of the Border. Above all, the stewarding will have to be reinforced to cope with the congested traffic of the Great North Road. Several runners complained of obstruction from thoughtless motorists and cyclists, and on more

than one occasion both Holden and myself had literally to push cyclists out of our path as we ran. On one occasion I was myself almost knocked down by a thoughtless motorist driving into the kerb.

However, it is pleasing to turn from a note of criticism to dwell on the vast enthusiasm from really sporting crowds who gave the runners plenty of encouragement as they sped from village to village. Within the precincts of Newcastle, indeed, the crowds were so vast that mounted police were required to marshal them.

* * * *

On Sunday, 19th January, Birchfield took part in an inter-club event with French clubs at Chartres, but were out-classed.

Pujazon Still in Front

International cross-country champion Pujazon, running for Racing Club de Paris, was the individual winner over the 5½ mile trail in 32 min. 51.2-0 sec. scoring a narrow victory over club-mate Petitjean. The team victory, however, went to Association Francaise, with Stade Francaise second.

Bobby Reid was first man home for Birchfield in the 18th place. On paper this looks bad from a Scottish point of view, but in recalling Reid's intention not to force himself unduly thus early in the season, the position may not be quite so alarming as at first thought.

Interesting Experience of Bobby Reid

Bobby Reid is inclined to believe that the French are meantime riding the crest of the wave. Petitjean who also ran at Ayr and chased Pujazon to a few yards on this occasion is, of course, a club-mate of the latter. Joveneaux, another Frenchman, finished third. Reid finished about 1½ minutes behind Pujazon over this 5½

mile trail, but was 75 seconds behind after the first lap (1800 yards) of fast, level turf had been covered.

Readers can draw their own conclusions, as Bobby dryly remarks "Either they start exceptionally fast or I start far too slow," and hints that if he is lucky enough to get to Paris the experience acquired at Chartres should be invaluable.

* * * *

Gambles That Came Off

Although selectors invariably pick most of the team from the first nine runners home in the National, they do not tie themselves down entirely to this method. Apart from consideration of high-class Anglo-Scots who may be in the running, they have on occasion selected men who have had an off day, but whose general form throughout the season has been consistently high. Strangely enough, errors of judgment in this respect have been remarkably few. Outstanding examples come to my mind. In 1936 at Lanark I had the experience of finishing ninth, but was excluded from the team in favour of Suttie Smith and Wylie of Darlington, who finished much farther back. Later on, both these experienced runners justified their inclusion in the International at Blackpool. Perhaps the most outstanding case occurred in 1937 when Alec Dow of Kirkealdy Y.M.C.A. finished away back in the hundreds yet was selected and finished 2nd Scot home at Brussels in 17th place. The explanation, of course, was that the race at Redford Barracks was run in a snowstorm. Dow, not long back from India, found his muscles completely tied up. Later on at Brussels the weather was almost summer-like and Dow found conditions very much to his liking.

Then, in 1938, Shroeven and Chapelle were included in the Belgian team, although they had not finished among the first dozen runners in their National championship. It is now history how Chapelle, running like a gazelle, spread-eagled the field in the International at Belfast, only to weaken in

the later stages when long-striding Emery caught him and went on to win. Chapelle finished a great and plucky runner-up.

* * * *

For reference, here are the positions of the first three teams in 1939 at Lanark when Bellahouston defeated Maryhill by the narrow margin of 4 points:—

Bellahouston (T. Gibson 10, G. Hunter 14, J. Campbell 17, S. A. Kennedy 19, T. Lamb 21, A. Hamilton 29)—110 points.

Maryhill (J. E. Farrell 2, R. McPherson 5, D. Robertson 15, G. Porteous 18, A. H. Blair 32, A. T. Peters 42)—114 points.

Shettleston (A. Craig 3, J. C. Ross 4, J. C. Flockhart 7, W. Sutherland 8, R. Thomson 56, J. Collins 57)—135 points.

The importance of a strong tail is markedly brought out by a perusal of these placings.

* * * *

Hint for the Month

It is well known that athletes reaching racing fitness are very prone to chills, etc., due to their fine condition and shedding of superfluous tissue, and thus at this time of the year when inclement weather is prevalent, it behoves runners to be specially careful to keep warm during training runs and prior to races. To be well wrapped up before a race is by no means an affectation or a fad but an entirely beneficial precaution. When the engine is warm it runs more smoothly; similarly, when the muscles are warm they are more supple, and fluent running is achieved more easily and more quickly. Moreover, when the runner feels the glow of warmth he is apt to be less nervous, and in an important race this is indeed a factor.

* * * *

Recent Performances Abroad

From now on until the threshold of the Olympic Games all major events abroad which come to our notice will be of interest in providing a picture,



TWO OUTSTANDING YOUTHS: (Left)—**B. SMITH** (Garscube H.), finishing 2nd in the Midland Youths' Race. (Right)—**W. YOUNG** (Victoria Park A.A.C.), putting in his winning effort in the same race. Young also won the Scottish title at Lanark on 1st March, 1947.

incomplete though it may be, of the competition Britain is likely to meet in 1948.

A few weeks before the New Year, for example, it was reported that the French-Canadian Cote had won the United States Marathon title by almost half a mile from (Johnny) Kelly of Boston in the very moderate time of 2 hrs. 47 mins. 53.6 secs.

When all due allowances have been made regarding the margin of victory and the possibility of, say, unfavourable weather conditions, there does not seem to be anything to fear from this source. Cote, highly thought of in Canadian quarters, certainly cut no ice when he was stationed over here during the war period.

On the other hand, some of the performances at the recent Australian championships at Perth on January 27th are of considerable merit. In the High Jump, for example, G. Winters of Western Australia set up an Australian record of 6 ft. 6 3/8 in. Similarly, T. Bruce of South Australia

set up a long jump record by clearing 24 ft. 10 1/2 in.

Also in the news has been the "flying parson," Gil Dodds, who in winning the recent Wanaker indoor mile put up the smart time of 4 mins. 9.2 secs., and at the moment is looked upon as the chief American hope for the 1500 metres.

But something extra hot will be required to trouble Lennart Strand of Sweden and the other Scandinavians at the Games.

THE EDITOR EXPLAINS

As with other periodicals, the fuel emergency has put us temporarily out of our stride. A February "The Scots Athlete" was completely set and paged carrying topical articles and photographs, but, under a Government Order work on the magazine was discontinued and publishing was not allowed till 3rd March, 1947.

This left us in an awkward position, and the natural outcome was a joint February-March issue. This has meant a great demand on space and we have been compelled to hold over features and race reports to next month, including reports on the Eastern and South-Western Junior races, held on 1st February, 1947.

We know that readers will understand our difficulties, and will agree that, in the circumstances, we have presented a fairly balanced magazine.

We expect to regain our stride by next month and be carrying on methodically in service to our sport.

Result of January Crossword

Across—2, Aspires; 7, Atom; 9, Wave; 11, Att; 13, Keen; 14, Lea; 15, Trainer; 17, R.C.O.; 18, Each; 20, Earl; 21, Moor; 22, Sago; 23, Stayers.
Down—1, Jack Crump; 3, Sole; 4, Infirmary; 5, Eagle; 6, Decathlon; 8, Manager; 9, Winners; 10, Fetta; 12, Perch; 16, Robot; 19, Alar.

FOR SALE—2 pairs, size 9, Spiked Shoes (gln. spikes); practically new; 15/- per pair; seen at "S. A." Offices.

PHOTOFLASH

No. 3

FRANK SINCLAIR

(Greenock Wellpark Harriers)



"Long raking stride with a free easy action."

In 27-year-old Frank Sinclair, Greenock Wellpark have developed one of the most colourful runners of the present decade.

Finishing 4th in the Scottish Cross-Country Championship with the underfoot conditions not to his liking was a meritable performance, and as a member of Scotland's team to compete in the International cross-country race at Paris on March 30th he is capable of running an outstanding race over a course which will be more suitable to him.

Frank has a long, raking stride, with a free, easy action which catches the eye whenever racing. His all-round versatility is demonstrated by his distinctive running over all distances from 880 yards to ten miles.

In spite of his success at cross-country running, I would like to see Frank concentrating on middle distance track events, preferably the half-mile in which I think his potentialities have scarcely been touched. His 1 min. 58.1 sec. half-mile at Glasgow Police Sports last July was a pointer in this direction.

His best track performances last season were in the 880 and mile contests at Westerlands where he represented the Western District of the S.A.A.A. against a University Select. Few who were there will readily forget the ease with which he ran away from his field in both of these events.

By concentrating in his training on the 880 event, he could, I feel certain, get down to 1 min. 56 sec. and probably 1 min. 54 sec. and have his name set in the list of S.A.A.A. Champions.

ROY ROBINSON.

Jack Crump and the Press

There is such a lack of publicity for athletics at the present time that any comments on our sport appearing in the press are eagerly read by followers of the sport. Consequently most Scottish readers of this magazine would have read the feature article in Willie Allison's page "News in Sport" in the "Sunday Mail" of 19th January, 1947.

The headings to the feature were "Why this Defeatist Olympic Complex?" in light black, and below, in heavy black, "Tackle The Job Now!" Alongside was an action photograph of Alan Watt, who was described in the article thus:—

Alan Watt, British Youths' sprint champion of 1939, is one of Britain's strongest Olympic hopes. But he is much more than that; he is a young man of vision and action—a realist.

The writer, presumably Willie Allison, went on to say of Alan:—

Recently returned from East Africa and demobbed, he views with alarm the apathy of those in whose hands rest the selection and preparation of our Olympic contenders.

He demands action—now! In a chat I had with him he picked his words **carefully**, but they did not lose their sting because of that. Here is what he says:—

"Carefully" is in our black, for the long statement which Alan goes on to make shows a lack of balance, and we can only presume he spoke in a care-free manner and at times was **careless**.

What a great pity that Alan was not careful in his chat, for many of the points he brought out were good and timely, and in which we are in entire agreement, but the approach was wrong, unfair and prejudicial to our sport and destroyed his progressive suggestions which we believe he was more interested in getting across.

We sympathise with Alan, we can easily see how on coming back from the

Army, full of enthusiasm for his sprinting and looking forward to Olympic training, finding no ready-made coaching organisation, he felt frustrated.

Alan's impetuosity is a good sign, for it shows a keenness and spirit of enthusiasm that are complimentary to him and which must be catered for.

It is a boon for our sport to have him back with us, eager for the fray, for many would have thought that the war years would have taken their toll and killed the enthusiasm of a most outstanding youth. It is good that in maturity Alan is as enthusiastic as ever.

We hope and believe that Alan and his prototype (for there are many more like him) will get every facility and encouragement possible. They really deserve it!

Strangely enough, Alan will get no more enthusiastic encouragement and support than from Mr. Jack Crump, Hon. Team Manager, A.A.A., whom he described in his "chat" as being needlessly pessimistic.

Jack Crump has made a spirited reply to the criticism in the appended article below, and we need not make comment, except one of a general nature. Our team manager is not a pessimist. He is the brightest and most enthusiastic personality of our sport at the present time. We ask readers to re-read the letters of Jack Crump which appeared in past issues of "The Scots Athlete." These are letters of inspiration and encouragement as all of his many letters which we have carefully filed by, have been; each one worthy of publishing to inspire confidence and encourage the advancement of British Athletes. He has helped our work greatly. His boundless energy in service to the athletic movement, his tireless enthusiasm and capable leadership demands our utmost response and highest regard.

Pointing out he did not object to

criticism, which has always been his praiseworthy attitude, Jack Crump made this statement for "The Scots Athlete" with a view to maintaining interest and as a basis of greater understanding.

The caption is ours:—

SHARE RESPONSIBILITY

"Pessimism," "defeatism," "going on the field accepting the battle as hopeless"!!! Really, Alan, where did you get that impression?

Frankly, I am amazed to read in the "Sunday Mail" that I or my colleagues concerned in the preparation and selection of the British Olympic Athletic team can be accused of apathy and lack of planning.

I presume that the basis of such charges arise from an article which appeared in George Harrison's column in the "News of the World." If this is so, let Willie Allison, Alan Watt and others read it. George Harrison, who has certainly not been greatly sympathetic to the A.A.A., describes it as heart-warming and stirring. Admittedly, Joe Binks referred to it as slightly pessimistic, but I do not see why. And surely in the George Harrison article reference was made to planning, and several of the things which Alan Watt suggests were specifically referred to in my statement.

Alan has not yet been in a British team. Scotsmen who have will not, I think, regard me as a pessimist. And one further point before I get embroiled in wordy arguments—let me remind Alan and others that when they step on the field at Wembley the athletes will not be English or Scottish; they will be British.

But that's enough of this newspaper nonsense. The British team selectors have a plan, and have in fact been planning quite a long time for the Olympic Games. Why, over a year ago I purposely came to Glasgow at the invitation of my valued friends of the Victoria Park Club to talk about the 1948 Olympic Games.

I've had correspondence and talks with Scottish and Northern Irish

selectors, and most helpful and harmonious have they been.

Now let me do some straight talking. It is not the officials' job entirely to raise, plan and coach our Olympic Athletes. The athletes themselves and their clubs have a big responsibility too.

We have to work hard to make up for the loss of athletes during the war and for the woeful lack of facilities in these islands. No official or coach can make Olympic athletes. The determination, guts, and infinite capacity for taking pains must come from the athlete himself first.

Now is the time for athletes to make up their minds that they are going to strive for athletes' highest honours. **Now** is the time for them to decide for what events they are going to seek these distinctions. Now is the time for clubs to enlist the help of their old athletes, seek the assistance of football clubs as suggested by Alan. Now should clubs bring to the notice of the officials their prospective contenders for Olympic team inclusion. We will ensure competition of the right kind. We will do our part to provide coaching. But what are the athletes themselves doing? What are the clubs planning? Action is being called for. The officials are active, let me assure you. Now let us hear what those who seek the Olympic prize are doing themselves. In passing, let me say I have been in correspondence and verbal communication with a number of well-known athletes who have discussed their plans with me.

Until I read the "Sunday Mail" I did not know Alan Watt was back in this country. Is this my fault?

I do not resent in the slightest Alan Watt's outburst. I know him and like him, and have a very high opinion about his capabilities as an athlete. I am not attacking him in this article. On the contrary, I'm inviting him and all other Scottish athletes to **share the enthusiasm and the labours of the officials** in getting together the best we can for the Olympic Games.

LEARN TO ANALYSE

By T. M. Anderson

Our little country has been a nursery for progressive ideas in medicine, industry, sociology and athletics for over a century. Scotsmen migrate to initiate and inspire progressive action throughout the world. So much of our national vitality has been distributed to other nations that we have become tired ourselves. Seeds we planted abroad have produced fruit which appears to outshine our native products, so we tend to become depressed and lose confidence.

Here is a national problem Scottish athletes can help to solve. By keeping thoroughly fit ourselves, and inducing others to do likewise, we help to restore national vitality. By developing technical efficiency in competitive events we can regain our position in international sport. Depression induced by repeated defeats in international competition can be dispelled if we exploit our natural ability and technical resources.

S.A.A.A. OLYMPIC GAMES APPEAL FUND

The Scottish Amateur Athletic Association has appointed a Sub-Committee with full powers to inaugurate an Olympic Games Training and Coaching Fund and to launch a Scottish National Appeal for necessary funds.

Purposes of Fund:

1. To appoint two or more fully qualified track and field event coaches for the purpose of instructing, coaching and discovering potential Scottish competitors for places in the British Team for the 1948 Olympic Games.
2. To establish area training panels of coaches and instructors.
3. To initiate vocational specialised training courses at residential training centres.
4. To provide and arrange for facilities and any international impedimenta necessary for the scheme.
5. To ensure that Scottish athletics

How can young athletes without experience or influence acquire skill necessary to make effective contribution to a national "come back"? Certainly not by waiting on something or somebody to solve the problem. Still less can we solve the problem by adopting the attitude that "the old country is done." Old age and death are inevitable in individuals, but every new generation should bring renewed life to a nation. The future rests with youth, and youth must make the effort to exploit all present facilities and press for more.

Grouse as we like, better training facilities exist for athletes to-day than ever before. These facilities can be improved—if improvement is justified by our organised efforts. Facilities for acquiring technical knowledge of all branches of sport have increased to an amazing degree in the past twenty years. This knowledge must be

(Continued on next page)

are enabled to share and take full part in contributing to the success of the 1948 Olympic Games.

Amount of Fund:

The sum aimed at is £5000.

An ambitious scheme of this nature necessitates considerable financial backing, and, with the limited resources at present at the disposal of the Association, an appeal is made to interested individuals, clubs and associations to contribute now and ensure the implementing of the purposes of the Fund at the earliest possible date.

All contributions, which will be gratefully acknowledged, should be forwarded to:—D. McSweln, Esq., Hon. Treas. (S.A.A.A.), 196 Old Inverkip Road, Greenock.

Cheque, etc., remittances, should be made payable to the "S.A.A.A. Olympic Games Appeal Fund," and crossed " & Co."

exploited by our coaches and young athletes, not for mere stunting, but for corrective application.

Many experienced coaches and athletes willingly give younger men the benefit of their experiences and many more must be encouraged to do so, but they must be stimulated by enthusiastic youths, not be discouraged by cynicism and apathy. If older athletes are not fully conversant with higher standards of technical knowledge now demanded, they must not be condemned. Experience does mean something and experience allied to technical knowledge is what we so badly need.

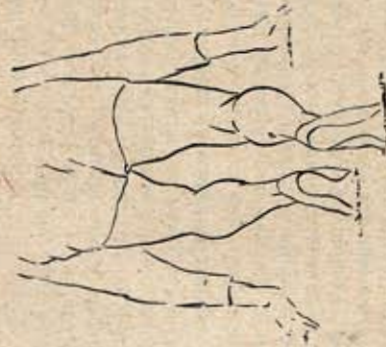
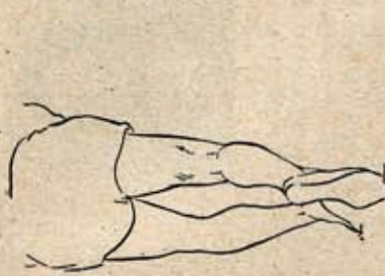
This is the principle underlying the new **Coaching Association** which I hope to see in operation. By means of this association, experiences of older athletes can be pooled and critically examined. In this way the gap created by the recent war can be bridged.

Instead of blindly accepting new theories and condemning older athletes who do not subscribe to them, young athletes must learn to critically analyse both old and new methods. A knowledge of both brings grist to the mill of intelligent youths.

The style of successful athletes should be carefully analysed, not blindly adopted. We each have our physical and mental peculiarities, and even a "champ" may be wrong. Many good runners would be great runners if they learned to think for themselves.

Look at these illustrations taken from a slow motion film of a really good runner. Can you spot the fundamental fault which prevents him from being (at the moment) a **great** runner? It is a fault all runners must avoid as a first principle. When running on a straight course, feet and legs **must thrust straight forward**.

With this runner, the splayed right foot creates a leg wobble which wastes energy, time, and balance. Make sure that the thrusting actions of both feet are balanced and many other faults correct themselves.





THROUGH MY FIELD-GLASSES . . .

A Woman's View of Athletics

By Winifred Holmes

Participation in athletics has often been put forward by critics as the prerogative of the male. Whilst I cannot agree with these critics, I am confident there will be no objection to a female spectator and enthusiast airing her views.

Naturally, the first thing a woman spectator considers, apart from the thrill and excitement of racing, is how far does competitive athletics promote health.

Athletics For Health

I have watched many thrilling races with runners vieing with each other to reach the tape first. After what must be very exhaustive effort, the majority recover practically right away. This to me is a pointer to the athlete's fitness and their physical superiority over the average individual. Remarkable recoveries are obvious signs that the competitors are in good healthy condition, which one can only assume has been brought about by regular training and an all-round healthy building-up process.

Yes, I'm sure athletics are health-giving, but—and there is a but—the persons who struggle round to finish the course and totter in to be sick for a good while afterwards, in my opinion, do themselves more harm than good.

Athletics for Sportsmanship

Probably the most impressive feature to the spectators, and which is very much to the credit of athletics as a sport, is the spirit shown after the contest. It gives the onlooker great pleasure to note the eagerness with which a defeated competitor rushes to congratulate the winner.

Another pleasing sight is one of those one-armed embraces engaged in by two

runners (after sprint finishing away back in the thirties or forties) which tells the story of a hard-fought-out struggle for several miles in friendly rivalry.

I cannot claim to have covered most sports, but I am convinced that there is none that fosters a better spirit of sportsmanship.

Thinking of race-finishes, I am glad to have the opportunity of making a comment which has been in my mind for some time, and which may be considered by officials. I am referring to something which I have observed during track meetings, but not at road or cross-country races. This is the fact of officials leaving the post after the leaders but not all the competitors have passed the finishing line. I know the officials may have in mind other events to follow, but I feel sure that more courtesy shown at such a time would be appreciated by spectators and competitors alike.

Although spectators love to see (and I do very much) a back-marker coming through in a handicap, they have also a warm regard for the "slower stickers," particularly in scratch events.

Athletics for Thrills

In the foregoing I have considered athletics for health, athletics for sportsmanship, and now advocate athletics for thrills!

The International cross-country match to be held at Paris on 30th March, brings to mind that great day at Ayr, where the same event was held last year.

As the respective teams filed out behind their team captains and national standards, en route to the

starting post, it was not only the runners who felt the greatness of the occasion. With that strange experience of excitement through anticipation, when one feels that funny sensation in the stomach, we watched the field getting away to a start which seemed more suited to a half-mile track race than a ten-mile cross-country contest.

As the runners completed their first circuit our excitement was no less to see the French Champion, R. Pujazon, with a group of French and Belgian runners around him, piling on the pace a fair bit ahead of our Scottish lads, as well as English Jack Holden, from whom we were expecting great things. Most people thought that this was just traditional Continental tear-away tactics, and that they would be overtaken in time, by runners in some of the British teams, through better judgment of pace. This kept our excitement going.

Next time round, spectators realised that their judgment was wrong, for the French and Belgians were still well to the fore. This was the first time I really paid great attention to Pujazon, who was still leading. It was a lasting impression. His easy, confident, and forceful style was a picture to watch, and our early feeling of excitement had turned to one of great admiration for a runner whom we now knew would never get beaten, though Van Wattyne in his flaming red singlet (the strip of his countrymen) standing out against the brilliant sunshine was putting up a whole-hearted fight.

At the end of the last circuit it was clear that Van Wattyne had been shaken off. Pujazon in his solo finish provided a lasting memory by virtue of his speed, power—and though it is hard to believe—his personality transmitting to the spectators amidst their cheers, and wild shouts of excitement by groups of French sailors present.

It was obvious that the French and Belgian runners had outclassed the field, and were first and second respectively in the team race; and though I heard expressions of disappointment at

Scotland's poor showing, the reaction still carried thrills of the dominance of the teams that had travelled the farthest.

When speaking of athletics for thrills can you blame me for mentioning that world's wonder, Sydney Wooderson, and his historic three-mile record race at the British Championships, held at White City, London, last July. Those of us who were present will never tire of recalling the race, and those who were so unfortunate as not to have been present ought never to tire of having related to them what, to my mind, must have been the greatest thrill of 1946. (I was not at Oslo, but could it have been any more thrilling?) I'll never forget the tense feeling among the spectators, wondering what would finally happen as Sydney whizzed round the track with Slykhuus, the Dutchman of perfect physique and beautiful stride, almost glued to his heels. Gradually the quiet composure of the crowd gave way to anxiety, and the cries of "Come on, Sydney!" broke out everywhere as the two kept racing relentlessly on.

Somehow or other I do not think that it was from any national prejudice that the crowd began to shout, wildly now, for Sydney, but rather because it seemed the little pacemaker had a tremendous task in shaking off Slykhuus who was apparently running in confident style.

It was a strange experience looking on. One cannot describe adequately the emotion of excitement as the pace continued with neither showing any sign of weakening. The size of the strides were maintained and their faces revealed nothing of their condition to the spectators.

And then the last lap—300 yards to go. As we had doubted, Slykhuus sprinted past Sydney to take the lead. I well remember the facial expression of the world-renowned Blackheath Harrier as he grimly held on. I am sure he thought for a few moments that he was beaten before he came

away with his miraculous burst round the last bends.

The vast crowds were now wild with excitement, and I think I can say that every spectator without exception was unconsciously standing on his seat, shouting himself hoarse, as Sydney breasted the tape a few yards ahead

of Slykhuis whose greatness was outshone by Wooderson's remarkable fighting spirit.

If it's thrills you're after—it's athletics!

Looking through my field-glasses with me, you are bound to agree that athletics provide fitness, fellowship, and first-rate thrills.

THE MIDLAND CHAMPIONSHIPS

By EDWIN TAYLOR, Hon. Secy. Midland District N.C.C.U.

The Midland District 7 miles Junior Championship and Youths' 2½ miles race, were held at Hamilton Race-course on 25th January, 1947, and were monopolised by Victoria Park A.A.C., who took the four premier awards—no "photo-electric" finishes being required in arriving at the results. "Vicky Park," a track club by repute, are this season blazing their trail on the country, and to a large extent their track stars are the shining lights—showing that good champions should be able to race on any conditions.

Four men dominated the seven miles—Forbes, Cairns, Craig and Lamont—the first two vieing with each other in setting the pace, the four being out on their own from the second mile. Forbes eventually wore down his rivals and won easily, giving a great lead to his team's victory. Shettleston filled 2nd team place and 2nd and 3rd individual places; with Maryhill 3rd team.

A splendid race between W. Young of Victoria Park and R. Smith of Garscube ended in a victory by the former whose sprint finish took him clear of his rival. J. McGhee of St. Modan's also ran well to finish 3rd, as did Duffy of Garscube in 4th place. With 15 points, Victoria Park had a margin of 12 points to spare over their immediate opponents, Garscube and Maryhill with 29 points apiece.

Of the individual entrants, the first home in the Youths was J. Barbour (Hillington) in 16th place; in the Junior, J. Clark (Shettleston) finished 10th.

Worthy performance was W. Mac-Millan's, of Springburn, being first

novice home with an excellent placing—being 5th to finish in the 7 miles.

Results are as follows:—

7 Miles Junior Championship—Individual Placings—A. Forbes (Victoria Park), 1 (38 mins. 28 secs.); B. Cairns (Shettleston), 2; G. Craig (Shettleston), 3; G. Lamont (Victoria Park), 4; W. McMillan (Springburn), 5; G. Cunningham (Victoria Park), 6.

Team Race—1st, Victoria Park (Forbes 1, Lamont 4, Cunningham 6, McFarlane 8, Adam 12, Ritchie 18), 49 pts.; 2nd, Shettleston (Cairns 2, Craig 3, Connor 7, Brechin 12, Millar 28, Short 29), 81 pts.; 3rd, Maryhill (Mathieson 9, Bissell 15, Hoskins 16, Wilkie 27, Nelson 25, Stevenson 34), 126 points; 4th, Bellahouston (10, 14, 20, 31, 43, 44), 162 pts.; 5th, Glasgow University (18, 22, 26, 36, 40, 52), 194 pts.; 6th, Garscube (21, 24, 30, 39, 41, 45), 200 pts.; 7th, Vale of Leven (17, 42, 46, 66, 71, 72), 314 pts.; 8th, Clydesdale (37, 38, 53, 65, 68, 74), 335 pts.; 9th, Hamilton (13, 49, 59, 76, 79, 80), 356 pts.; 10th, Springburn (5, 32, 47, 88, 92, 94), 358 pts.

Youth 2½ Miles—Individual Placings—W. Young (V.P.) (11 min. 30 secs.), 1; R. Smith (Garscube), 2; J. McGhee (St. Modans), 3; J. Duffy (Garscube), 4; D. Mill (V.P.), 5.

Team Race—1st, Victoria Park (Young 1, Mill 5, Sim 9), 15 pts.; 2nd (equal), Garscube (Smith 2, Duffy 4, O'Kane 23); Maryhill (Jordan 7, Lawson 10, Miller 12), 29 pts.; 4th, Plebeian, 36 pts.; 5th, Shettleston, 58 pts.; 6th (equal), St. Machan's, 61 pts.; St. Modan's, 61 pts.



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APPRECIATION FROM ROTHERHAM

Dear Sir,

I will be glad if you will enrol me as a subscriber to "Scots Athlete," which I think is a fine publication.

You are doing grand work for athletics, and I send you very best wishes for continued success.

Yours sincerely,

C. S. GARNER,

Hon. Secretary,

Rotherham Harriers and A.C.

TORQUAY ENTERPRISE

Dear Mr Ross,

When in Scotland last month I secured a copy of the "Scots Athlete," and I now enclose 6/6 subscription so that I can make sure of a copy each month.

Torquay A.A.C. is a new club formed in October last, and we have managed to secure the use of the Recreation Ground, Torquay, as our headquarters and training ground. This ground will accommodate at least 10,000, including 1200 numbered seats in the stand, and was recently used for the Rugby International Trials.

We have arranged to run a big open meeting on 18th June, 1947, and from present indications it would appear that many of the top flight athletes will attend. The meeting will be to many in the nature of a dress rehearsal for the British Championships which are being held in London a month later. Mention of this meeting is made in the January issue of "Athletics."

I may say that not only for personal reasons, but from many local ties, any Scotsman or Scotswoman who attends the meeting as a competitor or spectator will be assured of a hearty

welcome, and we will do all we can to make their stay a happy one. I am a great supporter of Scots and Scotland—perhaps because of a Cameron ancestor.

Will keenly look forward to the receipt of your paper monthly.

Yours very truly,

J. E. LEWINGTON,

Chairman, Torquay A.A.C.

Readers should note the address of the hon. secretary of Torquay A.A.C.:—
W. F. Hele, 187 Hele Road, Lawes Bridge, Torquay, Devon.—Editor

NEWS FROM THE BORDER COUNTRY

Dear Sir,—Many thanks for your letter and copies of "The Scots Athlete," which we enjoyed greatly. You may be interested to know that we re-started activities last September with about seven of our old members. We lost no fewer than six members on active service, including our last president, Dr. J. C. Veitch. We decided to do our utmost to encourage the sport, and, in what seems to be quite an outpost of cross-country running, this season, so far, we have had a fair measure of success.

The Committee decided to concentrate on the Junior Section, and from a membership of nil, we now have quite a flourishing section of about 19, with a captain and vice-captain. Many of our runners were recruited from members of the local Boys' Brigade companies, who gave us every facility in addressing the boys. We run from the local Swimming Baths and the club, having paid an inclusive fee of £10, admission for both Juniors and Seniors is nil. Senior and Junior road mile races have been held, and the seniors have completed their 4½ miles and 6 miles handicap races. Saturday week past saw the Juniors run their 2 miles handicap, with a satisfactory turn-out in adverse weather. Popular "Sandy" Bunyan is captain of the Juniors, and a very promising youngster for track events. J. S. D. Nisbet, captain of the club, will be well-known to your readers, and is quite a veteran as regards experience.

Our President, W. A. P. Sanderson, who will be recalled as being Eastern District champion in 1930, still retains tremendous interest.

Teviotdale Harriers are our nearest neighbours and we held an inter-club

run with them in November at Gala, and our return fixture, at Hawick, will be in March. The Gala club, in their pioneer efforts, intend visiting Innerleithen (12 miles away) and Selkirk (6 miles away) to stimulate running in these districts.

I think the above might be of some interest to you as Editor, and in your desire to unify the sport throughout Scotland.

Wishing "The Scots Athlete" every success for the future.—Your sincerely,

JOHN GAVIN,

Hon. Secy. & Treas., Gala Har. Galashiels, Roxburghshire.

CANADIAN IMPRESSIONS

[As this letter goes to press, the writer has returned to Scotland.—Editor.]

Dear Editor,

To let you know how I have been faring since I arrived here after a really nice journey from Prestwick to Malton Airport. Toronto is a really nice, clean city, and quite different in layout and style of housing, etc., from anything in Britain. The weather has been quite a feature since I came here in that up to the present time we have had no winter, and to-day is just like spring. Of course, many other parts of Canada have had very heavy snowfalls. One never knows; perhaps by to-morrow it will be snowing heavily.

The stores are quite a sight to see, especially at this time of the year, with no coupons and very little rationing, and not forgetting that the bread is whiter than ever we have seen in Scotland.

I have had quite a few races since my arrival, and can say that I have done fairly well. In a 5-mile road race I was in a while ago I came in fourth and received a 17-jewelled wrist watch as my prize. The first prize was a radio. The club, of which I am a member, the Gladstone A.C., held an 8-mile road race on Saturday last which I managed to win in 44 mins. We had a nice tea afterwards. Needless to say, I was right in there.

Our next big race is at a place called Hamilton, on New Year's Day. It is a 10-mile road race and, I understand, quite an affair. It is run by the Y.M.C.A. The president of the club, a chap called Roy Meads, remembers Dunky Wright and Johnny Cuthbert very well and would like to be remembered to them. Scotty Rankine of Hamilton A.C., whom I have met, also knows them. There is a coach of the Varsity here by the name of "Hec" Philips, born in Edinburgh, who knows quite a few of the boys back home of the older school. It may be of interest to you to know that Alfred Shrubbs stays in this vicinity and will be visiting us on the day of the Marathon Championship. This is to be some time in the New Year.

Running out here has been more or less at a standstill during the war, and is only gradually getting back on its feet again. There has been quite a fair talent in the shorter distances on the track this year up to one mile, but above this there has been nothing worth mentioning. It looks to me as if Canada has a tough job in front of it to be able to put a presentable team in the Olympic Games.

I see from "The Scots Athlete," which I have received regularly, that our sport has resumed pre-war activities again, and I hope I will be able to participate in my old colours soon.

I will close now by wishing you and all my friends and race rivals all the best for 1947.

Yours in sport,

BERT HAY.

Toronto, Ontario, Canada, 10/12/46.