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JOHN EMMET
FARRELL'S



DURING the past season or two the track season has been gradually extending even into October with its flood-lit meetings, thus eating into the cross-country season which officially opens at the beginning of that month. With the Olympic Games in NOVEMBER this year the track will superimpose itself on the winter sport to an even more marked degree and for a longer period. It will of course take precedence just as caviare does over bread and butter.

Challengers for Big Two.

But even bread and butter can be very tasty and the forthcoming events of the initial cross-country season should be very interesting indeed, for example events like the McAndrew relay, the district relays and later the star Edinburgh to Glasgow relay so ably promoted by the "NEWS OF THE WORLD." Last season Victoria Park won the Whiteinch relay with steady team running plus a brilliant Binnie last lap. Shettleston took the Midland relay and went on to win a record

Edinburgh—Glasgow relay despite a plucky attempt by the holders to retain

Perhaps the big two will be expected to fight out the issue again. Yet I fancy a strong challenge may come from Bellahouston with a van composed of such as Nelson, Connolly, Goodwin, Fenion and Penman. The support of their tail may decide the success of their challenge. Vale of Leven with stalwarts Moy and McDougall should again be well to the fore and Springburn Harriers who had such a wonderful 3rd in last year's News of the World race although at present in the doldrums are such an enthusiastic little club that they can rally quickly and cannot be ignored. Neither can Garscube Harriers with that grand little runner Gordon Dunn in fine fettle and hill-climbing expert Stanley Horn in their ranks.

Hibernation in Reverse.

What of the big two? Many feel that both have lost their edge and that the wheel is beginning to turn full circle.

Are Victoria Park somewhat passe? Do they carry too many veterans? It would be unwise for their opponents to depend unduly on this analysis. The fact that Ian Binnie turned out for his club in the Edinburgh Highland Games though not in full training encourages the hope that he will be back in his usual place in the long 7 mile lap in the big November relay. With a fit McLaren, a revitalised Calderwood and Urquhart they would have the back-bone of a strong team. And even if runners like Kane, Stirling and Chic Forbes are approaching the veteran stage they are club-spirited and have the temperament for the occasion.

"Where do flies go in the winter" asks the old adage. But there is no doubt where Shettleston Harriers go—over the country. With the Shettleston boys it seems to be a case of hibernation in reverse. For they seem to have done very little in the summer (if we except the activities of Graham Everett and Joe McGhee) but waken up and come to life in the winter season. The law of averages is in their favour as they have a host of enthusiastic distance runners from whom to choose. Though like Victoria Park they appear to have shaded a trifle appearances in both cases may be most deceptive.

Rise of Pat Moy.

The form of rising Vale of Leven star Pat Moy has been a feature of this season. Last cross-country season he kicked off with a grand lap in the Whiteinch relay. Then followed his epic record-breaking race with Joe McGhee in the Edinburgh-Glasgow relay, a forward place in the National cross-country championship and perhaps his best race to date his 14th place in the International just behind John McLaren.

This track season he has shown exceptional versatility, being prominent both on the track and on the road. He was runner-up to Andy Brown in the Scottish 6 miles then in close proximity he won a tousy 18 miles road race in fast time, finished 2nd to club-mate McDougall

over ten miles, won the 3 miles Dumbartonshire track championship in one of his fastest times; then a few days later won the Ben Nevis hill race in the record time of 1 hour 45 mins., 55 secs. His distance training and racing does not seem to have blunted his speed to any great extent. Moy appears to have natural strength and stamina, and is prepared to put in the work. Hence he has been getting results.

Candidate for Marathon Honours.

His success over 18 miles prompts one to ask if Moy has marathon ambitions. With his combined speed and stamina he has the appearance of a potential star at this distance. Except for the odd star Scotland has lacked a colourful star-studded field in the marathon. But a Scottish marathon championship next year with such as Joe McGhee, Harry Fenion, Geo. King, Pat Moy, Alex. Kidd plus Archie Gibson who may turn to the long grind could give this race enhanced status and make it a classic.

Olympic Hard Luck.

Britain's Olympic selection has been announced and it looks on paper a good strong team. As I said before regarding the men's events we should do well in the 1,500 metres, 5,000 metres and 10,000 metres but I omitted to state that perhaps our best bet of all is the steeplechase where we have a very strong trio indeed in Shirley, Disley and Brasher.

There are the inevitable hard-luck stories of athletes who have just missed selection. In Scotland we have athletes like Dunbar and Everett who were not so far away from selection. In fact if Dunbar had shown his early season form at the A.A.A. championships he could well have been chosen for the 100 metres and relay. His compensation has been his selection for an overseas tour. In the 1,500 metres the selection is Ken Wood, Brian Hewson and I. H. Boyd. When we find that in the A.A.A. mile Boyd and Everett were 3rd and 4th with respective times of 4m. 9.6 s. and 4m. 10s. it is clearly seen how near our mile champion was to Olympic honours.

Jim Paterson's case is somewhat different. Although also a good 4th here even Farrell runner-up to champion Rawson was not chosen, Derek Johnson coming in as 2nd man in the team of two for this event. In some ways he is fortunate to catch the selector's eyes as his form has been most erratic. Yet most people feel that like Hewson he has the grand potential though for both it has been up till now been by no means a vintage year.

Marathon runners Eric Smith and Stan Cox may also feel that fate was not just on their side. Smith competing in 5 marathons this year won several. In the Poly despite stomach trouble which necessitated a brief stoppage during the race he finished 5th only 3 mins. behind the winner Ron Clark, while only a few weeks later he finished 3rd in the A.A.A. marathon a little over a minute behind winner Harry Hicks and only a few seconds behind runner-up Stan Cox who might well wonder if his 2 hours 27 mins. 17 secs. over the stiffer A.A.A. journey is not worth Fred Norris 2 hours 21 mins. 48.6 secs. over the easier Poly course.

Down in England the omission of speed walker George Coleman has occasioned some criticism. Though not too conversant with the walking code I recognise Coleman as a most consistent athlete, and a stylist and scrupulously fair walker into the bargain.

Ibbotson's Mile.

Derek Ibbotson's sub-4 minute Elmsey Carr mile was as they say in the R.A.F. a wizard show, especially as his performance was something out of the blue. I was intrigued to hear that for 10 days previous to the race he had done little training due to slight leg strain. And it struck me as more than a co-incidence how often an athlete who has been training very severely puts on a brilliant display after an enforced rest. The staying power of Ibbotson essentially the 3 miler seems to have stood him in good stead in his mile jaunt—a lesson that once again should be underlined and stressed.

Yes Britain should feel most gratified with their trio of Olympic 5,000 metres candidates. Ibbotson, Chataway, Pirie all actual or potential 4 minute milers. In a bona-fide mile race even A.A.A. champion Ken Wood would have something to do to finish in front of them.

Enthusiasm—but 'Tempered with Discretion'

Yet world standards are so high that caution must ever be our watch-word. Hungarian trio Rozsavolgyi, Tabori and Iharos are ever greedy for records. Kuts and Stephens are distinct threats as is Landy who may essay the 5,000 metres as well as the 1,500 metres and could conceivably win over the longer stretch. Rozsavolgyi a probable 1,500 metres winner recently covered a mile in 3 mins. 59 secs. (1 sec. outside Landy's world record) and is the current holder of the world-record for 1,500 metres of 3mins. 40.6 secs.

Iharos's reply to Gordon Pirie's erasure of his 5,000 metres figures was to slam the great Zatopek record of 10,000 metres of 28 mins. 54.2 secs. with 28mins. 42.8secs. And in the process to take 10.2 secs. off Dave Stephens' 6 miles record with 27 mins. 43.8 secs.

Will he attempt the 5,000 and 10,000 metres double. Landy and Iharos are both stand-outs in class but some pundits express doubts as to their temperament for the big occasion. Only time and the occasion will tell. Then there is always the possibility of a comparative unknown coming up. At the recent Edinburgh Games the young pole K. Zimny rated only 2nd or 3rd in his own country gave a most polished display while Josy Barthel of Luxembourg winner of the 1,500 metres at Helsinki in 1952, showed that he is not to be easily pushed off his pedestal.

Pirie Ace Trumps Hungarians.

With another of his brilliant spells Gordon Pirie not only beat the big three of Hungarian athletics, Rozsavolgyi, Iharos and Tabori over 3,000 metres but added yet another world record to the 5,000 metres he already holds by clocking 7 mins. 52.8 secs. In his previous "daft"

spell in June—the month he broke the 5,000 metres record he equalled the previous record of Iharos of 7 mins. 55.6 secs. Scandinavia seems to agree with Pirie (Bergen and Malmoe) and on this form he could beat the world. But the same favourable conditions may not pertain at Melbourne and we are mindful of his collapse against Norris in last year's heat-wave 6 miles championship. He intends to get to Melbourne early to get acclimatised, however. Team Manager Jack Crump elated at Pirie's success is quoted as saying "Pirie trained for a 10,000 metres race and his latest achievement again shows his amazing versatility." This is true but for me the intriguing part is the sequence of events. Pirie training for 10,000 metres breaks 3,000 metres record. Ibbotson training for 5,000 metres breaks 4 min. mile—but perhaps these examples are more than co-incidences—perhaps they will move us to muse and ponder more than a trifle.

Just Imagine!

What a great disappointment it was all round that the Russia v. Gt. Britain match had to be cancelled at the last moment on the account of the withdrawal of the U.S.S.R. team.

Considering the fact that the Russian team were guests in this country, courtesy and hospitality was naturally their right and certainly this would be spontaneous from every sportsman. Therefore the events that led to the Russian withdrawal seems incredible and certainly are most regrettable. For 'officialdom' to act and proceed with a charge which was so flimsy and obviously very, very doubtful against a prominent member of their team seems clearly lacking in understanding and imagination.

Perhaps every event on the proposed programme conjured up in the mind visions of great contests. Yet, who did not particularly yearn to see the outcome of the steeplechase with our great representatives against the Russian S. Rzhishin who had just previously broken the world

record with a time of 8 mins. 39.8 secs. (since beaten again by wonder figures of 8 min. 35.6 secs. by Sandor Rozsnyoi of Hungary.)

Subsequent events gave us too, the thought that we had been cheated out of another race of a lifetime—the 10,000 metres when Pirie and Kuts were to clash. If as already mentioned Pirie afterwards set out on a golden spree then what of Vladimir Kuts? Within days he had clipped another 12 seconds off the fabulous Zatopek 10,000 metres record. Iharos's new world record had been short lived and it itself had been shattered, with Kuts returning 28 mins. 30.4 secs. for the distance. Is it any wonder that he too like the thousands others expressed disappointment that the White City match did not take place?

Daily Express Floodlit Meeting.

Despite a lack of slickness at times the Ibrox Floodlit Meeting fairly bristled with good things.

Devastating Hewson.

The piece de resistance was undoubtedly Brian Hewson's 800 metres where he left a classy field trailing helplessly in his wake when he unleashed a last lap effort of beautifully controlled running. His time of 1 min. 47.5 secs. is the second-best ever by a Briton. Perhaps Hewson, under a cloud for some little time is beginning to find his real form at the right time. Klaus Richtzenhaum of East Germany recent conqueror of Pirie and Chataway over 1,500 metres in fast time elected to start in this race but faded badly.

Polish Trouble-Maker.

Krzyszowskiak of Poland provided us with a bit of pronunciation trouble, then added insult to injury by stealing away in the last lap from a classy 3,000 metres field like Mr. Mercury himself in the good time of 8mins. 5.4 secs. The Pole a delightful mover really went to town before the bell and despite a determined effort Ibbotson could not close an ever-widening gap. The latter though running well, has had a hard racing programme and appeared to lack sparkle.

Everett Stumble Spoils 1,500 Metres.

A very interesting 1,500 metres provided an anti-climax when Graham Everett bursting into the lead at the last lap stumbled leaving Ian Boyd to win narrowly from 1952 Olympic winner Josy Barthel who though some 5 secs slower than his record still shows remnants of his Olympic silk. Barthel is strong and looks as if he is running on a tight rein. While he hardly looks able to repeat his surprise win at Helsinki he may be building up to a peak and provide contenders with more trouble than appears evident.

Other highlights of this miniature Olympics were Walczak of Poland's javelin throw of 230 feet 2 ins. for a new Scottish all-comer's record. Sillon of France's 13 feet 6 ins. pole vault. Kinsella of Eire's impressive 110 metres hurdles win. Diane Leather's narrow revenge win over U. Donath of Germany with a 2 mins. 9.7 secs. 800 metres. The game but futile attempts of Wheeler and Higgins to close the gap against the combined German 4 x 400 metres relay in a race where both teams beat the all-comers record. Interesting novelty the 2 man team "paarlauf" race over 4 miles was also well received. The strong English team representing Finchley H. of E. Shirley (A.A.A. Steeplechase Champion) and F. G. Salvat was just too classy for English rivals Sheffield United and a host of Scottish teams. But a word of congratulation is due Bellahouston's Nelson and Connelly for their very game display and fluent running to gain 3rd place to prove themselves easily the best of the Scottish contingents. Yes it was a feast of good sport.

Cross-Country Running as a Tonic.

Yet exciting as is the prospect of the Games and brilliant as is the dazzling impact of the track how soothing it is to get into the high-ways and by-ways of nature through cross-country running. Racing over the country is becoming more and more popular as a spectacle and thus courses tend to become more and more standardised and artificial.

Yet the go-as-you please over field and fen taking natural hazards in the stride, jog-trotting over difficult terrain and running fluently over the gentler slopes and paths is a tonic physically and mentally, and not to be despised even for the competitive athlete in attaining and retaining fitness. For these easy enjoyable runs act as a gentle massage through increased circulation and the restraint in pace builds up nervous energy for the harder runs of the morrow—providing that feeling of athletic silk commonly known as "rarin to go." It is equally beneficial as a mental tonic. In comparison with track-running it is less monotonous with its variety and back-ground of colour. Even in inclement weather it can be enjoyable but in typical autumn weather it can be a sheer delight. With the air clean, keen and crisp the russet scene a riot of colour and the crackling leaves beneath the feet one feels oneself part of a painting but of a living dynamic canvas not a static inert one. Pine trees may meet the far horizon and the hills add grandeur to the scene. It is good too to look up into the sky occasionally and feel its vastness—a vastness which may put our day-to-day irritations into correct perspective. Yes indeed take time to look up into the sky! If you keep your eyes ever rooted to the ground you may occasionally pick up a three-penny bit. . . . But you'll never see a sunset or a rainbow!

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ON RUNNING— SPRINTING IN PARTICULAR

By Percy Wells Cerutti.

LET us consider the basic movements of fast running. We will consider the 440 yards (400 m.) since in this event there is a slight conservation in the application of power. In addition there is a sufficient lapse of time to study what goes on. And this is what happens:—

Consider then: There are two main types of runners. There is that unique individual that embraces both types.

The first type under consideration are the "pullers." This type tend to pull more than they push. They are usually strong, stocky types. They crouch more: have plenty of shoulder shrug: and tend to work their arms across the body more than fore and aft. In action they tend to reach out for the track: bite in with their spikes: and pull their body forward. Australian runners such as Bartram and Hogan are this type. In the U.S.A. the Olympic winner, Remigino, is fundamentally a "puller" type. As was Ewell and Dillard.

The other type are the "pushers." Taller and longer legged, they run with an erect posture, draw themselves well up: Lift their knees high and drive their legs down and backwards with great vigor. There is little "pull" in this movement and their power and speed is mainly derived from the vigorous push, and which is continued until the pushing leg is completely extended and the finish of the drive is off the fully extended toes: the body meanwhile is stretched upwards and forwards.

Herb. McKenley, Rhoden, La Beach in the U.S.A. exemplified this type. John Treloar was the leading Australian Exponent.

There is a composite type: These may be considered when the balance of push-pull is perfect, as the true type, balanced and rhythmic. It is possible that Mac. Donald Bailey is of this type. They are



"middle" in Stature: beautifully proportioned: and in no way extreme. Because they are not extreme they are often found in middle-distance runners. Harbig and Whitfield occur to me.

I am inclined to the idea that when these types are more properly understood, and exploited; when coached can direct the abilities and gifts of good runners into more perfected types, then we can expect superlative performances superior to those derived from the haphazard methods of the past.

But this will not be fully accomplished unless the coach can feel and demonstrate in his own experience, "ALL" the capacities: vary them at will, not in words but in actions in his own movements.

Exercising routines: modifications and exploitation: the development of great muscular strength without the loss of maximum agility: these are the possibilities I envisage and which can result in the 9 second 100! the 10 second 100 metres! and the 44 second 440 yards (400 M.).

Note: The rise of a runner such as Harbig and the great number of 9.4 and 9.5 second 100 yard men, all "naturals" and without benefit of the scientific knowledge of the future would be evidence, I feel.

* * *

The observations in the foregoing apply to "all" runners: Fundamentally there is no difference in the basic movements of a sprinter or a marathon man. The prime difference is chiefly in the vigour and speed of the movements together with the extent of them.

Every athlete should be encouraged to "feel" in his movements the degree of push and pull. Also he should be taught to vary them at will. Unless he can do so these words will remain words: they will never become reality in the experience of the athlete.

Until he has this "awareness" of his himself, his movements, and learns to play the tune he determines both consciously as well as instinctively, that athlete will never be able to do all that he could. In a word he will fall short, no matter to what heights he may have attained, of his full potentiality.

In this regard I think Zatopek is a lesson to all. Able to vary pace, to adapt himself to all types of competitors and events, at least from 5,000 metres to the marathon, able to sprint finish, up to date in the realm of distance runners he undoubtedly encompasses within himself "the lot."

Let the young runner consider these matters. Let him realise if he is unable to sense within himself his movements, to vary his stride, lift, posture, to stay or sprint, all at will he will be largely in the category of the motorist who merely pushes on an accelerator and steers until the engine stops. With no comprehension of the use of the gears, with no knowledge of what the components of the engine are doing, or are capable of, what hope would such a driver have in a competition with a first class racing driver who appreciates to a nicety all these things, who can "win" out of his engine and car the last ounces of power translated into speed. And we will assume that both sit in cars equally powerful. We do know that one car racing driver can get more speed as measured over a given distance than another driver from the same car.

Quite a lot of the training should be self-conscious. That is, the runner must think "inwards." Like a dancer who learns intricate steps, at first he must study himself, actually look down at his own movements, check up on himself in mirrors. Most runners imagine that they

are performing certain movements whilst in actual fact they mostly do something quite different.

The few unspoiled naturals—they are OK. But most "experts" think good running style is something different to what a natural does. It is not everyone who understands these matters. No man can understand them if he cannot demonstrate them in his own experience.

If you have been taught wrong concepts that is unfortunate. We can only go as far as we have the "inward" power and knowledge. Strive for this knowledge and for self-knowledge, daily, every hour. In time you will learn much. And to those who have much is always added more. To those who start with little—and do not care, they soon leave any sport—if it is a hard one. If you are one who keeps on trying you have the seeds of success in you.

OUR POST

THE ACHILLES TENDON

Dear Sir,

Today I received copies of your June and August issues and I might add I enjoyed reading them. I disagree with John McLaren's complete lay-off as a cure for his injured tendon (James Christie's story in the June issue). This is contrary to Christopher Woodward's advice in his book "Sports Injuries," and contrary to what I have experienced personally.

To get over an injury, one must first find the cause—or it will surely return—and then through exercise strengthen the injured part of the body. Eight days ago, I injured my achilles tendon very badly. I know what did it—a poor fitting pair of shoes. Today it is just about well. The cure was very painful, but easy, running on it together with vigorous massage. Had I rested, it would probably have come around in two months. As is, I will be able to compete in our next meet here on September 22.

Sincerely,

BILL JIMESON.

Baltimore, Maryland, U.S.A.

WOMEN'S NOTES

By DALE GREIG

The 1956 track season is practically at a close. It has been a very happy one for women athletes in that they have trained harder than ever before, and have been returning increasingly better performances. Two of our girls reached the final of the 440 yards in the W.A.A.A. Championships at the White City. Ann Reilly (Ardeer) surpassed herself to finish 5th in 59.0 secs. and Anna Herman (Edinburgh Southern) did well to finish sixth in 60.4 secs. (heat—59.6). Both gained a standard.

* * *

One of our foremost middle-distance runners—Aileen Drummond of Maryhill Harriers has decided to retire from competition. Aileen gave us our first taste of things to come by winning the S.W. A.A.A. mile championship in 1953 with a new Scottish record of 5 mins. 35 secs., and by finishing second in the 880 yards. 1954—another year of success. She gained her first cross-country title and ran for Scotland in the subsequent international with England at Birmingham. In June she completed her hat-trick of national titles by taking the 880 yards in 2m. 25.4s. and the mile in 5m. 39secs. In this year, too, she ran her fastest ever mile to finish 3rd in the W.A.A.A. Champs. in London in 5m. 12.9 secs.—the fourth fastest mile recorded in Britain that year.

1955—another year of triumph and three more national titles. She retained her cross-country title over 2½ miles at Ayr in 18m. 39 secs., and ran again in the International. Although not as fit as she might have been in the summer, she once more dominated the scene, taking the 880 yards in 2m. 30.8 secs., and the mile in 5m. 42.3secs.

1956—the year of the fallen idol? She began well enough by retaining her cross-country title at Musselburgh, for the third successive year, in a very fast 16m. 26 secs., and once again was the first Scot home in the International at Essex.

Then came the national Track Championships in June—and her last races. In the mile she lost both her title and her record to the young and promising Barbara Tait (Edinburgh Harriers) who won in the new record time of 5m. 28.2 secs. In the 880 yards she had to concede her title to the much fitter, and this year very much faster, Molly Ferguson (Springburn Harriers).

Well, as all careers must have a beginning, so too they must have an end. No one has dominated the scene so long, and it is doubtful if anyone will be given the opportunity to do so again, at least for a time to come. Indeed of our top middle-distances runners this season, I feel none has the capacity to remain for long perched on that very precarious pedestal on which only a champion may stand—insecure and alone.

Now that she has taken her farewell bow, and the opportunity arises it is pleasing to pay tribute to Aileen as a loyal club runner and a great champion! Scottish Athletics generally, and her club Maryhill particularly, will sorely feel her absence.

Taken for all in all, we, in Scotland, have been set a standard by her which will be hard to emulate.

* * *

The Scottish Mile Medley Relay Championship was held at Shotts on Saturday, 1st September. Seven teams were entered and of those, the leading contenders proved to be Ardeer A.C., Edinburgh Harriers and Edinburgh Southern Harriers. The teams finished in that order with the Ardeer team (A. Reilly, L. Burns, M. Morgan and I. Bond) not only capturing their first Relay Championship but also setting up a new Scottish record of 4 mins. 27.2 secs. (1.5 secs. better than the existing record established by Maryhill in 1953).



Photo by G. S. Barber.
Diane Leather (England) winning the 880 Yds. at the Edinburgh Highland Games. Halina Gabor (Poland) was 2nd and Anne Oliver (England) 3rd.

Scottish Women's Championship.

The 1956 Championships were held in near perfect conditions but before a disappointing attendance at New Meadowbank on 9th June. B. Tait (Edinburgh Harriers) beat the existing record for the mile by nearly 7 secs. with 5 mins. 28.3 secs., and the discus throw of 116 ft. 2 ins. by D. Wills, a first year student at Aberdeen University, beat the previous best by 5 ft. 7 ins.

100 Yards.

1. A. Robertson, (Aberdeen); 2. E. Sealey (Maryhill Harriers); 3. I. Bond (Ardeer); 11.4secs.

220 Yards.

1. A. Robertson; 2. E. Sealey; 3. I. Bond; 26.2 secs.

440 Yards.

1. A. Reilly (Ardeer); 2. J. Struthers (Clydesdale Harriers); 3. M. Inglis (Aberdeen); 62.8 secs.

880 Yards.

1. M. Ferguson (Springburn Harriers); 2. D. Greig (Bellahouston); 3. E. Maitland (Aberdeen); 2 min. 28.3 secs.

1 Mile.

1. B. Tait (Edinburgh Harriers); 2. A. Lusk, (Maryhill); 3. E. McSeveney (Shotts Miners Welfare A.C.); 5 mins. 28.2 secs.

80 Metres Hurdles.

1. M. Bain (Dunfermline); 2. P. Robinson (Edinburgh University); 3. V. Friel (Glasgow University); 12.8 secs.

High Jump.

1. P. Bellamy (Aberdeen); 2. P. Robinson; 3. V. Friel; 4 ft. 10½ ins.

Long Jump.

1. V. Friel; 15 ft. 3 ins. 2. G. Stead (Maryhill); 15 ft. 1½ ins. 3. P. Robinson; 14 ft. 10½ ins.

Javelin.

1. G. Shaw (Edinburgh Harriers) 95 ft. 4 ins. 2. M. Walker (Dunfermline); 82 ft. 2 ins. 3. G. Stead; 75 ft. 5½ ins.

Discus.

1. D. Wills (Aberdeen); 2. C. Thursby (Ayr); 3. G. Halliday (Athenians); 116ft. 2 ins.

Shot Putt.

1. A. Reilly; 29 ft. 3½ ins. 2. M. Hamilton (Edinburgh Harriers); 29 ft. 2½ ins. 3. D. Willis; 27 ft. 7 ins.

LIEUTENANT HALSWELL'S EPIC FEAT

By JAMES L. LOGAN

TO the student of Scottish athletics, no figure looms out of the past so insistently as Lieutenant W. Halswell. Today, half a century after his brief career, and forty one years after his death on the battlefields of France, the quarter-mile native record of 48.4 secs. still stands in his name. But when that record falls—and is forgotten, like all superseded records—Halswell will still stand as one of Scotland's truly great men of sport, for his fame does not rest on records alone.

Lieutenant Halswell, like many of our modern giants of world sport, was a professional soldier; although, unlike many of today's commissioned sportsmen, he was a soldier first and an athlete afterwards. It was on his return from overseas service with his regiment, the Highland Light Infantry, that he was persuaded to enter first-class athletics.

Born in 1882, the son of an artist who had formerly lived in Edinburgh, he showed sporting prowess in his schooldays at Charterhouse and competed in Army athletics when he was gazetted to the Highland Light Infantry in 1901. In 1902, he was drafted to South Africa where he caught the attention of Jimmy Curran, a well known figure in Scottish pedestrian circles who was also serving there. Only when the regiment moved to Edinburgh Castle in 1904 did Halswell become interested to participate in serious athletics.

He made his championship bow at Ibrox Park in 1905, wresting the quarter-mile title from the holder, R. L. Watson, in the best championship time of 51 seconds. That time, equalled by G. T. Stevenson in 1921, stood as the best championship performance till the great Eric Liddell recorded 49.2 seconds in 1925.

The handsome Halswell, graced with the modesty that so often goes with true greatness, immediately captivated the Scottish sports-loving public. By the time of the following year's championships, his reputation was such that there was no



undue astonishment when he announced his intention of entering for the 100, 220, 440 and 880 yards. He had given some idea of his range by finishing 3rd in the previous year's 880 yards title race, and had amply demonstrated his powers as a sprinter.

The Championships of 1906 were held at the Powderhall Grounds in Edinburgh and all the leading performers of the previous year's meeting were again forward. For the benefit of any modern who may question the standards of those distant days of quarter-sleeve vests and knee-length pants, it should be noted that the 1905 championship times were 10 1/5, 22 4/5, 51, and 1.58 4/5. That was the type of competition Halswell had to meet in his quadruple title bid.

The "100" was first, with reigning champion J. P. Stark and his runner-up R. Kitson ready to defend their honours. Halswell, literally, made a bad start and halfway through the race it looked like a repeat of 1905, with the issue between Stark and Kitson. Then Halswell came through in an exhilarating burst to win by a yard from Stark in 10 2/5 seconds, with Kitson third.

The "880" was next on the list, with the famous Johnny McGough in the field. Halswell was content to keep in touch



This photo was taken at the Athenian Celebration Games held in 1906, showing W. Halswell (G.B.) finishing 2nd to Paul Pilgrim (U.S.A.) in the 400 metres event.

until he unleashed an irresistible sprint in the home straight to win by 10 yards, in 2 mins. 0.2/5 secs.

In the "220," Halswell again lined up against the reigning champion Stark and the formidable Kitson. He drew number 2 position and again lost the initiative by allowing himself to be boxed-in on the bend. On the straight he drew out and strode strongly past his rivals to win by two yards from Kitson in 23 1/5 secs. not a great performance in cold print, but remarkable when one considers the broken rhythm on the bend.

The "440" was the last event on the programme and we can picture the scene as everyone waited breathlessly to acclaim a historic feat. This was Halswell's favourite event, in which he was reigning champion, but he was opposed by a strong challenger in W. D. Anderson, who had let his "880" title go by default in order to make a determined bid for the "quarter."

Halswell was on the inside and yet again was "lost" on the bend (this was long before lanes were introduced for the "440"). Once Halswell had pulled out, however,

there was no doubt about the result and he mowed down the field in the straights to win easily in 51 2/5 secs.

Thus, in his second championship year, Lieutenant Halswell, who took his Scottish nationality from his mother, achieved a feat which we can almost certainly say will never be equalled. It is true that he did not have to contend with heats and semi-finals but the performances themselves, their range and the manner of their accomplishment stamp the quadruple feat as one of the great landmarks in Scottish athletics history.

Two years later, Halswell made history again, but not in circumstances that brought pleasure to this gentleman of the track. In the final of the Olympic 400 metres event in London, Halswell was opposed by three U.S. athletes. The Americans had not made themselves popular in those Games (those who wonder where international sport is going to nowadays should check up on their history) and a 400 metres race, started in line with three U.S. men against a lone British athlete, was just the sort of event to set the Stadium

COMMENTS ON SOME RECENT RUNNING

WITHIN a few short weeks the once terrific world record for 10,000 metres by the only man—in those days—to beat 29 minutes, the fabulous Emil Zatopek, has been reduced TWICE, and each time by around 12 seconds! It is unheard of: unbelievable: preposterous: until we stop and realise that we are in the midst of an athletic revolution.

Let it be said at once, the old standards have gone, the old ideas of training, the old ideas of what constitutes good running style. For ever is gone the rigid body, the ball-of-the-foot lending with leg tension, the mechanical arm movements, the lope, the lean, the steady pace. In their places we now run with a fluid pulsing moving body, feet that go out completely relaxed and chop down to the track with a sudden snap in which the whole foot clamps down

Continued from previous page

growling. So it proved. There was jostling on a bend, Halswell swung out violently and an American vest flashed ahead to break the tape.

A re-run was ordered and the ensuing proceedings reached the leader columns of even the sober dailies. The re-run was to be in string lanes but the Americans did not turn up and Halswell ran over for a hollow victory.

In his brief career, which he brought to a close at its very peak, Halswell won everything open to an athlete of those days:—Scottish, British and Olympic Championships, and Scotland-Ireland international events.

Age, they say, has its compensations. One of them, for the veterans of our sport, is surely the privilege of having known such a truly Olympian figure.

* * *

Mr. D. M. Jamieson, who kindly provided some of the material for this article, points out that the great athlete spelt his name "Halswelle." In the S.A.A.A. records it is shown as "Halswell."

instantaneously, varying arms neck and head movements that preclude any controlled uniformity with corresponding tensions, the quick tempo—even for the marathon, the continued varying of pace, fighting, changing, surging, and a relaxed delivery of power that the mechanical movements of Nurmi never imagined or anticipated.

This is the new age of distance running, who are the men in the van of this new era. Pirie, Kuts, Iharos, Stephens, these are four of the most prominent, and more or less, by and large, they all run erect, do not lope, let their feet go to the ground without leg-tension, and are well conditioned with lots and lots of running. Their methods may differ a little, each may have training ideas that vary somewhat, but they all have the basic things in common. And what is more remarkable, none of them are supermen, none terrifically naturally gifted, ALL have won their laurels and results, and tell us what they can do, many more will follow to do. In a word their feats, great as they are today, are normal for any above average well-conditioned, naturally moving athlete.

What IS needed above all is trained observers and coaches who can understand these things, the causes and means, and teach them to others. Perhaps the demand will create the supply. Then we will see hundreds of 4 minute milers, 27 minute six milers, 13 minute three milers and perhaps uniformity in international distances so that we all think, calculate, talk and race over the same distances instead of the confusing miles and metres. And it must be admitted that we mile thinkers are in the minority. P. W. Cerutti.

Do you possess the beautifully printed Souvenir book, "Jubilee History of the International Cross-Country Union 1903-1953." This is a work that every athlete, particularly cross-country enthusiasts should possess. It is a complete and unique study and is well illustrated. Inserts are included of the 1954-55 and '56 Internationals are included bringing it right up to date. Price 7/6 (Postage and packing 9d. extra) from "The Scots Athlete."

SPRINTING TO PROGRESS

By P. W. CERUTTY

WE speak about sprinters as if they were a race apart, athletically. They only happen to be those who ran faster than the average without having to do anything special to gain this privileged state.

THAT is their undoing. They take so much for granted: they hardly know what it is to enjoy hard disciplined training. They never get tired to the point of exhaustion. They go through a time honored routine by hearsay—mostly. They are young and mostly do not feel, or even think about whether what they are taught is right or wrong. Old sprinters, mostly, who came up the same way, tell them the same age-old story.

What, then IS new?

How to run fast can be studied: There is a technique: Here are some pointers. That is if you are one of the slow ones. Or weak.

You must be strong, especially in the legs, abdominals and shoulder groups. If you make these groups strong the arms etc., will look after themselves in the process.

Weight training with really heavy weights up to double body weight: mountain walking with heavy packs from one third to half body weight and general tough gym work is the answer here.

Then you must be agile and well-coordinated. That comes from agility exercises. Running on the spot with vigor beating a tattoo with the feet and starting the "dance" always with the pinched-on thumbs and hands. You soon learn to control and do anything except turn somersaults, maybe.

You practice driving in hard high knee-lifting bursts of 10 to 20 yards as you jog around. You do everything with terrific zest and power. In time, even if you are now only a 12 sec. 100 man you will come down well under 11. If you are an even timer you can come down half a second. But you must work for it.

Then: you will be found ignoring all talk about body lean and the like since you will have none. To run fast we run straight up like a rod and spend some time and effort stopping there: resisting the temptation to lean and lunge. And when we wish to go faster we shove our chest out harder and harder and find we DO go faster. Also, of course we try hard, really hard. And we throw our arms up and out and a little across with the utmost abandon. And we throw them down and back with the same utter abandon. We do not try to be copybook or polished: no, indeed, we just yearn with all that is in us to get there. Fast running is a primitive affair. When fast it LOOKS polished, uniform and rhythmic. But underneath is an all-out ruthlessness of effort that cares little for effects or appearances.

Then you will be well-lifted off the ground so that you run OVER it rather than on it. And you will develop the ability of giving all that is you in one terrific out-pouring.

Merely to sigh with all your heart: to yearn with all your being: to have one prayer all your waking hours, O, yes, these things can make you run faster. Being superior: being gentlemanly: being what you think others expect you to be—won't. Being what you are—deep inside, a primitive who wants to prevail: and one who can come to grips with physical realities: then you will be at least a man and live—even if you do not run the 100 in 9 seconds—dead!

Harry Fenion (Bellahouston H.) won the Scottish Marathon Club's 12 mile road race, the last of their series, at Springburn on 29th September, in 1h. 10m. 13s. George King (G. Wellpark H.) was 2nd in 1h. 11m. 54s. and J. M. Kerr (Monkland H.) 3rd, 1h. 13m. 12s. The road race season in Scotland has been one of the most interesting for some years and a complete review will be given in our November issue.

Fast Times at Ibrox Floodlit Meeting

By JAMES L. LOGAN

THE International Floodlit meeting at Ibrox Park on 15th September, organised by the S.A.A.A. and sponsored by the Scottish Daily Express, emphasised the powerful effect of professional publicity in the successful promotion of sports events in this country. Despite the miserable weather which lasted right up to starting time, and the fact that the football season was in full swing, a crowd of 25,000 turned up in expectant mood: not to while away a few hours but eager to acclaim pure sporting performances by athletes whose calibre was known after a week's publicity.

The Continental-style ovation given to Brian Hewson after his magnificent effort in the 800 metres was something new to Scottish ears. Wave after wave of cheers rolled round the stadium and the enthusiasm burst out again when his time was announced.

And how Brian deserved this reward! Undisturbed by the preliminary haggling for position, he came through to the perfect striking situation and unleashed his winning move at the beginning of the back straight, a sustained effort with no sign of fade at the tape. His nearest challenger, the German H. Reinnagel, closed the gap slightly but the issue was never in doubt.

The time of 1 min. 47.5 seconds is the second best ever achieved by a British athlete, just .1 second behind Derek Johnson's time in the 1954 European Championship final, and easily beats Mal Whitfield's Olympic record of 1 min. 49.2 seconds. It should not be forgotten, however, that old warrior Whitfield recently returned 1 min. 49.3 seconds in the American Olympic trials and finished fifth behind Tom Courtney who clocked 1 min. 46.4 seconds! Still, the American trials are on the level of another Olympics, demanding optimum effort.

Courtney, it should be noted, holds the Scottish All-Comers "880" record and Hewson, if he had continued to the 880 mark, would have been well inside the American's figures; which all adds up to a lot of "ifs" and "buts" which will only be resolved at Melbourne!

The amateur track and field statistician has been overwhelmed in recent months by pre-Olympic reports flooding in from all over the world. Only a professional checking his records daily, could hope to keep track of all world class names. This was emphasised in the 4 x 440 yards relay.

When the great Jamaican team of Arthur Wint, Herb McKenley, George Rhoden and Les Laing set up the Scottish All-Comers Record of 3 mins. 15.8 secs. at Ibrox Park in 1952 each of these names was known to everyone. Wint was reigning Olympic 400 metres champion, McKenley and Rhoden were 440 yards and 400 metres world record holders, and Laing was just a fraction below that class. They went on inevitably to the Olympic title and world record.

Now we have a German team, with names familiar only to the most knowledgeable, smashing the Jamaican's Scottish record by 3.4 seconds, easily beating a British team who were also inside record. Who would dare forecast Olympic winners in these circumstances?

In the ladies 4 x 100 metres relay, the English team moved with the poise and assurance of world record holders and cruised in just one fifth of a second outside the Olympic 'best.' The British girls, both in individual and relay events, have already struck "world" form and should go to Melbourne stacked with confidence.

The 1500 metres was a big disappointment to home fans. Just as we filled our lungs to roar for Graham Everett's challenge, the local boy went down with stunning suddenness at the top bend. Even allowing for the break in rhythm, Boyd's winning time of 3 mins. 50.6 secs

suggested that Everett could well have been closely involved in the finish.

It was interesting to see Josy Barthel again. "Out-of-the-blue" winner of the 1500 metres at Helsinki, Josy is one of those athletes who boost the morale of others who are not built in the classic mould. Short, almost squat, with heavy legs and balding head, he makes up for lack of natural physical advantages with the virtues of tenacity and consistency. Since Helsinki, he has maintained a position just short of the modern masters. It is too easily forgotten that many of the great names of 1952 have now entirely disappeared from the news.

Eamon Kinsella, winner of the 110 metres hurdles in 14.5 seconds, is another athlete with a fine record of consistency. The American negro C. Pratt, with his very close snap-down action, may have had his accuracy impaired by the grass track—he pulled down several hurdles—and Kinsella's powerful, flowing style appeared more suitable to the conditions.

Enthusiasm for the home victory in the high jump was tempered somewhat by Bill Piper's moderate winning height of 6 ft. but it should be borne in mind that apart from the heavy underfoot conditions, the temperature at an evening meeting in September is more trying for the field events men who have to hang around between their efforts. In these circumstances V. Sillon's winning vault of 13 ft. 6 ins., and I Ward's 13 ft. for second place were most commendable.

Encouraged by generous applause, the Pole A. Walczak broke a 20 years old All-comers record by throwing the javelin 230 feet 2 ins.

Tall Diane Leather, a late entry, was too powerful for her German and Polish opponents in the 800 metres and returned the excellent time of 2 mins. 9.7 seconds.

In the 3,000 metres, Ibbotson gave an uncharacteristic performance and we were also disappointed in our first view of wonder boy sprinter Young. These, however were minor blemishes in a memorable evening.

IBROX FLOODLIT MEETING

15th September, 1956.

Details:

100m: 1, K. J. Box (Liverpool) 11.3; 2, H. Jensen (W. Germany) 11.3; 3, J. R. G. Young (Bishop Vesey's G.S.) 11.4.
200m: 1, L. Pohl (W. Germany) 21.7; 2, E. R. Sandstrom (R.A.F.) 21.8; 3, W. Henderson (Benwell) 22.3.

400m: 1, H. Mann (E. Germany) 47.8; 2, M. Poerschke (W. Germany) 48.2; 3, F. P. Higgins (Southgate) 48.2.

800m: 1, B. S. Hewson (Mitcham) 1:47.5; 2, H. Reinnagel (E. Germany) 1:49.3; 3, M. A. Farrell (Birchfield) 1:50.0.

1500: 1, I. H. Boyd (Herne Hill) 3:50.6; 2, J. Barthel (Luxembourg) 3:50.7; 3, F. Janke (E. Germany) 3:52.3.

3000m: 1, Z. Krzyszkowiak (Poland) 8:05.4; 2, G. D. Ibbotson (R.A.F.) 8:08.1; 3, G. Havenstein (E. Germany) 8:08.6.

110m. Hurdles: 1, E. Kinsella (Eire) 14.5; 2, C. Pratt (U.S.A.) 15.2; 3, E. Roudnitska (France) 15.4.

400m. Hurdles: 1, H. Dittner (E. Germany) 52.7; 2, R. D. Shaw (Achilles) 53.5; 3, M. Basset (France) 54.5.

High Jump: 1, W. Piper (Glasgow P.) 6 ft. 0 ins.; 2, A. M. Law (Paisley P.) 5 ft. 11 ins.; 3, M. C. Ludlow (Hythe) and V. Sillon (France) 5 ft. 10 ins.

Pole Vault: 1, V. Sillon (France) 13 ft. 6 ins.; 2, I. Ward (Bury) 13 ft. 0 ins.; 3, G. E. Broad (Hermes) 11 ft. 6 ins.

Javelin: 1, A. Walczak (Poland) 230 ft. 2 ins. (Scottish All-Comers' rec.); 2, P. S. Cullen (Rotherham) 204 ft. 5 ins.; 3, C. N. Loveland (Army) 201 ft. 1 in.

4 x 100m. Relay: 1, W. Germany (Pohl, Feneberg, Fuchs, Jensen) 41.8; 2, England 41.9; 3, Scotland 42.9.

4 x 440 Relay: 1, Germany (Kuhl, Poerschke, Blummel, Mann) 3:12.4; 2, Gt. Britain (Farrell, Shaw, Wheeler, F. P. Higgins) 3:14.4.

4M. Pearl: 1, Finchley H. (E. Shirley and F. G. Salvat) 16:34.3; 2, Sheffield Utd. H. 16:48.9; 3, Bellahouston 16:58.9.

ROUND THE CLUBHOUSES

An Enterprising Achievement

Edinburgh Southern Harriers throughout the sixty years of their existence have accomplished many notable deeds in athletic and cross-country spheres of activity, but in the planning and construction of a new Club Headquarters the Club has achieved something which can be reckoned as their most useful and permanent contribution to the welfare of Scottish amateur athletics.

The Club is now in proprietary possession of a well-equipped Club House situated in the southern district of Edinburgh known as Fernieside. This area lies a little beyond the better known Little France on the Old Dalkeith Road and the Club House is within easy access from the City by bus transport. The Public Park at Fernieside upon part of which the Club House is built forms a terminus of one of the Corporation bus lines.

Some eighteen months ago the E.S.H. feued a piece of ground there and saving for the brickwork—carried out by an outside firm—all other work such as plumbing, electrical fittings, joiner work, painting, and the installation of lighting and cooking facilities, has been undertaken by the voluntary labour of the Club members.

The building itself comprises a main hall—40 feet by 20 feet in area—dressing-rooms for both men and women athletes, each equipped with hot and cold sprays, canteen, committee room, and ample cupboard accommodation for stores and athletic field implements. Featuring in the main hall is also a decorative-tiled fireplace, which lends a pleasant aspect of home comfort to the hall.

Most of the money required to bring this scheme to a successful fruition has been raised by the Club members through various schemes. Donations have also been received from patrons and friends, and in addition substantial grants have been made by the National Playing Fields Association.

Members on training nights simply step out from the rear of the premises on to the running track. This has been laid out by the Edinburgh Corporation Parks Department under the personal supervision of Mr. A. T. Harrison, Parks Superintendent. The track measures 352 yards in circle—(5 laps to 1 Mile), and is top-dressed with red ash. Already some fast times have been registered on it during this season. Sand-pits for jumping events are also in course of preparation.

The Club House is to be formally opened on October 13th by the Right Hon. W. R. Milligan, Q.C., M.P., himself an old athlete of much distinction and still keenly interested in all athletic activities. Opportunity will also be taken on this occasion to present commemorative plaques to those Club members who have taken a prominent part in carrying through to a successful conclusion this splendid pioneering achievement.

D.A.J.

Continued from previous page

Women

100m(1): 1, A. Pashley (Gt. Yarmouth) 12.4; 2, J. E. Scrivens (Selonia) 12.6; 3, P. Van Duyne-Brouwer (Holland) 12.6.

100m(2): 1, M. Francis (Man'r Univ.) 12.6; 2, C. Quinton (Birchfield) 12.7; 3, R. Nitschke (W. Germany) 12.9.

200m: 1, J. Paul (Spartan) 24.8; 2, E. Wheeler (London O.) 25.7; 3, B. Loakes (Kettering T.) 26.1.

800m: 1, D. S. Leather (Birchfield) 2:09.7; 2, U. Donath (E. Germany) 2:09.8; 3, H. Gabor (Poland) 2:11.0.

80m. Hurdles: 1, M. Sander (W. Germany) 11.5; 2, C. Quinton (Birchfield) 11.7; 3, E. Wagnerova (Poland) 12.3.

4 x 100m. Relay: 1, England (Pashley, Paul, Francis, Scrivens) 46.1; 2, W. Germany 48.0; 3, Scotland 50.5.

MORE WOMEN'S NOTES

THAT BATON CHANGE.

During the Floodlit International at Ibrox we had the opportunity of watching the English team (A. Pashley, J. Paul, M. Francis and J. Scrivens) in action with that highly controversial and much publicised baton change. I understand that this means of baton changing is by no means new having been employed in Italy many years ago and later used by the Americans. Indeed, it has been used for several seasons (in a somewhat modified form) by one of our women's clubs. It seems to be a definite asset on the bends and on the whole (if performed correctly) is slicker and neater than our present method. It's always difficult, of course, to get people to accept new ideas, but without doubt we shall see it put into practice next season by some of our more enterprising clubs with what success remains to be seen.

* * *

MORE ON IBROX.

The showing at Ibrox of our sprint relay team (M. Bond, M. Campbell, M. Getty, A. Reilly) was extremely disappointing. They finished last in this 4 x 100 metres event (437.4 yds.) in 50.5 secs., and this from a "national" team! We had ordinary club relays doing faster times. Indeed in July the Ardeer relay team ran a 440 yds. relay in 50.4 and Maryhill later won the sprint relay championship in 50.6 secs. The runner who caught the eye here was M. Getty (Maryhill) and she was brought in as a reserve!

While others went sightseeing on the Sunday the English relay team returned to train at Ibrox. This is a display of enthusiasm and industry seemingly unknown in these parts. If our team is to show improvement in future events, the girls involved must get together for baton-changing practice beforehand.

* * *

PAARLAUF.

Possibly most intriguing event at Ibrox was the Paarlauf. Promoters would surely jump at the chance of staging such a novelty race. With this in mind,—why not a one mile (or even a 10 mins.) paarlauf for women? It would be tremendously beneficial in helping both the speed and the stamina of our runners and, plus the factor of interest it could do nothing but good.

Dale Greig.

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."

* * *

WE HAVE RECEIVED

The A.T.F.S. OLYMPIC HANDBOOK produced by the Association of Track and Field Statisticians. General editors, D. H. Potts and R. L. Quercetani. Published by "Track and Field News," P.O. Box 296, Los Altos, California, U.S.A. Price 1 Dollar 50 cents. Every statistician will consider this book essential. It contains lists of World and Olympic Records; Olympic Games placings 1896-1952, all-time World list and World's Best Performances of All Time. 128 pages.

DUNDEE KINGSWAY RELAY.

Dundee Hawkhill H. held the 16th annual "Kingsway" road relay on 29th September. To start the road and cross-country season Shettleston H. (G. Govan, C. Wallace, J. Turnbull, G. Everett) had a good win. Course record holders, Victoria Park A.A.C. engaged on trials did not take part. There was a grand entry of 25 teams. Shettleston led from the start and last of their quartet, ace track man, Graham Everett, returned fastest time of the day.

The six-mile youths' relay (4 x 1½ miles) gave a very pleasing win to Perth Strathgry H. with Falkirk Victoria 2nd and Victoria Park A.A.C. 3rd. The notable youth competitor, I. Simpson, of the promoting club returned fastest time.

Full details will be published in our November issue.