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Published by Walter J. Ross, 69 St. Vincent Street, Glasgow, C.2

NOVEMBER, 1956.

Vol. 11, Nos. 7 & 8.

THE SCOTS ATHLETE

PRICE
1/-



Photo by G. S. Barber.
After a record run leg in the V.F. Road Relay, Ian Binnie finishing for Victoria Park A.A.C. who won with a new course record.

JOHN EMMET FARRELL'S RUNNING COMMENTARY.

PERCY W. CERRUTTY on DIET IS IMPORTANT
AUSTRALIAN GOSSIP. WOMEN'S NOTES.
OUR POST. FULL RACE DETAILS.

AUSTRALIAN GOSSIP

Our Australian correspondent Mark McGuire has sent an excellent review of the Australian season. We regret that due to space difficulty we can publish only this selected excerpt.

Middle-Distance: Apart from Jim Bailey no other athlete has hope of being in the Olympic final over 800m. Athletes only have themselves to blame for not running sub—1:50 as few have raced with the aim of achieving a time. The official O.T. was won by Bailey in 1:51.2 after leading all the way, passing the 400m in 58!, Gregory 1:52.4 and Douglas the same filled the places; Due to an infringement by Bailey another trial was held: Bailey didn't start: Hewson (G-B) 1:49.7, Aussie Rec., Butchart 1:50.3, MacMillan 1:51.1, Almond 1:51.6, Douglas 1:52.3 and Howes 1:52.6: Team: Bailey, Butchart, MacMillan: Bailey, the most raced middle distance athlete in Australia had a hard race holding off Lincoln to win in 3:44.4, Lincoln was 0.2 inside the Olympic record with Alec Henderson 3:46.4, followed by Plummer and Fleming 3:48.8: Landy still on the injured list declined to run. He with Bailey and Lincoln form the Aussie trio. It is of interest to note Bailey ran a 8:55.2 mile defeating Plummer 8:56.6, and a 49.0m 400m following a 4:08.8 mile.

Long-Distance: Earlier in Sept. Alan Lawrence won a 5,000m race in 14:01.8 from Albert Thomas 14:04.8, thus reducing the former world 6 mile record holder

Dave Stephens' National mark by some 5.4s. Stephens in the meantime had run 14:08—whilst Thomas had turned the tables on Lawrence in 14:14.8 to 14:15.0 with Power 0.2 slower. At the O.T. the above four mentioned plus Plummer exchanged the lead for most of the journey, with 2 laps to go Stephens shot to the front and immediately fell back and left the track. Lawrence with a withering finish came away from Thomas to win in 14.03.6—14:04.6 with Power 14:05.6 and Plummer 14:08.2 last! Over 10,000m Lawrence has held his superiority: Following his 14:01.8 record he bettered his own national record with a fine 29:20.0 to Thomas 29:22.0 after both had passed the 6 mile in close to 28:27.5. At the O.T. Lawrence was once again victorious in 29:31.2, from Power 29:32.0 and Stephens 29:34.0 with Thomas fourth. Olympic Team: 5000m: Lawrence, Thomas, Landy: 10,000m. Lawrence, Power, Stephens.

The marathon Trial went to John Russell 2:26.37.8, Ollerenshaw 2:27.31.2, Perry 2:29.08.2 which automatically selects itself.

Jumps: Chas. Porter has been most consistent in the high jump, his best 6 ft. 8½ ins. In the Long Jump decathlon hope 18 year old John Cann has leapt 24 ft. 5 ins., while Hugh Jack won the O.T. with 24 ft. 4 ins. In the H.S. & J. Morrie Rich had a best 48 ft. 8½ ins., winning the O.T. with 49 ft. 6½ ins. which was wind-assisted.

THE SCOTS ATHLETE

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EDITED BY - WALTER J. ROSS

EDITORIAL OFFICES—69 ST. VINCENT STREET, GLASGOW, C.2

TEL.-CENTRAL 8443

NOV., 1956. Vol. 11, Nos. 7 & 8.

Annual Subscription, 12/6 (U.S.A., 2 \$).

JOHN EMMET
FARRELL'S



THE Olympic Games which seemed so remote are now on the threshold. With so many first class athletes from so many countries it is always far from easy to sum up chances on these occasions but the fact of the Games being held out of season (for most of the competitors) and the possibility of the higher than normal temperature of an Australian summer makes it even more difficult. World record holders are no certainties for Olympic crowns. Injuries, illness loss and recapture of form increase the vagaries of the forecaster. Nevertheless it is interesting to sum up chances and here and there state preferences.

Sprint Double for Bob Morrow?

The Olympic sprints are usually dominated by American sprinters and they have 3 strong entrants in Morrow, Murchison and Baker, who seem likely to repel all-comers. Mike Agostini of Trinidad seems the likeliest danger to an American scoop with Fütterer of Germany

the best European. Bob Morrow is regarded as the most consistent sprinter, strong in all departments and a good competitor. His coach is confident that if he can get away with his rivals at the gun he can beat the world. Our own sprinters are hardly of that class but they may do better than expected because of their fighting qualities.

A "Hot" 400 Metres.

On form world record-holder Lou Jones (45.2) and near rival Jim Lea seem out on their own and should dispute the issue. Nevertheless they are not unbeatable and have suffered defeat in competition. Best European seems Ignatjev of Russia though I like also the German pair, Haas and Mann and Hellsten of Finland. Peter Higgins has shown zeal and determination and I feel that he will give a good account of himself and could well reach the final. Rumour suggests that Geo. Rhoden—reigning champion has established a successful come-back.

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Courtney for 800 Metres.

Again this appears a classic contest with America's great trio Courtney, Sowell and record-holder Spurrier appearing an impenetrable barrier to other Olympic aspirants. The defection of 800 metres record-holder Roger Moens of Belgium through injury is regrettable but European champion Szentgali of Hungary, Boysen of Norway, Jim Bailey of Australia who may compete in this event and our own Derek Johnson make up a glittering field. My vote goes to Tom Courtney of U.S.A. big, strong and fast (with a 45.8, 400 metres to his credit). Apart from his own compatriots I rate his greatest danger the classic Boysen. Best outsider our own Derek Johnson who might spring out of the blue from under the cloud which has been obscuring him.

Ken Wood's the Fancy.

No race seems more open than the 1,500 metres, Landy, Nielson (Denmark), Hermann (Germany), Rozsavolgyi and Tabori of Hungary, Ericsson (Sweden), Lincoln (Australia), Halberg (New Zealand), Richtzenhain (Germany), Delaney (Eire), Jungwirth (Czechoslovakia), Wood and Hewson (Gt. Britain). Who would choose from these thoroughbreds?

No one has beaten the 4 minute-mile oftener than Landy but the mile record-holder may set his heights chiefly on the 5,000 metres. Recent injury has not enhanced his prospects and there are doubts whether he still retains his competitive punch and urge. Nevertheless on grounds of class his chances cannot be dismissed. Nielsen of Denmark was runner up to Bannister in the European Games of 1954 and has since improved but chief danger may emerge from world record-holder Rozsavolgyi of Hungary.

But I have a slight preference for Ken Wood, a bigger and stronger Sydney Wooderson, not a classic mover but free running, determined and able, strong in stamina and speed. Brian Hewson is of classic mould and is running into form at the right time after being under a cloud.

His form over 800 metres has been devastating but his ability over the longer stretch must now wait for the acid test of the Games.

Pirie's Chance in 5,000 Metres.

In the 5,000 metres, Britain have a strong trio in Pirie, Chataway and Ibbotson, each of whom has a winning chance, but also a question mark against his name. Iharos and Tabori of Hungary, perhaps, Lawrence and Landy of Australia, Kuts, Russia, Chromik of Poland if entered, Krzyszkowiak of Poland all look possible winners. Gordon Pirie is present world record-holder at the distance and can be devastating. If he has thrown off the jinx of muscle trouble and weather conditions are not abnormal his chest could break the tape. His re-action from the 10,000 metres race which he will compete in 4 days previously will also be an important factor.

Chataway, a great competitor, is something of a mystery. Recently he seemed short of a gallop but was improving day by day and may be timing himself cleverly to peak condition. Ibbotson with his sub-4 min. mile should fear no one. If he regains his sparkle he should be fighting out the finish.

Iharos and Kuts are strong and dangerous competitors each with a winning chance but seem better over 10,000 metres. Landy could be a surprise winner here and outsider Krzyszkowiak of Poland who impressed me most favourably at Ibrox could steal a march on all his opponents. Iharos and Tabori both have the class on performance though their stock has fallen recently.

I expect Kuts will set a lively pace with Pirie waiting to strike and Chataway lying handy. Landy too if still in the race at half-distance will step on the gas, forcing the issue all the way. This should suit Pirie who likes a fast pace and whose severe and conscientious training has made him strong in most departments.

Kuts Strength May Tell.

Kuts and Pirie will go for both the 5,000 and 10,000 metres and each has a chance of pulling off this fantastic double. Stephens runs in his homeland with conditions normal to his routine and like Landy in his events has this advantage but is he the same runner who beat the 6 miles record? One can never understand Pirie but I prefer his chances in the shorter stretch. On the other hand I prefer Kuts in the 10,000 metres where his great strength and stamina may win the day. Athletes of the stamp of Kovacs (Hungary) Anufrijev (Russia) Schade (Germany) are worthy of mention and though Zatopek's world track days seem numbered he remains one of the most colourful entrants and I would not be surprised if he disputes the issue for much of the distance.

Our other two entrants Ken Norris and Frank Sando must not be lightly dismissed. Norris class, fighting qualities and adaptability are outstanding and he has shown ability to withstand abnormal weather conditions which could be a vital factor at Melbourne. Sando has the temperament for the occasion and he has shown he can fight out a finish.

Marathon Ifs and Buts.

The marathon is traditionally a race where surprises are taken for granted and thus extra caution must be taken in forecasting the result.

It is difficult to look past Emil Zatopek as the probable winner despite his lengthy absence due to a hernia operation. If he has thrown off his rustiness an added sparkle may compensate for this loss of training. There is this doubt however but it would take an athlete of tremendous class to take advantage of his absence.

Viskari of Finland who recently beat Zatopek's 30,000 metres is a strong fancy and Zatopek himself admits to a healthy respect for him yet he was only 8th in the recent Kosice marathon behind our own Eric Smith, and well beaten by the Swede Nilsson and his compatriot Maninen—other fancied candidates. Filin of

Russia, Keith Ollerenshaw of Australia running in his homeland have their admirers as has Mihalic of Yugoslavia if he elects to start. Japan and the Argentine have intimated strong representatives. Our own trio Ron Clark, Fred Norris and Harry Hicks are somewhat of an unknown quantity in big international competition but all look full of class. Those nearest to Clark says his potential has not been tapped and look for either a major or minor surprise from the Herne Hill runner.

But Mimoun is Perfect Marathoner.

But if reports that Alain Mimoun of France is entered is correct I regard him as a probable winner. To me, Mimoun is the perfect marathon runner in action. Neatly and compactly built with a beautiful low gliding action he is effortless and machine-like. Yet his greatness has been obscured by the presence of Zatopek. But only the Czech at his best could outstay and outspeed this master runner.

Disley has Sporting Chance.

In the gruelling steeplechase Britain on paper have a grand trio in Disley, Shirley and Brasher. Shirley's injury has curtailed his training and his chances are obscure. Great and versatile athlete though he is Brasher seems just on the fringe of world-beating class and on form Disley appears our strongest steeplechase hope. A bronze medallist at Helsinki he seems able to rise to the occasion and he will have to run and jump as never before to beat such as Rosznyoi (Hungary), a strong Russian trio lead by Rzhishchin, Larsen of Norway and Jerzy Chromik the versatile Pole who if he runs here might be the most formidable of all.

Will a Davis win both Hurdles?

In the 110 metres high hurdles J. Davis world record holder at 13.4 secs. is a probable winner. Failing that Lee Calhoun his American colleague who holds a victory over him may win. In the killer 400 metres low hurdles—Davis may also win but this time Glen Davis who this year lowered the world record to the fantastic time of 49.5—a time that would do credit to the flat. Compatriots

Ed. Southern (49.7) and J. Culbreath (50.4) make up a formidable trio. Only Yuri Lituyev (Russia) the previous record-holder seems capable of upsetting the American apple-cart here.

7 feet Jumper Bids for Olympic Crown.

Charles Dumas, 19 year-old, 6 ft. 1 in. coloured American first person to break the 7 ft. high jump barrier with his 7ft. 0 $\frac{3}{4}$ in. (7 ft. $\frac{1}{2}$ in. for the record-book) must have an excellent chance of winning an Olympic crown but he is not a certainty with Nilsson of Sweden 6 ft. 9 $\frac{1}{2}$ in. and Kashkarov of Russia 6 ft. 10 ins. around. It will be recalled how on a previous occasion the comparatively modest jumper Winter of Australia won from a glittering field because of his consistency—stamina and big-time temperament.

On form the long jump looks again an American preserve but good reports are to hand concerning Kogake of Japan. The hop, step and jump might be the event of the games with the afore-mentioned Kogake, Sherbakov of Russia and Da Silva of Brazil the present champion. I pick Da Silva because of his competitive urge.

Parry O'Brien Should Win.

In the shot putt Parry O'Brien towers above his rivals. A defeat for him would be a sensation.

Vaulting Vicar

Should Again Mount Rostrum.

Consistent 15 ft. pole vaulter Bob Richards looks capable of retaining his Olympic title but in the javelin Young of U.S.A. though again forward will have to pull out all stops to thwart Nikkinen of Finland and the very consistent Sidlo of Poland. Controversy still rages round the new unorthodox Spanish style of casting the spear.

Gordien still seeks Revenge.

Fortune Gordien of U.S.A. on performance has the edge on Consolini of Italy but the wily veteran has up till now been the better competitor. This personal set-up makes the discus event an intriguing one. But not more intriguing than the probable hammer duel between Connolly

of U.S.A. and the brilliant young Russian Mikhail Krivonosov. The motto of each would seem to be "anything you can do I can do better." They have been beating each other's marks with monotonous regularity. Now they meet face to face on the greensward swinging the hammer—but certainly not "swinging the lead."

Greatest Contest—Jacks Colour.

The 10 event Decathlon is probably the greatest test in the Games and the winner is in some respects the greatest athlete of the Olympics, certainly the greatest all-rounder. But it does not captivate the spectator; it lacks crowd appeal and colour, for the contest is against the watch and the tape measure. The drama of the man to man struggle is missing. Again it may develop into a triangular contest between Johnson and Campbell of U.S.A. and Kutsnetsov of Russia. If in top form Rafer Johnson could be out on his own for he has aggregated the phenomenal pointage of 7,985 which dwarfs even Bob Mathia's grand total of 7,887 pts.

So much for the prospects. Let's hope that when the Olympic torch is extinguished and the results have been tabulated, the Olympic spirit too will have abundantly survived and flourished.

Early Cross-Country "High-lights."

So far this cross-country season has assumed similar pattern to that of last season. Victoria Park after holding off a keen challenge from Shettleston in the McAndrew relay could not hold their rivals over the country in the Midland relay. Edinburgh University again had too much talent in the Eastern while Greenock Wellpark even without the Stevenson brothers easily retained their South-western championship. Ian Binnie has never run a greater race than when holding off Graham Everett in the White-inch relay yet to me Calderwood was the hero of his team with his first lap exhibition of grit and determination.

Mile champion Graham Everett on his early form may be the find of the cross-country season and may even be a strong

DUNDEE HAWKHILL HARRIERS KINGSWAY RELAY RACE

1. Shettleston H.—(G. Govan, 14.22; R. C. Wallace, 14.42; J. Turnbull, 14.43; G. Everett, 14.08). 57m. 55s.

2. Edinburgh Southern H.—(R. McAllister, 14.45; J. Milligan, 15.12; J. Foster, 14.43; W. Lyall, 14.40). 59m. 20s.

3. Springburn H.—(J. Ballantyne, 15.16; D. Wilmoth, 15.24; J. Rooney, 14.22; J. McCormack, 14.20). 59m. 24s.

4. Falkirk Victoria H.—(R. Gordon, 14.36; F. Rankin, 15.01; W. Currie, 15.14 R. Sinclair, 15.07). 59m. 58s.

5. Aberdeen A.A.C.—(A. Homie, 14.56; S. Taylor, 15.07; J. Gray, 15.02; C. Donald, 15.20). 60m. 22s.

6. Shettleston H. "B"—(W. Gorman; 15.00; W. McFarlane, 15.09; T. Walters; 15.23; R. Orr, 14.56). 60m. 28s.

7. Braidburn A.A.C.—(N. Donnachie 14.23; J. K. Hislop, 15.03; R. A. Henderson, 15.02; A. Howie, 15.55). 60m. 33s.

8. Edinburgh East. H.—(T. Ramage, 15.17; P. Stewart, 15.32; J. Devlin, 14.57; C. Fraser, 14.48). 60m. 34s.

9. St. Modan's A.A.C.—(J. H. Murray, 14.38; C. M. Meldrum, 15.27; J. McCracken, 15.17; J. J. Keilt, 15.41). 61m. 03s.

10. Dundee Hawkhill H.—(I. McDougall, 15.11; R. F. Strachan, 15.19; A. Smart, 15.41; L. Simpson, 15.19). 61m. 30s.

11. H.M.S. Caledonia—(C. Watts, 14.35; J. Avey, 15.41; L. Moore, 16.02;

challenger for the national Championship held by team-mate Eddie Bannon. Everett runs cross-country for the best of all reasons—because he likes it.

There is quite a way to go yet—but present indications are that Scotland could have a grand spear-head with the following—Bannon and Everett (Shett.) McLaren (Vict. Park), Brown (Motherwell Y.M.C.A.) and Moy (V. of Leven). Each has shown real brilliance on occasion over the country.

P. Stagg, 15.35). 61m. 53s.

12. Perth Strathitay H.—(D. Innes, 15.00; A. McLeod, 15.41; I. Newton, 15.22; F. W. Sime, 16.14). 62m. 17s.

13. Edin. South. H. "B"—(J. Smart, 15.22; J. Bruce, 15.55; R. Anderson, 15.58; N. Halvorson, 15.26). 62m. 41s.

14. Dundee Thistle H.—(J. Fotheringham, 15.46; J. Miller, 15.38; R. Oram, 16.27; J. Petrie, 16.18). 64m. 09s.

15. Kirkcaldy Y.M.C.A. H.—(W. L. Smith, 15.04; R. Mullen, 15.52; J. Dewar, 17.34; P. Husband, 15.44). 64m. 14s.

16. Aberdeen A.A.C. "B"—(G. Wilson, 15.24; J. Crawford, 16.31; L. Clark, 16.49; A. Hadden, 15.37). 64m. 21s.

17. Dunfermline Carnegie A.A.C.—(J. Welshman, 16.20; B. Denver, 16.38; J. Bray, 16.23; C. Foley, 15.09). 64m. 30s.

18. H.M.S. Caledonia "B"—(B. Mahoney, 16.31; J. Mooreshead, 16.22; N. Pearce, 16.16; D. Warner, 16.00). 65m. 09s.

19. Perth Strathitay H. "B"—(F. Selby, 16.45; P. Dobbie, 16.29; S. Leitch, 16.04; R. Holmes, 16.50). 66m. 08s.

20. Shettleston H. "C"—(J. Kirk, 15.53; R. Bolling, 15.47; W. Hodgins, 16.45; J. McDines, 16.51). 66m. 16s.

21. Dundee Hawkhill H. "B"—(J. Laird, 16.20; H. Bennett, 19.58; E. McLean, 15.41; W. Adamson, 16.43). 68m. 42s.

22. H.M.S. Caledonia "D"—(A. Papple, 17.02; C. Drury, 17.23; P. Clarke, 16.55; I. Burvill, 18.01). 69m. 21s.

23. H.M.S. Caledonia "C"—(A. Clarke, 17.37; P. Angell, 18.42; A. Mawson, 16.26; D. Nash, 17.32). 70m. 17s.

Failed To Finish:

Dundee Thistle H. "B"—C. D. Robertson, 15.54; P. Taylor, J. McNally, 16.24. Braidburn A.A.C. "B"—H. Morrison, 17.06.

Fastest Times:

1. G. Everett (Shettleston H.) 14.08
2. J. McCormack (S'burn H.) 14.20
- 3 & 4. G. Govan (Shett. H.) and J. Rooney (S'burn H.) 14.22

THE VICTORIA PARK A.A.C.

ROAD RELAY

6th October, 1956.

Those who went along to Whiteinch, expecting a repeat of last season's thrilling and record-breaking race, did not go away disappointed. Conditions again were fine, maybe a little cooler, than in recent races, but just the kind on which cross-country men thrive. Most of the pre-race forecasters, plumped for another keen tussle between Shettleston and Victoria Park, but quite a few of the experts reminded one to keep their eye on "Bella."

Well, Shettleston had every reason to be confident, after their easy win at Dundee on the previous Saturday. By bringing in Joe McGhee for John Turnbull, they reckoned to be even stronger, and were thus turning out the same team, who were so narrowly defeated last year. Victoria Park on the other hand, had some queries about their quartette. How was Ian Binnie going to run after his reported "retiral"? Had Jim Russell time to get really fit, after the illness which put him out of action, throughout the track season? Would young Gordon Kerr make up for Ronnie Urquhart, now back in Perth? He had been an outstanding youth, some two years ago, but has done nothing of note, since his return from National Service. Fourth man would be Bobby Calderwood, now well settled in Civvy Street, and about back to his best form. The young Bellahouston team, who had won almost all the team races, during the past track season, must have a real chance, even without Willie Goodwin. On present form Harry Fenion would be an able deputy, to support G. Nelson, J. Connolly and R. Penman.

With 62 teams forward for the start, figures were well up to the usual for this event. Right from the gun, it was obvious that there would be no loitering as J. Wright (Clydesdale) and Joe Connolly (Bellahouston) were soon at the front of the pack, cutting out a fast pace. T. O'Reilly (Springburn) C. Wallace

(Shettleston), G. Dickson (Garscube) and R. Calderwood (Vict. Park) were all lying handy to make sure there was no easing off, and the big field was soon well spread out. With just over a mile to go, local boy Calderwood, started to make his effort, and the leading group began to break up. Coming past the Showgrounds Gates, he was 20 yards clear of Connolly, with Wallace another 10 yards back. Along the long home straight, Calderwood opened the gap further, with each stride, to give the promoting club an early lead, with the grand time of 15 mins. 13 secs. Connolly handed over, just 10 secs. behind, with Wallace close behind. J. Wright of Clydesdale who had made a lot of the early running came 4th, with a surprise 5th, in F. Cowan better known as a half-miler, running for one of Bellahouston's minor teams. G. Dickson of Garscube was a good 6th though a bit short of last year's form, and W. Kirkwood (Maryhill) 7th in 16.04, showed tremendous progress from last year, when he turned in a modest 18.18.

With G. Kerr on for V.P., and Joe McGhee (Shett.) and R. Penman (Bella.) in hot pursuit the 2nd stage promised to be equally exciting. With half the distance gone it looked as if McGhee would have difficulty in catching the young Victoria Park runner, but over the last mile Kerr faded a little, and McGhee was able to get away to a 70 yards lead. Penman for Bellahouston also ran a fine lap, just getting to the changeover alongside the V.P. man. Garscube were now 4th through Star Horn, and that fine up-coming runner J. Rooney had brought Springburn into 5th position. However, the finest effort on this stage was by A. McDougall of Vale of Leven, who had run through from 24th to 6th position in returning a great 15 mins. 19 secs.

G. Govan (Shett.) was now in the lead with J. Russell (Vict. Park) and H. Fenion (Bella.) not far behind, and it now looked certain that one of those three clubs would be the eventual winner. With a mile to go Russell had dropped Fenion

and moved right up to Govan, but Shettleston's lanky youth was not giving up without a fight. Only with a great effort in the run-in was Russell able to open up a gap of a bare 20 yards, so the promised thriller over the last lap, between Binnie and Everett looked like materialising. Bellahouston were now falling behind, being almost 30 secs. back, though they still had Steeple-Chase Champion G. Nelson for the anchor leg. Away out of sight of all this excitement, Andy Brown was running a great lap for Motherwell to move up 8 places and set a new record of 14 mins. 56 secs. Pat Moy for Vale of Leven had also lapped in great style—15.09—to put them in a comfortable 4th. Away back in the middle of the pack Alec. Small of Plebian, was also weaving his way past a host of opponents, finally to hand over with a gain of 20 places.

With such stars as Binnie and Everett to cover the last stage a new overall record was certain, even if they did not surpass Brown's individual effort. Though starting in the unaccustomed position of having a lead, Binnie was off in his usual hurricane fashion and Everett equally fast to ensure that the gap did not open. With a mile gone, he had even closed the deficit to a bare 5 yards, though Binnie showed no sign of easing up any, on the relentless pace. With a mile to go, Binnie was moving away again, though Everett still looked far from being through. Down on to the finishing straight Binnie had won back his 20 yards lead, and the only question left—could Everett deliver his finishing kick, and make a final challenge? Half-way along Binnie looked much the stronger and came home a grand winner with the gallant Everett, looking more tired but fighting it out to the last just 7 secs. back.

One of the best races ever between those keen rivals with the winners bettering the previous record by 74 secs. Binnie's last lap effort of 14 mins. 53 secs. also new figures. Other new records in the race were R. Calderwood (Vict. Park) for

Stage 1; A. McDougall (Vale) Stage 2; A. Brown (Motherwell) Stage 3; and I. Binnie (Vict. Park) Stage 4.

The fact that members of the first 3 teams were all inside 16 mins. shows how the standard has risen since the war and the overall record has been cut by over 3½ minutes during that same period. In 1949 Andy Forbes had the fastest lap and was the only one inside 16 mins.—to-day we had 25 doing better than that figure. The late Willie Donaldson's record of 15.39, which was thought suspect seems now a very modest performance.

J. MCCLURE.

1. Vict. Park A.A.C.—(R. C. Calderwood, 15.13; G. Kerr, 15.47; J. Russell, 15.21; I. Binnie, 14.53). 61m. 14s.

2. Shettleston H.—(R. C. Wallace, 15.27; J. McGhee, 15.22; G. Govan, 15.35; G. E. Everett, 14.57). 61m. 21s.

3. Bellahouston H.—(J. Connolly, 15.23; R. Penman, 15.37; H. Fenion, 15.48; F. G. Nelson, 15.26). 62m. 14s.

4. Vale of Leven A.C.—(R. Steel, 16.39; A. McDougall, 15.19; P. Moy, 15.09; J. Garvie, 16.29). 63m. 36s.

5. Springburn H.—(T. O'Reilly, 16.06; J. Rooney, 15.37; J. McCormick, 15.36; J. Ballantyne, 16.21). 63m. 40.

6. Shettleston H. "B"—(A. Orr, 16.04; T. Kelly, 16.15; J. Turnbull, 15.48; E. Bannon, 15.51). 63m. 58s.

7. Motherwell Y.M.C.A. H.—(M. Mitchell, 16.08; J. Poulton, 16.37; A. H. Brown, 14.56; T. Scott, 16.33). 64m. 14s.

8. Garscube H.—(G. Dickson, 15.51; S. Horn, 15.50; H. Carson, 16.15; J. Linn, 16.35). 64m. 31s.

9. Edinburgh Southern H.—(R. McAllister, 16.27; J. Milligan, 15.58; J. Foster, 16.13; W. Lyall, 16.13). 64m. 51s.

10. Victoria Park A.A.C. "B"—(R. Russell, 16.07; S. Ellis, 16.02; R. Kane, 16.30; J. Whitelaw, 16.42). 65m. 21s.

11. Clydesdale H.—(J. Wright, 15.38; W. Linton, 16.33; J. Hislop, 16.36; R. Clark, 16.43). 65m. 30s.

Continued on page 11.

DIET IS IMPORTANT

By P. W. Cerutti, Australia.

This article on diet is intended to be powerful, I do not intend to "mince" my words. People who say that diet is not important—that is, the aliment we feed our bodies on—if they mean what they say, are menaces and fools. But what they usually mean is that the ordinary food in the ordinary home or cafe is good enough. So it is: for ordinary people who are content to live ordinary lives and die in ordinary ways from very ordinary diseases. I am not one of them.

It is true that most people approach the question of their aliment as they do their amusements: without deep thought or knowledge: and mostly judge it or determine these things on their pleasure factor. If they like it then it is good.

Further their views are justified by the old cliches that one man's food is another man's poison: and, if you enjoy your food it will do you good. Both statements are far from true, although there is some truth in the general idea.

If these statements were true then those who feed unduly on nicotine and alcohol would tend to be our fittest and healthiest people: they are not. Especially is this true of alcohol since it is a perfect food: completely assimilable and no residue. But its toxic property counters its advantages. We just cannot live on it although many try.

Incidentally both these addictions should play no part in the life of a serious—and sensible athlete. I will admit that a little alcohol as we age seems to be beneficial to mankind. Leave it then as something for the future when the zest for life weakens somewhat.

Food IS Important. Most important. More important than training schedules, actually. Especially if you have ideas of living healthily, and actively, to around the eighties, as we all should. (I certainly do).



This is fundamental as I have worked it out. Food, aliment or diet, it all means the same, must be as close to how it is found in nature as possible. It is only in the last few decades that we have seen the change to factory prepared foods, tinned foods, de-natured foods: and the rise of the elaborate recipe. For countless generations our ancestors lived on simple foods, simply and easily cooked. Our digestive tracts have not accommodated themselves to modern poor foods.

The diseases of mankind are increasing: True longevity is not. Kidney, heart and lung diseases are commonplace: most die from them—and cancer. Then many eke out a precarious existence crippled with rheumatism, bladder and bowel disorders. We need not.

In the end we have to admit it: every nerve, sinew, bone and muscle is built out of the materials we call food. We are what we eat, drink and breathe. Toxic foods poison—in time: Too much protein ferments and is not ingested: we do not run on it: so much for big steaks.

Too much dead food: killed in preparation: cooking or processing: we cannot sustain life on it: What, then, the athlete!

As I said earlier: if we are content to be "ordinary" we need not read further. But the athlete who means to get to the top: He must consider these matters—deeply. And there is much to learn.

"How do I know?", you may ask. I have proved a lot in my own experience. Then I read a lot: think a lot. It all

helps one to know. I have been doing it for forty odd years: we DO get a few clues—if we stick at it. But a complete freedom from all the ills: able to run a mile without breathless bravado anytime well under six minutes: to climb: dive and swim—in a word, to still "live": these are my proofs—the only worthwhile ones, I think we can admit: since with fitness ALL things are added unto us!

What do I live on? Mostly nature foods. Breakfast about two hours after rising is mostly raw rolled oats, nuts and raisins. Lunch: can be a couple of slices of black bread or similar, margarine: vegemite: salads: fruits: raw eggs: or a little chicken or similar. Dinner at night is mostly steamed vegetables: or cooked in oil, spaghetti, a little fish or fowl, and if still hungry, good bread and jam or honey.

I never eat anything "fancy" or "rich": yet I am not a martyr to the best things in life. Being at the age of mellowness I enjoy some mellow wine with my later meals. Also I may take milk: otherwise I never drink with my food but always amply between meals, and then mostly water of which I often drink quite copiously: or an extraction made from the rinds of lemons: most thirst quenching in the summer, especially. Some tea at tea-time an hour or so before dinner, and there you have it: mostly.

I feel that people become addicted to things such as animal fats, sweets, sugars just as they do to drugs. Biscuits and cakes, to me, are a perversion: I do not need them. I eat to live: to enjoy "Life" not merely to please my taste buds or a ravening appetite.

Gluttony, to me, is just as distasteful as drunkenness: I enjoy my simple foods and realise what they do for me: how they work for me: And every now and again I fast may-be only for a meal or two. The habit of eating can become a vicious habit like any other. Any person is only as big as his controlling habit: many, therefore, only as big as a cigarette tube.

These things are not altogether appreciated as they might be by athletes: but they will increasingly be so as standards improve. Because we ARE what we eat: And our energy does not come from exercise but from food. Without food, exercise is useless: with poor food it can only be inferior in results—performances.

But the athlete who trains hard needs fortifying by additional vitamins, especially. Nature never imagined when she developed a balanced diet that man would embark upon such feats as he does today. Especially does the athlete who trains hard and long appear to need additional Vitamin B: Vit. C has been found to help fatigue. This is taken in big doses today. Vit. B it has been said can be taken up to many times the amount found and supplied by nature (in our food).

Air baths and a love of water inside and out: There is not much more to add, really. It is all so very simple.

Continued from page 9.

12. Bellahouston H. "B"—(D. Wright, 16.17; R. Black, 16.13; R. Wilson, 16.35; J. Irvine, 16.59). 66m. 04s.

13. Edinburgh Southern H. "B"—(W. A. Robertson, 16.19; J. Smart, 16.20; J. Bruce, 16.42; N. Halverson, 16.44). 66m. 05s.

14. Falkirk Victoria H.—(R. Gordon, 16.11; W. Currie, 16.41; R. Sinclair, 16.56; G. Rankin, 16.19). 66m. 07s.

15. Maryhill Harr.—(W. Kirkwood, 16.04; J. E. Farrell, 16.30; G. B. McLintock, 16.21; J. D. Gibson, 17.24). 66m. 19s.

16. Greenock Wellpark Harr.—(W. Stoddart, 16.52; J. Macgregor, 16.44; G. King, 16.18; C. Aitken, 16.50). 66m. 44s.

17. Victoria Park A.A.C. "C"—(J. Parker, 16.18; P. Keenan, 16.46; R. Lees; 17.00; W. Kerr, 16.52). 66m. 56s.

18. Shettleston H. "C"—(J. Kirk, 16.58; J. Girdwood, 17.13; T. Walters, 16.25; W. Macfarlane, 16.23). 66m. 59s.

19. Braidburn A.C. "A"—(J. K. Hislop, 16.26; W. Henderson, 17.51; R.

A. Henderson, 16.36; N. Donnachie, 16.08). 67m. 01s.

20. Paisley H. "A"—(C. McCart, 16.29; J. Campbell, 16.37; A. Napier, 17.06; G. Napier, 16.52). 67m. 04s.

21. Glasgow University H. & H.—(A. Galbraith, 16.28; D. McFarlane, 17.27; P. Maitland, 16.33; P. Ballance, 16.49). 67m. 17s.

22. Clydesdale H. "B"—(J. Young, 16.47; F. Kilty, 17.09; G. White, 16.46; P. Younger, 16.41). 67m. 23s.

23. Kilmarnock H.—(J. M. Young, 16.41; H. Rankine, 16.41; R. Miller, 17.09; W. J. More, 16.59). 67m. 30s.

24. Plebeian H.—(D. Barclay, 17.32; T. McLean, 17.08; A. Small, 15.46; T. Rewcastle, 17.43). 68m. 09s.

25. Dundee Hawkhill H.—(I. McDougall, 16.51; R. Strachan, 16.44; A. Smart, 17.33; L. Simpson, 17.13). 68m. 21s.

26. Springburn Harriers "B"—(D. Wilmoth, 16.42; P. McNab, 17.17; T. Craig, 17.02; J. Murphy, 17.24). 68m. 25s.

27. Babcock & Wilcox A.C.—(A. Duthie, 16.40; W. Hutton, 17.32; G. Anderson, 17.12; R. McDermott, 17.02). 68m. 26s.

28. Maryhill H. "B"—(J. A. Gibson, 16.33; J. Hoskins, 17.16; S. Wright, 17.17; T. Harrison, 17.24). 68m. 30s.

29. Motherwell Y.M.C.A. "B"—(B. McRoberts, 16.40; R. Mackay, 16.50; W. Marshall, 16.53; C. Pollock, 18.27). 68m. 50s.

30. Greenock Wellpark H. "B"—(J. Cairns, 16.34; P. McConnachie, 16.39; R. McSwein, 18.05; J. Taylor, 17.35). 68m. 53s.

31. Bellahouston H. "C"—(A. Jack, 17.40; J. McLean, 17.07; G. Bell, 17.12; D. Dickson, 16.56). 68m. 55s.

32. Bellahouston H. "D"—(F. Cowan, 15.44; R. Stoddart, 17.14; I. McKenzie, 18.08; A. Watt, 17.49). 68m. 55s.

33. Clydesdale H. "C"—(J. Hume, 17.06; D. Bowman, 17.12; J. Duffy, 17.10; D. Stirrat, 17.29). 68m. 57s.

34. Hamilton H.—(H. Gibson, 16.09; J. Orr, 18.00; A. Gibson, 16.24; J. Craig, 18.33). 69m. 06s.

35. Greenock Glenpark H.—(J. Grant, 16.49; J. Spence, 16.53; D. Kennedy, 17.41; M. Thompson, 17.51). 69m. 14s.

36. Irvine Y.M.C.A. H.—(H. Kennedy, 16.56; W. Banks, 16.45; S. Kennedy, 17.45; J. Kerr, 17.50). 69m. 16s.

37. H.M.S. Caledonia—(P. W. Stagg, 16.38; M. S. Pearce, 17.30; G. K. Avey, 18.11; L. K. Moore, 17.16). 69m. 35s.

38. Falkirk Victoria H. "B"—(J. Welsh, 17.34; T. Shields, 16.45; A. Cook, 17.49; D. Nicoll, 17.38). 69m. 46s.

39. Dumbarton A.A.C.—(H. McErlean, 17.52; A. Ewing, 17.42; J. Timmins, 16.43; H. Hamilton, 17.39). 69m. 56s.

40. Garscube H. "C"—(J. Hughes, 17.15; E. Murray, 17.15; D. McFadyen, 17.33; A. Warton, 17.53). 69m. 56s.

41. Vale of Leven A.C. "B"—(H. Garvie, 17.08; J. White, 18.36; D. Patterson, 17.13; G. Crichton, 17.54). 70m. 51s.

42. Plebeian H. "B"—(J. McEwan, 17.18; D. McEwan, 17.19; Hay, 18.29; C. Heaney, 17.55). 71m. 01s.

43. Shettleston H. "D"—(I. Donald, 17.39; R. Bolling, 17.04; W. Hodgins, 18.16; J. McDines, 18.11). 71m. 10s.

44. Glasgow Univ. H. & H. "B"—(D. Johnson, 16.48; R. Meikle, 18.20; D. Valentine, 17.48; P. Martin, 18.36). 71m. 32s.

45. Springburn H. "C"—(C. Mallon, 17.02; G. Mackay, 17.50; J. Price, 18.34; F. McDonnachie, 18.09). 71m. 35s.

46. Kilmarnock H. "B"—(G. B. Wilson, 18.02; D. D. Todd, 17.21; D. W. Walker, 18.41; G. Withers, 18.02). 72m. 06s.

47. Shettleston H. "E"—(A. Hill, 17.22; D. Boyle, 20.28; I. Cloudsley, 17.17; F. Scally, 17.04). 72m. 11s.

48. Clydesdale H. "D"—(J. McLaughlin, 17.21; J. Boyd, 18.25; W. Roddick, 18.28; J. Parker, 18.02). 72m. 16s.

49. Paisley H. "B"—(W. McNeil, 17.27; D. Ferguson, 17.24; J. Sellers, 18.19; P. Donnelly, 19.51). 73m. 01s.

50. Hamilton H. "B"—(T. McCafferty, 17.11; A. Johnston, 18.29; W. Carlton, 18.16; W. Jenkins, 19.06). 73m. 02s.

51. Victoria Park A.A.C. "D"—(W. Richmond, 18.41; C. D. Forbes, 16.42; D. Macfarlane, 18.22; I. Sloan, 19.19). 73m. 04s.

52. Glasgow Police A.A.—(J. Kinnell, 18.14; G. Boyes, 17.32; F. McGown, 18.41; A. Allan, 19.22). 73m. 49s.

53. H.M.S. Caledonia "B"—(O. Warner, 19.51; D. Nash, 17.04; K. Moorshead, 17.50; M. J. Mawson, 19.21). 74m. 06s.

54. Victoria Park A.A.C. "E"—(A. McDonald, 20.00; R. Brown, 16.47; J. McClure, 19.12; W. Sloan, 19.36). 75m. 35s.

55. Babcock & Wilcox A.C. "B"—(W. Douglas, 17.45; W. Kincaid, 19.25; D. Houston, 19.15; W. Lawrie, 19.45). 76m. 10s.

56. Springburn H. "D"—(R. Waring, 20.13; J. Smith, 19.53; A. Reid, 17.46; H. Haughney, 19.08). 77m. 00s.

Did Not Finish :

Garscube H. "B"—G. Paris, 16.46; A. Kidd, 16.20; F. J. Robertson (retired).

Garscube H. "D"—M. McDermott, 18.58; D. Spencer, 17.30; R. Donald, 18.05.

Plebeian H. "C"—(P. McDermott, 17.24; T. Monaghan, 19.13; Jamieson, 18.07).

Bellahouston H. "E"—S. McLean, 17.19; R. Climie, 17.57; J. Kelly, 20.20. Motherwell Y.M.C.A. "C"—D. Macfarlane, 17.17; W. Keyes, 18.38; W. Watson, 19.02.

Braidburn A.C. "B"—D. B. Nisbet, 19.52; E. Cuthbertson, 16.30; H. Morrison, 17.46.

Fastest Times :

1. I. Binnie (Vict. Park A.C.) 14.53
2. A. H. Brown (Motherwell) 14.56
3. G. Everett (Shettleston H.) 14.57
4. P. Moy (Vale of Leven) 15.09

1st ANNUAL

KINGSWAY YOUTHS' RELAY RACE

1. Perth Straththay H.—(J. McDonald, 8.03; D. Cameron, 8.02; L. Gordon, 8.41; D. Martin, 8.17). 33.03.

2. Falkirk Vict. H.—(D. McPherson, 8.01; I. Simpson, 7.56; L. Tscheroch, 8.50; D. Lamont, 8.21). 33.08.

3. Victoria Park A.A.C.—(W. Tarbet, 8.02; D. Campbell, 8.31; J. Taylor, 8.42; E. Smith, 8.17). 33.32.

4. Braidburn A.A.C.—(D. Hamilton, 8.07; J. W. Brown, 8.00; R. Dunbar, 8.53; D. Haston, 8.49). 33.49.

5. Shettleston H.—(J. Kay, 8.30; T. Malone, 8.18; H. Summerfield, 8.36; L. Botfield, 8.28). 33.52.

6. Dundee H'hill H.—(W. Kennedy, 8.27; J. Kennedy, 8.19; R. Kennedy, 8.33; A. Beattie, 8.45). 34.04.

7. St. Modan's A.A.C.—(A. T. Roy, 8.04; M. Conlon, 8.22; G. G. Pearson, 8.34; P. M. Flaherty, 9.07). 34.07.

8. Shettleston H. "B"—(D. Drye, 8.16; W. Keenan, 9.30; J. Hannah, 8.03; W. Hendry, 9.33). 35.22.

9. Edinburgh Southern H.—(H. McLincon, 8.31; A. Elliot, 9.43; R. Hinde, 9.04; C. Jeffrey, 8.44). 36.02.

10. H.M.S. Caledonia—(C. Falkinder, 8.39; B. Hepworth, 10.34; P. Revill, 8.24; R. Wyatt, 9.29). 37.06.

Failed To Finish :

Braidburn A.A.C. "B"—(H. Taylor, 9.18).

Fastest Times :

1. I. Simpson (Falkirk Vict.) 7.56
2. J. W. Brown (B'burn A.C.) 8.00
3. D. McPherson (F'kirk Vict.) 8.01

"World Sports" International Athletics Annual 1956. Contains every statistic necessary for a complete appreciation of athletics. Compiled by the A.T.F.S. (General Editor, R. L. Quercetani). Contents include:—National Records and Championships; World, Olympic and European records; 1955 World List and World Best Performances; Photos of International stars; International Matches 1955; Women's World Records and World List. 208 pages. Price 7/6. 4d. extra for postage.

Obtainable from "The Scots Athlete."

WOMEN'S NOTES

By DALE GREIG

Field Events and the Olympics

With our Scottish records for the field events currently standing at—High Jump 5 ft. 2 ins., Long Jump 17 ft. 11 ins., Shot Putt 33 ft. 11 ins., Discus 116ft. 2 ins., it can be seen just how far behind England we are in this sphere of athletics.

But in England too performances in these events are relatively weak and in fact the standard in the Javelin is so far short of the present world marks that no competitor is being sent to Australia for this event.

As far as the field events are concerned then, just what chance of success do our athletes have at Melbourne?

Since the Discus is the first Women's event on the programme let's have a look at our prospects there.

The only British representative for the Discus and Shot Putt is Suzanne Allday (Spartan L.A.C.). To qualify for the final round, Suzanne must do 137 ft. 9½ ins. for the Discus and 42 ft. 7¾ ins. for the Shot. With numerous British records behind her this season, and with performances like 154 ft. 3 ins. and 45 ft. 11 ins. to her credit she should have little difficulty in qualifying. But one can only foresee Russian victories in these events, when one looks at the massive throws of these Soviet athletes—throws like 174 ft. 7½ ins. in the Discus by Nina Ponomaryeva and 54 ft. 2¾ ins. in the Shot by T. Tishkevich, who at the Russian Olympic trials gained a victory over world shot-putt record holder Galina Zyhina. Although Ponomaryeva has unfortunately been out of action for six weeks, no one else looks like producing this form.

What of the Long Jump? Both Sheila Hoskin and Thelma Hopkins should qualify (necessary distance is 18 ft. 8½ ins.), and since both have cleared 20 ft. this season they have a definite chance of reaching the last six, but here again leaps of 20 ft. 11 ins. by Dunska-Kryzinska (Poland) and 20 ft. 8¾ ins. by Papova

(U.S.S.R.) make a British win unlikely, although anything is possible at the Olympic Games.

Lastly the High Jump. This is our main hope. Indeed a British victory here would be very fitting, for it is this event which in the past has brought us so close to that coveted gold medal which Dorothy Tyler missed only on failures after tying for first place at Berlin in 1936 and again at London in 1948. Dorothy goes yet again to the Olympics with team mates Audrey Bennet of Essex, who has done 5 ft. 5 ins. this season and Thelma Hopkins (Queen's University, Belfast), who with her world record leap of 5 ft. 8½ ins. in May, must rank as our No. 1 hope. Thelma will probably start in the unenviable position of favourite but she will certainly have her work cut out to triumph over Iolanda Balas (Rumania), current holder of the World Record at 5 ft. 8¾ ins., and Olga Modrachova (Czechoslovakia).

No British woman has ever won a gold medal at the Olympics. Who will be the first?—does anyone dare to say that we have an athlete with a better chance than Thelma Hopkins of Belfast? Our prospects are brighter in the field events than they have ever been before. Our athletes can set out with confidence and hope. They may not beat the world but they will challenge strongly. After all what was it Baron de Coubertin said? "The important thing in the Olympic Games is not winning but taking part."

* * *

Back home again the winter course for Glasgow athletes, which resumed at High School on the 15th October, was greeted very enthusiastically on its opening night, by eighty-eight aspiring athletes, the vast majority of whom were schoolgirls. It is very encouraging to see so many school-girls eager to train during the winter months. Keep it up girls!

RENFREWSHIRE 10 MILES C.C. RELAY CHAMPIONSHIP

Pollok Estate, 20th October, 1956.

1. Bellahouston H.—(H. Fenion, 13.23; R. Penman, 13.25; J. Connolly, 13.21; F. G. Nelson, 12.47). 52m. 56s.
2. Bellahouston H. "B"—(F. Cowan, 13.25; D. Wright, 13.53; R. Wilson, 13.48; R. Black, 13.51). 54m. 57s.
3. Greenock Wellpark H. "B"—(J. Cairns, 14.07; H. McHenry, 13.46; W. Stoddart, 14.08; D. McConnachie, 14.03). 56m. 04s.
4. Greenock Wellpark H.—(C. Aitken, 14.05; P. McConnachie, 13.50; T. Stevenson, 14.31; G. King, 13.59). 56m. 25s.
5. Paisley H.—(J. Campbell, 14.45; C. McCart, 14.01; A. Napier, 13.35; G. Napier, 14.05). 56m. 26s.
6. Bellahouston H. "C"—(D. Dickson, 14.15; J. Irving, 13.58; S. McLean, 14.03; A. Jack, 14.44). 57m. 00s.
7. Plebeian H.—(D. McEwan, 15.20; A. Small, 13.39; T. Rewcastle, 14.38; T. McQuade, 14.17). 57m. 54s.
8. Bellahouston H. "D"—(A. Watt, 14.35; R. Climie, 14.28; R. Stoddart, 14.13; G. Bell, 14.50). 58m. 06s.
9. B'cock & W'cox A.C.—(A. Duthie, 14.32; W. Hutton, 14.21; W. Douglas, 15.03; G. Anderson, 14.37). 58m. 33s.
10. Greenock Wellpark H. "C"—(D. Anderson, 15.25; R. McSwein, 15.55; I. Ross, 15.00; G. Stoddart, 16.11). 62m. 31s.
11. Plebeian H. "B"—(D. Hay, 15.32;

Continued from previous page.

The A.G.M. of the Scottish Women's Amateur Athletic Association was held at the Y.M.C.A. in Bath Street on Nov. 3rd. Business on the Agenda included the fixing of the dates for the C.C. and track champs. A full report on the meeting, however, will be given in our next issue.

* * *

A Ballot Relay of 1½ miles per lap is to be held at Ayr on 1st December. Those interested can obtain details from Mrs. Thursby, 23 St. Phillan's Avenue, Ayr.

J. McEwan, 15.32; B. Smethurst, 15.15; D. Barclay, 16.18). 62m. 37s.

12. Glasgow Police A.A.—(W. Paul, 15.23; T. Robertson, 15.50; G. Boyes, 15.05; W. Armour, 16.35). 62m. 53s.

13. Greenock Glenpark H.—(J. Spence, 15.40; J. Grant, 14.47; J. Callaghan, 15.14; D. Kennedy, 17.43). 63m. 24s.

14. Paisley H. "B"—(A. Murdoch, 15.39; W. McNeil, 14.53; D. Ferguson, 15.20; J. Pearson, 17.57). 63m. 49s.

15. Glasgow Police A.A. "B"—(A. Allan, 15.24; J. McLeish, 15.19; J. McAuley, 17.37; F. McGown, 16.47). 65m. 07s.

16. Babcock & Wilcox A.C. "B"—(R. McDermott, 16.07; D. Houston, 15.48; W. Lawrie, 16.32; W. Kincaid, 16.46; 65m. 13s.

17. Bellahouston H. "E"—(J. McLean, 15.18; M. Phillips, 16.53; J. Kelly, 18.37; I. McKenzie, 15.08). 65m. 56s.

Fastest Lap Times:

1. F. G. Nelson ... 12m. 47s.
2. J. Connolly ... 13m. 21s.

EASTERN DISTRICT C.C. LEAGUE Dr. Guthrie's School, 20th October, 1956.

1. Edin. Univ. H. & H.—(A. S. Jackson 1; W. H. Watson 2; J. V. Paterson 3; A. Horne 11; H. Alexander 21; G. Brown 28). 66 Pts.

2. Braidburn A.C.—(N. Donachie 5; I. Drever 8; J. K. Hislop 13; R. A. Henderson 14; D. W. Dunn 25; E. Cuthbertson 26). 91 Pts.

3. Edin. Eastern H.—(T. Devlin 4; C. Fraser 7; J. Tedyell 12; H. Irvine 20; P. Stewart 27; G. Ramage 31). 101 Pts.

4. Edin. Southern H.—(W. Lyall 6; R. McAllister 10; W. A. Robertson 15; W. F. Lindsay 24; S. Miller 29; J. Bruce 32). 116 Pts.

5. Falkirk Vict. H.—(R. A. Sinclair 19; G. Rankine 22; D. Shields 30; W. Currie 35; R. Gordon 36; J. Welsh 52). 194 Pts.

6. Kirkcaldy Y.M.C.A. H.—(I. Smith 17; C. Foley 18; P. Husband 38; R. Mullen 39; A. Farrell 41; W. E. Duncan 44). 197 Pts.

OUR POST.

Dear Friend,

I'm enclosing 25 for my Annual subscription. You may not know me but I spent many a happy hour in the ploughed fields of the 'old country.' I was a member of the Clydesdale Harriers and perhaps a few of your readers might remember me. I have never lost my interest in the running game and only retired two years ago not because of age but on account of pressure of business.

After I was discharged from the Navy

7. Edin. Northern H.—(G. Thomson 9; M. Stocks 33; W. Messer 34; R. Greenock 37; T. Parley 42; R. Aitken 43). 198 Pts.

8. H.M.S. Caledonia—(C. R. Watts 23; L. K. Mobre 40; G. K. Avey 46; D. C. Warner 47; M. S. Pearce 49; B. Mahoney 50). 255 Pts.

9. Edinburgh H.—(J. Philip 16; D. W. Fraser 45; J. Goulding 48; J. Tait 51, 55, 57). 272 Pts.

10. Heriots C.C.C.—340 Pts.

Individual:

1. A. S. Jackson ... 18m. 53s.
2. W. H. Watson ... 19m. 14s.
3. J. V. Paterson ... 19m. 21s.

YOUTHS.

1. Edin. Northern H.—(J. Messer 1; J. Milne 7; P. Bennett 11). 19 Pts.

2. Falkirk Vict. H.—(C. Mailer 3; D. McPherson 8; D. Lamond 9). 20 Pts.

3. Braidburn A.C.—(J. M. Brown 2; D. Haston 6; J. Stenhouse 21). 29 Pts.

4. Edin. Southern H.—(G. Jeffrey 5; D. Elliot 15; R. Hinde 18). 38 Pts.

5. H.M.S. Caledonia—(Faulkender 10; Cusse 14; H. Brown 16). 40 Pts.

6. Edin. Eastern H.—(S. McHenry 12; G. Johnstone 13; J. Thomson 17). 42 Pts.

7. Edinburgh H.—(A. Hermiston 4; 23, 24). 51 Pts.

8. Heriots C.C.C.—(J. A. Cockburn 19; I. Henderson 20; T. Orr 22). 61 Pts.

Individual:

1. J. Messer ... 6m. 40s.
2. J. M. Brown ... 6m. 41s.

I took up Physiotherapy and since 1947 I have been Trainer and Physiotherapist for the above Corporation. (Boston Garden Arena). As U.S. trainer of the Ice Hockey teams, I have had three trips to Europe in '48, '49 and '52. I take care of all athlete's injuries here.

My hobby is tied up with the Boston A.A., principally the Long Distance runners and on Sunday last I had the pleasure of seeing two of my 'boys' finish 1st and 2nd in the final Olympic tryout for the Marathon.

The number one man is going to make the best of them step lively. In Johnny Kelly we have the best marathon man ever to represent the U.S. and despite his age 26 he is a veteran of 10 years of road running with time out during the Falls and Winter to run for Boston University. The other boy Dean Thackwray was running in his 2nd marathon and he should be one of the greatest ever in a couple of years. Kelley's time of 2h. 24m. 52s. compares favourably with his 2: 14.38 in Boston and this is a very tough course. I should know I have run both.

I have met Alex Breckenridge a few times at the indoor meets we have here and I always try to cheer him on.

I enjoyed the letter of Geo. Cunningham in your April issue. He hit the nail on the head as regards the men we lose from the sport through not continuing after leaving college. Up here in New England I try to remedy that and have quite a few college grads. and school teachers taking up distance running. Kelly is an English teacher at a high school in Conn.

Any athlete who comes to U.S. and settles in New England I'd be glad to have them contact me. We have around 30 road races a year up here.

My best regards to any 'old-timers' who might remember me—particularly 'Dunky' Wright and George Dallas.

Yours in Sport,

John (Jock) D. Semple.

Boston, Massachusetts, U.S.A.

10 MILES C.C. RELAY
CHAMPIONSHIPSSOUTH-WESTERN DISTRICT
Beith, 3rd November.

1. Gk. Wellpark H.—(H. McHenry, 14.04; P. McConnachie, 14.12; D. McConnachie, 14.12; G. King, 13.41). 56m. 09s.

2. Beith H.—(K. Phillips, 14.21; G. Lightbody, 14.24; T. Cochrane, 14.04; J. Armstrong, 14.23). 57m. 12s.

3. Kilmarnock H.—(W. More, 14.01; J. Young, 14.43; R. Miller, 15.05; A. Rankin, 14.03). 57m. 52s.

4. Plebeian H.—(A. Small, 13.41; D. Barclay, 14.56; T. McQuade, 14.33; T. Rewcastle, 14.59). 58m. 09s.

5. Irvine Y.M.C.A. H.—(T. Parker, 14.33; W. Banks, 14.57; S. Kennedy, 14.50; H. Kennedy, 14.00). 58m. 20s.

6. Paisley H.—(G. Napier, 14.11; W. McNeil, 14.53; A. Napier, 14.12; C. McCart, 15.10). 58m. 26s.

7. Gk. Wellpark H. "B"—(G. Cairns, 14.20; W. Stoddart, 14.47; T. Stevenson, 14.45; C. Aitken, 14.53). 58m. 45s.

8. Gk. Glenpark H.—(D. Kennedy, 15.14; M. Thomson, 15.34; J. Spence, 14.50; J. Grant, 14.35). 60m. 13s.

9. Babcock & Wilcox A.C.—(A. Duthie, 14.37; W. Hutton, 14.57; G. Anderson, 15.27; R. McDermott, 15.53). 60m. 54s.

10. Kilmarnock H. "B"—(J. McPheely, 15.06; G. Wilson, 15.05; J. Frew, 15.41; D. Todd, 15.27). 61m. 19s.

11. Paisley H. "B"—(D. Ferguson, 15.29; A. Murdoch, 15.42; T. Fellows, 16.29; J. Sellers, 16.16). 63m. 56s.

12. Irvine Y.M.C.A. H. "B"—(J. Kerr, 15.40; R. Kennedy, 15.24; J. Cowan, 15.23; R. Campbell, 19.18). 65m. 45s.

13. Plebeian H. "B"—(D. Hay, 15.41; B. Smethurst, 15.35; D. McEwan, 15.39; J. McEwan, 18.52). 65m. 47s.

14. Beith H. "B"—(S. Maxwell, 16.12; W. Davidson, 15.39; H. Walker, 16.54; H. Crawford, 18.17). 67m. 02s.

15. Irvine Y.M.C.A. H. "C"—(J. Lawson, 16.17; F. Muir, 16.37 (Did not finish team)).

Fastest Lap Times:

1 (Equal) A. Small & G. King, 13m. 41s.
2 H. Kennedy ... 14m. 0s.
4 W. More ... 14m. 01s.

EASTERN DISTRICT

Perth, 3rd November, 1956.

1. Edinburgh Univ. H. & H.—(J. V. Paterson, 16.01; A. H. Horne, 15.57; W. H. Watson, 15.58; A. S. Jackson, 15.01). 62m. 57s.

2. Edin. Eastern H.—(D. Togwell, 15.51; H. Irvine, 16.12; J. Devlin, 15.47; C. Fraser, 16.04). 63m. 54s.

3. Edin. Southern H.—(W. Lyall, 16.06; W. A. Robertson, 15.53; I. Foster, 16.16; R. McAllister, 15.54). 64m. 9s.

4. Braidburn A.C.—(N. Donnachie, 15.41; I. Drever, 16.11; R. Henderson, 16.14; D. Dunn, 16.08). 64m. 14s.

5. St. Andrew's Univ. H. & H.—(I. Maycock, 16.12; A. McAdam, 16.34; D. Carter, 16.30; J. Docherty, 16.03). 65m. 19s.

6. Aberdeen A.A.C.—(S. Taylor, 15.54; C. Donald, 16.30; J. Gray, 16.28; G. Wilson, 16.41). 65m. 33s.

7. Edin. Southern H. "B"—(J. Smart, 16.14; W. F. Lindsay, 16.18; J. Bruce, 16.52; W. S. Millar, 16.31). 65m. 55s.

8. Edin. Northern H.—(J. Wilkinson, 15.49; G. Thomson, 16.08; I. Stocks, 17.18; W. Messer, 16.42). 65m. 57s.

9. Falkirk Victoria H.—(R. Sinclair, 16.32; D. Shields, 16.48; R. Gordon, 16.27; W. Currie, 16.46). 66m. 33s.

10. Perth Strathtay H.—(D. Innes, 16.38; F. W. Sime, 16.56; A. McLeod, 16.30; N. Newton, 16.40). 66m. 44s.

11. Edin. East. H. "B"—(W. Ramage, 16.34; G. Mortimer, 16.58; H. Philip, 16.52; P. Stewart, 16.47). 67m. 11s.

12. Edin. Univ. H. & H.—(G. Brown, 17.07; H. Alexander, 16.43; A. Ravenscroft, 16.34; A. Ross, 17.13). 67m. 37s.

13. Dundee H'hill H.—(R. Strachan, 16.20; G. Cowie, 17.18; H. Bennet, 17.32; I. McDougall, 16.58). 68m. 08s.

14. K'caldy Y.M.C.A. H.—(C. Foley, 16.11; J. Smith, 16.30; W. Duncan, 17.12; J. Dewar, 18.41). 68m. 34s.

15. Dundee Thistle H.—(D. Miller, 17.10; J. Miller, 17.12; J. Fotheringham, 17.24; C. D. Robertson, 16.50). 68m. 36s.

16. H.M.S. Caledonia—(C. R. Watts, 16.47; I. K. Abey, 17.41; K. Moor, 17.14; P. W. Stagg, 17.02). 68m. 44s.

17. Edinburgh H.—(J. Philip, 16.46; J. Toal, 16.49; D. Fraser, 17.22; J. Goulding, 17.53). 68m. 50s.

18. Edin. Univ. H. & H. "C"—(J. Smart, 16.52; M. Elder, 17.10; G. Woods, 18.11; W. Hood, 16.18). 69m. 31s.

19. Braidburn A.C. "B"—(E. Cuthbertson, 16.48; J. W. Brydie, 17.52; D. Nisbet, 17.21; W. Henderson, 17.49). 69m. 50s.

20. Perth Strathgathay H. "B"—(P. Leitch, 18.09; A. McBean, 17.53; J. Dick, 17.09; S. Dobbie, 17.45). 70m. 56s.

21. Edin. Northern H. "B"—(R. Greenock, 17.35; T. Parley, 17.36; R. Aitken, 17.41; G. Veitch, 17.16). 71m. 08s.

22. Falkirk Victoria H. "B"—(D. Nicoll, 18.08; A. Cook, 17.46; J. Richardson, 17.43; J. Welsh, 17.44). 71m. 21s.

23. H.M.S. Caledonia "B"—(B. Mahoney, 18.18; C. Warner, 17.52; K. Moorshead, 18.30; H. S. Pearce, 17.37). 72m. 17s.

24. Edin. Eastern H. "C"—(A. King, 18.13; W. Thomson, 18.40; R. Jolly, 18.46; T. Telford, 19.12). 74m. 51s.

25. Gala H.—(J. Fairbairn, 20.08; G. Paterson, 19.58; A. Murray, 21.09; B. Henderson, 17.54). 79m. 9s.

Fastest Times :

1, A. S. Jackson, 15.01; 2, N. Donachie, 15.41; 3, J. Devlin, 15.47; J. B. Wilkinson, 15.49; 5, D. Togwell, 15.51.

MIDLAND DISTRICT

Stepps, 3rd November, 1956.

Details :

1. Shettleston H.—(G. Govan, 14.54; R. C. Wallace, 14.38; E. Bannon, 14.02; G. E. Everett, 13.43). 57m. 17s.

2. Vict. Park A.A.C.—(R. C. Calderwood, 14.37; S. Ellis, 14.56; J. Russell, 14.24; J. McLaren, 13.57). 57m. 54s.

3. Bellahouston H.—(J. Connolly, 14.39; H. Fenion, 14.35; R. Penman, 14.46; F. G. Nelson, 13.56). 57m. 56s.

4. Springburn H.—(T. O'Reilly, 15.10; J. Rooney, 14.28; J. McCormack, 14.08; T. Tracey, 14.24). 58m. 10s.

5. Vale of Leven A.A.C.—(J. Garvey, 15.29; A. McDougall, 14.25; P. Moy, 13.47; W. Gallacher, 14.52). 58m. 33s.

6. Garscube H.—(B. Linn, 15.11; S. Horn, 14.15; G. Dickson, 14.28; J. Linn, 14.58). 58m. 52s.

7. Clydesdale H.—(G. White, 15.26; C. O'Boyle, 14.27; J. Hislop, 15.18; J. Wright, 14.07). 59m. 18s.

8. Motherwell Y.M.C.A. H.—(M. Mitchell, 14.59; J. Poulton, 15.09; T. Scott, 15.09; A. H. Brown, 14.22). 59m. 39s.

9. Vict. Park A.A.C. 'B'—(J. Parker, 15.15; R. Lees, 15.04; N. Ellis, 15.06; G. Kerr, 15.07). 60m. 32s.

10. Bellahouston H. "B"—(F. Cowan, 15.14; D. Wright, 15.06; R. H. Wilson, 15.23; R. Black, 15.05). 60m. 48s.

11. Shettleston H. "B"—(T. Kelly, 15.00; W. Gorman, 15.15; F. Scally, 15.24; A. Orr, 15.15). 60m. 54s.

12. Cambuslang H.—(A. Fleming, 15.41; B. Morton, 15.35; D. A. Kerr, 15.22; E. Reilly, 14.44). 61m. 22s.

13. Shettleston H. "C"—(I. Cloudesley, 15.19; T. Walters, 15.04; J. Girdwood, 15.28; J. Eadie, 15.45). 61m. 36s.

14. Vict. Park A.A.C. "C"—(R. Russell, 14.52; J. Stirling, 15.27; P. Keenan, 15.22; R. Kane, 15.57). 61m. 38s.

15. St. Modan's A.A.C.—(J. H. Murray, 15.42; C. M. Meldrum, 14.49; J. McCracken, 15.16; J. J. Kiehl, 15.58). 61m. 45s.

16. Springburn H. "B"—(T. Craig, 15.21; J. Ballantyne, 15.25; D. Wilmouth, 15.43; G. McKay, 15.56). 62m. 25s.

17. Garscube H. "B"—(G. Paris, 15.44; A. Kidd, 15.16; D. McFadyen, 15.45; H. Carson, 15.55). 62m. 40s.

18. Glasgow Univ. H. & H.—(P. S. Maitland, 15.18; A. R. Galbraith, 15.38; J. B. Gray, 15.58; S. P. Kerr, 15.59). 62m. 53s.

19. Clydesdale H. "B"—(J. Young, 16.09; P. Younger, 15.13; J. Hume, 16.11; R. Clark, 15.21). 62m. 58s.

20. Bellahouston H. "C"—(S. McLean, 15.34; R. Climie, 15.47; D. Dickson, 15.46; R. Stoddart, 15.57). 63m. 4s.

21. Hamilton H.—(H. Gibson, 15.06; A. C. Gibson, 14.59; T. McCafferty, 16.34; J. Orr, 16.36). 63m. 15s.

22. Maryhill H.—(J. D. Gibson, 16.05; T. Harrison, 15.46; J. Wright, 15.49; J. Hoskins, 16.39). 64m. 19s.

23. Glasgow Univ. H. & H. "B"—(D. Macfarlane, 15.56; J. MacRae, 15.54; J. A. Rose, 16.22; J. MacLeod, 16.10). 64m. 22s.

24. M'well Y.M.C.A. H. "B"—(R. McKay, 15.25; A. Kirkwood, 16.51; W. Marshall, 16.13; C. Pollok, 15.56). 64m. 25s.

25. Garscube H. "C"—(E. S. Murray, 16.07; P. Spencer, 15.55; M. McDermott, 16.17; A. W. Warton, 16.10). 64m. 29s.

26. Clydesdale H. "C"—(F. Kieley, 16.20; J. McLaughlan, 16.39; D. Bowman, 16.22; J. Duffy, 15.39). 64m. 30s.

27. Glasgow Police A.A.—(W. Armour, 16.28; G. Boyce, 16.12; J. Kinnell, 15.30; M. McLeash, 16.44). 64m. 54s.

28. Shettleston H. "D"—(H. Mitchell, 16.15; T. McCluskie, 15.47; A. Skillen, 16.43; C. Reville, 16.20). 65m. 05s.

29. Vict. Park A.A.C. "D"—(R. Brown, 16.19; C. D. Forbes, 16.33; I. Walls, 16.23; W. Kerr, 16.58). 66m. 13s.

30. Springburn H. "C"—(P. McCulloch, 16.14; D. McNab, 16.11; J. Reid, 17.20; J. Murphy, 17.00). 66m. 45s.

31. Glasgow Univ. H. & H. "C"—(J. Pearson, 16.31; A. A. Preston, 16.59; N. Sharp, 16.48; B. D. Galbraith, 16.55). 67m. 13s.

32. Bellahouston H. "D"—(A. Watt, 16.18; J. McLean, 16.33; J. Bell, 16.08; M. Phillip, 18.31). 67m. 30s.

33. Hamilton H. "B"—(A. Johnston, 16.51; W. Carlton, 16.48; J. Jenkins, 17.40; S. Stewart, 17.16). 68m. 35s.

34. Shettleston H. "E"—(J. Miller, 17.27; W. Hodgins, 17.48; F. McKee, 16.09; I. Donald, 17.22). 68m. 46s.

Did not finish :

Cambuslang H. "B"—(P. Mulrooney, 16.13; J. Mulrooney, 16.59; W. Kelly, 16.08, —).

Glasgow Police A.A. "B"—(T. Robertson, 17.09; H. Allan, 17.30; F. T. McGown, 17.08, —).

Springburn H. "D"—(J. Price, 17.30; A. Reid, 18.36; R. S. Wearing, 19.07, —).

Maryhill H. "B"—(T. Ruth, 17.04, —, —, —).

Fastest Times :

1, G. Everett, 13.43; 2, P. Moy, 13.47; 3, F. G. Nelson, 13.56; 4, J. McLaren, 13.56; 5, E. Bannon, 14.02; 6, J. Wright, 14.07.

* * *

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 regret being compelled to hold over much interesting matter. Look-out for our December number containing as well as our regular features, a great study of Graham Everett; Best Scottish Track Performances; and "News of the World" race details.

* * *

Bellahouston Harriers hold their annual "Helen Corbet Memorial Trophy race" for Youths (16-18) over 3 miles C.C. on 29th December from Pollokshaws Baths. All youths should support this event. Ensure a bumper entry.