

THE SCOTS ATHLETE

PRICE
6^d



Photo by G. S. Barber.
Clark Wallace (Shettleston H.) starting his record-breaking run in the Edinburgh-Glasgow relay takes over from clubmate George Govan, the Scottish Youths' mile champion.

Pole Vault

- N. G. A. Gregor (H.H.H.), 12 ft. 6 ins.—
Ibros—4/6/55
W. Piper (G.P.A.A.C.), 11 ft. 9 ins.—
Meadowbank—25/6/55
P. W. Milligan (V.P.A.A.C.), 11 ft. 6 ins.—
Meadowbank—25/6/55
P. B. Hall (Fettes), 11 ft. 3½ ins.—
Edinburgh—18/6/55
D. D. Campbell (E.U.A.C.), 10 ft. 9 ins.—
Meadowbank—9/6/55

Putt

- T. A. Logan (V.P.A.A.C.), 44 ft. 11 ins.—
Hertford—11/6/55
J. Drummond (H.A.C.), 43 ft. 3 ins.—
Craiglockhart—8/9/55
J. L. Donnelly (H.H.), 41 ft. 5 ins.—
Bonnybridge—21/5/55
W. McNeish (V.P.A.A.C.), 41 ft. 1 in.—
White City—21/5/55
R. C. Buist ("Q" A.C.), 40 ft. 8½ ins.—
Craiglockhart—19/5/55

Discus

- E. C. K. Douglas (F.E.C.), 141 ft. 8 ins.—
Craiglockhart—25/8/55
J. Drummond (H.A.C.), 138 ft. 6½ ins.—
Craiglockhart—28/7/55
J. L. Donnelly ("Q" A.C.), 133 ft. 9 ins.—
Craiglockhart—21/6/55
R. C. Buist ("Q" A.C.), 133 ft. 2½ ins.—
Craiglockhart—19/5/55

- W. H. J. Leckie (Atalanta), 129 ft. 11 ins.—
Chiswick—14/5/55
C. F. Riach (J.T.C.A.C.), 127 ft. 11½ ins.—
Meadowbank—25/6/55
Javelin

- D. W. R. Mackenzie (E.U.A.C.), 204 ft. 11 ins.—
Craiglockhart—28/5/55
C. F. Riach (J.T.C.A.C.), 200 ft. 1 in.—
Craiglockhart—4/8/55
R. Findlay (E.U.A.C.), 177 ft. 5 ins.—
Craiglockhart—7/7/55
Hammer

- E. C. K. Douglas (F.E.C.), 192 ft. 6 ins.—
Craiglockhart—28/4/55
A. R. Valentine (R.N.), 185 ft. 4 ins.—
Portsmouth—18/5/55
R. S. Scott (F.E.C.), 159 ft. 7 ins.—
Aldershot—20/7/55
I. S. Bain (Army), 155 ft. 0 ins.—
Aldershot—20/7/55
W. McNeish (V.P.A.A.C.), 154 ft. 5 ins.—
Harpden—11/6/55
J. Malcolm (E.C.P.A.C.), 154 ft. 4½ ins.—
Craiglockhart—8/9/55
J. Simmons (E.N.H.), 154 ft. 2 ins.—
Edinburgh—10/6/55
W. H. J. Leckie (Atalanta), 153 ft. 5 ins.—
Cookham—23/6/55
D. S. Man (R.A.F.), 152 ft. 3 ins.—
Imber Court—20/8/55
D. Brands (R.A.F.), 151 ft. 4 ins.—
Uxbridge—4/7/55

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JOHN EMMET FARRELL'S RUNNING COMMENTARY.

SCOTTISH BEST PERFORMANCES, 1955

RACE DETAILS.

OUR POST

FIRST FOUR MINUTES

SCOTTISH BEST PERFORMANCES

Compiled by ROBERT G. R. SINCLAIR.

100 Yards

E. McKeating (G.H.S.A.C.), 10.0s.—
Reading—23/7/55
J. G. R. Robertson (G.U.A.C.), 10.0(W)
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lockhart—18/6/55
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Meadowbank—7/6/55

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Westerlands—4/6/55
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4/6/55
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—6/8/55
F. McArvell (P.H.), 22.6s.—White City
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Oxford—12/5/55
D. McDonald (G.H.), 50.6s.—White
City—21/5/55

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Aberdeen—23/7/55
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Manchester—21/5/55
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—31/5/55

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Uxbridge—25/6/55
J. R. Boyd (G.H.), 1m. 55.4s.—Dunoon
—27/8/55
N. Donachie (B.A.C.), 1m. 56.6s.—
Murrayfield—20/8/55

1 Mile

J. R. Cameron (T.V.H.), 4m. 7.0s.—
White City—21/9/55
G. Everett (S.H.), 4m. 13.2s.—Meadow-
bank—20/6/55
A. D. Breckenridge (V.P.A.A.C.), 4m.
14s. (E)—White City—15/7/55
A. Wood (A.U.A.C.), 4m. 15.9s.—
Westerlands—11/6/55
A. S. Jackson (E.U.A.C.), 4m. 17.4s.—
Meadowbank—25/6/55
W. H. Watson (E.U.A.C.), 4m. 18.1s.—
Meadowbank—9/6/55
J. Finlayson (G.U.A.C.), 4m. 20.4s.—
Meadowbank—25/6/55

3 Miles

I. Binnie (V.P.A.A.C.), 13m. 54.8s.—
Ibrox—4/6/55
A. H. Brown (M.Y.M.C.A.), 14m. 12.6s.—
Uxbridge—4/6/55
A. S. Jackson (E.U.A.C.), 14m. 13.0s.—
Manchester—21/5/55
J. Russell (V.P.A.A.C.), 14m. 32.7s.—
Ibrox—4/6/55
J. Finlayson (G.U.A.C.), 14m. 35.1s.—
Westerlands—11/6/55

120 Yards Hurdles

C. A. R. Dennis (E.U.A.C.), 15.3s.—
Newcastle—2/7/55
A. R. Britee (R.H.S.F.P.A.C.), 16.1s.—
Meadowbank—9/6/55
R. McLeod (A.U.A.C.), 16.4s.—Aberdeen
—28/5/55

440 Yards Hurdles

C. A. R. Dennis (E.U.A.C.), 55.3s.—
White City—16/7/55
K. Morton (J.T.C.A.C.), 58.1s.—
Meadowbank—25/6/55
I. Steedman (A.A.A.C.), 58.6s.—Meadow-
bank—25/6/55
J. M. B. Carr (E.U.A.C.), 58.8s.—
Craiglockhart—7/5/55

Continued on Page 7.

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 month of December may not be an exceptionally interesting part of the cross-country season but to my mind it can be most important in the athlete's preparation for the club, district and national titles early in the New Year. A high plateau of fitness has to be built up from which the athlete can reach out to the peaks he has chosen, and by the New Year this plateau should be of solid formation.

Before we lift the crystal bowl and gaze into the future let us pause for just a brief moment of re-capitulation.

Shettleston Triumphs.

Since Victoria Park's grand win in the McAndrew relay Shettleston Harriers have turned the tables in unmistakable fashion by winning the Midland Relay and the unofficial road relay championship of Scotland from Edinburgh to Glasgow promoted by the "News of the World" in the new record time of 3 hrs. 46 mins. 13 secs. which was 30 secs. better than the record time set by the winners, Victoria

Park last year. The holders did better than generally expected to take the runner's up position only 1 m. 45 secs. behind their strong opponents. These grand enthusiastic young teams of Springburn and Bellahouston showed their class and consistency by again finishing 3rd and 4th in the splendid times of 3:51.32 and 3:52.32.

Rise of Vale of Leven.

With an excellent 5th placing, Vale of Leven won the medals awarded to the most meritorious unplaced team. Several seasons ago this club was almost extinct but now they are rising—phoenix-like from their ashes to set a glorious example to other clubs at present in the doldrums. Garscube after their sensational 2nd place in the Midland relay were somewhat disappointed at their 6th place in the "News of the World" event but even so they improved considerably on time and one place on last year's performance. On their first appearance in this race Greenock

Wellpark did well to take 7th position. They too may have looked for better but this is a race where experience of it can be very valuable and after this sound debut their well-balanced improving team holding on together can do even very much better in the future.

Individual Personalities.

Apart from the team struggle which after all is the most important there were several brilliant and colourful individual duels and performances and two new course records were set up.

In the first lap young Joe Connolly of Bellahouston Harriers still a junior, ran magnificently in 26 mins. 24 secs.—only 19 secs. outside of record closely chased by that grand Clydesdale runner Geo. White.

Epic Second Leg.

With due respect to the other grand efforts the 2nd lap was surely the piece de resistance of the race, an epic in which that ever-improving young runner Pat Moy fought a tremendous challenge with marathon champion Joe McGhee. He quickly closed a 6 seconds gap he was down at the change-over and though the Shettleston man broke away to hand over first Moy was actually 5 secs. faster than him. Both beat Eddie Bannon's course record of 30m. 16s. with respective times of 29m. 49s. to Moy and 29m. 54s. to McGhee.

Meanwhile Victoria Park's Jim Russell was striving might and main to bring his club into the picture after their poor start and so well did he run that he also was inside the old record with a fine effort of 30m. 10s.

Fourth Lap Record.

That consistent runner and great Shettleston club man Clark Wallace apparently running better than ever this season produced a dash of brilliance to take 6 seconds off the 4th lap course record while George Dickson another of Garscube's grand prospects and incident-

ally race to date just 12 secs. outside the old record. Running this stage for Victoria Park, John McLaren did well returning the same time as Dickson, considering that up to the last moment there was grave doubt as to whether he would be able to run due to leg injury.

The Champion's Lap.

The long 6th lap from Forrestfield Inn to Airdrie popularly known as the champion's lap because usually clubs put their best man on this leg provided a keen personal duel with Eddie Bannon continuing his come-back with the fastest time of 33m. 50s. and although Ian Binnie was only 1 second behind it was definitely non-vintage Binnie. It was particularly pleasing to find Tommy Tracey like Bannon coming back to his best form with an excellent 33m. 57s. These were the stars, although there were several sound performances among which that of Alex. McDougal of Vale of Leven was most noteworthy.

Quite an interesting feature was the good form shown by the Victoria Park trio who have been somewhat under a cloud of late, namely Ronnie Kane, John Stirling and Norrie Ellis. None of these let their side down and that of the last-mentioned was a particularly brilliant effort only 20 seconds outside the record set up by Henson last year on the 7th stage.

Brilliant Juniors.

Another feature was the forward showing of the juniors especially the fact that three juniors forced their way into Shettleston's strong winning team, namely George Govan, Ian Cloudesley and Bob Wotherspoon. Bellahouston, I understand fielded 5 juniors including real rising stars in Joe Connolly and Gordon Nelson. The above with Geo. Dickson of Garscube should provide a vanguard for the national junior championship. But the District races at the end of next month may give us a better guide to relative



Photo by G. S. Barber.

After finishing first in the first leg of the Edinburgh-Glasgow road relay, and in the fastest time of the post-war series, Joe Connolly (Bellahouston H.) (B.2.) hands over to Tom Mercer. Joe McGhee waiting on his man seems in contemplative mood.

Course Record for Brilliant Youth.

In the youth's class—18 year-old Bill Goodwin of Bellahouston is on present form out on his own. Already holder of the Renfrew, Midlands and Scottish Youth's championships—titles which he will be favourite to retain this season—he spreadeagled his field in facile fashion to win the Clydesdale open youths road race in the new record time of 16 mins. 24 secs. His nearest opponent was the improving J. Rooney of Springburn Harriers.

Olympic Runner to the Fore.

One of the most interesting personalities competing in Scotland at the present time is the well-known English runner Alan B. Parker, running under the colours of Braidburn A.C. Parker it will be recalled was a middle-distance track star of the highest flight a few seasons ago and of course represented Gt. Britain in the 5,000 metres at the Olympic Games in 1952.

Resident at present in the East of Scotland he has participated successfully in early winter events including the winning of the two Eastern cross-country league races held to date. He also had an impressive run in the long 6th leg in the Edinburgh-Glasgow road relay.

No doubt his presence will be an inspiration to the keen Braidburn boys as well as adding colour to our sport, generally here. At the time of writing I am not aware as to whether he intends taking the full cross-country programme and whether he intends "business" this coming track season. The main thing is that for the time being he seems to be "enjoying" himself and he can take it that we Scots welcome him in our midst.

Most Improved Runners?

If there were medals given not for the best runners but for the most improved ones similar to that of the "News of the World" most meritorious team award who would be in the running? Among my short list for such an honour would

probably be Andy Brown of Motherwell Y.M.C.A., Chas. Fraser (Edin. Eastern), Moy, Dickson, Nelson and McCormack of Springburn Harriers, and I am not so sure that I would not give my vote to the last mentioned. For here is a lad of whom little can be written precisely because so little is known about him; but to come from practically nowhere to take a leading place in Springburn's team and come 4th in the Lanarkshire championship behind stars such as Bannon, Brown and McGhee and beat such good runners as Wallace, Govan and Cloudsley is surely worthy of commendation.

District Tests will Reveal Form.

Various races and tests of varying interest loom ahead. This month several county championships are run off, then at the New Year there are the very popular Morpeth road race which usually attracts a fair number of Scots and of course the 4½ miles road race promoted by Maryhill Harriers, the Annual New Year's Beith Harriers race and of course the club championships which are also of interest. But I feel sure that for the Scottish cross-country fraternity—main interest will centre in the district championships at the end of next month chiefly because they will offer a strong pointer for the national championships at Hamilton a few weeks later. With all due reference to the South-Western and Eastern districts which of course are of equal status, main interest will lie in the Midland district race because the three chief favourites for the national title Eddie Bannon, Andy Brown and John McLaren will probably be in opposition and should dispute the issue. What price Joe McGhee another good solid cross-country contender finishing 4th as he did last year and the year before in the Midland race? Many International contenders will also be trying themselves out and of course juniors being eligible—these district championships should reveal form for the national test itself.

The Biggest Question Mark?

I am assuming that the winner of the national will come from Bannon, Mc-

Laren or Brown. That could be a wrong assumption as last year's runner-up John Stevenson or 3rd place man Joe McGhee a good cross-country man though concentrating on marathon work could upset the apple-cart. Or even Tom Tracey returning to his best form or some other good outsider. But there is no doubt that the first-named trio will be favourites and for my money Bannon the chief favourite.

The Midland race will be a good test for him but he should be even better over 9 miles. He is essentially a cross-country runner and my chief and only question mark about him remains. Is he back to his form of 2 seasons ago? I believe he is practically back to his best and thus my confidence in him to regain his place, Andy Brown will be a resolute opponent and could win. He is versatile, good also over track and road as he proved recently by pushing English Internationalist W. Boak to a narrow decision and to a record in the annual Brampton-Carlisle 8½ miles road race. My doubt about him and it is a faint one is a query whether he may just shade off over 9 miles particularly over country.

In McLaren's case his injured foot puts a question mark on his chances. It has retarded his training but he is coming back hand over fist and with no recurrence and confidence regained he could be chief danger to Bannon. I have a deep respect for McLaren's great win in the English junior cross-country championship against 600 all-comers but likewise have I a deep respect for Bannon's great 4th in the Paris International a few seasons ago.

I have been writing of home Scots but Irish born Cyril O'Boyle of Clydesdale when in form can be devastating and is a real threat to the very best of championship aspirants.

English Runners Still On Top.

Ken Norris and Frank Sando, two of England's greatest cross-country runners spreadeagled an International field of 60 runners over 5½ miles at Lille, France. Norris beat the present International champion by the narrow margin of 1sec.

in 30 mins. 34 secs. and feels that this race has rounded off his form for his New Year's Eve race at San Paulo, Brazil against a vast and cosmopolitan entry.

Pirie's Leg Injury.

Gordon Pirie has withdrawn from this race because of a recurrence of his recent tendon trouble. This is disquieting news and the British Athletic Board have requested him to stop training for a month. Tendon trouble can be stubborn but if it clears up I shall be most interested to follow Pirie's subsequent form. Such a gap in training or even an easing up may handicap an athlete temporarily but for a hard conscientious trainer such an enforced rest can compensate by added sparkle and keenness. With no recurrence and the gap in training closed Pirie could be flying when the bigger country tests loom ahead.

On Staleness.

When an athlete becomes stale, jaded, lacking in sparkle what is the remedy? This condition can be an invidious one as the runner may tend to panic and try desperately to regain form by an even harder programme. Others may take a long and prolonged rest. Each must find his own salvation but from my experience I would suggest another way of restoring sparkle and urge. My suggestion is to take a very brief rest—perhaps a couple of days then continue to run as much or even more miles than before but with this important proviso to run very very easily, just glide along and forget the clock entirely. A few days of this, perhaps a week, or even a fortnight should build up the capital reserve and restore the urge and I should advise the runner to err on the cautious side and let his running come to him gradually.

And Fitness.

What is fitness? How is it recognised? Fitness to my mind embodies something more than even the conditioning which enables a runner to win a race or put up a fast or record time. It embodies a mental and physical keenness and urge to run. In the near future as training tends

to reach saturation point the athlete's task may be to retain sparkle as well as condition. Not every one can be a champion but everyone can gain complete fitness relative to inherent ability. To my mind a runner is fit when he runs not because he is chased by a bull-dog or a policeman or even to catch a tram. Not even because he wants to win a prize or a race but because he wants to run for the sheer joy of it. When he feels the urge to run even in a crowded thoroughfare with people going soberly about their business, and looking askance at such behaviour. Definitely non-utilitarian. Poetry expressed in motion. But I have given no proper definition of fitness. Perhaps there is no need, for it is a thing one feels, rather than argues about. Something like the jazz that Louis Armstrong was asked to define and replied, "If you've got to ask madam, you'll never know."

Continued from Page 2.

High Jump

- W. Piper (G.P.A.A.C.), 6 ft. 6 ins.—
Dunoon—26/8/55
N. G. A. Gregor (H.H.H.), 6 ft. 1 in.—
31/5/55
W. Little (G.U.A.C.), 6 ft. 1 in.—
Westerlands—11/6/55
R. Volkel (E.U.A.C.), 5 ft. 11½ ins.—
Craiglockhart—7/5/55
A. M. Law (L.A.A.C.), 5 ft. 11 ins.—
Meadowbank—25/6/55

Long Jump

- R. M. Stephen (G.U.A.C.), 22 ft. 1 in.—
Newcastle—2/7/55
E. McKeating (G.H.S.A.C.), 21ft. 10½
ins.—Goldenacre—7/7/55
W. Piper (G.P.A.A.C.), 21 ft. 9 ins.—
Westerlands—14/6/55

Hop Step and Jump

- T. McNab (S.H.), 46 ft. 8 ins.—Golden-
acre—7/5/55
H. M. Murray (E.U.A.C.), 46 ft. 0½ in.—
Westerlands—4/6/55
R. M. Stephen (G.U.A.C.), 45 ft. 10 ins.—
Newcastle—2/7/55

DISTRICT 10 MILES C.C. RELAY CHAMPIONSHIPS.

Saturday, 5th November.

SOUTH WESTERN DISTRICT Paisley.

The race was Greenock Wellpark all the way, George King (Wellpark) handed over fifty yards ahead of Jimmy Campbell (Paisley) at the end of the first sector. W. Stoddart (Wellpark 'B') was only twenty-five yards behind Paisley in third position.

Danny McConnachie increased the Wellpark lead to a hundred and sixty yards at half-distance. Willie McNeill held second place for Paisley and Jim Howe kept Wellpark 'B' in third position. The feature of this second leg however was the splendid run by the youthful J. Simpson who brought Plebeian from eighth to fourth. Glenpark (R. Cox) held fifth place.

Lap three saw internationalist John Stevenson streak away in Wellpark colours to a three hundred yard advantage but Charlie McCart of Paisley was not "dropped," as many thought he might be, and returned fifth fastest lap of the day. Plebeian through A. Muir were now third, Wellpark 'B' fourth, Glenpark still fifth while R. A. Paterson ran an exceptionally fast lap to bring Beith to sixth.

With Wellpark's other internationalist Tom Stevenson doing duty over the last lap it was all over bar the shouting and he produced the fastest time of the day to place his club six hundred and fifty yards ahead of Paisley's Archie Napier who has not long returned from a long lay off. (Archie's knee is due for the surgeon's knife in the near future). Alex. Small successfully held off the challenge of Wellpark 'B' to hold third place for Plebeian while Ian Harris ran Beith into fifth place. It is interesting to note that John Cairns of Wellpark second string returned faster time than two of the victorious 'A' team.

Alex. K. McDonald, Hon. Secy.

Details:—

1. Greenock W'park H.—(G. King, 17.18; D. McConnachie, 17.33; J. Stevenson, 16.35; T. Stevenson, 16.19). Time 67m. 45s.
2. Paisley H.—(J. M. Campbell, 17.28; W. McNeill, 17.49; C. McCart, 17.05; A. Napier, 17.32). Time 69m. 54s.
3. Plebeian H.—(P. McDermid, 18.12; J. Simpson, 17.22; A. Muir, 17.43; A. Small, 17.04). Time 70m. 21s.
4. Greenock Wellpark H. "B"—(W. Stoddart, 17.33; J. Howe, 17.56; C. Aitken, 17.50; J. Cairns, 17.11). Time 70m. 30s.
5. Beith H.—(J. W. Armstrong, 17.59; G. Lightbody, 18.52; R. A. Paterson, 17.33; J. C. Harris, 16.47). Time 71m. 11s.
6. Kilmarnock H.—(J. M. Young, 18.48; H. Rankine, 17.44; R. Miller, 17.55; W. J. More, 17.41). Time 72m. 08s.
7. Greenock Glenpark H.—(D. McFarlane, 17.48; R. Cox, 18.09; W. Kesson, 18.02; M. Thompson, 18.17). Time 72m. 18s.
8. Irvine Y.M.C.A. "B"—(K. Alexander, 17.49; J. Leash, 18.23; W. Banks, 18.29; J. Lawson, 18.07). Time 72m. 48s.
9. Irvine Y.M.C.A. H.—(S. Kennedy, 18.22; W. Kenny, 18.32; T. Parker, 18.56; S. Cuthbert, 17.07). Time 72m. 57s.
10. Plebeian H. "B"—(T. Rewcastle, 18.13; J. McEwan, 18.30; T. McQuade, 18.22; J. McCann, 18.21). Time 73m. 26s.
11. Paisley H. "B"—(G. Napier, 17.40; J. Pearson, 18.18; W. Miller, 18.31; J. M. Sellar, 19.06). Time 73m. 35s.
12. Greenock Glenpark H. "B"—(K. McKenna, 20.40; D. Kennedy, 18.26; D. Farren, 19.24; J. Grant, 17.42). Time 76m. 12s.
13. Stranraer H.—(A. Kyle, 19.12; A. Howie, 18.41; D. Gilchrist, 19.45; B. McLeod, 19.20). Time 76m. 58s.

14. Babcock & Wilcox A.C.—(A. Duthie, 18.30; W. Murphy, 19.20; R. McDermott, 19.52; J. Gourlay, 19.42). Time 77m. 24s.

15. Kilmarnock H. "B"—(R. Ballantyne, 19.43; D. D. Todd, 19.24; J. M. Burns, 19.03; J. Hamilton, 19.46). Time 77m. 56s.

16. Kilbarchan A.A.C.—(W. Douglas, 19.04; A. Douglas, 19.18; T. Millar, 18.55; H. Kerr, 21.09). Time 78m. 26s.

Beith "B" and Plebeian "C" did not finish.

Fastest Lap Times:

1, T. Stevenson, 16.19; 2, J. Stevenson, 16.35; 3, I. C. Harris, 16.47; 4, A. Small, 17.04; 5, C. McCart, 17.05; 6, S. Cuthbert, 17.07.

MIDLAND DISTRICT

Stepps Stadium—5th November, 1955.

1. Shettleston H.—(G. Everett, 13.57; J. McGhee, 14.08; E. Bannon, 13.46; C. Wallace, 14.27). Time 56m. 16s.

2. Garscube H.—(B. Linn, 14.32; S. Horn, 14.10; G. Dickson, 14.27; G. A. Dunn, 14.04). Time 57m. 13s.

3. Springburn H.—(P. McParlane, 14.12; J. McCormick, 14.16; J. Ballantyne, 15.08; T. Tracey, 13.53). Time 57m. 29s.

4. Bellahouston H.—(J. Connolly, 14.31; G. Nelson, 13.58; H. Fenion, 14.12; T. Mercer, 15.01). Time 57m. 42s.

5. Shettleston H. "B"—(I. Cloudsley, 14.08; G. Govan, 14.14; R. Wotherpoon, 14.59; J. Eadie, 14.54). Time 58m. 15s.

6. Clydesdale H.—(J. Hume, 15.14; R. Clark, 14.59; J. Wright, 14.22; C. O'Boyle, 14.03). Time 58m. 38s.

7. Victoria Park A.A.C.—(R. Kane, 14.54; I. Binnie, 14.51; N. Ellis, 14.43; J. Russell, 14.18). Time 58m. 43s.

8. Vale of Leven A.A.C.—(R. Campbell, 14.51; P. Moy, 14.10; W. Gallacher, 15.03; A. MacDougall, 15.03). Time 59m. 07s.

9. Motherwell Y.M.C.A. H.—(J. Poulton, 15.28; T. Scott, 15.01; A. H. Brown, 13.51; D. MacFarlane, 15.28). Time 59m. 48s.

10. Bellahouston H. "B"—(S. McLean, 14.56; W. R. Black, 15.27; R. Stoddart, 14.34; J. Irvine, 15.07). Time 60m. 09s.

11. Shettleston H. "D"—(J. McNeill, 14.34; F. Scally, 15.05; A. Orr, 15.13; J. McIlroy, 15.25). Time 60m. 10s.

12. Springburn H. "B"—(J. McGale, 15.08; D. Buchanan, 14.53; D. G. McKay, 15.15; T. Lambert, 15.24). Time 60m. 40s.

13. Victoria Park A.A.C. "B"—(F. McKay, 15.10; J. Stirling, 15.11; C. Forbes, 15.03; P. Keenan, 15.25). Time 60m. 49s.

14. Garscube H. "B"—(H. Carson, 15.09; E. S. Murray, 14.59; J. Barrowman, 16.04; G. Paris, 14.58). Time 61m. 10s.

15. Cambuslang H.—(E. Reilly, 14.58; A. Fleming, 15.13; B. Morton, 15.35; W. Mulrooney, 14.37). Time 61m. 23s.

16. Springburn H. "D"—(J. Gordon, 15.17; T. O'Reilly, 14.49; E. Sinclair, 15.28; J. Jacobs, 16.05). Time 61m. 39s.

17. Hamilton H.—(H. Gibson, 15.06; J. Finlayson, 15.04; A. C. Gibson, 15.26; J. Stewart, 16.17). Time 61m. 48s.

18. Shettleston H. "C"—(J. Turnbull, 15.16; W. Gorman, 15.51; T. Walters, 14.56; J. Kirk, 15.47). Time 61m. 50s.

19. Garscube H. "C"—(D. Paton, 15.22; J. Linn, 14.52; A. MacDonald, 15.52; D. G. Causon, 16.11). Time 62m. 17s.

20. Maryhill H.—(W. Black, 14.33; T. Harrison, 15.59; G. Penrice, 16.11; J. Wright, 15.39). Time 62m. 22s.

21. Clydesdale H. "B"—(P. Younger, 14.59; J. Young, 15.41; R. Boyd, 16.20; J. Duffy, 15.36). Time 62m. 36s.

22. Glasgow Univ. H. & H.—(S. MacFarlane, 15.59; R. Meikle, 15.49; A. Galbraith, 15.25; P. Ballance, 15.33). Time 62m. 46s.

23. Shettleston H. "E"—(J. Girdwood, 16.04; T. Moran, 16.23; J. Begley, 15.34; T. Kelly, 14.47). Time 62m. 48s.
24. Larkhall Y.M.C.A. H.—(T. D. Reid, 14.40; W. Simpson, 17.33; W. Morrison, 15.45; I. Gilfillan, 15.15). Time 63m. 15s.
25. Bellahouston H. "C"—(A. Jack, 16.00; D. Penman, 15.15; J. McLean, 16.17; D. Wright, 16.06). Time 63m. 38s.
26. Garscube H. "D"—(D. MacDonald, 16.50; J. Mair, 15.39; A. Kidd, 15.05; W. J. Ross, 17.00). Time 64m. 34s.
27. Victoria Park A.A.C. "C"—(D. Shuttleworth, 16.20; D. Ross, 15.58; W. Richmond, 16.43; D. MacFarlane, 16.02). Time 65m. 03s.
28. Dumbarton A.A.C.—(J. Timmins, 15.41; R. Ballantyne, 16.14; A. Ewing, 17.01; J. Walker, 16.34). Time 65m. 31s.
29. Springburn H. "C"—(J. Haggerty, 16.44; D. Wallace, 15.56; J. Price, 16.34; P. McCulloch, 16.26). Time 65m. 36s.
30. Shotts Miner's Welfare A.C.—(M. Coulter, 15.37; T. Williamson, 15.42; J. Kerr, 16.42; S. Lattimer, 16.59). Time 65m. 36s.
31. Glasgow Univ. "B"—(A. Preston, 16.10; R. Robertson, 15.19; D. Robertshaw, 16.24; B. MacNamara, 17.36). Time 66m. 53s.
32. Motherwell Y.M.C.A. "B"—(G. Watson, 17.13; J. Smith, 18.27; A. Brown, 16.23).

Fastest Times—1, E. Bannon, 13.46; 2, A. H. Brown, 13.51; 3, T. Tracey, 13.53; 4, G. Everett, 13.57; 5, G. Nelson, 13.58.

EASTERN DISTRICT

1. Edinburgh Univ. H. & H.—(A. S. Jackson, 14.05; A. C. Ross, 15.00; N. Allsup, 15.07; J. V. Paterson, 14.31). Time 58m. 43s.

2. Braidburn A.C.—(R. A. Henderson, 14.50; J. M. Hamilton, 15.06; N. Donachie, 14.34; A. B. Parker, 14.19). Time 58m. 49s.
3. Edinburgh Sth H.—(R. McAllister, 15.08; A. Ross, 14.54; W. Lyle, 15.17; H. S. Millar, 15.03). Time 60m. 22s.
4. Edinburgh East. H.—(G. Mortimer, 15.20; H. Phillip, 15.36; J. Devlin, 14.49; C. Fraser, 14.52). Time 60m. 37s.
5. Edinburgh Univ. "B"—(A. Ravenscroft, 15.13; M. Fraser, 15.14; H. W. Alexxander, 15.07; J. Crawford, 15.18). Time 60m. 52s.
6. Edinburgh Sth. H. "B"—(J. Smart, 14.58; M. McLaughlin, 15.41; J. Heggie, 15.24; T. Gourley, 15.07). Time 61m. 10s.
7. Edinburgh Northern H.—(J. B. Wilkinson, 14.43; G. R. Thomson, 15.15; W. Messer, 15.43; R. F. Aitken, 16.12). Time 61m. 53s.
8. Dundee Thistle H.—(A. Irvine, 15.17; D. Millar, 15.26; J. Millar, 15.56; C. D. Robertson, 15.36). Time 62m. 15s.
9. Perth Straththay H.—(D. Innes, 15.37; P. Boyle, 15.13; I. Newton, 15.35; J. Dick, 15.53). Time 62m. 18s.
10. Falkirk Victoria H.—(G. Jackson, 17.17; D. Clelland, 15.20; T. Todd, 15.16; A. Crawford, 14.34). Time 62m. 27s.
11. Edinburgh Sth. H. "C"—(H. Robb, 16.01; W. A. Robertson, 15.12; J. Dinning, 15.44; H. Robertson, 15.39). Time 62m. 36s.
12. Falkirk Victoria "B"—(R. Sinclair, 16.24; I. Paterson, 15.18; T. Blackhall, 15.37; D. Shields, 15.32). Time 62m. 51s.
13. Edinburgh H.—(R. Stewart, 14.59; J. Philp, 15.33; D. Fraser, 16.21; G. McIntosh, 16.21). Time 63m. 14s.
14. Braidburn A.C. "B"—(J. K. Hislop, 15.19; J. Hepburn, 15.50; V. King, 16.17; M. Innes, 15.54). Time 63m. 18s.
15. Edinburgh Sth. H. "D"—(G. Reid, 15.52; K. Borthwick, 16.19; W. Grant, 15.50; N. Halverston, 15.46). Time 63m. 47s.

FAIR PLAY FOR "CINDERELLA" EVENTS

OVER a period of years I have heard the rumblings of discontentment from the direction of "FIELD EVENT" competitors all over Scotland decrying the general attitude to their own particular event of either the Association or some Committee of perhaps a "Sports Meeting" in not including their event.

Now I think it is time that the whole structure of field events held at meetings in Scotland throughout the Season be looked at.

First and foremost the actual events held one would imagine would be those included in the "International Curriculum."

16. Edinburgh Univ. "C"—(K. Coutts, 16.09; G. Smart, 15.31; W. Hood, 16.37; A. Pauline, 15.59). Time 64m. 16s.
17. Dundee Hawkhill H.—(R. Baird, 16.04; H. Bennet, 16.09; L. Simpson, 15.35; A. Smith, 16.55). Time 64m. 43s.
18. Athenian A.C.—(J. Dignan, 15.48; A. Dick, 16.22; B. Wearmouth, 16.10; A. Hannah, 16.58). Time 65m. 18s.
19. H.M.S. Caledonia—(B. Phillips, 16.19; P. Stagg, 15.50; K. Moore, 17.17; K. Brown, 16.47). Time 66m. 13s.
20. H.M.S. Caledonia "B"—(Clark, 17.47; Warner, 16.52; Dudley, 17.58; Hant, 17.39). Time 70m. 16s.
21. Edinburgh Northern H. "B"—(G. Veitch, 16.45; A. N. Pringle, 16.41; D. W. Moore, 21.24; G. Parley, 17.25). Time 72m. 15s.

Did Not Finish :—

Braidburn A.C. "C"—(B. Underhill, 15.21; T. Thomson, 16.31; W. Henderson, 16.34).

Gala H.—(R. Renton, 14.55; A. P. Sanderson, 16.35).

Fastest Times :—

- 1, A. S. Jackson, 14.05; 2, A. B. Parker, 14.19; 3, J. V. Paterson, 14.31; 4 and 5 (equal), N. Donachie and A. Crawford, 14.34; 6, J. B. Wilkinson, 14.43.

But no; "Pole Vaulters" turn up at one meeting in Glasgow to find that instead of, (if not holding their event), then the equipment being used for some other jumping event, instead to their "mortification" they discover "heavy" athletes attempting to "chuck" a very large weight over the bar.

In other instances not only have the "Meeting Authorities" no "Pole Vault" event but also quite often no High or Long Jump.

At the same time the pits into which the athletes are landing are in very poor condition.

Before me are an average "10 Programmes" over the last season, from early, mid and end, of the Big, not so big and ordinary meeting, up and down the country.

Of the ten picked at random 5 contain no field events of any description. Of the remaining five only one has the complete "Jumping Events."

The remaining 4 have one or two at the most of the jumping events while such events as the hammer and discus have been completely forgotten.

True, some grounds simply could not hold hammer events for example because of area difficulties, but what is annoying is that these events are not held even when opportunities do arise.

The sponsors of the meeting instead of having International missiles to throw insist on the Scottish Hammer and Shot, while to advance from the sublime to the ridiculous you have potential "Shot-Putters" attempting to heave a weight over a high jump bar.

Scotland has the men with the ability to tackle the world in field events, give them all the chances and encouragement you can.

We have already seen this season what Bill Piper can do in the high jump with no great help from promoters generally.

Let's do more in this direction and who knows, one day there may be happy, contented, field event competitors around us. Perhaps!

"FIRST FOUR MINUTES"

BOOK REVIEW by L. H. WEATHERILL.

[FIRST FOUR MINUTES, by Roger Bannister. Published by Putnam, 42 Gt. Russell St., London. Price 15/-.]

THIS is an unusual book, written in a philosophical way by a shy and clever individualist. It is very well written and the author has a rare gift of descriptive writing. One rather suspects, however, at times that he exaggerates his own physical weakness and the inferiority complex of his younger days. I feel, too, that if the book had not been so well written, it would have been too long.

Bannister makes it plain that he did not enjoy his schooldays. As a young boy, indeed, he ran in, and won, a cross-country race purely because his prestige would thus be high enough to enable him to study for the next year without too much persecution by the other boys as a "swat." He was anxious to leave school as early as possible and was accepted by Cambridge, but only if he waited another year. So he tried Oxford and was accepted for the following term.

When Bannister arrived at Oxford he was very keen to run but found, just after the War, some little difficulty in getting started. After a few days he persuaded a large rowing man to go with him on the Oxford Track at Iffley Road, only to be told on his first run by one of the groundsmen, who had just tried to persuade the oarsman to take up running, "I'm afraid that you'll never be any good. You just haven't got the strength or the build for it."

As we all know, Rodger Bannister did not allow this to deter him. He persevered and improved, though, according to him, it was almost by chance that he was included, as third string, in the Mile against Cambridge in his first year. He won, of course.

From that time his progress was steady and rapid. Wisely, no doubt, he declined to be considered as a "possible" for the 1948 Olympic Games, but was appointed

assistant to Evan Hunter, the Commandant of the British Team—surely a strange appointment if Bannister was as shy and awkward as he seems to imply!

Bannister's subsequent racing career is no doubt well known to readers. His narrow failure to win at Helsinki was probably due only to the inclusion of a semi-final at a late stage, which meant racing on three successive days. Subsequently, of course, he won at Vancouver and Berne.

Of greater interest to me, even than his descriptions of his races, are Bannister's views on Athletics.

It is interesting and refreshing to note that, after some experience, he found he could reach his peak on training only, which certainly does not agree with the ideas of many theorists. Surely most of the champions of to-day race far too often.

It is most satisfactory to note that Roger Bannister, in spite of recent reports to the contrary, does not believe that a runner, a middle or long distance runner at any rate, needs a coach, though he agrees, of course, that he can at times benefit by advice. As he says, the athlete should, as far as possible, be responsible for his own training and racing. It is to be hoped that this advice will be brought to the notice of as many potential champions as possible.

Roger Bannister realised, as some very good runners do not, the importance of an occasional break from running when training begins to pall or improvement has stopped for the moment. Perhaps this is very much an individual matter.

Bannister mentions that he loves running in the dark and records how he trained in the winter of 1951-52 by running round the grass cricket field at Harrow School—near his home. (This is in such circumstances a hazardous business: eventually he fell when jump-

ing a stream and hurt himself badly). He says he had the feeling of running fast. I know from much experience of timing myself that I actually run decidedly slower in the dark than in daylight, owing, no doubt, to an instinctive refusal by my body to "let loose" when it doesn't know quite where it is going. I believe many athletes have shared Bannister's idea that they are going fast in the dark; and I believe that they have all actually gone much slower than they would have in good light.

In his professional capacity Bannister conducted some unusual experiments in breathing. His views on the use of oxygen are of great interest and it may well be that before long the question of whether an athlete should be allowed to use quite artificial assistance of this kind may become of international importance.

There is one point that Roger Bannister makes that seems to me of remarkable interest. He says, "The integration of heart and lungs of an athlete may be more efficient when he is running at 10 miles per hour than when he is at rest." I have no doubt that this is so. As a logical extension of this theory, may it not be true also that integration in the case of certain great runners may be better when they are running at record speed than when they are running slowly? Both Sydney Wooderson and Godfrey Brown, for instance, looked very awkward when they were just "limbering up," but both ran in good style when breaking records.

Nor, I think, is the improvement in integration restricted to purely physical matters. I have proved that the intricate, and I may say accurate, arithmetical calculations which I make when doing lap training on long runs cannot be made as speedily and accurately when I am not running.

Roger Bannister, it is good to see, attempts to answer the vexed question: "What makes a runner want to run?" I do not think he has got anything like a complete answer, and perhaps there never

will be one. Is it not akin to the question which has puzzled mankind through the ages, and which was brought forward so dramatically by Pontius Pilate and later defeated George Borrow's determined effort to find a solution: "What is truth"?

On one point Bannister has been guilty of over-generalisation. Not all sprinters are, as he thinks, dependent on natural ability only, except as regards starting technique. I remember one sprinter who was not outstanding for some years, but by sheer hard training and thinking eventually became one of the joint holders of the English Native Record for the 100 yards.

I hope that as many readers as possible will get hold of this book, from the perusal of which I am sure they will at least derive great pleasure.



CROSS-COUNTRY— DISTURBING LACK OF NUMBERS.

Dear Editor,

It cannot be denied that the standard of running (cross-country included) has advanced over the past few seasons by a study of comparative times. Nevertheless it is disturbing to those who have the interest of Cross-country running and its manifold benefits at heart to find so much apathy and lack of numbers in the sport. There may be several factors for this. Perhaps we, as devotees, do not carry a sufficiently bright torch to attract adherents. But a chief factor is the lack of advertisement afforded by the press.

Football, that commercial enterprise masquerading as sport, naturally gets the lion's share. Not only in actual reports and forecasts but also in discussion of the

personalities of the combatants and his activities even outside the field of play. People like intimate gossip. They devour snappy snippets and pithy pars. But repetition becomes boring to learn that a well-known player has just bought a new golf-club or that he gets his subsidised meals in such-a-such restaurant or some similar frivolity may be of some interest on the Monday but palls by Friday. While reams of column are devoted to such trifles it is rather incongruous to see perhaps two lines devoted to a world record or to look in vain for the result of a race. And we are asked to applaud the tremendous enthusiasm of a player who actually trains on Tuesday, Wednesday and Thursday—for gain mark you, a programme which the modern amateur athlete would regard as limbering up.

One paper which does however give a fair and objective coverage to all the better-known sports is the Glasgow Herald despite the fact that it is essentially a business paper.

To return to the question of dwindling numbers which the differentiation into Juniors and Seniors has thrown into bold relief many clubs cannot field a full team or even a counting 6 in the National Championships and in training and inter-club runs cannot muster sufficient runners to make up the customary, slow, medium and fast packs. Yet not so many years ago most clubs had an extra pack euphemistically called the "business men's pack." I cannot recall many company directors or men from the city in this pack but they were composed of a group whose main concern was fitness and where it was not considered a crime to drop occasionally to a walk.

Having run over field and fen for over 20 years and enjoyed it immensely I should not like to see this healthy and absorbing sport fade. Even the stronger and more successful clubs should be anxious about this decline. For after all, what's the use of being king of the castle when there's nobody in the castle?

Yours sincerely,

Glasgow, C. J. E. FARRELL.

TIMEKEEPING—WHAT HAPPENS

Dear Sir,

I regret to find your paper (October issue) taking up the popular pastime of the uninformed athletic enthusiast of trying to demonstrate the incompetence of our athletic timekeepers. May I say in passing that those of us who do the timekeeping are so used to this that we normally take no notice but as you use what purports to be photographic evidence in support of your statement a correction seems called for.

Under I.A.A.F. rules races up to 1,000 metres are timed to one-tenth second and over that distance the timing must be to one-fifth. When coming to the finish it is possible that the competitors are covering a distance of something like 3 feet (or even faster) in one-fifth second. It is thus possible for a competitor coming second 2 feet 11 inches (or even more) behind the winner to be recorded with the same time i.e. within the same one-fifth. On the other hand in a very close finish the winner may arrive at the tape just before the watch moves from one-fifth to another and the watch may have moved to the next fifth before the second man gets there, however close he may be, resulting in one-fifth difference.

It seems to me perfectly clear that when Chataway beat Kuts at the White City on 13th October, 1954, the latter conditions prevailed and when Tabori beat Chataway at the same venue on 13th August, 1955, the former conditions prevailed.

Yours etc.,

Greenock.

D. McSWEIN.

Dear Sir,

In your October issue you published a photo of Laszlo Tabori beating Christopher Chataway by a margin of some four feet; yet because they were both awarded the same time you insinuated that the timekeeping was "unsatisfactory and wrong."

I am not connected with athletics in any administrative capacity, but, I feel I must jump to the defence of the officials who timed this race. In my opinion the result of this particular event was not only possible—but indisputable. There are two reasons for my belief.

The first reason is that Tabori and Chataway must have each recorded less than 27 seconds for the last furlong; which means a speed of over 22 feet per sec., or 2.2 feet per tenth sec. So it is possible for a man to be beaten by two feet and still record the same time as the winner—always assuming that he is travelling at sub 27 sec. furlong pace. This is explained by the fact that the winner crossed the finishing line just as the second hand on the watch reached—say, for argument's sake—0.9. The second man, who is covering the ground at a velocity of 2.2 feet per tenth sec. and is only two feet behind, will finish approximately nine hundredths of a second later, i.e. while the second hand is still registering 0.9. In this instance it is only during the final hundredth of a sec. that the hand of the watch moves on to the next tenth.

But Chataway was beaten by four feet, not two. Where was the other tenth? That brings me to my second reason. Tabori's actual time was 13:44.5 but his official time was 13:44.6, as per I.A.A.F. rule 9 (4) which states briefly that for races over 1,000 metres the times shall be taken to nearest fifth of a second slower.

Tabori must have reached the tape just as the second hand arrived at 0.5; and Chataway finished just before the second hand left 0.6. Perhaps if Tabori had finished a hundredth of a second earlier and Chataway a hundredth later, the result would have read Tabori 13:44.4, Chataway 13:44.8; a difference of four tenths!

On the opposite page we were shown a photo of Chataway beating Kuts by about one foot. So according to my supposition this is an even better reason for both of them to record the same time—but they do not. I can only surmise that the

watches used on that memorable occasion registered in fifths and not in tenths of a second; and that the hand on the watch was about to leave 0.6 when Chataway broke the tape and just reached 0.8 when Kuts finished.

It is now easy to see why large sections of the crowd clamorously voice their disapproval when, at major athletic meetings, a sprinter is less than a foot behind the winner, yet given a time one tenth slower than the winner. They argue that if a sprinter clocks "evens" for the "hundred" he must be finishing considerably faster than 30 feet per sec. Hence, he must have taken less than one tenth to cover a distance of one foot. As you can now see this is not necessarily the case.

I am,

Yours faithfully,

London, N.4.

JOHN BURNS.

[Often the written word gives rise to misunderstanding as well as understanding. This is unfortunate and evidently has applied in this case. There was no intention of criticising the timekeepers. We were raising a challenge to "time-keeping," a different matter. We wish to make it clear that we made no statement regarding "the incompetence of timekeepers." Never at any time have we suggested or even thought that timekeepers were incompetent, far less putting it into print publicly. We understood the explanations put forward now by friends Mr. McSwein and Mr. Burns. We took it for granted (probably, too lightly) that we were writing for the "informed." We still conclude our timekeeping is "unsatisfactory and wrong." What does the sport think? We regret brevity. Editor]

ALL OUT FOR THE MILE by George Smith. Price 15/-. We recommend this grand book. Obtainable from "The Scots Athlete." This and other books received will be reviewed in our January number.

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The photos in our last issue, of Ian Binnie and Lou Jones (U.S.A.) as with E. Kirkup should have been acknowledged as by G. S. Barber.

* * *

We have been compelled to hold over a great amount of matter (including full details of the Edinburgh-Glasgow relay) to next month.