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Vol. 10, Nos. 3 & 4.

THE SCOTS ATHLETE

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Four of the world's best, in a thrilling finish to the half-mile at Rangers Sports. Winner, T. Courtney, U.S.A., 1m. 49.2s. (all-comers record), 2nd B. Hewson; 3rd, D. Johnson; 4th A. Boysen (Norway). Photo by H. W. Ives

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

IAN BINNIE—RECORD HOLDER.

MORE INTERNATIONALS.

HEAT-WAVE MARATHONS.

RACE DETAILS.

ACTION PHOTOS—Tabori, Chataway, Kirkup, Brown.

IAN BINNIE (Victoria Park A.A.C.)

A RECORD RECORD-HOLDER



Ian Binnie holds every Scottish native record from 2 miles to 12 miles. It is a distinction without parallel in the country's athletic history. His desire has been to see records on the books of which Scots can be proud. Thus we are delighted to list his own array of track records, acknowledging his raising so distinctly, the standard of athletic achievement at all these distances.

2 Miles	8m. 58.4s.,	Ibrox Park, Glasgow, - - -	1/8/53.
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1 hour	11 Miles 1,575 Yards,	Cowal, Dunoon, - - - - -	28/8/53.

His 10 miles and 1 hour distance (standard marks) are British Empire records. At the A.A.A. Championships, White City, London on 10th July, 1953 he recorded 28m. 53.4s. for 6 miles.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS
"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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JOHN EMMET
FARRELL'S



THE track and field season just finished has been a brilliant and engrossing one. The contests and individual performances interesting not only on their present merits but as a prelude to December 1956 and Melbourne

Mister World Record.

This season world records have gone down like skittles and something akin to a catalogue would be required to enumerate them. Away back in March Lou Jones of U.S.A. started the ball a-rolling on the heights of Mexico City with his fantastic 45.4 secs. 400 metres and fellow-American Lon Spurrier chose California for his 1m. 47.5s. half-mile. Then we had Chris Chataway's great 3 mile record of 13m. 23.2s. and Belgian Roger Moen's truly wonderful 1m. 45.7s. 800 metres. The Russian Mikhail Krivonosov turned on the heat in August in his speciality the hammer throw with 211 ft. 0 $\frac{1}{2}$ ins. Remarkable feats all of them.

What then can be said of Hungary's Sandor Iharos whose feat this season of

setting up four world records surely entitle him to be named Mister World Record himself.

They are, 3,000 metres in 7m. 55.6s. 2 miles in 8m. 33.4s. 1,500 metres in 3m. 40.8s., and then capped it with 5,000 metres in 13m. 50.8s. cutting .4secs. off Kut's then standing figures. Subsequently, of course, Kut's achieved a brilliant 13m. 46.8s. which regained for him the record.

British Teams' Grand Display.

The British teams (men and women) performed magnificently in their match contests. They had great victories versus Germany, France and Czecho-Slovakia and though they could not quite hold the powerful Russian and Hungarian teams they fought like demons and pulled off some great individual victories.

Individual Personalities.

But when all is said and done it is the individual struggle that stirs the blood and provides that dash of colour and these contests had more than their share of dramatic high-lights and intrinsic merit.

Rise of "Hurdling Twins."

Undeclared in International contests this year is Jack Parker our A.A.A. champion high hurdler who with hurdling twin Peter Hildreth have been consistent points scorers for Britain. Both are much improved and Parker I feel has not quite received the credit he deserves. He is developing into a classic hurdler with a real fighting finish. Shaw and Kane our low hurdlers also carried their colours with distinction.

Bouquet for John Disley.

Disley's sensational world-breaking steeplechase versus Russia in Moscow is still fresh in the memory.

Not only does his time of 8m. 44.2s. beat Vlasenko's world record by 1.2 secs. but it was over 7 seconds faster than he had ever run before and he completely out-ran the Russian over the last lap.

Team-mate Chris. Brasher also deserves credit for his very fine run in 8m. 49.2s.

If as is alleged Disley has not been able to put in the training he should have, then his amazing performance speaks volumes for his fitness acquired through his job as mountain-climbing instructor. Arthur Newton and Percy Cerrutty are both great believers in running up hills for fitness. Hill and mountain climbing may be equally good in this respect.

It is to be hoped that Disley can get down to a consistent training programme as he could be one of our distinct Olympic hopes for Melbourne.

Looming ahead however is the shadow of the versatile Polish Star Jerzy Chromik who surpassed even Disley's figures in the steeplechase on the same day by recording the astounding time of 8m. 40.2secs.!

Reminiscent of Notorious Slumber Mile.

Chris. Chataway's wonder 3 miles in 13m. 23.2s. has already been mentioned in a previous issue and although he caught a Tartar or rather a pair of Tartars in the persons of those famous Hungarians Tabori and Iharos over 1 and 3 miles he has been a tower of strength for Britain and with his world 3 miles still inviolate remains one of our chief Olympic hopes at 5,000 metres.



Photo by H. W. Neale.
LOU JONES (U.S.A.) world 400 metres record-holder.

Brian Hewson has been perhaps our greatest personality this season moving from the half-mile or its equivalent 800 metres to the 1,500 metres or mile with equal facility and success.

His amazing grit in holding off European champion Szentgali of Hungary in the 880 yds. with a British all-comer's record of 1m. 48.6s, displacing Derek Johnson's great 1m. 48.7s. was wonderful. Then followed a great win over the Russians at 1,500 metres and a grand double (800 and 1,500 metres) versus Czecho-Slovakia.

Perhaps his freakish victory mile versus Germany will not take quite such a prominent place in his bouquet of memories.

The race where no one could assume the pace, where the half-mile stage was reached in 2m. 23.6s., the three quarter in 3m. 30.4s. Then followed perhaps the fastest last lap in miling history a 51.2secs. by Hewson, but not the fastest in first-class miling history to make up a semi-respectable mile in 4m. 21.6s.

But this does not equal the so-called slumber mile of some years ago won by Glen Cunningham of U.S.A. in 4m. 40s. which startled the spectators and shocked the pundits of those days.

Pirie, Zatopek & Norris in Wonder Race.

The brilliant but mercurial Pirie won a great 5,000 metres duel from Zatopek and Norris after one of the sternest and most magnificent races imaginable. A race which kept 40,000 spectators on tenderhooks as Zatopek apparently well beaten at the bell produced one of his amazing pillar to post finishes which was check-mated only by a superb staying effort by Pirie. Pirie's time of 14m. 3.8s. was inside the Olympic record while Zatopek and Norris shared the same time of 14m. 4s. Surely a race run in the true tradition of sport and one that reflects equal credit on all three.

Zat-o-pek Victory Chant.

Next day in the 10,000 metres the grand old man of the track once again encouraged by the chants of his compatriots turned in a brand of sustained relentless racing that neither Pirie nor Sando could match and his time of 29m. 25.6s. is his best of the season though still nearly half-a-minute outside his world record.

Winter Quarters but not Hibernation.

After their strenuous season Europe's Olympic contenders may be glad of a respite from serious racing but with December 1956 and Melbourne in mind, training will no doubt go on quietly but unceasingly.

We might perhaps indulge in a brief resume of the chances of some of the contenders in just a few of next year's Olympic events in the light of present form.

Olympic Contenders and their Chances.

Naturally the picture may be substantially different by another 12 months and there may be much addition and subtraction to be made.

Roger Moens Heads a Long List.

In the 800 metres new world-record holder Roger Moens heads a long list of tremendously strong contenders including Boysen of Norway who clocked 1m. 45.9s to Moens 1m. 45.7s. Lon Spurrier of U.S.A. (record-holder for the 880 yds.) and fellow countrymen, strongly-built Tom Courtney and negro Arnie Sowell, Szentgali of Hungary the present European champion with last but not least our own

A.A.A. champion Derek Johnson. Derek ran a 1m. 48.7s. against Germany but subsequently the Woodford Green man revealed signs of staleness. There is no doubt that our man has the class as he proved in the 1954 European championships and with recovered zest would be not without a chance even in a field of such dazzling array.

In the 1,500 metres immaculate striding Brian Hewson will carry the torch which seemed extinguished on the retiral of Roger Bannister. But his task is herculean with the possibility of such contenders as the brilliant Hungarian trio Tabori, Iharos, and Rozsavolcay, Nielson of Denmark and the fast up-coming East German Siegfried Herrman.

5,000 Metres Classic Certain But Contenders Uncertain.

Chris. Chataway our 3 mile world-record holder carries our chief hopes in the 5,000 metres on present form but who might his rivals be in this event? For all the best men over this distance bar Chataway himself have not yet indicated precisely what event they would choose if selected for the Games. For example while Kuts of Russia may double in both 5,000 and 10,000 metres there is reason to believe that the latter title will be his chief objective, despite his recent world best over the shorter stage.

Tabori and Iharos of Hungary may double in 1,500 and 5,000 metres. Possibly the former may concentrate on the metric mile and Iharos on the longer stretch but nothing definite has been divulged while new distance star Jerzy Chromik of Poland could either concentrate on the steeplechase at which he has put up world-best figures, run only in the 5,000 metres at which he has beaten 14 mins. or even test his versatility by competing in both.

Then of course there is the ever-improving local bare-footed runner Dave Stephens who has the advantage over other contenders in being domiciled in Australia, being spared excessive travelling and acclimatisation.

Zatopek Favours Kuts.

In the grinding relentless 10,000 metres we have Kuts, Hungary's Kovacs, perhaps Stephens again probably Gordon Pirie whom I feel may concentrate on the

longer stretch though he may double in both, perhaps Norris or Sando and of course the great Emil Zatopek himself.

The favourite may be Kuts and for what it is worth he is tipped to win by Zatopek himself.

Kovacs has been in the doldrums but is recovering form and recently got inside 14 mins. for 5,000 metres. Norris, Sando and Stephens are great runners but do not at the moment just look capable of winning. There must also be a question mark regarding Pirie. I have always maintained that relentless running rather than finishing power will win the 10,000 metres and that Pirie the cross-country runner would shine more than Pirie the half-miler. It seems that recently he has come round to that kind of view himself. His 5,000 metre win over Zatopek was of excellent standard and though he failed next day to hold Zatopek over his favourite distance it must be remembered that the British team had a hectic concentrated programme of competition and travel.

Zatopek's Aim, 10,000 Metres and Marathon.

Emil Zatopek has declared his definite intention of going for the 10,000 metres and the marathon. Earlier in the season I should have said that his chances of retaining his 10,000 metres Olympic title were distinctly remote but his form has recently taken an upward trend and he has recaptured much of his élan. Nevertheless he has a stern task indeed with Kuts in the field. Recently the Russian completely outran Pirie with a time of 29 mins. 8 secs. only 11 secs. outside Zatopek's greatest record and his potentialities at this distance are still untapped.

The marathon has always been regarded as a most unpredictable race but if Zatopek starts it must be as a pronounced favourite. Were he to win he would achieve a unique distinction. No one has ever successfully defended an Olympic marathon title! Marathon fields tend to vary enormously every four years but it is interesting to note that the very gallant and brilliant runner-up at Helsinki, R. Gorno of Argentine is running well and recently scored a narrow win in the Enschede marathon from his compatriot

Suarez in 2 hrs. 26:33. Incidentally Stan Cox who has had a most disappointing season ran superbly here to finish a close 3rd in 2 hrs. 27:03.

National Trait.

One interesting national trait regarding the marathon is the recurring good form shown at this distance by the Japs, Finns and Argentines. In a marathon team race they would be hard to beat although Russia and Britain might offer a challenge.

British Marathon Hopes ?

Has Britain any real contenders for the marathon ? Excluding the great Zatopek and even he is not omnipotent—why not ? Expense may rule out the customary 3 man team and only two may travel. At the moment the contenders may be from the mature school of champion R. W. McMinnis, Stan Cox and Geoff Iden whose Belgrave "20" win demonstrated a complete recovery from his heat exhaustion sustained in the A.A.A. championship ; and on the other hand from the younger school of Eddie Kirkup and our Scottish and Empire champion Joe McGhee with perhaps an in between like E. L. Smith, etc. also challenging for a place.

The best of these could provide a strong 2 or 3 man team.

But Harold Abrahams Has Last Word.

Somewhat sketchily I have indicated preferences for some of next year's Olympic events, Emil Zatopek has given his forecast, but, wisest man of all is Harold Abrahams who when asked for a forecast in next year's Olympics, said "I never pick an Olympic winner at some 14 months from the Games" and cognisant of that pearl of wisdom let us agree that the time is not propitious to stir the Olympian ghosts.

No Nation Wins Olympic Games.

The recent International meetings have been definite national competitions. For example Britain beat Germany, Russia beat Britain. Chris. Chataway (assuming that he was correctly quoted) commenting on Russia's great athletic strength said that America and Russia were the strongest nations. That if the Olympics were held right now the former might win narrowly but that the Russians might well



Photo by G. S. Barber.

EDDIE KIRKUP (Rotherham A.C.) one of Britain's star distance runners winning the Edinburgh Highland Games marathon.

win the Olympics in Melbourne. Surely Chris. knows that no nation wins the Olympics ; that they are individual contests and that the points tables are artificial ones inspired by the press. The Games are not even organised by a nation they are awarded to a town. For example, Melbourne not Australia are the hosts for next years Games. A small technical point some may say but De Coubertin the instigator of the modern Games did not think so for he aimed to limit nationalism and foster rather a world unity through appreciation of and participation in genuine sporting endeavour.

Great Scots.

What Scots made the greatest impact in athletics during the past season ? I should say the following quintette, (but

in no order of merit), Donald Gorrie, Ian Binnie, Joe McGhee, Bill Piper and Ewan Douglas.

True, McGhee was unable to run in the A.A.A. marathon because of leg strain and had to retire in the Edinburgh marathon but his 2h. 25. 50s. Scottish win and his fast times in shorter road races entitle him to a high place of merit.

Similarly Douglas's great 192 ft. 6 ins. hammer throw and his A.A.A. success in that event win him our acclaim though he did not reach his best in subsequent International events. High Jumper Piper tapered off also in the later International meetings but his 6 ft. 5½ ins. at the Police championships, followed by his grand win at 6 ft. 3 ins. in the British and then his great 6 ft. 6 ins. at Cowal all remain fresh in the memory.

Anglo-Scot Donald Gorrie overshadowed somewhat by the brilliance of other British middle-distance stars performed a really notable feat by erasing Hamish Stothard's long-standing half-mile Scottish record of 1m. 53.6 secs. from the books with a grand 1m. 52.7s.

For Scotland's "Mr. Record-Holder" Ian Binnie one might say it was not a momentous season for him but he did retain his 3 and 6 miles titles and though there was criticism of his racing method he must be given full praise for lowering under imperfect conditions, his own 3 miles record to 13m. 54.8 secs.

Honourable mention ought to be given to our only other Scottish record-breaker this past season—David McKenzie, who added 14½ inches to his javelin record which now reads 204 ft. 11 ins.

Rise of Andrew Brown.

Motherwell's Andy Brown is surely the most promising and most improved runner in Scotland. Starting with his two seconds to Binnie in the Scottish 3 and 6 miles he ran the race of his life in the A.A.A. 6 miles to finish 4th in 29m. 35.2 secs. He had other great races at various distances, subsequently winning several mile handicaps in fast time.

Most Piquant Performer.

Yet somehow the runner who intrigued me most was one who did not win a championship, namely, gritty versatile little runner of Edinburgh varsity and Southern, Jack Paterson. Ex-steeplechase champion beaten in the 440 this season in

a blanket finish by Victoria Park's Bob Quinn, with a 1m. 53.6 half to his credit, Paterson has run 3 miles track and 7 miles country creditably but surely he was stretching his versatility by turning out in the 14 miles road race at Dunblane at the end of the season. Alas, he did not cut much ice here. A report says he finished well back in 24th place out of the 30 odd runners. The important thing to me is that he finished. That to me shows character.

Other Scottish Stars.

A proper review of the past track season would surely include comments on the success and progress of others in the senior class, such as Alan Dunbar, Bill Henderson and Bob Quinn in sprints and relays, Graham Everett our mile champion, Adrian Jackson, Clive Dennis and on the welcome return visit from U.S.A. by popular Alec Breckenridge who had a most interesting season.

Future Champions ?

However I would like to get a word in on one or two potential stars who deserve tribute. Powerfully built Victoria Park's J. G. R. Robertson gave several flashes of real class sprinting and with more confidence from experience is assuredly a sprint star of the future.

The half-mile threw up several men of promise. In the early season Glasgow varsity champion Ian Stuart consistently returned good times but was eventually overshadowed by Gorrie's brief appearance on the Scottish scene. Neil Donnachie of Braidburn A.C. was a persistent performer throughout and made his rivals race all-out even though he himself seemed always just to be "knocking in at the door."

At the latter end of the season we had another star in Ayrshire lad, Jackie Boyd of Glasgow varsity and Garscube. He displayed all the polish of a brilliant middle-distance runner. One of his best performances was at the Edinburgh Highland Games when he went right through his field from virtual scratch in the open half, returning a time equivalent to faster than the International scratch event at the same meeting.

There was quite a promising crop of milers and Alastair Wood of Aberdeen

Univ. was one of the most promising of this group.

Rising Standard.

We are now getting into the heart of the cross-country season, the preliminary shots have been fired and from these it seems we are all set for an exciting season. The general standard seems to have taken a definite upward trend and individual and team "kings" are not perched so high above the rest as in recent years. All for the good of the sport !

The Victoria Park road relay was won by the promoting club and they are to be heartily congratulated on knocking 15 seconds off their own record and so reverse their last year defeat to Shettleston. In some way it was a kind of repeat run. Ian Binnie was again set to give Joe McGhee a start in the last leg. But whereas the Shettleston man held off Binnie at the finish last year, he just could not match the fast pace of the V.P. man who closed in on him very early on this occasion.

The rising standard is marked by the fact that 22 runners were inside 16 mins. for the course, as against 13 last year whilst Braidburn A.C. who finished 10th last year, as a team were 72 secs. faster but just retained their 10th position.

National Road Relay.

Following the three District Relays the next big event and one which could be called a "National" is the Edinburgh-Glasgow Road Relay. This is a race which causes tremendous enthusiasm.

Again it looks as if it will be a great struggle to be first team home between Victoria Park the holders, and National C.C. champions Shettleston. Both teams are naturally confident.

Shettleston may have a depth of strength that their rivals could not equal and could start favourites. But on the day it is a high solo performance on each of the eight sectors that counts and in the past the V.P. boys have excelled in this type of running.

After all, last year Shettleston were most generally fancied to win and break the grand winning sequence of the Scots-toun club and yet the V.P. boys took up the challenge in great style to win in the end. Neither club can take anything for granted !

There are now up-coming clubs that will take advantage of any weakness that may arise in the armoury of the two fore-mentioned clubs. Bellahouston and Garscube have improving young runners coming to the forefront and should do well particularly in a race like this great relay which demands overall strength, balance and team-spirit which both clubs have to a marked degree.

Not to be discounted for forward positions are Springburn who were 3rd last year and the three Edinburgh clubs, University, Southern and Braidburn. Clydesdale and Vale of Leven are two other improved clubs on last year and are out to do well. However the intense rivalry will not just be for those right up at the front. Each of the 20 clubs to participate will be having their own private battles, all anxious to get up a place. No wonder the race causes so much enthusiasm. The Best of Luck—and fun to all !

(Post-script etc. "Running Commentary")

Ups and Downs of Gordon Pirie.

Gordon Pirie's recent brilliant double victory over Emil Zatopek has not only raised his stock which had slumped somewhat but must also have increased his confidence and incentive for next year's Olympiad. Nevertheless his task will be immense with the probable presence of such world class runners as Kuts and Iharos who has set up a truly fantastic record over 5,000 metres of 13 mins. 40.6 secs. a 6.2 secs. improvement over the Russian's figures and a 13 mins 14.2 secs. 3 miles against Chataway's 13:23.2. In fact I should say that Iharos deserves the title of the most brilliantly versatile athlete of the year. Emil Zatopek still a great runner may be considered somewhat on the down-grade even at the 10,000 metres distance but even next year it would be unsafe to entirely ignore him and if I were a betting man and betted against him I should feel most uncomfortable till the race was over .

Another Marathon Candidate.

Gordon Pirie may temporarily set aside his renowned aspirations in the marathon after his defeat in the 2 hours run by Joe Lancaster of Manchester. Though not



Photo by H. W. Neale.

ANDREW H. BROWN, Motherwell Y.M.C.A.'s star track and Cross-Country runner.

entirely unknown, Joe has beaten British marathon champion Bill McMinnis and Eric Smith over 10 miles and run second to Eddie Kirkup over 20 miles, this is definitely his most brilliant performance. As well as beating such a famous trio as Pirie, Cox and Heywood he set up an English native record of 1 hr. 47 mins. 53 secs. for 20 miles and beat the world best figures for the 2 hour run of 21 miles 698 yards set up by Jose Ribas of the Argentine in 1935 by covering 22 miles 418 yards. Furthermore he has introduced himself as one more candidate for Olympic marathon selection. His training apparently consists of running to and from work a distance of 13 miles each way. A person who runs home from work deserves commendation, but one who in addition runs to his work must surely have enthusiasm out of the ordinary.

5,000 METRES, 13th OCTOBER 1954

CHATAWAY 13m. 51.6s. KUTS 13m. 51.8s.



Photo by W. H. Neale.

We published in our November 1954 issue this photo of the finish to the dramatic world-record race held in Flood-light at the London v. Moscow contest.

The two-tenths differential recorded between the runners, to our mind represented sound time-keeping. The Separation was correct.

3 MILES, 13th AUGUST 1955

TABORI 13m. 44.6s. CHATAWAY 13m. 44.6s!



Photo by W. H. Neale.

Another grand finish. This time, Laszlo Tabori one of the famous group of Hungarian athletes beating Chris. Chataway in the 3 miles at the Great Britain v. Hungary match held at the White City, London.

Let our time-keepers and all our readers study the photo, compare it also with that on the opposite page. Surely they will conclude that to record both runners with the same time is unsatisfactory and wrong.

V.P.A.A.C. ROAD RELAY RACE, 1st OCTOBER, 1955.

59 teams started 57 teams finished.

1. V.P.A.A.C.—(R. Urquhart, 15.43; C. D. Forbes, 16.12; J. Russell, 15.31; I. Binnie, 15.02). Time 62m. 28s.

Previous Record: 62m. 43s.

2. Shettleston H.—(G. Everett, 15.34; G. Govan, 15.55; R. C. Wallace, 15.32; J. McGhee, 15.32). Time 62m. 33s.

3. Bellahouston H.—(C. Kennedy, 15.35; G. Nelson, 15.30; T. Mercer, 15.59; J. Connolly, 16.05). Time 63m. 09s.

4. Garscube H.—(G. Dickson, 15.36; G. A. Dunn, 15.42; H. Carson, 16.25; S. Horn, 15.35). Time 63m. 18s.

5. Shettleston H. "B"—(H. Fox, 16.09; E. Bannon, 15.35; R. Wotherpoon, 16.08; I. Cloudsley, 16.02). Time 63m. 54s.

6. Vale of Leven A.A.C.—(P. Moy, 15.26; J. Ferguson, 16.36; A. McDougall, 15.36; R. Campbell, 16.24). Time 64m. 02s.

7. V.P.A.A.C. "B"—(R. Kane, 16.02; J. D. Stirling, 16.46; J. McLaren, 15.47; F. McKay, 16.14). Time 64m. 49s.

8. Motherwell Y.M. H.—(J. Campbell, 17.06; J. Poulton, 16.38; A. H. Brown, 15.03; T. Scott, 16.18). Time 65m. 05s.

9. Falkirk Vict. H.—(A. J. Crawford, 16.15; G. Rankine, 16.22; R. Gordon, 16.25; D. Clelland, 16.25). Time 65m. 27s.

10. Braidburn A.C.—(R. A. Henderson, 16.10; J. Corbett, 16.35; J. K. Hislop, 16.55; N. Donachie, 15.49; Time 65m. 29s.

11. Clydesdale H.—(G. Rodger, 17.02; P. Younger, 16.43; J. Wright, 15.55; G. White, 15.57). Time 65m. 37s.

12. Shettleston H. "D"—(J. Turnbull, 16.07; J. Thomson, 16.31; J. Kirk, 16.37; D. Campbell, 16.51). Time 66m. 06s.

13. Springburn H.—(J. McCormick, 16.07; J. Gordon, 16.35; G. McKay, 16.43; D. Buchanan, 16.47). Time 66m. 12s.

14. Shettleston H. "C"—(W. Gorman, 16.46; W. McFarlane, 16.23; J. McNeil, 16.34; T. Walters, 16.31). Time 66m. 14s.

15. Bellahouston H. "B"—(J. McLean, 16.54; R. Black, 16.30; S. McLean, 16.43; R. Stoddart, 16.33). Time 66m. 40s.

16. Springburn H. "C"—(J. Ballantyne, 16.28; T. Tracey, 15.47; J. Jackson, 17.08; T. Lambert, 17.25). Time 66m. 48s.

17. V.P.A.A.C. "C"—(J. Parker, 16.30; P. Keenan, 16.55; D. Ross, 17.01; D. Henson, 16.28). Time 66m. 54s.

18. Shettleston H. "E"—(A. Orr, 16.32; F. Scally, 16.44; F. Lyndon, 16.54; J. McIlroy, 16.46). Time 66m. 56s.

19. Garscube H. "B"—(B. Linn, 16.17; D. Paton, 16.49; A. Kidd, 16.52; J. Barrowman, 17.10). Time 67m. 08s.

20. Maryhill H.—(W. Black, 16.06; J. Wright, 17.20; T. Ruth, 17.41; J. McKay, 16.21). Time 67m. 28s.

21. Edin. Sth. H.—(R. McAllister, 16.53; J. Dinning, 16.49; W. Lyall, 17.11; J. Smart, 16.37). Time 67m. 30s.

22. Clydesdale H. "B"—(J. Young, 16.45; R. Clark, 16.33; J. Hume, 17.02; J. Duffy, 17.15). Time 67m. 35s.

23. Plebeian H.—(P. McDermid, 16.25; T. Rewcastle, 16.58; J. McGregor, 17.20; J. Simpson, 17.28). Time 68m. 11s.

24. Paisley H.—(A. Napier, 17.02; G. Napier, 17.40; J. Sellar, 17.34; C. McCart, 16.07). Time 68m. 23s.

25. Kilmarnock H.—(H. Rankine, 16.48; D. Todd, 18.16; W. More, 16.26; R. Miller, 16.59). Time 68m. 29s.

26. Bellahouston H. "C"—(A. Jack, 17.21; D. Wright, 17.45; H. Fenion, 16.05; J. Gibb, 17.22). Time 68m. 33s.

27. Glasgow Univ. H. & H.—(P. Ballance, 16.47; A. Galbraith, 16.47; A. Preston, 17.36; D. McFarlane, 17.24). Time 68m. 34s.

Fastest Times:

1, I. Binnie (V.P.), 15.02; 2, A. H. Brown (Moth. Y.M.), 15.03; 3, P. Moy (V. of L.), 15.26; 4, G. Nelson (Bella H.), 15.30.

HEAT-WAVE MARATHONS

By Arthur F. H. Newton.

NOW that all the clamour over marathon races in hot weather has subsided it might be as well to consider the subject from a commonsense point of view. The solution is comparatively simple and doesn't pander in any way to the declaimers of "no racing in hot weather" or "stop marathons altogether." Marathons are just as healthy—no more and no less—than any other kind of open-air exercises; when things go wrong it is not the fault of the race but of the men who are engaged in the organisation or of the competitors.

Undoubtedly the worst mistake of all is the official ruling that no "assistance" may be offered to a competitor except at fixed places where officialdom considers it might be required. This rule should be changed. Unfortunately men are not able to adjust their systems so that they shall develop unease just at specially arranged points. Obviously then the only safe solution is that any "assistance" required should be available at ANY stage after the first ten or twelve miles. The best way to provide this is by each competitor having a cyclist handy to receive instructions as to what is required. This is what is done (cyclist or car) in the South African Comrades Marathon where, in spite of much more heat at times than was evident at Vancouver or Reading, where the recent disasters occurred, none of the runners is ever any the worse for heat or sunshine, though they run twice as far. The same can be said of the men who ran through part of "Death Valley" in the 1929 Transcontinental Footrace in the United States. The rule should be altered not only to allow but to encourage householders at the wayside to provide buckets of water which can be used as a douche by the runners if required. Then there would be no mishaps of the kind so adverse to the sport. Had Peters or Iden been able to get such a douche as soon as they began to feel the heat was sapping their energy neither of them would have been any the worse for their efforts and only the times set up would have suffered.

But, knowing the race conditions, the runners should have adjusted their efforts to meet the case, as the winner, Mc-Minnis, and others actually did in the

A.A.A. race. If refreshment of the sort required isn't available when wanted the only way to counteract heat is to reduce the pace somewhat, and this is what too few did: they adjusted their efforts to the environment with the result that they came through without obvious discomfort.

After all, we've got to remember that men in South Africa, Central America and India, not to mention other hot places, practise marathon running, and you never know whether you will be called upon one of these days to compete in these countries. So the sensible thing would be to practise in all kinds of weather so as to be quite able to stand up to extra heat as well as undue cold. If other men can toughen themselves sufficiently like this, so can we, and we've jolly well got to learn. Anything to say against that?

Eastern District Cross-Country League. Dr. Guthrie's School, 22nd October.

4 Miles.

1. Edinburgh Univ. H. & H.—(A. Horne 5; N. Allsop 8; J. Paterson 10; A. Ross 14; J. Crawford 20; M. Fraser 25). 82 pts.

2. Edin Southern Harr.—(J. Foster 7; R. McAllister 11; W. Lyall 13; H. S. Millar 16; I. Gourlay 18; A. Ross 19). 84 pts.

3. Braidburn A.C.—(A. B. Parker 1; N. Donachie 2; R. A. Henderson 6; K. Hislop 26; M. Innes 33; V. King 34). 102 pts.

4. Falkirk Victoria H.—(A. Crawford 3; D. Clelland 15; G. Rankin 21; B. Gordon 23; T. Todd 27; B. Sinclair 31). 120 pts.

5. Edinburgh Eastern H.—(C. Fraser 4; J. Devlin 12; G. Mortimer 24; H. Philip 29; W. Thomson 38; P. Stewart 40). 147 pts.

6. Edinburgh H.—(R. Stewart 9; J. Philp 22; G. McIntosh 35; D. Fraser 37; J. Goulding 44; B. McKenzie 46). 193 pts.

7. Edinburgh Northern H.—(G. R. Thomson 17; W. Messer 28; R. Aitken 41; M. Stocks 42; G. Parley 47; A. N. Pringle 48). 223 pts.

8. H.M.S. Caledonia—(Stagg 30; Brown 32; Pearce 36; Watts 39; Moore 43; Moorehead 45). 225 pts.

Individual—1, A. B. Parker, 18m. 21s; N. Donachie, 18m. 23s; A. Crawford, 18m. 25s.

"MORE INTERNATIONALS"

Many times in the past, and I am sure it will occur more times still in the future, people will ask me, "When are the Athletic Internationals taking place this year?"

On being informed that Scotland does not have "Internationals" every year, but "One" every two years the people are in every instance astonished.

Considering the amount of help and encouragement the "Scottish Amateur Athletic Association" gives to the outstanding athletes and Champions of the country with regard to International competition, it is nothing short of astonishing that the standard is what it is today.

At one time each year the "Triangular Tournament" was held. If one wished to attain a "Scottish Singlet," they had to make sure they made first or second place in the National Championships.

If you came third, and if you were lucky, you managed to get a standard medal, if the prevailing weather conditions were favourable.

As far as International fixtures were concerned you had "missed the boat" until perhaps you were more fortunate the following year.

Then it was decided that because of lack of support, that it should be held every two years i.e. every Empire and Olympic year.

It should be obvious to the Association by now that both Athletics and its support in Scotland is on the upgrade, that being so, as next year is "Olympic year," and in Scotland there are at least three men capable of making the team, some kind of International fixture list should be drawn up and tried out, at least for effect next summer.

If the Internationals were not given enough support by the public, and turned out to be "flops," then by all means they should be discontinued, but I think this will not be the case if they are publicised properly.

Naturally to tackle the big fishes would be ridiculous, but I think that say, apart from the "Triangular" with England, Ireland and Wales, fixtures could be arranged with some of the smaller countries in Europe.

Countries of about the same stature and a little higher in standard would do

first of all for the first season. On comparing performances with some of these countries, we find that those of the attainment of Luxemburg, Switzerland, Belgium and Holland would lend keen competition to the home Athletes, plus giving the ordinary handicap runner more incentive to train harder and make one of the three or four "International Teams" that season.

In this way the fellow in the "quarter" or "half" mile who was beaten by inches into 3rd place, could, if his form improved, make one of the teams later in the season.

In this way the runners-up in the championships would feel that it was worth something to reach a final and try to keep moving up a place.

There are problems facing the promoters of such a venture but I think that the upsurge of such a move would make a great difference in Scottish Athletics.

"So come now S.A.A.A., let's have some action in this direction, if you want a high standard, the rewards must also be adequate!"

J.C.

COUNTY 10 MILES C.C. RELAY CHAMPIONSHIPS

15th October, 1955

Dumbarton (Held from Westerton).

1. Garscube H.—(B. Linn, 13.08; G. G. Dickson, 12.56; G. Dunn, 13.06; S. Horn, 12.55). Time 52m. 05s.

2. Clydesdale H.—(R. Clark, 13.20; C. O'Boyle, 12.56; G. White, 13.04; J. Wright, 13.20). Time 52m. 40s.

3. Vale of Leven A.A.C.—(R. Campbell, 13.26; P. Moy, 12.38; J. Ferguson, 13.37; J. McDougall, 13.08). Time 52m. 49s.

Fastest Time :

P. Moy (Vale of Leven) 12m. 38s.

Youths :

1. Clydesdale H.—(D. Stirrat, 9.19; J. McDonald, 9.32; J. Hyslop, 8.49). Time 27m. 40s.

2. Vale of Leven A.A.C.—(W. Crichton, 9.49; H. Neeson, 9.56; A. Mackay, 9.24). Time 29m. 9s.

3. Garscube H.—(J. Stewart, 9.12; J. McGibbon, 9.55; R. Patrick, 10.09). Time 29m. 16s.

LANARKSHIRE

Held from Cambuslang.

1. Shettleston H.—(E. Bannon, 12.32; J. McGhee, 12.36; C. Wallace, 12.57; G. Everett, 12.40). Time 50m. 45s.

2. Shettleston H. "B"—(G. Govan, 12.46; R. Wotherspoon, 13.08; I. Cloudsley, 12.58; J. Turnbull, 13.13). Time 52m. 5s.

3. Springburn H.—(T. Tracey, 12.45; J. McCormack, 13.03; J. Ballantyne, 13.45; J. Gordon, 14.07). Time 53m. 50s.

Fastest Time :

A. H. Brown (Motherwell Y.M. C.A.) 12m. 21s.

Youths 7 Miles.

1. Shettleston H.—(D. Drye, 8.59; M. Jones, 9.28; T. Malone, 9.32; J. Kay, 9.43). Time 37m. 42s.

2. Springburn H. "B"—(J. Rooney, 9.04; H. Sutherland, 9.26; A. Gillan, 9.45; W. Ewing, 9.55). Time 38m. 10s.

3. Springburn H. "A"—(I. J. Murphy, 9.25; P. McNab, 10.05; T. Craig, 9.32; D. Wilmot, 9.12). Time 38m. 14s.

Fastest Time :

D. Drye (Shettleston H.) 8m. 59s.

RENFREWSHIRE.

1. Greenock Wellpark H.—(G. King, 11.58; D. McConnachie, 12.24; J. Stevenson, 11.25; T. Stevenson, 11.35). Time 47m. 22s.

2. Bellahouston H.—(J. Connolly, 11.49; C. Kennedy, 11.55; G. Nelson, 12.04; H. Fenion, 12.02). Time 47m. 50s.

3. Bellahouston H. "B"—(J. Irvine, 12.13; R. Black, 12.21; T. Mercer, 12.08; S. McLean, 12.31). Time 49m. 13s.

4. Greenock Wellpark H. "B"—(W. Stodart, 12.22; P. McConnachie, 12.42; C. Aitken, 12.32; J. Cairns, 12.16). Time 49m. 52s.

5. Paisley H.—(J. Campbell, 12.24; C. McCart, 12.06; J. Sellars, 13.29; A. Napier, 12.44). Time 50m. 43s.

WE HAVE RECEIVED.

[ATHLETICS—By Members of the Achilles Club. New Edition, 1955. Edited by H. A. MEYER. Published by Dents, Aldine House, Bedford St., London. Price 15/-].

This revised edition, should be in every library, possessed by every coach and at

easy access for every athlete. It is a standard work to serve each track and field event. Each event is covered by one who has distinguished himself as a competitor at the respective event. Included are chapters by R. G. Bannister and C. J. Chataway. It is well illustrated. The editor includes his own photographs taken on each lap of Bannister's famous "First Four-Minute Mile."

A useful and pleasant feature in the book are the little thumb-nail sketches of the careers of all the contributors—each is renowned.

To the thoughtful reader, the presentation of various contributors, gives added value, perhaps not deliberately intended, but still representing interesting and useful study. Principles of training can be reflected upon; we can find much seeming contradiction and opposing ideas advocated. This is good, it makes one think. It clearly shows, despite claims of modern schools, that athletics is far from a developed science. As knowledge is sifted there will be progress yet never imagined.

We can see too the development of training ideas. Bannister, Chataway and Brasher representing a modern trend as against that of say, A. G. K. Brown, Tom Hampson and Lord Burghley. This is not to say of course that we cannot learn a tremendous amount from the latter-mentioned.

To us A. G. K. Brown who will be recalled as a wonderful and courageous athlete in his day, provides by far the most interesting chapter. He writes with enthusiasm for his event "The Quarter-mile." He approaches the subject from various angles and constantly refers to races and personalities to illustrate his point. It never gives us a satisfactory conclusion. If Brown has us still groping in the dark for the best training and racing methods at least he is very thought-provoking and engrossing. A very useful end in itself!

Bannister and Chataway both write openly and well, and make their ideas and methods easy to follow. It is a pity that Brasher has to cover cross-country as well as the steeplechase. His writing on the former lacks a dignity of breadth, tending to dogmatism. He leaves the impression that he writes as a track-man who uses cross-country as a medium for his track-racing.