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THE SCOTS ATHLETE

PRICE
1/-



Photo by G. S. Barber.

The start of the International Cross-Country race held at Waregem Racecourse, Belgium.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

WHO IS THIS HERB. ELLIOT?

WEB CENTRE.
OUR POST.

DALE'S DIARY.

FULL RACE DETAILS.

SPORTS DIARY.

MICHAEL R. LINDSAY

ACHIEVES WORLD BEST JUNIOR DISCUS THROW.



Photo by H. W. Neale.

Glasgow born Michael R. Lindsay (St. Marleybone Grammar School and Queen's Park H.) in a London v. Paris Schools contest at Hurlingham, London threw the junior discus 193 ft. 5 ins. The previous best junior mark was 184 ft. 2½ ins. by A. Oerter (U.S.A.) who is the present Olympic champion. Lindsay also had a British Junior record in the Shot Putt with 59 ft. 7½ ins. Last year he won the A.A.A. Junior Championships at both events with record distances. He also recorded with the Senior Shot and Discus better performances than any other Scot.

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



THIS year's Scottish cross-country championships were fortunately blessed with good weather conditions. It was dry and mild yet previous rain made the course fairly heavy in parts ensuring that stamina as well as pure speed would play its part. There were misgivings regarding the decision to hold the races entirely on the race-course. Yet although open country and obstacles were eliminated the negotiation of the loop hill five times made it a real speed-stamina test.

Harry Hits Top Parade.

Big surprise of the senior championship was the magnificent win by Harry Fenion of Bellahouston Harriers and the relegation of favourites John McLaren and Eddie Bannon to 3rd and 6th places. Harry, youth's champion in 1948 finds himself 9 years later the senior king-pin. Everything went right for him and when he elected to go away at 6 miles no one could hold him. His pace uphill and downhill was devastating and completely

demoralised the field. Small, but neatly and compactly built his running on this occasion reminded me of an old poem we had at school part of which went as follows:—

"Up the airy mountain,
down the rushy glen
we daren't go a-huntin'
for fear of little men."

Colleague Joe Connolly slim and stylish just out of the junior ranks made a brilliant debut in earning his first jersey by holding off McLaren for 2nd place.

Had Gordon Nelson not had to call off through tonsillitis Bellahouston may have had an incredible 1-2-3 and could possibly have won the team race. An interesting conjecture!

Jim Russell of Victoria Park was immense and thoroughly earned his first jersey, which was poetic justice after last year's 10th and his general consistency over the last few seasons. Springburn's consistent McCormack again showed that he had the national flair as did Bob



Photo by G. S. Barber.

JOHN McLAREN (V.P.A.A.C.) taking a fence in the Midland District C.C. championships. He is leading from **Gordon Nelson (Bellahouston Harriers)** and **Graham Everett (Shettleston Harriers)**.

Calderwood who again just made it after a hard punishing race.

Criticism—but a Compliment.

McLaren and Bannon and in a lesser degree Moy were a trifle disappointing and though they made their places with something to spare their performances were somewhat pedestrian—for them.

Scores of runners would almost give their right ears to finish either 3rd, 4th or 6th in the National so this mild criticism of these wonderful runners is really a back-handed compliment.

McDougall comes in for Everett.

Alex. McDougall (Vale of Leven) Jim Finlayson (Hamilton) and Alex Small now of Victoria Park, in 9th, 10th and 11th places found themselves on the threshold of selection and with brilliant Graham Everett having to call off due to a strained ligament McDougall who last year finished 12th in the National deservedly came in as substitute.

Incredible run by Edinburgh Harrier.

Yet after giving Fenion and Connolly and the others their due perhaps the most fantastic run in the National (from a comparative point of view) was that of

Edinburgh Eastern Harriers—J. Devlin who despite being well back in the ruck and having to adjust his shoes several times threaded his way through the field to finish 12th.

Veterans help Holders to Retain.

Stars McLaren 3rd, Russell 4th, Calderwood 9th and Binnie 14th were aided by near-veteran Ronnie Kane and veteran Andy Forbes whose steady running in respectively 28th and 36th places helped Victoria Park to retain their team title, with 93 points as against last year's 80 points with the up and coming Bellahouston Harriers who last year did not finish a complete team a creditable 2nd with 125 points (without the services of steeplechase champion Nelson). Edinburgh Southern gained 3rd place with wonderful packing as their first runner W. Lindsay was only 15th. With a stronger tail the Edinburgh lads could give their Glasgow rivals something to think about.

Shettleston were most disappointing in the senior event but received some compensation by grand victories in the junior and youths team races.

Bailliant "Hare" Outpaces Panting "Hounds."

Slim, immaculately stylish Jim Wright of Clydesdale running with machine-like precision trounced his rivals in the junior championship and emerged the easiest winner of the day, an ample compensation for last year's runner-up position.

His form overshadowed the competent running of Edinburgh Eastern's D. Togwell and Springburn's J. Rooney who finished in front of the more favoured Geo. Govan of Shettleston.

Three Smart Lads.

In the youth's championship 10 secs. covered the first three, and only 4 secs. the first two.

I. Messer of Edinburgh Northern had that little extra to win from W. Thomas, Irvine Y.M.C.A., with E. Smith of Victoria Park a good 3rd. All three look capable of following in the footsteps of previous star youths such as Harry Fenion. Jim Finlayson and more recently Bill Goodwin.

Sando Does It At Last.

After one of the heaviest and most gruelling races in its history. Frank Sando won his first English National by running a well-judged race to beat the brilliant but erratic Peter Driver and favourite Ken Norris. But every finisher was a mud-stained hero. With about 600 runners out the laundries down south reported good business. For Sando who had won the International but never his national title it was something of a comeback as his form at Melbourne was middling and recent form not revealing.

And Completes the Double.

And to show that it was no fluke he repeated his win in the International at Waregem, Belgium by a similar well-judged race from that wonderful English new-comer Basil Heatley with Ken Norris 3rd, B. Jouvot of Belgium 4th and Chorlton a great 5th.

But England's Tail Sags Again.

Yet if the English rose bloomed, it's stem was withered. Like last year their tail was weak and even 1, 2, 3 and 5 could not prevail with their last 2 counters

34th and 39th. Belgium on their home territory beat a France who lacked the inspiration of veteran star Alain Mimoun who after winning the marathon at Melbourne was offered a National Coaching Appointment by the French Authorities.

Disappointing Scots—but—

Scotland with 8th out of 10th team position and with their first man home only 28th were most disappointing. Nevertheless they were not many points behind 4th team and even if counting Moy 28th, McLaren 35, Bannon 37, Russell 38, Fenion 51, McDougall 53 did not set the heather on fire it must be emphasised that the large field of 90 runners are all true Internationals, the cream of the competing nations. And most of our runners are notoriously weak over the artificial obstacles which to my mind should have no place in a real cross-country test where it should be natural hassards or nothing. One last point. While the race was in progress the man who could well have clinched the race for England, Derek Ibbotson, was confined to bed with a last minute attack of tonsillitis.

World's Greatest Miler to-be?

So says world mile record holder (3.58) John Landy of Australia's new 18-years old new mile star Herb. Elliot. Landy forecasts that Elliot will reduce the record to 3.55.

Despite his immature years his judgment is mature say his sponsors and he has never really been pushed being content to sit back and do just enough to win. The man to test him would be Ron Delaney the best miler in the world at the moment whose Olympic win has put him literally on top of the world.

A Record London to Brighton.

The London to Brighton "News of the World" classic proved a record race, the first 3 teams South London 4 hrs. 25 mins. 51.6 secs. Thames Valley 4 hrs. 27 mins. and Belgrave 4 hrs. 32 mins. 51 secs. all broke the course record and many individual records went.

Among the personalities were Derek Ibbotson in lap 3, Ken Norris in lap 8 and in lap 11 T. J. Collins of Ilford put up a fine run in breaking Olney's 1952 lap record by 9 secs. with 16:46. But stage 7 was the star lap where no fewer than 6 runners beat Peter Driver's old record and these fine performances are worth recording J. W. Brown (Belgrave) 32:20 F. D. Sando (Aylesford) 32:21 A. E. Ingles (T. Valley) 32:30 B. Heatley (Godiva) 32:35 P. Driver (S.L.H.) 32:37 A. P. Keily (Derby) 32:45.

Grand run by Victoria Park.

Victoria Park's 7th place in this classic field was most gratifying and commendable and proved consistency of team strength. Shettleston Harriers on the other hand finished 20th and last and sadly missed their 3 stars Everett, Bannon and McGhee. Nevertheless they felt it was their duty to accept the invitation offered them.

Has anyone here seen Kelly!

Such could have been the theme song of the other competitors in this year's Boston Marathon as John Kelley of U.S.A. disappeared from view with the possible exception of Finnish star Karvonen who held Kelley for fully 15 miles until he too had to let him go ahead. Eventually the American trotted home the winner in the good time of 2 hrs. 20 mins. 5 secs. It is 12 years (1945) since U.S.A. won this event and by a queer coincidence he too was named Kelley.

Jim Peters still fastest Marathoner.

The distance of the Boston classic has always been suspect. A recent survey showed that the course was 1,187 yards short of the official marathon distance of 26 miles 385 yards. Courses and conditions vary so much that there is no official marathon record but last year's time in the Boston of 2 hrs. 14 mins. 14 secs. by A. Viskari (Finland) was regarded as the fastest ever achieved.

Now Jim Peters who set up a time of 2 hrs. 17 mins. 39.4 secs. in A.A.A. marathon championship from Windsor to Chiswick in 1954 regains the hall-mark of

the fastest ever known marathon. As Peters is remembered more for his gallant failures it is timely that this fantastic marathon feat of his should be specially recalled.

Harry Fenion's Quest.

Harry Fenion keen to add the marathon title to his recent cross-country one made a splendid debut to the season by winning the 16 miles Clydebank to Helensburgh road race in 1 hr. 28 mins. 51 secs. by 25 secs. from Andy Brown of Motherwell who ran a splendid race at this unaccustomed distance and took his rival right to the tape. A. McDougall ran well to finish 3rd but best comparative performance of the lot was probably of Garscube's Geo. Dickson who finished 4th only 17 secs. behind McDougall.

With the uncertainty regarding Joe McGhee it seems likely that Harry Fenion may be installed favourite to win the Scottish title in what looks like a very open race.

Paterson in Great Form.

Most title holders and aspirants are busy quietly turning up for the Scottish championships at Meadowbank in June and their form is not yet crystallised. One champion who is early in form is half-mile holder Jim Paterson of Edinburgh University who has already set up marks of 1:52 for the half and 49:6 for the 440. Later he ran the half in 1:55.7 the 440 in 49.6 and the 220 in 22.9 secs. in one day. This is an amazing standard of versatility. One wonders what he might do if he did not dissipate his energies and concentrated on one event for a while. Perhaps the 4 minute mile might attract him and he could offer stern opposition to champion Everett. But after his great effort in last year's A.A.A. ½ mile championship perhaps he would do well to concentrate on this distance.

Sprinters in form.

Paterson may be at the moment the brightest pebble on the beach but he is not the only one.

100 yds. champion A. S. Dunbar had marks of 10 secs. and 23 secs. in winning Vict. Park's club championship sprints,

while 17 year-old M. W. Hinde of Paisley Grammar School won the 'hundred' in the 15-17 age group being returned with the same time as Dunbar—10 secs dead—a most remarkable run indeed.

Present form not Last Word.

A keen and brilliant inter-club contest between Edinburgh University and Victoria Park won by the former by 60 pts. to 57 in a 17 events contest provided some interesting individual talking points Hay, Hannah, Dennis and Paterson won an exciting relay (4 x 440) Paterson just holding off McIsaac by 2 yds. over the last lap. 3 Scottish champions were defeated at their championship distances Ron Whitelock beat Alan Dunbar in the 100 registering the excellent time of 9.9 with a slight following wind. 440 yds. champion Bob Quinn lost to Jim Paterson in 51.2 secs. And Paterson himself lost to John McIsaac in 1:57.1 secs.—good time but well within the capabilities of a fresh Paterson.

Pre-championship form is revealing but not the last word. Consistency is excellent but it is only the plateau from which to reach the peak and for that latter the timing of a preparation is of immense value.

SOUTH WESTERN DISTRICT C.C. CHAMPIONSHIP.

6 MILES.

Individuals:

1. A. Small (Plebeian) ... 36.29
2. S. Cuthbert (Irvine) ... 36.35
3. A. Napier (Beith) ... 36.40
4. J. Hendry (Ayr) ... 37.30
5. J. Clark (Doon) ... 38.18
6. R. Irving (Stranraer) ... 38.19

Team:

1. Gk. Wellpark H.—(C. Aitken 9, H. McHenry 12, R. McConnachie 14, I. Ross 16, G. King 17, T. Stevenson 54). 89 pts. J. McGregor 24, D. McConnachie 30, G. Stoddart 32, J. Hewitt 33, J. Cairns 36, S. Brown 51.
2. Irvine Y.M.C.A.—(S. Cuthbert 2, T. Parker 11, S. Kennedy 15, W. Nimo 20, J. Kerr 22, W. Banks 26)—96 pts. R. Campbell 52.

3. Kilmarnock H. & A.C.—(H. Rankin 7, W. J. More 8, R. Miller 10, W. Johnstone 18, J. Hamilton 28, J. M. Young 34)—105 pts. J. McPheeley 42, D. Hastings 58.

4. Plebeian H.—(B. Smethurst 27, D. Barclay 40, D. McEwan 43, D. Hay 44, J. McEwan 46, A. Douglas 56)—256 pts.

5. Auchmountain H.—(J. K. Bryce 49, S. P. McIntosh 50, I. Wilson 55, N. Preston 61, A. Wooler 63, S. E. Hagen 64)—342 pts.

Other Finishers:

G. Napier (Beith) 13; K. Phillips (Beith) 19; W. Davidson (Beith) 37; S. Maxwell (Beith) 53; J. Spence (Glenpark) 23; D. Kennedy (Glenpark) 35; M. Thomson (Glenpark) 45; T. Smillie (Glenpark) 47; W. Johnstone (Ayr) 25; I. Fullerton (Ayr) 39; D. Murray (Ayr) 57; W. McNeill (Paisley) 41; J. M. Sellar (Paisley) 48; A. J. Adamson (Stranraer) 59; F. H. Thomson (Stranraer) 62.

YOUTHS 3 MILES.

Individual:

1. W. Thomas (Irvine) ... 17.53
2. W. G. Withers (Kilmarnock) 19.00
3. D. Small (Doon) ... 19.21

Teams:

1. Irvine Y.M.C.A.—(W. Thomas 1, A. Taylor 10, J. McKenna 14)—25 pts.
2. Gk. Glenpark H.—(G. Spence 7, W. Murray 9, C. Shields 11)—27 pts. I. Evans 20, N. Grant 22.
3. Auchmountain Harr.—(H. McWilliams 6, L. C. Lyons 15, T. More 19)—40 pts. W. Loughnay 21, T. Barret 24.

4. Beith H.—(E. Milloy 8, D. G. Thomson 16, W. Maxwell 17)—41 pts.
5. Gk. Wellpark H.—(A. Cairns 4, J. Orr 13, J. Stoddart 26)—43 pts.

Other Individuals:

J. Scott (Kilmarnock) 12; J. Ireland (Doon) 18; R. A. Irons (Stranraer) 23; E. F. Murdock (Stranraer) 25.

"WHO IS THIS HERB. ELLIOTT" ? (Written specially for 'The Scots Athlete' by Percy Cerutti of Australia).

In the summer of 1955 I went to Adelaide, South Australia for the Aus. Championships Victoria, the premier State at the time, was all set to win the Junior State Titles run in c/j with the National Titles. We had Ron Clarke, afterwards to run 4:06.8 for a world junior mile and Doug. Henderson afterwards to run around 1:52 for the 880, as our "certain" winners. Both were run down in the finishing straight by an unknown 16 year old athlete from Perth, one Herb. Elliott. He ran 4:20 for the mile and some 1:55 odd for the 880—from memory. I, along with others, was put completely out of countenance. Later I met this lad and visited his home in Perth when on a coaching visit. Later again he let a piano fall and in endeavouring to save it crashing it fell flat on his foot. The result was a foot encased in plaster and no running for nearly a year.

Then the Melbourne Olympics: an upsurge of enthusiasm and the decision to stay over in Melbourne to be with me. Very quickly solid training was engaged in and by New Years Day Elliott was ready for his first race for 14 months, an 880 yard handicap: he started from scratch and ran 1:54 for 4th place in his heat.

Two weeks later he started in a mile at Olympic Park to record the sensational 4:06. Two weeks later he ran another mile, this time to win the Victorian mile Championship: again 4:06. Two weeks later he started in South Australia to win that States mile and beat John Landy's track record of 4:09 and Don Macmillan's state record of 4:07 to again run 4:06.2 and to win in hollow fashion. In the meantime he won the Victorian 880 State Championship against our best half-milers, indeed the best in the Commonwealth except Landy, since in the field was O'Connell holder of the Aus. 880 Championship. Again he won to record 1:50.8 only .4 sec. worse than Landy's



all-time national record. As his 1:54 on New Years Day was an unofficial Aus. 880 Junior Record we had—five runs for five records. And the list continued fantastically, a 9m. .01 secs. for 2 miles; a mile in 4m. 04.4 secs. then another right down to 4m. 00.4 secs. and a new Australian 880 yards. record with 1m. 49.3 secs.

What kind of phenomena is this young man: How is it he improved such between two mile runs over a year apart?

Firstly Elliott is very strong in the upper body. His pectorals and back very strong indeed. He has good depth of chest and lungs. He has not found "wind" or absence of it a handicap as yet. His legs, in contrast to Landy are thin and weak looking. Landy has the biggest thighs, weight of body to w. of b. of any other athlete I have known. Elliott's are the reverse. But he is stronger in the upper body than Landy. Therefore we have two dissimilar types. Otherwise they are approximately the same height and weight, 5 ft. 11½ and 10 stone 10 lbs.

What have I done? Told Elliott what can be accomplished if one has a real ambition, train hard, and "goes for it"! He just does that. Like Landy who came up from a 4:37 to a 4:17 mile in 10 weeks, Elliott has done much the same. But in the same period another lad has come up from 4:50 to 4:33 mile, a gain of 17 secs. It is all relative. The gains can be commonplace if we have reasonable

material, and they work for it, and want it. All my lads improve, some like the 17 second man spectacularly, but it is only the Elliotts who hit the headlines, Elliott is anxious to excel, wants to run against Landy, everyone; visit Europe when that is justified. He believes athletics and his way of life worth the so-called sacrifices, and should re write the world record book from 1500 metres to the 10,000 m. if he continues to improve. He celebrated his 19th birthday on the 25th February. He is intelligent, matriculated for the University at 16 years but has not gone on. His career will be in business probably since his father is in business in Perth.

He responds to my approach and his powers of deduction make it easy to suggest. I am still looking for the weakness—the catch in all this, since Herb. seems too good to be true, as the answer to the coaches dream.

However, like Landy, until he came to Melbourne he had little desire to make running a career, indeed had abandoned running as a serious sport. Landy wanted

to play football, Elliott to play hockey. I can claim in both cases that I enthused both to give running a serious trial. And both had immediate success.

How many more like Landy or Elliott? I doubt if there are others. It may be more than co-incidence that they find me out—or we are thrown together. I hold that there is a teacher always at hand when we really need one. These who do not find the teacher or coach do not really want one, or find one suitable for their needs.

Elliott runs with a slight forward lean, has no tensions, eats and sleeps well before races, is gay and boyish in demeanour, but immediately serious when it is necessary to be so. I would say he is blessed with an ideal temperament since he is a natural fighter, likes to go to the front, responds well to challenge, and will be only beaten when the race is over. Lean, strong, long-muscled, and no unnecessary weight he appears the ideal distance type runner.

EASTERN DISTRICT CHAMPIONSHIPS

6 MILES

Individual:

1. A. Jackson (Ed. Univ.) 37m. 24s.
2. J. Devlin (E.E.H.) ... 37m. 39s.
3. W. F. Lindsay (E.S.H.) 38m. 37s.
4. W. A. Robertson (E.S.H.) 38m. 44s.

Team:

1. Edin. Southern H.—(W. F. Lindsay 3, W. A. Robertson 4, J. Foster 8, W. A. Lyall 9, R. McAllister 14, J. Smart 17)—55 pts. H. S. Miller 25, G. Elliot 33, E. Clark 46, R. Aanderson 48, J. Bruce 63, A. Cairns 68.

2. Edin. Eastern H.—(J. Devlin 2, C. Fraser 6, D. Togwell 12, W. Ramage 16, H. Irvine 30, P. Stewart 53)—119 pts. H. Phillip 109.

3. Edin. Univ. H. & H.—(A. Jackson 1, J. V. Paterson 5, H. Alexander 10, J. R. Brown 32, A. Ravenscroft 37, G. Brown 41)—126 pts. M. Elder 47, W. Hood 52, A. Paulin 62.

4. Braidburn A.C.—(N. Donachie 11, R. A. Henderson 13, J. M. Hamilton 29, R. Dunn 40, E. Cuthbertson 67, W. Henderson 69)—229 pts. H. Morrison 73, R. Vanhagen 78.

5. St. Andrew Univ.—(I. Docherty 15, I. Maycock 27, A. Barrie 31, D. Carter 42, S. Allan 64, A. McAdam 66)—245 pts. N. Moffitt 81, A. Forrest 88, E. Davidson 96, D. Graham 100, D. Wilson 103.

6. Falkirk Vict. H.—(R. Gordon 7, A. Crawford 18, D. Shields 35, J. Welsh 49, R. Sinclair 71, D. Nicoll 79)—259 pts.

7. Edin. Northern H.—(R. Greenock 19, G. Thomson 22, M. Stocks 28, W. Messer 59, T. Parley 91, G. Parley 99)—318 pts. G. Veitch 108.

8. Dundee Th. H.—(J. Fotheringham 14, C. D. Robertson 20, J. McNally 43, D. Miller 44, J. Petrie 70, E. King 95)—346 pts. P. Taylor 101.

Continued on page 17.

Dales DIARY

WOMEN'S NOTES

By DALE GREIG

The Scottish Women's C.C. Championship was held on March 16th on a rather picturesque setting at Craigie Estate, Ayr.

From an entry of 25 only 16 started, the smallest field for some years.

Right from the start a small group including O'Hare, Boyes, Fulton, Rodger, Webster, broke away from the field and although there was some interchanging of positions during the first half, Morag O'Hare (Maryhill) who had dictated the pace from the start moved away strongly to gain her first national title and bring her team home in first position yet again.

There was a keen tussle for second place with Betty Rodger (Shotts) just holding off Helen Cherry (Bellahouston) who had moved up in the latter stages, in a very close finish. This suggests there may have been some error in the time recordings.

The first six to finish were selected to represent Scotland at the International with England at Musselburgh on March 30th. Mrs Williamson was elected team manager.

Details :

- | | |
|---------------------------------|-------|
| 1. M. O'Hare (Maryhill) ... | 12:50 |
| 2. B. Rodger (Shotts) ... | 12:57 |
| 3. H. Cherry (Bellahouston) ... | 13:12 |
| 4. D. Fulton (Springburn) ... | 13:13 |
| 5. D. Greig (Bellahouston) ... | 13:17 |
| 6. M. Campbell (Maryhill) ... | 13:22 |
| Reserve—J. Thursby (Ayr). | |

Team :

Maryhill H.—(M. O'Hare 1, M. Campbell 6, K. Boyes 11)—18 pts.
Ayr A.A.C.—33 pts.

Musselburgh Racecourse was the venue for the Annual Scotland v. England Women's C.C. Match. The runners set

off under a cloudless sky with the sun smiling kindly upon them. Its countenance alone looked bright for certainly Scotland had no reason for joy. As in all the preceding matches England romped away with the Scottish girls never in the hunt, and even one might have thought, in the same race!

The English girls fought it out alone with Diane Leather taking an early lead and beating English champ. J. Bridgland into 3rd place. Last year's winner Rona Ashby was runner-up. Doreen Fulton did extremely well to finish first Scot home some 80 yds. ahead of National Champion M. O'Hare.

Details :

- | | |
|----------------------------|-------|
| 1. Diana Leather (E) ... | 11:15 |
| 2. Rona Ashby (E) ... | 11:20 |
| 3. June Bridgland (E) ... | 11:45 |
| 4. Ann Oliver (E) ... | 11:53 |
| 5. Maureen Bonanno (E) ... | 11:54 |
| 6. Phyllis Perkins (E) ... | 12:05 |
| 7. Doreen Fulton (S) ... | 13:10 |
| 8. Morag O'Hare (S) ... | 13:26 |
| 9. Betty Rodger (S) ... | 13:31 |
| 10. Helen Cherry (S) ... | 13:51 |
| 11. Dale Greig (S) ... | 14:02 |
| 12. Mary Campbell (S) ... | 14:15 |

- | |
|-----------------------------------|
| 1. England—(1, 2, 3, 4)—10 pts. |
| 2. Scotland—(7, 8, 9, 10)—34 pts. |

The track championships are due to be held at New Meadowbank on 8th June and this is proving an anxious period for championship candidates as little time is left for athletes tuning up to be at their best for that date.

Several titles are likely to change hands. Admittedly some will go by default but others may go through the improved standard of challengers.



Morag O'Hare (Maryhill H.) the eventual winner, leading from Betty Rodger (Shotts M.Y.A.C.) in the Scottish Women's C.C. championship. Photo by E. J. Thursby.

If early form is a guide, dual titleholder A. Robertson formerly of Aberdeen and now with Maryhill H. is bound to be pressed with clubmate M. Campbell and I. Bond (Ardeer) who are both showing excellent form in the '100' and '220' respectively.

One champion most likely to retain is Molly Ferguson of Springburn H. in the half-mile. She has been so impressive lately that it is thought in some quarters that she could get down to record figures and could possibly also take the 'quarter' title.

The Olympic Games Book by Harold Abrahams. Contains a complete record of all Olympic Track and Field Events with full placings since the Games were first held in 1896. It should be keenly sought by all who like statistics (who in athletics doesn't?) for following a lively review of the development and highlights of the series there are tables of (1) First Places by Countries, (2) First Places in all events, (3) Best Performances, and (4) Progress of Olympic records. A very useful index is included. The foreword is by H.R.H. The Duke of Edinburgh and it is produced in aid of The National Playing Fields Association. Price 6/- (6d. extra for postage).

Obtainable from "The Scots Athlete."

WEB CENTRE

By BRIAN MITCHELL

2—ATTITUDE

TWO or three years ago, in a contemporary athletics magazine, Fred Norris said, in reply to part of a questionnaire, that the best advice which might be given to an aspiring athlete would be to warn him that success will not come from wishful thinking; at least, this was the gist of his reply and it has always seemed to me to have been an invaluable comment. There are, undoubtedly, thousands of athletes at this moment who yearn to appear at the White City and to astound an appreciative audience with a crushingly effective last lap and then (unfortunately also true) to jog round and wave a royal hand at the packed stands of subservient worshippers. It is a fact that not ten out of those imaginative thousands will ever get near to such a satisfying achievement; and, in saying that, I am disregarding the strictly logical impossibility of more than one man per race being able to win. The point here is, that only about ten will turn their ability into something more than a day-dream, something more than wishful thinking. The reasons for this are numerous, but this present article attempts to separate, and reveal, some which may loosely be called aspects of an attitude, rather than that part of a complete effort which is definitely physical.

The relationship between 'mind' and 'body' seems not to be understood, but the fact that a man, when running, can look down at his legs when they are fatigued and (perhaps) will them to further movement, would suggest that two factors are at work, whether separate or united. In a novel called 'Pincher Martin,' William Golding talks of the 'centre,' the man himself, an entity which cannot examine itself; it is this vaguely apprehended 'centre' which really dominates, which is the core of personality, which is, in fact, the man. Now, such an idea may be philosophically untenable, but we may presume that it fits the facts to some considerable extent, as a matter

of common experience, and that it follows that when a healthy man decides to 'pull himself together' (a very significant phrase) he can do just that; we are dealing with a possibility. The 'centre' is a bit of a spark. It is to the centre that a coach should address himself.

The attitude of mind necessary for success in athletics has many strands and I shall attempt to locate some of them, to display their significance and to point to some practical steps towards their cultivation and refinement.

It seems to me to be true that a great athlete makes great efforts partly because his body allows him to; and, conversely, the effort made by a mediocre athlete is not, either in itself or in effect, so great, because he is held down by his own physical incapacity. How often are we 'too tired to make the effort'? And when the effort is made despite fatigue, is it ever such a productive one? When the blood lacks oxygen or sugar, the muscles struggle and the man has to do the same; when the man is unfit or lacking in natural ability, he cannot make a sufficient effort and the effort he does make (though it may be his maximum) does not produce great results. The practical outcome of this is, that the fitter you are the more effort you are able to make; and, as if Nature favours the fittest, the less effort you need to make, because a lap in sixty seconds is nothing much to a fit man and, therefore, he has physical reserves untapped and he has not yet truly 'made his effort.' It is, of course, undeniable that people in the last extremity of disease, suffering or ill health, are known to be capable of supreme efforts, but how much greater might the effort be if it arose from a fit being? The suffering is an impulse, but there are other impulses which do not depend upon torture; these induce what is known as will-power and will-power seems to me to be the symptom of an organised and ideal self. If will-power calls upon a fit,

trained body, it will get an effective answer, a mile in four minutes. The compact advice is, then: train hard and sensibly and you will find that you grow to be able to make an effort and that effort is a productive one, the results of which can be clearly seen.

One of the greatest dangers which faces an athlete (or, possibly, anyone) is falling into a state of complacency; when a runner, thrower or jumper is complacent about his performance, accepts it or, at least, does not stretch far beyond it, then he has got to be disturbed. Anybody who has run knows that it is very easy to slip into a certain gear and stay there, well knowing that the next highest is going to be very uncomfortable. The avoidance of 'stepping up the pace' is also the ruin of ambition, because it is a case of accepting defeat. I daresay that defeat is accepted by many more athletes than would care to admit it. There is only one answer to this: do not be complacent about either the general approach to training or the particular problem as it is encountered in competition. A good practice in training is to run a lap at a speed which you know to be uncomfortable and then, down one of the straights, to run about forty yards above that speed, easing down to the original speed again but not going below it; thus a conscious effort is made and the physical results are equally significant. However, weeks of practising this will not ensure the effort being made in a race, for there a new decision has to be taken (a runner is a man and does not react to a neat formula); all that training does is to make the effort less of a stranger.

It may be of value to survey the differing attitudes which are adopted, consciously or otherwise, by athletes. All that is needed here is a visit to a few dressing-rooms before and after the event. Most of us who have watched and listened will be aware of the kinds, the species, the admixture of intellectual and emotional qualities to be found here as elsewhere. It is possible (just) to be genuinely



EMIL ZATOPEK

"He seems to have those allied qualities of seriousness and humour."

modest; it is certainly easy to be arrogant, authoritative and plain shy, but perhaps the most effective attitude is the one which I imagine, Zatopek has. He seems to have those allied qualities of seriousness and humour, both of which must be genuine if they are to maintain a balance. Although an extremist, he seems to have enough of life outside of the small sphere of athletics, to enable him both to win and lose satisfactorily. If you cannot smile inwardly just before a race, then you might as well not bother. One Olympic athlete, as a matter of passing interest, sings while shaving on a Saturday morning, in anticipation of the race to come. This is a good example of a man who really enjoys running; and the most uncomfortable run can be enjoyable, because of the sheer experience of movement, the sense of physical and mental effort, proof positive that you are alive. The same runner once said that the last lap of a race, to him, is a time of great excitement. We might observe, too, that such interest in running does not have to become obsessive, for when it does become

so and athletics is almost one's whole life, the reaction is often equally violent. If a man does not confine himself to one obsessive interest, then he will not suddenly be brought to see how narrow his life really is. Finally, it is noticeable that all really great athletes (by which I mean those men who are not utter bores when off the track but who have 'character') have a kink; and that is something which cannot be acquired though many obviously try very hard to cover the hole with a thick slab of surface subtlety.

Another aspect of 'attitude' in athletics is pre-race nerves and there must be few who do not suffer from this. It was said that Gundar Haegg was singularly unperturbed by anticipation and kept away from the track in training partly in order to get a boost when going there to compete; whilst another Swede, Lennart Strand, suffered unduly and was even reported to have appeared on the track having forgotten to put on a vest. At least, this feeling, however slight or severe, is common to all and a state of tension is most often useful, if kept within limits. It also seems to be true that there are pre-race nervous states, one optimistic and one pessimistic and if you are pessimistic and nervous you almost certainly do not end by doing justice to your ability, though such a state is sometimes thrown off when the competition begins. The main point to be made here is, that this condition is prompted by anticipation and, to a certain extent, can be calmed by going through the motions; performing the actual movements at the actual speed for short bouts will ease the situation and is, of course, physiologically sound. Another point might be noted here, too, and that is the influence of emotion upon performance. Action must have an accompanying emotion and this is of importance. The clearest example of the truth of this is probably seen in the case of the tired runner who meets a ferocious dog towards the end of a long race and finds that he can do a speedway act all of a sudden. There is, too, the

vicious hurl of the field events implements, very effective even though artificially aroused. Perhaps nothing exceptional is achieved without feeling.

An athlete, then, must have the desire to excel quite definitely in him, even though excelling is such a small thing, just popping up above the rest without being able to break away. An excellent athlete will, presumably, have grown a bit. This can be well imagined. His success will, to a large degree, be determined by, be a result and a companion of, his attitude. Months of patient and definite effort may only bring partial success in competition but this a fact which has to be faced. It is the ignition of the 'centre' which is of lasting value and I hope that those strands of the web which make up an attitude have been hinted at in this article and that they are rightly seen to emanate from the 'centre'; that, in fact, a man's attitude is evidence of the man and a man must fend for himself. The analysis is a difficult one and there is obviously much more to be said; I therefore take leave to panic.

[In the continuing chapters of this great study our contributor writes on "Training Principles."—Editor]

The photograph of John Wright and Pat McParland in our January issue should actually have been acknowledged as by John Barrowman.

* * *

LOST AND FOUND.

The winner of the Youths C.C. Championship, W. Messer lost his maroon track suit top at Hamilton Racecourse. A large sized pair of spikes was found in the dressing-rooms after the event. Would respective finder and loser please contact the editor.

* * *

SCOT REACHING HEIGHTS IN GERMANY.

C. W. Fairbrother (Vict. Park A.A.C. and R.A.F.) has had the following early high-jump marks.

25th April—6 ft. 3 ins. at Wahn.

1st May—6 ft. 2½ ins. at Cologne.

SCOTTISH CROSS-COUNTRY CHAMPIONSHIPS, Hamilton Racecourse. SENIOR 9 MILES.

Individual:

1. H. Fenion (Bella. H.) 47m. 19s.
2. J. Connolly (Bella. H.) 47m. 31s.
3. J. McLaren (Vict. P.) 47m. 32s.
4. J. Russell (Vict. Park) 47m. 50s.
5. P. Moy (V. of Leven) 48m. 01s.
6. E. Bannon (Shett. H.) 48m. 14s.
7. J. McCormack (S'burn) 48m. 33s.
8. R. C. Calderwood (V.P.) 48m. 47s.
9. A. McDougall (V of L) 49m. 07s.
10. J. Finlayson (Ham. H.) 49m. 24s.
11. A. Small (Vict Park) 49m. 25s.
12. J. Devlin (Ed. East.) 49m. 30s.

Team Placings:

1. Vict. Park A.A.C.—(J. McLaren 3, J. Russell 4, R. C. Calderwood 8, I. Binnie 14, R. Kane 28, A. Forbes 36)—93 pts.—J. Stirling 37, W. Kerr 55, P. Keenan 77, W. Burns 103, D. Shuttleworth 110.

2. Bellahouston H.—(H. Fenion 1, J. Connolly 2, R. Penman 22, R. Irving 23, J. Irvine 33, D. Dickson 44)—125 pts. S. McLean 59, R. Wilson 64, G. Bell 92, J. McLean 100.

3. Ed. Southern H.—(W. F. Lindsay 15, W. A. Lyall 17, R. McAllister 19, K. Borthwick 24, J. Foster 40, C. G. Elliot 60)—175 pts.

4. Shettleston H.—(E. Bannon 6, C. Wallace 25, J. Hendry 31, H. Fox 38, T. Kelly 39, F. Scally 49)—188 pts. H. Mitchell 61, J. Girdwood 97, J. Kirk 133, W. Hodgins 139.

5. Garscube H.—(G. Dickson 30, A. Kidd 35, J. Linn 41, S. Horn 42, E. S. Murray 79, J. Hughes 90)—317 pts. A. W. Warton 91, H. Carson 99, R. Donald 103, D. G. Causon 113.

6. Maryhill H.—(J. E. Farrell 26, J. A. Gibson 34, T. Harrison 62, J. Wright 66, G. B. McLintock 87, R. A. Macdonald 123)—398 pts. G. Taylor 127, G. Porteous 135.

7. Clydesdale H.—(P. Younger 48, J. Young 53, G. White 69, J. Higginson 88, D. Bowman 115)—449 pts. A. Younger 124, W. Hislop 143.

8. Springburn H.—(J. McCormack 7, F. Morgan 29, P. McParland 57, T. O'Reilly 109, J. Price 128, A. Reid 132)—462 pts.

9. Greenock Wellpark H.—(P. McConnachie 32, G. King 63, C. Aitken 71, P. McKay 81, R. McSwein 129, S. Brown 1303—506 pts. D. McSwein 136, S. Aitken 148.

10. Motherwell Y.M.C.A. H.—(M. Mitchell 56, A. Kirkwood 70, T. Scott 73, J. Scott 75, M. McConnachie 120, W. Keyes 134)—528 pts. R. Dawkins 146.

11. Plebeian H.—(A. C. Muir 89, D. Barclay 95, T. Monaghan 131, J. Kerr 140, J. McEwan 142, F. Kerr 149)—746 pts.

Failed to close in:

- Vale of Leven A.A.C.—(P. Moy 5, A. McDougall 9, J. Garvey 51, I. Young 83, H. Garvey 112, —).

- Glasgow Police A.A.—(J. Kinnell 98, F. J. McGown 118, W. Armour 119, A. Allan 126, J. McKendrick 144, —).

Individual Entrants:

- J. Finlayson (Ham. H.) 10, A. Small (V.P.) 11, J. Devlin (Ed. East.) 12, J. M. Kerr (Monk. H.) 13, H. Gibson (Ham. H.) 16, C. Fraser (Ed. East.) 18, S. Cuthbert (Irvine Y.M.) 20, A. C. Gibson (Ham. H.) 21, T. D. Reid (Larkhall Y.M.) 27, J. M. Hamilton (Braidburn) 43, J. Timmins (Dumbarton) 45, W. Ramage (Ed. East.) 46, D. Clelland (Fal. V.) 47, A. Napier (Beith) 50, W. J. More (Kilmarnock) 52, A. Fleming (Cambuslang) 54, B. Kearney (Lochaber) 58, G. Eadie (Cambuslang) 65, C. M. Meldrum (St. Modan's) 67, A. Crawford (Fal. V.) 68, J. R. Cameron (T.V.H.) 72, A. R. Galbraith (Glas. Univ.) 74, W. J. Hood (Ed. Univ.) 80, M. Stocks (Ed. North.) 82, K. Phillips (Beith H.) 84, I. Newton (Strathay) 85, A. Hadden (Aberdeen A.A.C.) 86, A. Duthie (B. & W.) 93, C. Donald (Aberdeen) 94, R. Hamil (Dumbarton) 96, B. Morton (Cambuslang) 98, B. P. Galbraith (Glas. Univ.) 101, D. McFarlane (V.P.) 102, W. Henderson (Braid.) 104, J. Hamilton (Kilmarnock)

105, E. Campbell (Lochaber) 106, J. Conn (Lochaber) 107, J. Heggie (R.A.F) 111, J. C. Harris (Springburn H.) 114, N. C. Sharp (Glas. Univ.) 116, J. Callaghan (Green. Glen.) 121, A. Hume (Lochaber) 122, J. M. Sellar (Paisley H) 125, J. Grant (Green. Glen.) 137, S. P. McIntosh (Auchmountain H.) 138, W. Hutton (B. & W.) 141, J. McClure (V.P.) 145, G. Boyack (V.P.) 147.

JUNIOR 6 MILES.

Individual :

1. J. Wright (C'dale H.) 31m. 50s.
2. D. Togwell (Ed. East) 32m. 38s.
3. J. Rooney (S'burn H.) 32m. 52s.
4. G. Govan (Shett. H.) 33m. 02s.
5. R. Russell (V.P.) 33m. 02s.
6. D. Carter (St. And. U) 33m. 28s.

Team :

1. Shettleston H.—(G. Govan 4, W. Gorman 7, I. Cloudsley 10, T. McCluskie 37)—58 pts. I. Donald 47.

2. Edin. Univ. H. & H.—(A. W. Alexander 13, J. R. Brown 23, A. Mowat 26, G. M. Brown 27)—89 pts. P. Dingwall 86, A. Orr 101.

3. Springburn H.—(J. Rooney 3, D. Wilmoth 22, E. Sinclair 28, I. Craig 45)—98 pts. J. Murphy 76, F. McDonachy 84.

4. St. Andrews Univ. H. & H.—(D. Carter 6, A. Barrie 12, I. G. Docherty 43, I. Maycock 44)—105 pts. A. McAdam 46, S. Allan 67, A. Forrest 89.

5. Vict. Park A.A.C.—(R. Russell 5, R. Lees 15, G. Kerr 32, J. Whitlaw 57) 109 pts. A. McDonald 74, W. Richmond 87.

6. Bellahouston H.—(R. Black 18, D. Wright 19, D. Adams 24, A. McDonald 61)—122 pts. A. Watt 71.

7. Clydesdale H.—(J. Wright 1, J. Hislop 14, R. Clark 34, C. Leckie 90)—139 pts.

8. Falkirk Vict. H.—(R. Gordon 11, J. Welsh 30, W. McDermid 54, D. Shields 69)—164 pts. W. Currie 70, J. Richardson 73.

9. Dundee Hawkhill H.—(J. Fotheringham 25, A. Smith 51, I. McDougal 59, L. Simpson 65)—200 pts. J. McLean 72, J. Smith 78.

10. Motherwell Y.M. H.—(J. Poulton 8, R. McKay 48, C. Pollock 58, J. Wilson 98)—212 pts.

11. Glasgow Univ. H. & H.—(P. S. Maitland 42, N. R. Rogers 56, J. Pearson 60, J. S. Macrae 63)—221 pts.

12. Cambuslang H.—(P. Mulrooney 29, D. A. Kerr 36, J. C. Brown 55, J. Mulrooney 102)—222 pts.

13. Edin. Southern H.—(J. Bruce 53, E. Clark 75, H. Curran 82, G. Stark 85)—245 pts.

14. Irvine Y.M.C.A. H.—(T. Parker 41, J. Kerr 50, S. Kennedy 68, W. Banks 96)—255 pts.

15. Lochaber A.C.—(E. McDonald 92, A. McLean 93, H. Cameron 95, C. Taylor 97)—357 pts.

Failed to close in :

Aberdeen A.A.C.—(J. Gray 17, P. Barrow 79, J. Morgan 100, —).

Ayr A.C.—(R. G. Leath 88, P. Murphy 104, —, —).

Doon H.—(A. McNally 9, J. M. Clark 52, —, —).

Hamilton H.—(T. McCafferty 64, —, —, —).

Individual Entrants :

H. McHenry (Green. Well.) 16, W. Drysdale (Monk. H.) 20, D. Simpson (Shotts M.W.) 21, G. Dick (Braidburn) 24, G. Thomson (Ed. North) 31, D. McFadyen (Garscube H.) 33, I. Ross (Gr. Well.) 38, D. Spencer (Gars.) 39, P. Patterson (V. of L.) 40, J. Spence (Gr. Glen.) 49, B. Smethurst (Pleb. H.) 62, D. Hay (Pleb. H.) 66, M. Thomson (Gr. Glen.) 80, D. McEwan (Pleb. H.) 87, G. Anderson (B. & W.) 83, N. Preston (Auchmountain) 91, F. Lattimer (Shotts M.W.) 99, A. B. McKnight (Shotts) 103, A. Wooler (Auchmountain) 105, J. T. Smith (Maryhill H.) 106, W. Kincard (B. & W.) 107.

YOUTHS 3 MILES.

Individual :

1. J. Messer (Ed. Nth.) 16 m. 19s.
2. W. Thomas (Irvine) 16m. 23s.
3. E. Smith (Vict. Park) 16m. 29s.
4. T. Malone (Shett. H.) 16m. 34s.
5. A. C. Mackay (Vof L) 16m. 40s.
6. C. Leggate (Larkhall) 16m. 41s.

Team :

1. Shettleston H.—(T. Malone 4, L. Botfield 8, H. Summerhill 17, T. Kay 18)—47 pts. W. Keenan 25, J. Hannah 58, W. Hendry 64, N. Aitken 72.

2. Victoria Park A.A.C.—(E. Smith 3, W. Tarbet 9, J. Taylor 21, F. McPherson 23)—56 pts. D. Campbell 53, A. Laing 61, W. Wilson 94, I. Robinson 99.

3. Kirkcaldy Y.M.C.A.—(J. Leuchars 11, A. Farrell 15, R. R. Mullen 26, W. Paterson 33)—85 pts.

4. Dundee H'khill H.—(W. Kennedy 10, S. Phin 28, A. Beattie 35, J. Kennedy 51)—124 pts. E. McLean 77.

5. St. Modan's A.A.C.—(G. M. Dewar 13, A. T. Roy 27, G. G. Pearson 49, M. Miller 38)—127 pts. J. A. Turpie 62, T. G. Harrower 97.

6. Falkirk Victoria H.—(I. Simpson 16, D. Lamond 34, C. Mailer 41, D. Macpherson 42)—133 pts. L. Tsherche 81.

7. Springburn H.—(A. Cowie 29, E. Riddell 30, W. Ewing 39, J. McLachlan 43)—141 pts. H. Miller 105.

8. Vale of Leven A.A.C.—(A. C. Mackay 5, H. M. Neeson 7, D. Kennedy 50, I. G. Gurr 91)—153 pts. N. Murray 92, W. E. Crichton 96.

9. Braidburn A.A.C.—(D. Hamilton 24, H. Taylor 32, T. W. Brown 55, J. Stenhouse 63)—174 pts. M. Stout 79.

10. Edin. Northern H.—(J. Messer 1, P. Bennet 37, J. Milne 78, D. Sinclair 89) 225 pts. J. Innes 104.

11. Auchmountain Harr.—(H. M. William 14, T. More 66, L. Lyons 68, W. Loughray 82)—230 pts. J. O'Donnell 90.

12. Gk. Wellpark H.—(J. Orr 40, A. Cairns 47, J. Clark 65, J. Stoddart 107)—259 pts.

13. Irvine Y.M.C.A. H.—(W. Thomas 2, A. Taylor 62, I. McKenna 87, I. Carson 109)—260 pts.

14. Gk. Glenpark H.—(W. Murray 54, G. Spence 67, C. Shields 76, N. Grant 86)—283 pts.

15. Beith H.—(G. McManus 83, P. G. Thomson 95, W. Maxwell 100, R. Kelly 106)—384 pts.

Individual Entrants :

B. Toal (Monk. H.) 12, D. Small (Doon H.) 19, W. G. Withers (K'nock) 20, W. McGurk (Hett. H.) 44, W. King (Shett. H.) 45, J. Sutt (Kilm. H.) 46, D. Anderson (Larkhall Y.M.) 48, J. McMillan (Mary. H.) 52, C. Jeffery (Ed. South. H.) 46, D. Gebbie (L'hall Y.M.) 57, R. Gray (Ayr A.C.) 69, T. McLurath (Shett. H.) 70, G. Johnstone (Ed. East. H.) 71, W. Jamieson (Pleb. H.) 73, C. McGibbon (Gars. H.) 75, J. Thomson (V.P.) 80, F. J. Hoey (Moth. Y.M.) 101, R. Hinde (Edin. South H.) 102, A. Elliot (Edin. South.) 103, W. Brown (Gars. H.) 108, J. Conway (Gars. H.) 110.

9. Dundee Hawkhill H.—(I. McDougal 34, A. Smith 55, L. Simpson 65, J. Laird 76, H. Bennett 83, J. Smith 85)—398 pts. J. Mclean 92.

10. Perth Strathay H.—(J. Dick 24, C. Boyle 45, J. Newton 72, R. Urquhart 80, P. Dobbie 86, A. McBean 97)—404 pts.

11. Teviotdale H.—(W. McLeod 50, W. Riddell 54, R. Wharton 82, M. Shankie 84, S. Reid 90, G. Moyes 94)—454 pts. J. Newbigging 98.

12. H.M.S. Caledonia—(L. K. Moore 36, P. Stagg 60, D. C. Warner 75, M. S. Pearce 93, J. E. Day 104, A. B. Clark 105)—473 pts. C. Drury 106, K. Moorshead 107, B. Mahony 111, P. Lees 112, R. F. Bullman 113, D. Nash 114.

Individual Entrants :

Edin. H.—J. Philp 39, T. Toal 57, S. McKenzie 61, J. Tait 102, J. Birnie 110; Aberdeen A.A.C.—J. Gray 21, G. Wilson 23, A. Hadden 51, C. Donald 56, J. Morgan 89; Kirkcaldy Y.M.C.A.—P. Husband 26, W. Smith 58; Ed. Univ.—A. Mowat 38, J. Orr 87; A. Dick (Athenian) 77.



Dear Walter,

This letter may come as a bit of a surprise to you, but, as one who thoroughly enjoys reading your magazine I felt that you might be glad to receive a note of appreciation from a Sassenach!

As you have probably guessed, I get my copies of "The Scots Athlete" through your brother Bill who lives not far from me and who is incidentally, one of the most popular members of my Club, Ryde Harriers.

When I saw my first copy of "The Scots Athlete" some years ago, I was impressed with the wealth of information contained therein. Particularly do I enjoy the interesting good sense which is to be found in John Emmett Farrell's "Running Commentary." I have also found much food for thought in the articles such as those by Percy Cerutti. The results pages take up quite a bit of my interest and I thoroughly enjoy "write ups" of special events from time to time. Through this medium I am familiar with the names of quite a number of the Scottish lads and Clubs and follow them keenly. Having the interest of Athletics, particularly running, very much at heart I suppose this is only natural really.

I can assure you that I am not the only one who reads "The Scots Athlete" on the Isle of Wight. It is circulated to all our Club members, and in paying tribute to the magazine I know that I speak for quite a lot of other Isle of Wight athletes when I say congratulations on the fine material you produce each month, which I am sure does a lot to cultivate the much needed interest in Athletics.

May I also take this opportunity of sending on behalf of the Isle of Wight athletes, the very best of wishes and "good running" to all Scots athletes.

Before closing may I just mention one little matter which you may possibly be able to pass on to anyone who you know may be interested. On the 25th May this year a Marathon race (exact distance) is being held on the Isle of Wight for the first time, and very keen interest in the event has been stimulated in the South.

As an incentive, we are offering to accommodate distant competitors overnight before and/or after the race, free of charge, and a Commemorative Plaque is being presented to the competitor coming from the furthest point away. The Race is being started by the Duke of Wellington and Jim Peters and Sam Ferris are also honouring us with their presence.

If any Scots are coming South of the Border for their holidays about this time and would like to 'make a break' over here, they would be very warmly welcomed, and I should be happy to answer any enquiries.

All the very best now and kind regards.

Yours sincerely,

EDDIE LEAL.

1 The Anchorage,
Kite Hill,
Wootton, Ryde,
Isle of Wight.

SPORTS DIARY

May

- 4—Nelson Agricultural Society—Nelson.
- 11—C.I.S.W.O. (A. Group)—Tillicoultry.
- 11—Brecht Right-of-Way Road Race—Brecht.
- 17/18—U.A.U. Championships—Manchester.
- 18—Scottish Y.M.C.A. Championships—Stevenston.
- 25—Scottish Deaf A.S.C.—Paisley.
- 25—Beith Harriers—Beith.
- 25—Falkirk & Larbert Agricultural Cnty.—Falkirk.

June

- 1—Singer Sports Gala—Clydebank.
- 1—Dundee Corporation—Dundee.
- 1—Scottish Inter-Universities Championships—Aberdeen.
- 1—Peeblesshire School Sports—Peebles.
- 1—Edinburgh Inter-Works Sports—New Meadowbank.

June

- 1—Invernesshire Schools—Inverness.
- 1—Lanarkshire Constabulary—Shawfield.
- 4/6—Eastern District Championships and "Sports Dispatch" Trophy Contest—New Meadowbank.
- 4/6—Western District Championships—Helenvale Park.
- 6—Lanimer Day—Lanark.
- 7—Cumnock Carnival.
- 7—Hawick Common Riding—Hawick.
- 8—Scottish Women's A.A.A. Championships—New Meadowbank.
- 8—Motherwell & Wishaw Police A.C.—Motherwell.
- 8—Babcock & Wilcox A.C.—Renfrew.
- 8—Lockerbie Sports Gala—Lockerbie.
- 8/10—Whitsun British Games—White City, London.
- 10—Renfrewshire A.A.A. Championships—Renfrew.
- 11—Lanarkshire A.A.A. Championships—Shettleston.
- 12—Eastern District S.A.A.A. v. Western District S.A.A.A.—Glasgow.
- 15—Scottish Schools A.A. Championships—Edinburgh.
- 17—Bonnybridge Games.
- 21/22—Scottish Senior C'ships, Marathon and Junior Relay C'ships—New Meadowbank.
- 25—Glasgow Transport A.C.—Helenvale Park.
- 28/29—Army Indiv. C'ships—Aldershot.
- 29—Stewarton Bonnet Guild—Stewarton.
- 29—Linlithgow Corporation—Linlithgow.
- 29—Braw Lads' Gathering—Galashiels.
- 29—Inverness Sports Meeting—Inverness.

July

- 2—Atalanta A.C. v. S.A.A.A. Select—Pithead, Dunfermline.
- 3—Border Championships (Part)—Hawick.
- 5/6—Women's A.A.A. Championships—White City, London.

This is the first issue of the "The Scots Athlete" since our January 1957 number. Although it was unavoidable the editor greatly regrets this fact.

As is known "The Scots Athlete" is a "labour of love," for with very few large clubs in Scotland it continues only through personal sacrifice. Over the years this has amounted to hundreds of pounds. Over and above our direct activity for "The Scots Athlete" we are compelled to engage in organising social functions (with the aid only of a few personal friends to whom we are extremely grateful) to finance this work, basically meant for furthering Scottish athletics but actually supported and subscribed to by enthusiasts throughout the world.

Due to circumstances entirely outwith our control it was impossible in recent

SPORTS DIARY

6—Scottish A.A.A. Youth and Junior Championships and Senior (4 x 110 and 440) Relay Championships—Glasgow.

- 6—Duns A.A. & C.C.—Duns.
- 6—Alyth Farmers Show Society—Alyth.
- 10—R.N. Championships—Plymouth.
- 12/13—A.A.A. Championships—White City, London.
- 13—Saxone A.C.—Kilmarnock.
- 13—Forres Gathering—Forres.
- 13—Edinburgh City Police A.C.—New Meadowbank.
- 17—Inter-Services C'ships—Plymouth.
- 18—Edinburgh Press Charities.
- 20—Aberdeen Corporation—Linksfield Stadium.
- 20—Anster Fair—Anstruther.
- 20—Gourrock Highland Games—Gourrock.
- 27—A.A.A. Junior C'ships & Senior Relay C'ships—Hurlington Park, London.
- 27—Durrans Sports Day—Kilwinning.

Aug.

- 1—Biggar Agricultural Society.
- 3—Rangers F.C.—Ibrox Stadium.
- 3—Bridge of Allan Games—Bridge of Allan.
- 3/5—Great Britain v. France—White City, London.
- 9/10—A.A.A. Decathlon Championships—Loughborough College.
- 10—Carlisle Rovers F.C.—Carlisle.
- 10—Atholl & Breadalbane Agricultural Society—Aberfeldy.
- 17—Nairn Games—Nairn.
- 17—Edin. Highland Games—Murrayfield.
- 23/24—Great Britain v. U.S.S.R.—White City, London.
- 24—Bute Highland Games—Rothesay.
- 30/31—Cowal Highland Games—Dunoon.
- 31—Glenurquhart Games—Glenurquhart.

Sept.

- 7—Shotts Highland Games—Shotts.
- 7—Ben Nevis Race—Fort William.
- 14—Dunblane Highland Games—Dunblane.

months to participate in our fund-raising activity which is necessary in achieving our aim of finally stabilizing the magazine. Therefore we deemed it best to hold publication over until a more secure period rather than show erratic appearance from time to time.

It will be understood that we have been unable to publish in this issue all that we would have liked. Naturally all subscriptions will be extended.

With a special word of thanks for the great and continuous co-operation from our valued contributors we look forward to the lively continuance of this most essential periodical. We, despite all the difficulties under which we operate and must overcome, continue to be proud to serve the sport which we love, to the best of our ability.