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MARCH, 1958.

Vol. 12, Nos. 3 & 4.

THE SCOTS ATHLETE

PRICE
1/-



Photo by G. S. Barber.
Gordon Dunn (Victoria Park) hands over to C. D. Forbes at the last change over in the Edinburgh to Glasgow Relay, won by their club in record time.

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PERCY CERUTTY—Principles of Progression.
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Beith H.—(A. Napier 62; G. Napier 76; W. Fowler 133; K. Phillips 143.

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(Continued on Page 16.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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JOHN EMMET FARRELL'S



JANUARY 25th and January 30th were two red-letter days in the athletic life of 19 year-old Herb Elliott, Australia's new wonder miler. On the first mentioned date he ran his first sub-4 minute mile in 3:59.9 (last lap 56.9) without pressure.

Five days later came the long awaited contest over the classic mile with rival Merv. Lincoln and after a terrific dust-up Elliott won narrowly but clearly by 3/10 of a second in the magnificent time of 3:58.7 only 1/10 outside Landy's Australian record.

Elliott dictated the pace till the last bend where Lincoln attempted a tactical spurt to assume the lead but Elliott pegged him back to assume command at the tape. Controversy rages in certain circles re the respective merits of the coaching methods of Cerutti and Stampfl as reflected in the performances of charges but I feel this approach is inconclusive.

At the moment Elliott seems to have the edge on Lincoln but it might take

several races before one could measure any degree of superiority conversely a runner might lose several races and win the one that matters.

Sufficient to say at the moment that both are great runners and running for Australia in the Empire Games mile could well carry their country's colours with distinction.

The training of the one is more formal the other more open and informal—but both have this in common—they work like beavers.

What is an Amateur?

John Tarrant's application for re-instatement has been turned down. It is difficult to comment when his case is still sub judice. Most athletes know that John Tarrant some years ago as an inexperienced youngster fought in a few professional boxing contests of a minor nature. Later he developed a love of distance running but because of his "youthful indiscretions" cannot run officially in distance

running events, though he often competes unofficially as a "ghost" runner with distinction.

My sympathies are with Tarrant. I believe in the spirit rather than in protocol. Let the proper procedure be followed by all means but let the lad be re-instated. For he has proved that his appeal is no frivolous one.

An athlete may be state-assisted. He may be college-nursed. Or by virtue of his prominence as an athlete he may gain private employment. All are amateurs; but Tarrant who loves to run is barred because of some two-pence half-penny juvenile contests. I cannot understand the logic of this position. And like the Cornish men of old I'd like to know the reason why?

Pirie and Cross-Country.

Somehow despite his great performances, for example his world record over 5,000 metres and his occasional fast miles. Gordon just doesn't seem to have reached the heights his potential suggested. Especially over the 10,000 metres which I imagined might have been his best distance and the best medium for his relentless urge.

When he was cross-country king he was in my opinion a "Gayer Gordon" than when he set out specifically and artificially for speed and more speed.

Though I have constantly urged that stamina helps to express speed—that it opens a window and sets free the native speed I have become more and more intrigued by the numerous and outstanding examples of athletes who have improved their shorter distances after competing and training over longer stretches.

Scots Stars.

With the Empire Games due to take place at Cardiff in July, Scottish track athletes have a greater incentive this year as possibly a full team will be entered. Last year in the International field few Scottish athletes starred. Graham Everett was our most successful and consistent star. His gallant 3rd in the A.A.A. mile was followed by many selections for

Britain against the cream of Europe. On no occasion did he disgrace himself and on many he surprisedly defeated athletes of greater renown, as for example in the Daily Express meeting where he finished ahead of such celebrated stars as Ken Wood, Gordon Pirie and the Finn Salonen. Definitely a memorable season for the Shettleston man who achieved his best, 4 mins. 5.3 secs. mile at Dublin.

A Champagne Performance.

But definitely the greatest single Scottish performance in the International field was that of Edinburgh Varsity's Jim Paterson when at Bordeaux in July he finished second to the great coloured runner Arnie Sowell over 800 metres in the amazing time of 1:47.5 secs. after a photo finish with England's great Mike Rawson—a feat as heady as the Bordeaux wine where the race was run. After winning both Scottish championships over 440 and 880 yds. Paterson put up many fine runs but in general his form was rather erratic but even that does not dim the brilliance of that single gem. Glasgow University's Jack Boyd that most improved of half milers had mostly to play second fiddle except at Ibrox when despite finishing only 5th to England's star half milers he not only defeated Paterson but reduced the latter's native record of 1:51.9 to a magnificent 1:50.7. Sprinter Ron White-lock on the few occasions he met International opposition acquitted himself well and demonstrated that he was a Scottish champion of class.

The Cycle of National Form.

Does national form come in cycles? Look how the form of France and Belgium has declined with the exception of a few notable individuals like Roger Moens of Belgium. In France it is veteran distance star Alain Mimoun who shows that he is by no means passé especially over the longer stretches. On the other hand the Finns and the Swedes seem to be on the upsurge if we take the fine times put up last season by their 1,500 metres—mile runners. Again countries like Czecho-

Slovakia have few stars. Emil Zatopek of course was their star of stars but Jungwirth by virtue of his recent 1,500 metres world record maintains his country's athletic honour in all his exalted loneliness.

Zatopek and Mimoun Keep Running.

Like Alexander, Zatopek and Mimoun have no other worlds to conquer; at least nothing that could improve on their Olympic gold medals.

Zatopek did retire after Melbourne for a short period and Mimoun was fully expected to follow suit after winning the Olympic marathon.

It is the conventional and astute thing to retire at the height of one's powers, as witness the expression oft quoted "he knew when to retire." So much so that one could be mistaken for imagining that the chief end of athletics is retiral.

There can be two opinions about whether these noted athletes should have retired. Both are still running well, yet it seems unlikely that they can cope with the sequence of advances that constitute modern athletics.

But one thing is certain. Their decision to keep on running is a tremendous compliment to the sport.—For what better reason is there to keep on running than that one loves to run.

Zatopek, in fact, has made an amazing come-back by defeating an International field including George Knight at San Sebastian over 7½ miles cross-country. Swan-song or not, the report that the old maestro had been doing in the region of 25 miles per day signifies that he retained in full measure that inner fire which is even more than enthusiasm and could be better described as devotion or dedication.

Thoughts of Tactics.

Recently I have been reading a criticism by my friend and fellow contributor, the great Australian personality and coach, Percy Cerutti, on tactics. With his suggestion that their use is unethical, I feel I cannot agree. Some criticism on

utilitarian grounds I could understand. In the sense that one should not depend unduly on tactics; that fitness and peak condition is the chief aim of the athlete with the role of the tactician taking only a secondary place. With fouling or blocking the path of an opponent I have no sympathy but no objection to the legitimate use of psychology in varying pace in trying to set up a lead at a given place etc.

In addition I still believe that the race is more important than the record. If and when the athlete becomes a robot and an automaton the use of tactics will be meaningless. Meantime let's have fun and rejoice in his humanity.

Peak Training.

I remain an unrepentant believer in peak training. But not in the old-fashioned style of going completely out of condition, starting from sub-zero and fighting one's way to the top. But rather that one should encamp on a high but comfortable plateau and from there reach to one's personal Everest or the lesser peaks beneath.

Should an athlete plan and train gradually? There is good sense in the proverb "hasten slowly." Nature loves the gradual and planning keeps the mind active and the interest alive. Lovelock, a less robust athlete was one of the outstanding protagonists of peak training and he got results when it mattered. The modern athlete appears tougher and less in need of it—yet on the big occasion, other factors being equal—I believe that an athlete has the advantage who has to some extent planned his programme of racing and training and has not dug too deeply into his capital reserves. The typical modern world class athlete who normally has a fairly easy job of work is not so conscious of the need for peak training as the athlete who has a hard daily job and the veteran athlete, but it is none the less important.

The times change; manners and customs change, training programmes change; but valid principles remain.

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FIRST STAGE—5½ MILES.

Record—

R. B. McIntosh, G.G.H., 26m. 5s. (1936)	
	M. S.
1. Victoria Park, R. Calderwood	26.26
2. Motherwell Y.M., A. H. Brown	26.52
3. Shettleston H., R. C. Wallace	26.54
4. Edin. Eastern H., C. Fraser	27.08
5. Falkirk Victoria H., R. Gordon	27.11
6. Clydesdale H., J. Hislop	27.12
7. Bellahouston H., R. Black	27.25
8. Gl. Un. H. & H., P. S. Maitland	27.28
9. Springburn H., T. O'Reilly	27.34
10. Edin. Southern H., G. Stark	27.37
11. Irvine Y.M.H., H. Kennedy	27.51
12. Garscube Harriers, H. Carson	27.59
13. Vale of Leven A.C., J. Garvey	28.01
14. Ed. Un. H. & H., Milligan	28.03
15. Braiddburn A.C., I. Drever	28.14
16. Maryhill Harriers, W. Black	28.31
17. G'nock W'park H., C. Aitken	28.38
18. G'nock G'park H., D. Kennedy	28.45
19. Pleb. H. & A.C., P. E. McArdle	29.54
20. Cambuslang Harriers, P. Low	30.25

SECOND STAGE—6 MILES.

A. Jackson, Edin. Un. H. & H., 29m. 48s. (1936)	
	H. M. S.
1. Vict. Park, J. Russell	30.16 0 56 42
2. Shettleston, A. Wood	30.33 0 57 27
3. Bella. H., J. Connolly	30.17 0 57 42
4. C'dale H., J. Wright	31.32 0 58 44
5. M'well Y.M., R. McKay	32.10 0 59 02
6. Irvine Y.M.C.A. H. W. Thomas	31.13 0 59 04
7. V. of Leven, P. Moy	31.05 0 59 06
8. Ed. E.H., W. Ramage	32.12 0 59 20
9. Fal. Vic., A. Crawford	32.18 0 59 29
10. Edin. Univ. H. & H. W. Hunter-Watson	31.43 0 59 46
11. E'burgh Southern H. W. F. Lindsay	32.22 0 59 59
12. E'burn A.C., D. Dunn	31.54 1 0 08
13. Garscube H., J. Linn	32.10 1 0 09
14. Gr. Wel. T. Stevenson	32.02 1 0 40
15. S'burn H., I. Donald	33.34 1 01 02
16. Gl. Un., N. R. Rogers	33.34 1 01 02
17. Maryhill Harriers, W. Kirkwood	33.19 1 01 50
18. Gr. Glenpark, J. Blair	33.18 1 02 03
19. C'lang H., G. Eadie	32.35 1 03 00
20. Pleb. H., D. Barclay	35.03 1 04 57

THIRD STAGE—4 MILES.

P. McNab, Springburn H., 21m. 56s. (1936)	
	H. M. S.
1. Vict. Park, J. Taylor	22.43 1 18 25
2. Shettleston Harriers, R. Wotherspoon	22.22 1 19 49
3. Bella. H., D. Wright	22.59 1 20 41
4. M'well, J. Poulton	22.43 1 21 45
5. C'dale H., G. White	23.12 1 21 56
6. Ir. Y.M., W. Kenny	23.32 1 22 36
7. Edin. Sth., J. Bruce	22.44 1 22 43
8. Fal. Vic., D. Lamond	23.57 1 23 26
9. G'cubs H., G. Paris	23.18 1 23 27
10. Edin. Univ. H. & H. M. Elder	23.44 1 23 30
11. V. of L., N. Addison	24.46 1 23 52
12. Gl. Un., J. R. Boyd	22.55 1 23 57
13. Gr. Wel. W. Stoddart	23.26 1 24 06
14. S'burn H., T. Craig	23.13 1 24 10
15. Ed. Eastern, A. Jolly	24.58 1 24 18
16. Maryhill Har., G. B. McLintock	23.20 1 25 10
17. E'burn, W. Walker	26.21 1 26 29
18. Gr. Gl. H., C. Shields	24.49 1 26 52
19. C'lang H., R. Burt	25.21 1 28 21
20. Pleb. H., T. McQuade	25.02 1 29 59

FOURTH STAGE—5½ MILES.

J. McLaren, V.P.A.A.C., 30m. 04s. (1956)

	H. M. S.
1. Vict. Pk., J. McLaren	29.14 1 48 39
2. Bella. H., G. Nelson	29.23 1 50 04
3. Shett. H., G. Govan	30.43 1 50 32
4. M'well, B. McRoberts	32.06 1 53 51
5. C'dale, J. McLachlan	32.12 1 54 08
6. Ed. S.H., W. A. Lyall	32.03 1 54 46
7. Ir. Y.M., T. Parker	32.27 1 55 03
8. Fal. Vict., I. Simpson	32.19 1 55 45
9. V. of L., A. Mackay	32.02 1 55 54
10. S'burn, D. Wilmoth	31.45 1 55 55
11. Ed. E.H., P. Stewart	31.43 1 56 01
12. Gr. Wel., F. Sinclair	32.57 1 57 03
13. Glasgow Univ. H. & H. P. S. Woodcock	33.19 1 57 16
14. G'cube H., J. J. Duffy	33.51 1 57 18
15. Edin. Univ. H. & H. A. K. Ravenscroft	33.57 1 57 27
16. M'hill H., J. Wright	32.55 1 58 05
17. Braiddburn A.C., J. M. Hamilton	33.16 2 0 06
18. C'lang H., W. Kelly	31.45 2 0 06
19. Gr. Gl. H., J. Spence	33.56 2 0 48
20. Pleb., B. Smethurst	33.53 2 03 52

FIFTH STAGE—5½ MILES.

J. Campbell, Bella. H., 27m. 57s. (1936)

	H. M. S.
1. Victoria Park A.A.C. A. Breckenridge	27.28 2 16 07
2. Bella. H., R. Irving	28.42 2 18 46
3. Shett. H., T. Kelly	28.53 2 19 25
4. M'well, W. Marshall	28.44 2 22 35
5. C'dale H., R. Clark	29.25 2 23 33
6. Edin. Southern Har., K. Barthwick	30.08 2 24 54
7. S'burn H., J. Murphy	29.49 2 25 44
8. Fal. Vic., R. Gendry	30.17 2 26 02
9. V. of L., J. Ferguson	30.16 2 26 10
10. G'nock Wellpark H., D. McConnachie	29.38 2 26 41
11. Ir. Y.M., I. McKenna	31.42 2 26 45
12. G'cube H., A. Kidd	29.35 2 26 53
13. Ed. Univ., G. Smart	29.28 2 26 55
14. Edin. E.H., A. King	31.37 2 27 38
15. Gl. Un., J. S. MacRae	30.23 2 27 39
16. Maryhill, J. Gibson	30.08 2 28 13
17. C'lang H., E. Reilly	29.29 2 29 35
18. E'burn, J. K. Hislop	31.16 2 31 21
19. Gr. Glenpark, R. Cox	30.53 2 31 41
20. Pleb. H., D. McEwan	32.51 2 36 43

SIXTH STAGE—7 MILES.

I. Binnie, V.P.A.A.C., 32m. 32s. (1954)

	H. M. S.
1. Vict. Pk., I. Binnie	33.46 2 49 53
2. Bella. H., H. Fenlon	34.58 2 53 44
3. Shettleston Harriers, W. McFarlane	34.52 2 54 17
4. M'well Y.M., T. Scott	35.16 2 58 51
5. C'dale H., P. Younger	35.49 2 59 52
6. Edin. Southern Har., W. A. Robertson	34.44 2 59 38
7. V. of L., A. McDougall	34.08 3 0 18
8. S'burn, J. McCormack	35.27 3 01 11
9. Gr. W'park, G. King	34.41 3 01 22
10. G'cube H., S. Horne	34.47 3 01 40
11. Ed. E.H., J. Devlin	34.30 3 02 08
12. Fal. Vict., D. Clelland	36.50 3 02 52
13. Ir. Y.M., S. Cuthbert	36.17 3 03 02
14. Edin. Univ. H. & H. H. W. Alexander	36.50 3 03 45
15. Maryhill, J. Gibson	35.42 3 03 55
16. Gl. Un., J. H. McLeod	37.11 3 04 50
17. C'lang, A. H. Fleming	35.53 3 05 28
18. E'burn, N. Donnan	35.41 3 07 02
19. Gr. G'park, J. Grant	35.53 3 07 34
20. Pleb. H., T. Monaghan	41.36 3 18 19

SEVENTH STAGE—5½ MILES.

E. Bannon, Shettleston H., 28m. 34s. (1956)

	H. M. S.
1. Vict. Park, G. Dunn	29.01 3 18 54
2. Bella. H., J. Irvine	29.16 3 23 00
3. Shett. H., H. Fox	29.25 3 23 42
4. C'dale, P. Ballance	30.17 3 29 39
5. S'burn, E. Sinclair	29.08 3 30 19
6. Ed. S.H., R. McFall	30.47 3 30 25
7. Vale of Leven A.A.C., W. Gallacher	30.12 3 30 30
8. Ed. E.H., I. Thomson	29.54 3 32 02
9. Gr. Wel., J. Cairns	31.03 3 32 25
10. Motherwell Y.M. H., R. Lennan	33.37 3 32 28
11. G'cube, D. Spencer	31.36 3 33 16
12. Ed. Un., G. M. Brown	29.58 3 33 43
13. Falkirk Victoria H., W. McDermaid	32.01 3 34 53
14. M'hill, J. E. Farrell	31.22 3 35 17
15. C'lang, P. Mulrooney	30.37 3 36 05
16. Gl. Un., D. C. McGhee	31.35 3 36 25
17. Irvine, J. Robertson	33.51 3 36 53
18. Gr. G'park, D. Childs	32.02 3 39 26
19. E'burn, W. Henderson	32.54 3 39 56
20. Plebeian H., D. Hay	33.23 3 51 42

EIGHTH STAGE—5 MILES.

A. Austin, Bellahouston H., 24m. 23s. (1938)

	H. M. S.
1. Vict. Park, C. Forbes	25.18 3 44 12
2. Bella. H., R. Penman	25.23 3 48 23
3. Shett. H., W. Gorman	25.04 3 48 46
4. Edin. S.H., G. Elliott	25.13 3 55 38
5. C'dale H., J. Young	26.32 3 56 11
6. S'burn, T. Lambert	26.21 3 56 40
7. Greenock Wellpark H., H. McHenry	25.37 3 58 02
8. V. of L., H. Garvey	27.32 3 58 02
9. Ed. E.H., H. Phillip	26.28 3 58 30
10. M'well, A. Kirkwood	26.26 3 58 54
11. Garscube, G. Dickson	25.42 3 58 58
12. Edin. Univ. H. & H., E. J. Cuthbertson	26.49 4 0 32
13. M'hill H., T. Ruth	26.47 4 0 04
14. Fal. Vict., D. Nicoll	28.08 4 03 01
15. C'lang H., W. Green	27.02 4 03 07
16. Glasgow Un. H. & H., D. S. McFarlane	27.06 4 03 51
17. E'burn, M. W. Innes	27.00 4 06 56
18. Gr. G'park, W. Elder	27.33 4 07 09
19. Ir. Y.M., J. Kerr	37.53 4 14 46
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It seems that Emil Zatoppek, possibly the most illustrious athlete of all time, has, after all retired. "Zatoppek the Marathon Victor" is a well told story of his great career. Every athlete should have a copy. Price 10/6. Postage 9d. extra from "The Scots Athlete."

WEB CENTRE

By BRIAN MITCHELL.

Part 4.

Training Principles (ii) "Overloading"

"Overloading" signifies a deliberate and heightened effort made by an athlete in training. It is directly connected with the most effective distance/speed ratio for the particular event and bodily discomfort is the symptom of its presence. Sprinting is the most obvious form of overloading in which a runner can indulge, but sprinting is by no means universally valuable as a training exercise. Overloading may take place at any distance from five yards upwards, yet it is not true overloading unless speed is fitted to a certain distance in every case. The marathon runner could run quite fast single laps on the track and the miler could run lots of fifty-yard sprints. Each of these indulges would be an overloading with regard to speed, but neither would illustrate the true principle because neither takes into consideration the special racing distance. Before examining the usefulness of "overloading" therefore, it is necessary to observe its implications and consider how the principle works out in practice and at different distances.

In training, a lot of work has to be accomplished; just how much is determined largely by the condition of the body at the particular moment, and just what sort by the event at which the athlete aims. A man must be very fit indeed to be able to put in an hour's quality training; very few can keep up proper exercise for that length of time. Overloading implies (and here contradicts itself) a maximum effort. (The contradiction lies in the absolute inability of the body to put up with an overload, because if it is literally overloaded it collapses; it will not go beyond its maximum and we do the meaning of "maximum" an injustice by suggesting that a maximum can be surpassed). To this extent, overloading involves a pure mental acceptance.

The coach persuades his athlete that the latter has not really tried to run before, and this is sometimes largely true. Therefore, the athlete must learn to put up with something more uncomfortable than he has yet experienced. This will be an excursion into physical endurance and any such excursion is overloading. We are lucky, then, because the body will later compensate itself (given the chance) for the demands made upon it and make a very useful repayment for the effort of overloading. Such is progress.

Overloading is necessary, then. It can only be effected as a result of effort, and without effort no fast running was ever accomplished. Overloading is one aspect of an athlete's complete self-discipline; to extend his physical powers, he must extend himself. Involved in this is the process known as "recruitment" which, in muscular action, means that those muscle-fibres which do not respond to slight impulses are recruited by strong impulses. Since the active muscles set the pace for the other body-functions, the more "recruitment" there is, the greater is the probability of improving all the other processes.

It is apparent that much of an athlete's running, both in and out of races, is done in conditions of fatigue and such fatigue is a natural corollary of effort, or overloading. It is necessary, though, to restrict overloading to this extent: that the overall effect of a training session shall not be one of utter exhaustion; that effort can be put out and repeated, but repeated within the context of a reasonable amount of fatigue. It follows, that the amount of overloading, the extent of it in terms of speed, distance and number of repetitions, will be different in every case. For instance, two 660 yards run by a young and comparatively untrained half-miler in training may, at 90 seconds each, be quite enough; whereas four of the same distance in 85 seconds each

would not be too much for a fit senior. Each athlete must discover for himself what constitutes overloading at any particular amount. His best guide is his own awareness of deliberate effort; his second-best guide is the stop-watch used over a long period.

In summarising the usefulness of this principle of overloading, it will be observed that the physical effects of "recruitment" and the application of pressure can only be valuable. New ground is being broken when a deliberate effort is made; muscles are sustaining new loads (without the help of bars and bells) and every function of the running body is fully involved. In addition (and signifying the redundancy of strange weight-lifting movements) the movements of the body are perfectly coincident with the movements required in racing; the athlete will not get too many surprises when he enters competition, because he will know exactly what it feels like to run fast and his strength will be a fast-running strength, nothing more nor less. Let it not be thought that this is an easy path to racing success, however. Much work has to be done and it helps to have basic ability.

Finally, I attempt to outline what may be called "effective areas" for the various distances: distances in training at which the athlete should overload himself. Later in this series, it will be necessary to do this with more certainty. At present, I offer tentative suggestions and two principles. The first is, that all really effective running is done below the racing distance and will appear as repeated efforts when training for anything up to three miles or thereabouts, though this does not exclude a similar practice for six-milers, ten-milers and so on up the scale where monotony is to be avoided. The second principle is, that fast running should be done over distances which are nearer to the full racing distance than is usual at the present time; three laps is a more testing effort for a miler than repeated "quarters" and he therefore learns

more from running three laps. It seems to follow from this second principle that, for distances of five or six miles and above, there will be little call for repetition work, because the training distance is such that fast running over it will produce sufficient changes in the state of the body for one effort only to be necessary and practiceable.

"Effective Areas"

Racing distance	E.A.
100 and 220 yards	60—220 Yards
440 yards	60—330 yards
880 yards	220—660 yards
Mile	440—3 laps
2 Miles	440—5 laps
3 Miles	440—2 Miles
6 Miles	880—3 Miles
10 Miles	3 laps—5 Miles
Marathon	6 Miles—15 Miles

In observing these distances, it is best to keep in mind that an athlete must choose from a particular "effective area" according to fitness, capability, conditions and quantity of racing accomplished or due. Even more should he remember that emphasis purely on physical training will always tend to make a bit of a Zombi and if he looks to intelligence first, and the "ol' graveyard ghos'", the plans for physical fitness will be better laid.

(To be continued).

HOW ABSURD CAN A "COACH" GET?

The following report from Reuter appeared in the Glasgow "Evening Citizen." If the report is an accurate one, then we make no apology for our caption!

MELBOURNE. Franz Stampfl, who coached Roger Bannister, the first four-minute miler, believes that Merv Lincoln, of Australia, will win the mile at the Empire Games in Cardiff next summer. He said "Even if Derek Ibbotson runs, Merv will win and beat him by 20 or 30 yards"—Reuter.

WORTH RECALLING !

Scottish champion Graham Everett wins his heat of the A.A.A. Mile Championship on 12th July, 1957, beating Derek Ibbotson (No. 22), who failed to qualify.



(All photos are by H. W. Neale).

Exactly one week later (see photos on opposite page). Ibbotson, on the same White City track, beat some of the world's greatest athletes to win in the world best time of 3m. 57.2s.

(Left). Near the end of the half mile stage. Blagrove leads from Jungwirth (Czechoslovakia) the 1,500 metres world record holder. Ibbotson is third, just ahead of Olympic Champion Ron Delany.

(Right). Ibbotson breaks the tape, a wonderful winner in possibly the greatest mile race of all time.



JIM PATERSON

SCOTTISH TRACK STAR—By JAMES L. LOGAN.

There have been previous instances of Scottish runners achieving championship status over a wide range but on the score of diversity James Veitch Paterson has surely earned himself a special place, with S.A.A.A. titles at 2 miles steeplechase, 880 yards and 440 yards. Nor does his versatility end there: in the period between these track exploits he was prominent across country—fourth in the 6 miles junior title race of 1954, behind such notable runners as John McLaren, Adrian Jackson and Andy Brown—and capable of a fast leg in road relay events. As a result of this wide range of activity he can claim to have competed against most leading Scottish runners, from sprinters up to marathon men, although not quite at the last named specialty.

It would be reasonable to expect his best distance to lie midway in his range but, so far, he has directed his main effort to 440 yards and 880 yards, frequently—as in the S.A.A.A. Championships—aiming at the “double” in the one afternoon. In these events, as he demonstrated in 1957 with metric times of 47.9 and 1.47.5, he is already good enough to figure in world ranking lists. Nevertheless, it will probably occur to many students of the sport that Paterson, at just over 5 ft. 7 ins. and 9 stone 2 lbs., lacks the natural power to force himself to the very top at the shorter distance and, like another great lightweight, Wooderson (5 ft. 6 ins., 9 stone 2 lbs.) may yet find his greatest fame at the mile and its metric equivalent. It may be a pointer that a four-minute mile is among his ambitions.

Paterson, born in Edinburgh on 29th March, 1934, began his athletic career with at least one important advantage—a father who encouraged his sporting ambition (and who still exerts a powerful influence when laziness raises its ugly head!). At preparatory school, a modest start was made with runner-up honours

in the sports championship. Later, at Edinburgh Academy—where his father had been champion—he gave an indication of things to come by winning the under-fifteen 440 and under-sixteen 880. At this period he included rugby, cricket, tennis and even fishing among his sporting activities. (Today, he still admits to a lively interest in all sports, with a warm spot for “the fishing”).

As a member of Edinburgh Southern Harriers, Paterson emerged as a likely distance prospect and was still in his teens when he won the 1953 S.A.A.A. 2 miles steeplechase, in best championship time, in a tight finish which showed he had fighting qualities in addition to talent. Later, in the colours of Edinburgh University (he is an apprentice accountant, attending classes at the University), he began his well known double act of 440/880 in the track season, with a full round of cross-country competition in the winter. On the track, he was not averse to an occasional fling in the sprints: “mad keen to race” is his own description of his extraordinary zest for competition.

It will be obvious that enthusiasm of this order requires some regulation, if it is not to expand in all directions at once and go up in smoke. Paterson gives all the credit for guidance to H. A. L. Chapman and his father.

In the period October, 1956 to August, 1957, Paterson based his preparation on a schedule planned by Tony Chapman. Before studying this, it should be appreciated that Paterson has the same difficulties as most other home athletes in adjusting his preparations to the demands of everyday life. In his case, there are further complications when examinations loom up.

His normal lunch break is 12.30 till 2. If he uses this period to train—with a maximum of 45 minutes actually on the track—it means that his next proper meal

after breakfast is at seven in the evening. If he trains after work, his evening meal is very late; and if he goes home and has his meal at a reasonable hour, allowing adequate time for digestion, he has to go out at a late hour to do his training. He confesses that this last arrangement is a constant temptation to avoid training altogether.

The problem, of course, is the lot of most of our athletes and, short of creating a new privileged class, must be borne cheerfully.

Apart from the difficulty of finding

time, Paterson considers that the main flaw in his training is that he has to do the work alone. He finds that this causes him to train for a shorter period and at a faster rate than the schedule prescribes. Perhaps the desire for company also accounts for his extensive racing programme, which he regards as an essential part of his training, apart from its value in developing a competitive instinct.

The schedule embraced Fartlek, interval running, weight training and exercises. Interval running and time-trials were related to Paterson's personal target times



The “Geordie” touch—the McLaren tartan tracksuit that took a trick in Paris.

for 440 and 880 and are not, therefore, detailed here. The general programme was as follows:

October-November.

Steady roadwork in the vicinity of home.

December.

Complete rest from athletic training, except weight training.

January-February-March.

General conditioning—mostly Fartlek, at least three sessions a week, each session lasting from one to two hours; and two sessions a week of weight training, each session lasting about an hour.

A typical week's programme at this period was:

Monday—Rest.

Tuesday—Weight training.

Wednesday—Fartlek.

Thursday—Weight training.

Friday—Rest.

Saturday—Fartlek (or C.C. race).

Sunday—Fartlek.

April-May.

5/6 sessions a week, as follows:

Monday—50 minutes jogging on grass.

Tuesday—440 yards interval work on track.

Wednesday—50 minutes jogging on grass.

Thursday—220 yards interval work on track.

Friday—Rest.

Saturday—Run over country or Rest.

Sunday—440 and 220 interval work on alternate weeks.

When there was a Saturday race during this period the programme was:

Monday and Tuesday—As above.

Wednesday—30 minutes jogging on grass.

Thursday—Fast/slow, 150, 200, 330 yards (see below).

Friday—Rest.

Saturday—Race.

Sunday—Rest.

All interval and fast/slow sessions, of course, began and ended with warming up and down.

The fast/slow programme was 150, 150 yards (flat out) 330, 330 yards (39m. 45s.), 200, 200 yards (relaxed strides), with a 5 minutes jog between each run, giving a total of about 40 minutes.

June-July-August.

The programme during the height of the competitive season allowed for a Saturday race but there were many occasions when mid-week races caused adjustments.

Monday—50 minutes jogging on grass.

Tuesday—Fast/slow, 150, 200, 300 yards.

Wednesday—30 minutes jogging on grass.

Thursday—Fast/slow, 150, 200 yards.

Friday—Rest.

Saturday—Race.

Sunday—Rest.

It will be seen from the progress table given below that this programme, varied sometimes according to circumstances or mood, brought notable improvements at all distances in 1957. Paterson also achieved the difficult 440/880 double at the S.A.A.A. Championship's but Halswell's 49 year old quarter record of 48.4 secs. eluded him. Jack Boyd (Glasgow University)—runner-up to Paterson in the Championship—later deprived him of his native 880 record and the Edinburgh man can have no complaints on lack of home opposition to spur him to greater performances.

Paterson, at 23 years of age, is ready to make great sacrifices to fulfil his ambitions in what should be his best years. These ambitions include the recapture of the 880 native record, and a determined assault on Halswell's 440 figures, a four-minute mile before 1960, and selection for the 1958 Empire and European Games, and the 1960 Olympic Games. Final examinations and National Service calls may hamper his immediate plans but he has the determination and resource to overcome these difficulties.

We wish him well in his quest.

THE PRINCIPLE OF PROGRESSION

By PERCY WELLS CERUTTY.

There is little or no growth, that is development beyond the mean, in any organism unless it is subjected to strains and stresses that cause some reaction.

Obviously, if these strains and stresses are too drastic there is some risk that the organism will succumb rather than react favourably.

This is what happens in a small way when a novice commences running too enthusiastically and finds that his legs are so sore and stiff that he can only manage to walk, and then in pain and discomfort. The tyro attempting too much in a work out with weights finds the same thing: his arms and back, or other muscle groups complain bitterly, and painfully, at such indiscretions.

Because of this, it was the general idea that we must never subject the organism to heavy strains or stresses: that is, never train too hard. But we also know now, as well-informed athletes always did know, that without subjecting our musculature, our lungs and hearts, to considerable strains, we never attain to much more than mediocre development: that we never are likely to set world records, for instance.

But it is a shortsighted policy to suddenly subject the organism to marked changes. It is far more sensible to move into a high order of development by a properly graduated scheme or schedule. This I have attempted to do in my Inclined Saw-Tooth Theory.

Not only must we introduce the Principle of Resistance into our work, but just as importantly, we must introduce the Principle of Progression.

Slowly and surely the organism must be subjected to steadily increasing loads. However, these loads cannot be added in a continuous effort. Nature does not work like that so neither must we. There must be some cycle that we conform to: a period when the load is on, and a period when it is lightened. To subject the organism to a continuous and unremitting



strain is to invite ultimate breakdown, even permanent injury. Like subjecting trees to a continuous gale, despite adequate nutriment, sunshine etc. That tree often reaches a degree of inability to survive the stress of the wind that it curls up and dies, so to speak. At least it becomes a twisted parody of its true nature and growth all but ceases.

Thus it is with our human bodies. No man in running has yet proved to what limits the organism can be raised by Intensive Progressive Methods of Training. Again, my Inclined Saw-tooth Schedule is designed as an attempt to move athletic training to meet these modern demands.

It is known that strength is gained after we exercise at degrees that are a little above the ordinary levels. That is, after we have exercised to a point involving some exhaustion. Take a miler able to run a mile around five minutes at almost the first attempt—a common enough experience. If he only continues to run a mile around 5 minutes in his training he will be lucky indeed if he ever moves to being a 4.45 miler. No! we know he must try and run further at that rate and translate his improved stamina into speed, or teach his organism to sustain a higher rate of speed.

What the future holds in regard to world-records when the import—of progressive resistance training is understood—who can say!

Individual Entrants :

A. Fleming (Camb. H.) 13; A. C. Gibson (Ham. H.) 16; C. M. Meldrum (St. Modan's A.C.) 31; G. Eadie (Camb. H.) 33; D. Cleland (F.V.H.) 35; W. Kelly (Camb. H.) 36; J. Grant (G. Glen. H.) 42; W. Kenny (Irvine Y.M.C.A.) 48; J. Timmins (Dumb. A.A.C.) 51; J. H. Murray (St. Modan's A.C.) 56; J. M. Kerr (Airdrie H.) 69; C. W. Foley (Kirk. Y.M.) 78; J. Girdwood (Shett. H.) 88; W. Drysdale (Monk. H.) 91; I. Newton (Perth St. H.) 96; J. Craig (Ham. H.) 106; H. Brownlie (Shett. H.) 110; J. McNally (Dun. T.H.) 123; D. Shuttleworth (Vict. Park) 129; I. Turnbull (Fal. V.H.) 132; D. T. Thomson (Bute Shinty A.C.) 139; S. P. McIntosh (Auchmountain) 141; D. MacFarlane (Vict. Park) 144; A. Gallacher (G. Glen. H.) 151; J. Petrie (Dundee T.H.) 159; J. McClure (Vict. Park) 165; J. M. Sellars (Paisley H.) 168; W. Carlton (Ham. H.) 169.

Times :

20th pos. 51m. 34s.; 30th 52m. 0s.; 40th 52m. 50s.; 50th 53m. 24s.; 60th 53m. 44s.; 70th 54m. 22s.; 80th 54m. 57s. 90th 55m. 49s.; 100th 56m. 48s.; 110th 57m. 22s.; 120th 58m. 03s.; 130th 58m. 38s.; 140th 59m. 05s.; 150th 60m. 21s.

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5. D. Carter, St. And. Un. 34m. 58s.
6. R. Black, B'houston H. 35m. 52s.

Team :

1. St. Andrews Univ.—(D. Carter 5; D. Foster 8; I. Docherty 11; A. Barrie 25). 49 pts. E. Davidson 38; D. MacGregor 41; T. Newbery 51; A. Forrest 55.

2. Edin. Univ. H. & H.—(A. G. Mowat 16; G. M. Brown 20; R. Sinclair 21; M. G. Elder 27). 84 pts.

3. Clydesdale H.—(J. Wright 1; J. Hislop 17; R. Clark 26; D. Stirrat 42). 86 pts. J. McDonald 46; J. McLachlan 77.

4. Shettleston H.—(G. Govan 2; I. Donald 9; T. Malone 29; L. Botfield 81). 121 pts. J. Cunningham 96.

5. Vict. Park A.A.C.—(E. Smith 14; J. Ewing 24; J. Taylor 32; M. Macaskill 53). 123 pts. A. McShane 65; D. Campbell 91.

6. Gr. Wellpark H.—(H. McHenry 3; P. McConnachie 23; I. Ross 35; A. Cairns 82). 143 pts.

7. Aberdeen Univ.—(A. N. Davies 30; J. M. Glennie 31; P. T. Barron 40; D. G. Pyatt 60). 161 pts.

8. Bellahouston H.—(R. Black 6; M. Roberts 36; J. Currie 50; D. Wright 85). 177 pts. A. Watt 87.

9. Irvine Y.M.C.A.—(W. Thomas 4; T. Parker 37; I. McKenna 61; R. Campbell 86). 188 pts.

10. Glasgow Univ. H. & H.—(P. S. Maitland 34; J. Gray 43; N. R. Rogers 44; W. S. Hunter 88). 209 pts. C. Atkinson 89; P. J. Martin 97.

11. Motherwell Y.M.C.A.—(J. Poulton 22; G. Henderson 47; R. Lennon 66; J. Wilson 106). 241 pts.

12. Dundee H'hill H.—(W. Kennedy 28; I. McDougall 67; J. McLean 74; L. Simpson 79). 248 pts. D. MacDonald 102.

13. Falkirk Vict. H.—(I. Simpson 45; W. McDermaid 56; A. Pender 64; P. Travers 103). 268 pts.

14. Monkland H.—(N. Hare 49; A. Clark 62; J. McMeekin 80; T. Ross 94). 285 pts.

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Did not close in :

Shotts M.W.A.C.—(D. Simpson 7; J. Muldownie 54; A. B. McKnight 101).

Edin. Southern H.—(J. Bruce 18; N. Curran 75; R. Mann 76).

Gr. Glenpark H.—(D. Childs 48; J. Spence 68; C. Shields 71).

Individual Entrants :

T. Cochrane (Beith H.) 10; P. Mulrooney (Camb. H.) 12; G. R. Thomson (Edin.

North H.) 13; R. Renton (Teviot H.) 15; G. Leggate (Larkhall Y.M.C.A.) 19; W. Jamieson (Plebeian H.) 33; A. MacKay (Vale of Leven) 39; J. C. Brown 52; D. Lindsay (Doon H.) 59; R. Bust (Camb. H.) 69; A. T. Roy (St. Mod) 70; W. Johnstone (Ayr A.C.) 72; T. McCafferty (Ham. H.) 73; M. B. Denyer (Shett. H.) 78; C. Paterson (Beith H.) 90; J. Smith (Maryhill H.) 92; A. Goldie (Kilmarnock H.) 93; G. Vass (Ayr A.C.) 95; W. Maxwell (Beith H.) 99; J. Orr (Ham. H.) 100; W. Kincaid (B. & W. A.C.) 104; A. Scott (Braidburn A.C.) 107.

Times :

10th pos. 36m. 14s.; 20th 36m. 45s. 30th 37m. 20s. 40th 38m. 0s.; 50th 38m. 32s.; 60th 39m. 09s.; 70th 39m. 51s. 8th 40m. 37s.; 90th 41m. 50s.; 100th 43m. 50s.

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1. N. G. Biggs, S. Shields 16m. 22s.
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3. D. Gifford, Garscube 16m. 45s.
4. J. McDonald, Perth H. 16m. 50s.
5. A. W. Cameron, Perth 16m. 56s.
6. S. J. Riddell, H.M.S. Cal 17m. 03s.

Team :

1. Shettleston H.—(W. Hendry 12; W. McGurk 14; A. Chalmers 18; H. Sommerhill 31). 75 pts. A. Turnbull 37; R. Forsyth 49; R. Fletcher 100.

2. St. Modan's A.A.C.—(G. M. Dewar 7; A. R. Brown 20; A. Cameron 27; G. C. Pearson 33). 87 pts. W. M. Lumsden 59.

3. Bellahouston H.—(J. Murtagh 9; J. Anderson 29; S. Findley 32; G. McAuslane 40). 110 pts. D. Flannagan 65.

4. Kirkcaldy Y.M.C.A.—(J. Linaker 2; J. Cooper 19; A. Milton 39; J. Edmunds 68). 128 pts.

5. Springburn H.—(T. Grantham 23; A. Cowie 28; J. Lawless 38; J. Wilkie 51). 140 pts. W. Russell 55.

6. Edin. Sth. H.—(T. Melrose 34; J. Glen 35; A. Elliot 41; I. Inverarity 47). 157 pts. R. Murray 56; R. Chapman 82; N. Jamieson 92.

7. Garscube H.—(D. Gifford 3; N. MacIver 43; T. Dingwall 45; J. Carr 71). 162 pts.

8. Clydesdale H.—(R. Bell 8; N. Buchanan 50; A. McIntyre 78; M. Buchanan 84). 220 pts. J. Ross 95; K. White 96; I. Cameron 102.

9. Vale of Leven A.A.C.—(A. J. Kinloch 16; J. Freel 26; N. Murray 77; J. Roach 103). 222 pts.

10. Teviotdale H.—(R. K. Harley 13; D. Riddell 58; W. Ferguson 80; T. Cairns 87). 238 pts. W. McWatters 95.

11. Motherwell Y.M.—(B. McKnight 10; F. Rodgers 60; E. Henderson 73; J. Hoey 99). 242 pts.

12. Dundee Hawkhill H.—(A. Beattie 21; A. Kinloch 62; S. Lucks 75; E. McLean 85). 243 pts.

13. Edin. Nth. H.—(P. Bennett 36; I. Thomson 61; N. J. Weir 72; J. Milne 79). 248 pts.

14. Auchmountain H.—(J. Sheridan 25; T. More 46; J. O'Donnel 83; J. N. Preston 97). 251 pts.

15. Barony Colliery H.—(W. Thomson 44; W. Milligan 53; W. Connor 89; M. Esquirdo 90). 276 pts.

Did not close in :

Victoria Park—J. Lindsay 15; A. Laing 24; W. Penney 81.

H.M.S. Caledonia—S. J. Russell 6; J. Ellis 54; J. Burn 67.

Hamilton H.—J. Bogan 22; J. Taylor 52; H. Kane 69.

Greenock Glenpark H.—W. Murray 17; G. Spence 66; R. Galloway 70.

Greenock Wellpark H.—J. Orr 30; H. Ronnar 57; M. Gillespie 76.

Perth Strathgath—A. W. Cameron 5; J. McDonald 4.

Braidburn A.C.—W. Allison 42.

Individual Entrants :

R. Grey (Ayr A.C.) 11; D. MacPherson (Fal. Victoria H.) 48; W. MacKenzie (Plebeian H.) 63; T. Gilbert (Beith H.) 64; W. Nelson (Dumb. A.A.C.) 74; D. Gebbie (Larkhall Y.M.C.A.) 86; J. Walker (Beith H.) 88; S. Laird (Camb. H.) 91; G. More (Kilmarnock H.) 93; J. Coltard (Kilmarnock H.) 98; J. Harkins (Shettleston H.) 101.

Times :

10th pos. 17m. 14s.; 20th 17m. 40s.;
30th 17m. 56s.; 40th 18m. 08s.; 50th
18m. 27s.; 60th 18m. 51s.; 70th 19m.
06s.; 80th 19m. 22s.; 90th 19m. 43s.;
100th 20m. 15s.

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2. M. Ryan, St. Modans 8m. 05s.
3. W. McCulloch, Shotts 8m. 13s.
4. W. Scott, Garscube H. 8m. 16s.
5. J. M. Guild (Geo. H. 8m. 18s.
6. H. Kane, Shettleston H. 8m. 19s.

Team :

1. Geo. Heriot's Sch.—(J. M. Guild
5; J. M. Todd 9; D. Taylor 11; D.
Paterson 24). 49 pts. I. G. Miller 36;
D. G. Manson 37; M. Brown 54; B. J.
McCrow 83.

2. St. Modan's A.A.C.—(M. Ryan 2;
T. Lavin 10; F. Simpson 19; R. Ruther-
ford 20). 51 pts. R. Ross 52; J. Howden
64; J. Ward 75.

3. Shettleston H.—(H. Kane 6; W.
Rennie 8; R. Taylor 35; B. McMonagle
55). 104 pts. E. Harkins 57; T. Allan
65; A. Dougherty 94; J. McGlone 97.

4. Beith H.—(T. Dickson 17; J.
Millar 28; R. Shields 30; J. McLeish 45).
120 pts.

5. Garscube H.—(W. Scott 4; G.
McAllister 16; I. McNab 32; J. Alex-
ander 87). 139 pts.

6. Edin. Sth. H.—(J. D. Robertson
14; D. Dunn 31; J. Johnston 58; R.
Fowler 66). 169 pts. W. Lothian 98.

7. Auchmountain H.—(D. Smith 13;
W. Greend 34; A. Findley 48; T.
Knight 80). 175 pts. W. Watson 102.

8. Lewisvale Sp.—(C. Adams 33; A.
B. McKenzie 41; J. H. Chambers 53;
O. Stephen 84). 211 pts.

9. Dumbarton A.C.—(J. Haddow 38;
N. McPhail 56; A. Wooley 59; A. Mil-
roy 62). 215 pts.

10. Braidburn A.C.—(J. Mitchell 26;
J. Lorimer 50; B. Milne 74; J. P. Stout
90). 240 pts. W. Halkerston 96.

11. Monkland H.—(J. Johnstone 25;
W. Connolly 61; T. Gallacher 77; G.
Burns 78). 241 pts. R. McIntosh 91.

12. Falkirk Vict. H.—(I. Lawson 47;
R. Caldwell 69; J. Pender 70; R. Lapsley
71). 257 pts.

13. Kilmarnock H.—(C. Gilchrist 68;
M. Shortt 79; A. Cook 86; W. Mc-
Michael 89). 322 pts.

14. Barony Colliery H.—(A. Hopkins
85; W. Samson 100; R. Rucceri 101;
F. Ruddie 103). 389 pts.

Did not close in :

Shotts M.W.A.C.—W. McCulloch 3;
D. Stein 27; L. Smith 67.

Gr. Wellpark H.—A. Dallas 21; J.
Docherty 44; F. Thomson 63.

Bellahouston H.—W. McIntyre 7; S.
Simonett 51; J. Birnie 95.

Perth S.H.—D. Eadie 29; G. Center
43; E. Crawford 93.

Gr. Glenpark H.—I. Killespie 15; J.
O'Kane 72; A. Leitch 104.

Springburn H.—R. Sinclair 49; R.
Crawford 82.

Individual Entrants :

R. Thomson (V. of L.) 12; H. Cameron
(Doon H.) 18; R. Maltby (Camb. H.)
22; J. Farrell (Mar. H.) 23; G. Sinclair
(Ed. H.) 39; R. Campbell (Mar. H.)
40; D. Hailey (Doon) 42; T. Clark
(Ham. H.) 46; J. Logan (Ham. H.) 60;
J. Dolen (V. of L.) 73; D. McCulloch
(Pleb. H.) 76; J. Harris (Doon) 81; R.
Jeffrey (Tev. H.) 88; J. Harkins (Paisley
H.) 91; H. Muirhead (Paisley H.) 92.

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8m. 47s.; 40th 8m. 58s.; 50th 9m. 12s.;
60th 9m. 26s.; 70th 9m. 31s.

EDITOR'S PERSONAL NOTE.

This is the first issue of "The Scots
Athlete," since July, 1957. The intervening
period was a most anxious and sad one for
myself, and publishing was impossible.

My father died, aged 75, on 12th Sep-
tember, 1957, and my mother, also aged
75, passed away on 14th March, 1958. In
view particularly of my mother's practical
association with the magazine and her
warm interest in the sport, I should have
liked to have found space to publish a full
tribute.

I wish to thank all readers and contri-
butors for their great showing of patience
and loyalty.



This great and historic photo is the finish to the 1,500 metres final at the Melbourne Olympics. The winner was R. Delany (Ire.), No. 102; Runner-up was Klaus Richtzenhain, (134); third, J. Landy (156); Stanislaw Jungwirth (626) 6th; Brian Hewson, behind Richtzenhain, 5th; Neville Scott (167) 7th; Ken Wood 9th is between Jungwirth and Hewson. Tailing off the field is Merv Lincoln (137). (This as a glossy 10 in. x 8 in. photo is included in the set advertised on this page).

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