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THE SCOTS ATHLETE

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Stanley Eldon (England) and Alain Mimoun (France) eventual winner and runner-up respectively at the Cardiff International, leading the field early on in the race. Photo by G. S. Barber.

JOHN EMMET FARRELL'S RUNNING COMMENTARY.

PERCY CERUTTY—DO YOU WANT TO RUN FAST?
WEB CENTRE (Interval Running). DALE'S DIARY.
SPORTS DIARY. BEST PERFORMANCES.
INTERNATIONAL CHAMPIONSHIP DETAILS.

international Cross-Country Championship.
Cardiff, 22nd March, 1958.

1. S. E. Eldon (England) 46.29
2. A. Mimoun (France) 46.30
3. F. D. Sando (England) 46.33
4. A. F. Perkins (England) 46.38
5. T. Dunne (Ireland) 46.43
6. M. Bernard (France) 46.48

7, J. Merriman (W) 46.57; 8, F. Norris (E) 47.07; 9, B. Heatley (E) 47.12; 10, A. Cocking (E) 47.15; 11, M. Chiclet (F) 47.19; 12, F. Duleau (F) 47.21; 13, M. Van de Wattyne (B) 47.26; 14, B. Ahmed (T) 47.28; 15, B. Rhadi (F) 47.43; 16, H. Durarte (P) 47.52; 17, D. Richards (W) 48.04; 18, S. Bediaf (F) 48.09; 19, B. Messit (I) 48.10; 20, R. Bogey (F) 48.12; 21, Fr. Herman (B) 48.13; 22, N. Horrell (W) 48.14; 23, H. Ameur (F) 48.16; 24, M. Farier (P) 48.17; 25, J. Russell (Sc) 48.18; R. Geneve (F) 48.23; 27, M. W. Firth (E) 48.30; 28, L. Garcia (Sp.) 48.32; 29, F. Van de Hoeven (B) 48.34; 30, A. Ventura (P) 48.36; 31, W. Putseys (B) 48.42; 32, A. Vandendriessche (B) 48.44; 33, A. Amoros (Sp) 48.49; 34, J. Connolly (Se) 48.55; 35, K. Caulder (E) 48.57; 36, A. E. Ouni (T) 49.00; 37, P. Moy (Se) 49.04; 38, J. Dias Santos (P) 49.08; 39, L. Ahmed (T) 49.10; 40, F. Scheers (B) 49.11; 41, J. Ferraira (P) 49.19; 42, H. Fenion (Sc) 49.22; 43, M. Martin (Sp) 49.24; 44, R. Van den Borrie (B) 49.27; 45, J. Van Onselen (B) 49.33; 46, A. S. Jackson (Se) 49.34; 47, W. Dunne (I) 49.35; 48, J. Fernandez (Sp) 49.37; 49, J. Douglas (I) 49.49; 50, A. Fleming (Se) 49.49; 51, J. Castro (S) 50.02; 52, M. Van Laere (B) 50.09; 53, M. Navarro (Sp) 50.11; 54, A. H. Brown (Se) 50.14; 55, A. Aldegalega (P) 50.25; 56, D. Dickson (Se) 50.26; 57, L. Vargas (Sp) 50.27; 58, A. Brown (I) 50.29; 59, H. Wilson (W) 50.33; 60, M. Amor (T) 50.35; 61, R. B. Davies (W) 50.39; 62, J. I. Evans (W) 50.41; 63, D. Harrison (I) 50.56; 64, A. Silva (P) 51.09; 65, S. O'Sullivan (I) 51.21; 66, R. Ben Naceur (T) 51.27; 67, P. Bowden (W) 51.37; 68, J. McLaren (Se) 51.39; 69, M. R. Maynard (E) 51.39; 70, B. F.



Photo by G. S. Barber.

Jim Russell (Victoria Park A.A.C.) the first Scot home at the C.C. International.

Abdesselam (T) 51.49; 71, F. Walker (I) 51.55; 72, B. G. Saunders (W) 52.50; 73, J. Escudero (Sp) 52.11; 74, Tarbeg Ali (T) 52.23; 75, A. B. Ben Ali (T) 53.00; 76, H. Tawton (W) 53.25; 77, R. McCullough (I) 53.35.

Teams:	Pts.
1. England	(1. 3. 4. 8. 9.10) 35
2. France	(2. 6.11.12.15.18) 64
3. Belgium	(13.21.29.31.32.40) 166
4. Portugal	204; 5 Wales 228; 6, Scotland (28.34.37.42.46.50) 234; 7, Ireland 241; 8, Spain 256; 9, Tunisia 285.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J ROSS

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

TEL-CENTRAL 8443

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JOHN EMMET
FARRELL'S



THE ins-and-outs of this track and field season are of special interest because of the forthcoming Empire and European Games, yet the great International race climaxing the C.C. season deserves recalling.

Eldon a "Bobby/Dazzler."

After leading most of the way policeman Stan Eldon foiled a late attempt by Alain Mimoun to create a record of 5 wins. The holder Frank Sando though losing his title demonstrated his remarkable consistency by gaining 3rd place. Other outstanding individual feats were those of barefoot runner Dunne of Ireland in 5th place, Merriman of Wales in 7th place, England's great junior Cocking in 10th place and veteran Van de Wattyne of Belgium's 13th place in his 13th International. For consistency of merit the last mentioned must have about the greatest cross-country record of the series. Several seasons ago a well-known continental official confided to me that Van de Wattyne was potentially the greatest cross-country runner of all time had it not been for his

temperament—a pre-race nervous tension amounting almost to hysteria. England's team was definitely out on its own but gallant little Wales so often wooden-spoonists deserve tribute for a most meritorious 5th place out of 9 competing teams.

Mystery of Brown and McLaren?

Scotland, 6th out of 9 disappointed more than a trifle. I had hoped for at least a 4th place. Led by the gallant Russell our team packed well but too far back and they lacked the leadership which it was hoped Brown and McLaren might supply. Instead they were non-counters in the extraordinary poor positions of 54th and 68th out of 77 finishers. What is the reason for their puzzling poor form? Perhaps they both went out gallantly for a leading position—over-reached themselves and went flat. Could or could there not be something in the following sequence of events? Brown and McLaren took part in hard races after their

national championship. Stan Eldon (arriving too late) did not even take part in his own national event. There may be nothing in this sequence but I am certain that one hard race can take more out of an athlete than a whole score of hard training runs mainly because of the nervous energy unconsciously expended in the former.

Interesting Questions are Posed.

The Scottish Championships are always interesting but this year being in essence the final test for selection for Scotland's Empire Games team they will be even more engrossing. Several of our more brilliant athletes for example Everett and Paterson could well be in the running for places in the British team for the European Games.

Possible Whitelock-Dunbar Duel?

Can Dunbar come back to re-capture the sprint title from consistent Ron Whitelock, who at present is anxious about a muscle injury?

Binnie could be the Danger.

On his record-breaking form (13m. 51.2s.) at the Daily Express floodlit meeting Ian Binnie, ex-dual 3 and 6 miles champion, could be the most serious rival to present 3 and 6 miles champions A. J. Wood, and Andy Brown.

Already this season Binnie has given us an indication of his form. In the London-Brighton relay he ran a wonderful leg, not only gaining six places for his club, Victoria Park (who finished 8th) against such established stars as Ingles, Driver, and Keily, but also shattering the course record by no less than 27 secs. to finish only 14 secs. down on Eddie Kirkup, the new record holder for the 6 miles 264 yards. Kirkup deserves the highest praise for a magnificent performance in returning 29m. 40s. and this only a few days after finishing 3rd. to a great Derby A.C. pair, A. P. Keily and P. A. Wilkinson in the Doncaster-Sheffield Marathon! Keily was also inside the previous lap record and it thus proves how classy and fit are our top marathon men.

Fenion looks Classiest Marathoner.

It hardly seems four years since Joe McGhee's surprising victory in the famous Vancouver heat-wave marathon. The luck allied to the pluck that he had on that occasion seems to have deserted him as he has been plagued by recurrent injury of an apparent deep-seated nature. Despite frequent attempts to restart serious training it does not look at the moment as if he will be able to defend his Empire title—though if he made a return to competition even at this late hour it would be wonderful news.

What a duel it could have been between a fit McGhee and the new champion and record-holder Harry Fenion. Despite the fact that up till now it has not been a vintage year for the latter he looks the classiest competitor in this unpredictable and exhausting event.

Fenion has already shown he is in superlative form by winning for the third successive time the 16 miles Clydebank-Helensburgh race, from a very classy field in 1hr. 27m. 35s. taking 47 secs. off his own previous record. However, A. Mc Dougall held Harry to 15 secs. in the 23 miles Berwick race. Over the full distance can he possibly turn the tables?

England also has its Question Marks.

In England too, questions can be posed. Will the up-and-coming stars push such established stars as Ken Norris, Peter Driver, Frank Sando and Gordon Pirie further and further from the lime-light into obscurity?

On his cross-country form Sando is by no means a back number though at the moment Norris and Driver seem to be fading. At the end of last season the irrepressible Gordon Pirie seemed to be recapturing something of his old form. He has shown little during the past cross-country season and one wonders if he retains the single-minded devotion which threatened to make him heir-apparent to first Zatopek and now Kuts. Time will tell.

A Strong Trio.

Stan Eldon is also a great track prospect over 3 and 6 miles as is George Knight

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THE SCOTS ATHLETE

who it will be remembered won last year's A.A.A. 6 Miles title from Eldon after an epic race by .4 sec. with the now English cross-country Champion Perkins a good 3rd.

Athletic Feat of the Century?

A report that a 46 year-old Indian Gulzara Singh won the Indian marathon championship in the fastest ever time of 2 hrs. 23 mins. 58 secs. did not make the head-lines. Indeed many frivolous items took precedence. However it was such an outstanding feat that the Indian officials re-measured the course and found it correct. If the athlete's age is correctly reported this run should rank as one of the athletic feats of the century. For who ever heard of an athlete of a comparable age performing such a feat of intrinsically world class? His case should be of interest to medical research especially to that section devoted to the ageing process in man and the search to combat its effect.

Fred Norris—Amateur!

Fred Norris of Bolton United, 37 year-

old veteran has achieved many successes. His 8th place in the International at Cardiff helped England to a runaway victory and he still seeks fresh fields to conquer over country, track and road. As has been pointed out Fred frequently suffers financial loss when competing for England and in other races. Thus with his long career and undiminished enthusiasm he is a real amateur—a true Corinthian! Nevertheless, Fred has the incentive of success achieved. What of the hundreds of amateurs who never reach the lime-light yet continue to train with gusto and sacrifice time for the hobby they have come to love. Fame may have been the original spur but the bubble often becomes a frothy bubble as remote as the rainbow and the ever-widening horizon. Yet it is engrossing to attempt to surpass one's own personal Everest and perseverance will at least ensure that rhythm, that fluency, that feeling of exhilarating abandon which is the true prize of the conditioned athlete. The higher "briefs" may be reserved for the few but all can take "athletic silk."

DO YOU WANT TO RUN FAST?

By PERCY WELLS CERUTTY.

THE solution is easy: most of us can run fast. It is running FAR ENOUGH FAST—that is our problem. Take a 1.45 half-mile. The speed works out around 26 secs. for the 220. Slow—you will say as against a 20.9 220.

The four-minute mile, which should be common place indicates even greater disparities in speed. A comparative snail's pace of 30 secs per 220 yards. It is keeping this relatively slow pace going that HURTS our milers. Many more could do it—but it sure hurts after the first 600 yards. It will always be so.

True enough, the unconditioned man cannot hope to do these things but many ARE conditioned these days, especially to longer distances: the fact that a 3 miler such as Chataway ran the 4-minute mile is surely significant enough.

What does hard conditioning do? For most athletes just this: It makes it possible to run a little faster over their favoured distances but with considerable less distress than when not properly conditioned. In reward, we have an easier passage. All well conditioned athletes know this. Most, however, finish with far too much in hand. Seldom are they exhausted as those they beat.

Take John Landy as a typical illustration. So very often after running his numerous around 4.02 miles, he would trot over to the time-keeper and say "What did I run?" Even in Turku after his 3.58 effort he was far from all in. In Vancouver he even helped support his victor after his defeat.

What then, I ask, would a runner do, conditioned as Landy was—who could finish all in as did Bannister? I will hazard a guess the mile will be run as fast as 3.43.



Jim Peters showed what could be done by running flat out all the way, being "game" enough to risk everything for the sake of a super fast time.

Very few ever run to their fullest potential. Jim did take these risks; sometimes he was successful—on occasions he failed. But what magnificent failures!

Zatopek has shown us what can be done if we bother to condition ourselves to the maximum. Peters has shown us what can be accomplished if we are game enough to run ourselves right out from gun to victory. It may mean a record, or dropping in our tracks.

How can we go about doing what you say? I hear the new record breakers say: I repeat, the solution is easy. Condition yourself over at least 3 years in the ways we know. Become really strong—all over. Train 3 days a week to exhaustion, rest or run easier on the others. Run a lot at the speed you would race at—say the 60 second quarter, or a little faster. Run it in 220's; 440's; 660's; even 880 and on occasion three-quarter miles. Get the organism drilled to running at these speeds and flat out until exhausted. Reducing the recovery times to a mere nothing as the intensive training goes on. Run a lot of over distance stuff for continuity of effort. The times will come.

essh..shoos!

A YANK STARTED IT!

We publish this strange story from the December, 1957 "Track and Field News," without comment.

SHELTON AND THE SHOE.

An interesting sidelight to Yurly Styepanov's now famous built-up shoe has come to light via Ernie Shelton. It seems that Shelton was actually the one who indirectly led to the piece of footwear which has made many present day records meaningless. In 1954, Shelton toured Scandinavia. Ernie had a pair of shoes (actually two left ones as he wears no shoe on his right foot) made in Helsinki. Remembering that Les Steers had worn a shoe with a piece of leather just back of the ball of the foot, he thought he'd try it too. When Ernie jumped against Bengt Nilsson, the Swede took careful notice. He told Shelton it was a good idea but the leather was not thick enough, nor was there enough, and it should be farther forward. So Nilsson had one made to his own specification. Whereas he'd been hovering around two meters (6 ft. 6 ins.) prior to Shelton's arrival, Benke ended the season with a 6 ft. 11½ ins. plus three other 6 ft. 10 in. leaps.

The next year, 1955, Nilsson was invited to Moscow so that the anemic Russian Jumpers might get a chance to see how a champ operates. Nilsson arrived a day or so early to acclimate himself. At one training session, cameras were trained on the visitor and many hundreds of feet of film were taken of his style. Someone noticed that Nilsson's take-off shoe had a very thick sole. This, they gathered, must be the secret of his success. That day Benke decided to take a stroll and see the sights of Moscow. He was especially interested in seeing that famous Soviet park, Forest Evashevski. Upon returning to his room, Nilsson found that his valued shoes had unceremoniously disappeared. Understand-

ably, he was quite burned up over the incident.

Benke was in no mood for jumping and was defeated (said RLQ: "Benke Nilsson suffered an unexpected defeat in Moscow . . .") with a jump of only 6 ft. 5½ ins. Needless to say, he told the Moscow Chamber of Commerce what he thought of their fair city, and if he never returned again, it would be too soon.

That's the story of the shoe. If you want to blame anyone, take it out on one E. E. Shelton. He's sitting up at the Presidio in San Francisco with absolutely nothing to do, and would probably welcome some correspondence.

The foregoing story has been published as a lighter feature. The subject of this shoe controversy is excellently covered in a study by A.A. Gold which appears in "Athletics Weekly" (3rd May, 1958) and which we commend to our readers.—Editor.

10 MILES RECORD FOR FRED NORRIS.

With only a few spectators present Norris in the revived A.A.A. 10 Miles Championship at Hurlingham on 19th April, swept all before him to lap every competitor but one and establish a new British All-Comers, British National and English Native record of 49m. 39.0s.

En route for victory, Norris broke Ken Norris's 1956 native record for 8 miles by some 13 secs., clocking 39m. 42s., lowered his own 9 miles record to 44m. 42s. and finally reached the 10 miles mark 14 secs. ahead of his previous record. Altogether a wonderful performance.

SPORTS DIARY

June.

- 20/21—S.A.A.A. Senior Championships & Junior Relay Championships—Meadowbank.
- 21—Scottish Schools' A.A. Championships—Westerlands.
- 24—Glasgow Corporation Transport Recreation Club—Helensvale.
- 26—Dunfermline Civic Week Sports—Dunfermline.
- 26/27—Army Championships—Aldershot.
- 28—Stewarton Bonnet Guild—Stewarton.
- 28—Inverness Gathering—Inverness.
- 28—Scottish Universities v. U.A.U.—Craiglockhart.
- 28—Edinburgh City Police Sports—Meadowbank.
- 28—Braw Lads Gathering—Galashiels.
- 30—R.A.F. Championships—Uxbridge.

JIM PETERS AS CRITIC

YOUR editor has asked me to write an article discussing the various aspects of athletics; the organisation and the current trends with regard to training and racing.

My first reaction was to try and dodge the issue by saying I'm too busy. With middle age approaching I suppose I am getting a little lazy; the bloom of youth has faded and unfortunately the desire to train up to A.A.A. championship standard has now departed. The problem of living, of making my security in old age if possible, of seeing my two children grow up are now the most important things in my life. Nowadays I seek to try and make up to wife and family all those lost hours when I was away training and racing. But there is, I'm sure, something in the old saying once a runner always a runner and the old interest remains but in varying degrees in each old timer.

The old athlete very often disappears from the sport because after a few years no one wants to listen to what races he won or how he set about his training schedules to get to the standard he did. In any case his records whether they be club, county, national or world titles have been beaten and all the young eyes are on the present champion and how he goes about it.

Over and above there are so few important or top line jobs that are open for the ex-athlete to do. All the plum jobs on the B.A.A.B. for example have been held by the same number of gentlemen with very few changes since the last war ended. This situation can be traced back through practically every other honorary organisation such as the A.A.A. of England; the English Cross-Country Union and so on. Mind you, some of these hard working officials have done and no doubt will continue to do good work for the sport for many years to come, but it is my firm personal opinion that with our sport growing so big, new blood and new ideas must be allowed to be given a chance.



Photo by G. S. Barber.

Our contributor, Jim Peters (left), one of the most popular athletes of our time and who has still the world's fastest marathon time to his credit, (2hr. 17m. 39s. 1954.), with a leading Scots official D. McL. Wright, "Dunky" Wright won the British Empire Marathon race in 1930.

I believe that no matter how good an official may be at his job he should not be allowed to stand for re-election on the B.A.A.B. or the A.A.A. after three years. This would allow many more officials to become experienced in the many jobs and would keep its committees young and alert.

The financial side has to be thrashed out. I think it absolutely scandalous that on the Saturday of our National A.A.A. Championship or for that matter our Inter-Counties Championships at White City we have to get out by a certain time

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to make way for greyhound racing and competitors in the later events or the really keen onlookers like myself have to miss tea because we have not gone to the tea room by 5.00 p.m.

We must have our own Stadium at least, for a start, one built without any worry re the cost by our honorary association.

I say emphatically that there is no need to have a ministry of sport controlling our sport as in some countries. But with respect and without discourtesy to the old school type and amateur diehards, the British Government has got to play its full part in providing adequate facilities for the sporting youth of our country.

Again with respect to the very fine scheme of H.R.H. The Duke of Edinburgh, the playing fields fund is just not big enough for the demands on it. It is my contention that sufficient funds will never be raised voluntarily for the building of the stadium we need, or for training the numbers and to the standard of our paid coaching scheme. It is also basically wrong to keep going cap in hand to raise money to equip and send teams to the Olympic, Empire and European Games.

Where is the money to come from? To my idea the responsibility rests entirely with our British Government. Just as the motorist considers that the whole of the dreadful communal road tax should be devoted to the improvement of the roads in Great Britain I think that the money taken in tax from the Pools Promoters should be devoted by the government to all the amateur sporting organisations in Great Britain. If this was done we would soon be on a footing with countries like Sweden and U.S.S.R.

With more money available for each sport, paid salaries could be offered for the key positions in our administrative side—As it is, I cannot see how it is possible for a man to give his all to an honorary position when he has to follow another career in order to live. Well so much for the criticism of the official side of athletics. Perhaps readers will be more interested in my criticism of modern training methods which follows on.

Jim Peters' study on training must be held over to next month. What he has to say should make every athlete—and coach, reflect seriously on modern trends. This lively and trenchant essay should get into the hands of every athlete and student throughout the world, and be discussed at every training ground. Editor.

Scottish Best Performances 1957

Compiled by D. C. SINCLAIR.

100 Yards

R. Whitelock (V.P.A.A.C.), 9.8s.—New Meadowbank—22nd June.
G. Garracher (E.S.H.), 9.8s.—14th Sept.
A. S. Dunbar (V.P.A.A.C.), 10.0s.—Scotstoun—27th April.
M. W. Hinde (Paisley G.S.), 10.0s.—Scotstoun—27th April.
J. G. Edgar (G.P.A.A.), 10.0s.—Oxford—20th July.
R. E. Hall (P.A.A.C.), 10.0s.—Westerlands—5th July.
J. Young (Sp. H.), 10.0s.—Westerlands—6th July.
G. R. Fleck (B.H.), 10.0s.—Westerlands—6th July.

220 Yards

J. G. Edgar (G.P.A.A.), 21.6s.—Oxford—20th July.
W. Henderson (W.A.C.), 21.7s.—Ibrox—15th June.
J. G. R. Robertson (V.P.A.A.C.), 22.0s.—Ibrox—15th June.
G. Garracher (E.S.H.), 22.0s.—Ibrox—28th September.
G. R. Fleck (B.H.), 22.1s.—Westerlands—6th July.

200 Metres

G. Garracher (E.S.H.), 21.4s.—Stockholm—2nd August.

440 Yards

J. V. Paterson (E.U.A.C.), 48.6s.—New Meadowbank—22nd June.
J. McIsaac (V.P.A.A.C.), 49.4s.—Ibrox—15th June.
R. A. Cairney (G.U.A.C.), 49.9s.—Aberdeen—1st June.
J. R. Boyd (G.U.A.C.), 49.9s.—Pitreavie—2nd July.

400 Metres

J. V. Paterson, 47.9s.—Bordeaux—30th June.

880 Yards

J. R. Boyd (G.U.A.C.), 1m. 50.7s.—Ibrox—3rd August.
D. C. E. Gorrie (O.U.A.C.), 1m. 50.8s.—Oxford—11th March.
J. V. Paterson (E.U.A.C.), 1m. 51.7s.—Dublin—16th July.
L. C. Locke (L.U.A.C.), 1m. 51.8s.—White City—8th June.

G. E. Everett (S.H.), 1m. 52.7s.—Helenvale—25th June.

800 Metres

J. V. Paterson (E.U.A.C.), 1m. 47.5s.—Bordeaux—29th June.
L. C. Locke (L.U.A.C.), 1m. 50.8s.—Oslo—4th August.

1 Mile

A. D. Gordon (L.U.A.C.), 4m. 3.4s.—White City—19th July.
G. E. Everett (S.H.), 4m. 5.3s.—Dublin—5th July.
A. Breckenridge (V.P.A.A.C.), 4m. 8.3 s.—Stockton U.S.A.—1st June.
D. C. E. Gorrie (O.U.A.C.), 4m. 10.2s.—Oxford—13th March.
J. Cameron (T.V.H.), 4m. 11.8s.—Chiswick—11th May.
G. Jackson (Woodford Green), 4m. 14.05s.—22nd August.
P. Robinson (Achilles), 4m. 15.4s.—Pitreavie—2nd July.
J. L. Hendry (S.H.), 4m. 16.2s.—Pitreavie—2nd July.

3 Miles

I. Binnie (V.P.A.A.C.), 13m. 51.2s.—Ibrox—28th September.
A. J. Wood (S.H.), 14m. 2.4s.—25th July.
A. H. Brown (M.Y.M.C.A.), 14m. 4.2s.—Dublin—5th July.
J. R. Cameron (T.V.H.), 14m. 11.0s.—Leyton—1st May.

120 Yards Hurdles

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BRITISH MARATHON CHAMPION

Eddie Kirkup



Photo by H. W. Neale.

Last season Eddie Kirkup had a great dual triumph when he won both the Poly marathon and the British marathon title. He won the latter in 2hrs. 22m. 27.8s.

Answering a road runners' questionnaire some time ago, he gave as a typical week's training:—Three days a week, two steady runs of 8 miles, and two fast ones of 4 miles each. On alternate days he has two runs of 10 miles and one of 5 miles. On the seventh day he has three runs of 10 miles each or alternately, a run of 2½ hours duration. He mentioned other hobbies:—

WEB CENTRE

By BRIAN MITCHELL.

PART 5

Interval Running.

WHAT lies at the root of the exercise known as 'Interval Running' is a realisation that each runner must get used to moving at a particular speed. For instance, the ambitious miler must know the effort required to run laps around the 55-65 seconds mark, and the imaginative three-miler must get the feel of 65-70 seconds per lap speed. Then he will not get a disturbing surprise when he enters a race and finds that, from the gun, the pace is extremely fast. The principle which interval running establishes is, that training can be of such a kind as to promote the ability to run at a particular speed and, at the same time, to keep up that speed throughout a particular distance. It is not, of course, as simple as it sounds. If it were, the country would be flooded with willing cart-horses who have turned themselves overnight into dynamic Derbyists. But the fact that the principle does not work like magic is no reason to believe that it does not work as far as it is humanly possible for it to; put more concretely, interval running will get more out of Zatopek than it will out of your ordinary club athlete who has only received his fair share of physical ability. It remains for both to see what they can really do. Therein lies the pleasure.

If the muscles set the pace for the rest of the body-processes (and it seems reasonable to suppose that they do) and if all the aspects of the body's structure are to be improved, muscular action must be of such a level that considerable demands are put upon the whole system. In this way, the limits of the body's capabilities can be raised most efficiently. Any form of exercise will help, but very hard exercise will help most. In interval running, the practice is to keep applying pressure with intervening recovery periods of jogging and easy running. It is the habit to run

very hard without going absolutely to the limit. It would be quite possible for a determined runner in training, to go out and run as hard as he finds it in himself to do over his chosen distance each day, and do no more; for instance, to go out and run a half-mile, forcing himself all the way and pouring himself into it. The pastime would be inefficient. One or two aspects of the physical and mental system would be stretched and over-emphasised at the almost complete expense of the others, and it is necessary for all runners to pay their respects, in some measure, to all sides of their own make-up, whilst laying the emphasis fairly heavily on certain parts. Our imaginary half-miler would be very courageous and therefore good material, but his training would not be adding much to his general ability—things of paramount importance would be virtually ignored. Were he to cut down a bit on his specialised effort, he would go further. On the fast/slow principle, he would get the best of both worlds. He would acquire that delicate and vital combination of speed and stamina which is required for his own race. This is general ability pushed in a particular direction.

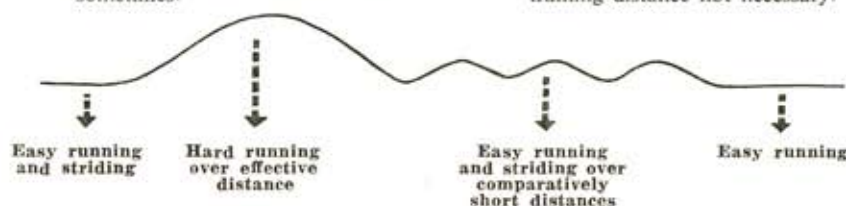
In all training, there must be a strong element of practising what you intend to preach. It is best not to be haphazard about this. So it is best to pitch an effort very near to that which the race will require. Sprinters will sprint and milers will run the needed 55-65 seconds pace for good stretches. Clearly, as the racing distance gets longer so the training distances fall further below it, and the number of repetitions grow fewer, until the whole principle loses its basis and repetition becomes unnecessary. The sprinter can sprint and sprint again many times; the half-miler can repeat his effort a few times; the three-miler can do one good stretch and then some shorter ones; the marathon man does not need to repeat, but rather to go a long way at good pace (J. H.

Peters surely proved this). Much easy running should be thrown in, to coax the body and keep flushing it; other forms of running should be tried, to relieve any possible boredom. The sheer pleasure of running on grass and over country should never be missed. The plan can always be about the same in composition.

As interval running is looked at in its wholeness, a pattern emerges. It ought not to be repetition for repetition's sake. The thing ought to be considered intelligently and the distances and types of effort changed to suit the particular race. It is vital to pay attention to speed, but optimum speed is important, not pure maximum mechanical. Complications of present state of fitness, age, ambition, character and so on only serve to impress us with the truth that every individual must work out what is best for him and not try to copy somebody else except in outline. The principle must be manipulated and applied. Some sort of finality with regard to the physical work required can be attained; the secret lies elsewhere, in self-discipline, mental strength and enjoyment. This aspect is vast and unresolved, perhaps unresolvable and certainly fascinating and fertile. It involves the whole man, which is good; and he should never forget that all of his training is aimed at the race, wherein everything is expressed.

The tables below illustrate two aspects of the question here discussed. The first shows, in outline, what I would consider to be the relationship between the particular racing distances and the number, and kind, of training repetitions. The second shows the spread of any one session. The idea is fluid!

(a) 220 yards: Full distance repeated sometimes.



(b) 2 miles: Less than full distance repeated repetitions become fewer as distance lengthens.

(c) 3 miles upwards: Repetition of best training distance not necessary.

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WOMEN'S NOTES

By DALE GREIG.

THE Scottish Women's Cross-Country Championship, held at Auchinairn on 8th March, attracted only 17 starters from an entry of 21. Yet if the entry was low, the competition was very keen and as little as 30 seconds separated the first eight runners.

Springburn Harriers laid out a nice two mile country course of varied going, marred slightly perhaps by rather many barbed wire fences. Ina Mae Mooney (Jordanhill T.C.), at her first attempt for National Cross-Country honours, ran with excellent judgement to take the lead half a mile from home and emerge a decisive winner by some 40 yards from D. Greig, (Bellahouston) with Helen Cherry, of the same club finishing as last year a very close third. The Edinburgh track stars Sheena Duncan and Barbara Tait, half mile and one mile champion respectively, making a welcome bid over the country, ran strongly over the latter stages to finish together in 4th and 5th positions. Lacking her excellent form and training background of the previous year, the holder Morag O'Hare was 6th.

After four successive wins in the team race for Maryhill Harriers the title this year went to Bellahouston Harriers who finished 5 points ahead of Edinburgh Harriers with the previous holders third.

Details—

- 1.—I. M. Mooney (Jordanhill), 12m. 36s.
- 2.—D. Greig (Bellahouston), 12m. 44s.
- 3.—H. Cherry (Bellahouston), 12m. 45s.
- 4.—S. Duncan (Edinburgh H.), 12m. 48s.
- 5.—B. G. Tait (Edinburgh H.), 12m. 48s.
- 6.—M. O'Hare (Maryhill H.), 12m. 52s.
- 7.—M. Ferguson (Springburn H.), 13m. 06s.
- 8.—D. Fulton (Springburn H.), 13m. 21s.

Teams—

- 1—Bellahouston H.—(D. Greig, 2; H. Cherry, 3; H. Howieson, 13).—18 pts.
- 2—Edinburgh H.—S. Duncan, 4; B. Tait, 5; E. M. Hughes, 14).—23 pts.
- 3—Maryhill H.—M. O'Hare, 6; A. Lusk, 10; A. Millar, 11).—27 pts.

For financial reasons the annual cross-country match with England was cancelled this year—a pity in view of the fact that the longest race in the Empire Games is only 220 yards, and consequently even a national champion cannot hope to represent her country in an International event. However, with fine half-mile times behind her, Ina Mae Mooney has set her sights on the 880 yards for the track season, and although a leg injury has interfered with her programme, given the opportunity, she could well establish new Scottish figures.

Empire Games.

Although our distance runners cannot compete in the Games and one cannot expect, due to lack of close exponents in the field events, full representation there, we shall be sending a team of sprinters and, my word, what stern opposition awaits them! From Australia comes news of two new world records for sprinter Marlene Mathews, Bronze medalist at the Melbourne Olympics. On 20th March she had a magnificent double, winning the 100 yards in 10.3s. and the 220 yards in 23.4s. in the Australian championships at Sydney.

Outstanding among the many good performances at the East v. West match on May 10th was the Discus throw of 130 ft. 8½ ins. by Diane Will (East). By beating her own Scottish record by some 14½ ft., Diane seems certain of her place in the

High Jump

- C. W. Fairbrother (V.P.A.A.C.), 6 ft. 4½ ins.—Cologne—3rd October.
 W. Piper (G.P.A.A.C.), 6 ft. 3 ins.—Dunoon—30th August.
 A. Houston (V.P.A.A.C.), 6 ft. 1½ ins.—Kilmarnock—13th July.
 A. M. Law (B.H.), 6 ft. 0 ins.—Beith—25th May.
 A. J. B. Smith (Dun. H.H.), 6ft. 0 ins.—Broughty Ferry 17th July.

Long Jump

- G. Turner (V.P.A.A.C.), 22 ft. 9 ins.—Cowal—30th August.
 R. Gray (E.S.H.), 22 ft. 8½ ins.—Pit-reavie—2nd July.
 T. Lunde (Unat.), 22 ft. 8 ins.—Pit-reavie 2nd July.
 L. M. Rankin (V.P.A.A.C.), 22 ft. 4 ins.—Pit-reavie—2nd July.

Hop, Step and Jump

- H. M. Murray (E.U.A.C.), 47 ft. 6 ins.—Hull—29th June.
 I. McLune (G.U.A.C.), 47 ft. 0 ins.—Westerlands—25th May.
 R. Gray (E.S.H.), 46 ft. 8 ins.—White City—13th July.
 J. R. Waters (Dollar Acad.), 46 ft. 2 ins.—Westerlands—6th July.

Scottish team for the Empire Games. At the Games in Vancouver in 1954, Suzanne Allday (England) gained 2nd place to Yvette Williams (New Zealand) with 131 ft. 3½ ins. and although standards have risen considerably, Diane improving with incentive could possibly be a placed competitor for Scotland at the Games.

Due to most inclement weather at the Scottish Track Championships held at New Meadowbank on 24th May, the gate money income was badly affected. Consequently, the only sponsored athlete by the S.W.A.A.A. at the British Championships was Tayside's Doris Tyndall, dual sprints champion. Details of the Championships will be published in our next issue.

* * *

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Pole Vault

- N. Gregor (Ex H.H.H.), 12 ft. 9 ins.—Kenya—20th August.
 P. Milligan (V.P.A.A.C.), 12 ft. 3 ins.—Westerlands—4th June.
 N. J. Brown (J.T.C.A.C.), 12 ft. 3 ins.—Renfrew—8th June.
 S. Mumford (E.U.A.C.), 11 ft. 9½ ins.—Craiglockhart—20th May.
 T. Lunde (Unat.), 11 ft. 6 ins.—Westerlands—12th June.

Shot Putt

- M. R. Lindsay (Q.P.H.), 53 ft. 2½ ins.—Copenhagen—27th July.
 J. Hogg (Welwyn A.C.), 45 ft. 5 ins.—25th June.
 P. Ibester (O.U.A.C.), 45 ft. 2 ins.—11th March.
 J. Drummond (H.A.C.), 44 ft. 8 ins.—Craiglockhart—12th September.

Discus

- M. R. Lindsay (Q.P.H.), 167 ft. 8 ins.—29th May.
 P. Ibester (O.U.A.C.), 159 ft. 8 ins.—Croydon—28th August.
 J. Drummond (H.A.C.), 150 ft. 8 ins.—New Meadowbank—21st June.
 J. Hogg (Welwyn A.C.), 142 ft. 4½ ins.—New Meadowbank—22nd June.
 R. Buist (F.E.C.), 140 ft. 5 ins.—New Meadowbank—22nd June.

Javelin

- C. F. Riach (J.T.C.A.C.), 197 ft. 2 ins.—Ibrox—3rd August.
 R. A. Findlay (E.U.A.C.), 191 ft. 8 ins.—Westerlands—12th June.
 T. Holzbog (E.U.A.C.), 182 ft. 5½ ins.—Craiglockhart—25th May.

Hammer

- E. C. K. Douglas (F.E.C.), 182 ft. 10 ins.—Craiglockhart—22nd August.
 A. R. Valentine (L.A.C.), 181 ft. 6 ins.—Dublin—21st September.
 D. Clark (ex. R.U.C.), 173 ft. 4½ ins.—1st January.
 R. S. Scott (F.E.C.), 171 ft. 2 ins.—Westerlands—12th June.
 I. S. Bain (Achilles), 170 ft. 6 ins.—New Meadowbank—22nd June.

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THE SCOTS ATHLETE

JIMMY MACNAMARA



With the passing last April of Jimmy Macnamara, the sport in Scotland has lost a great character. He lived and loved athletics all his life. His enthusiasm for the sport was infectious, and possessing a real pawky sense of humour, he was always bright company. Many must recall having their first run ever, with Jimmy having charge. He had no regard for official status in the sport but he was always prepared to serve in the most humble ways. After moving from Dundee, where he belonged originally, he became connected with Whiteinch Harriers, Clydesdale Harriers, and Maryhill Harriers. When the Scottish Marathon club was formed in 1946, it was natural that Jimmy was a founder member and he was eventually elected a Hon. Life-Member.

In paying tribute to Jimmy, it is but right to recall the great friendship between him and our contributor, G. S. Barber. George Barber met him first in a road race from Arbroath to Dundee in 1908 from whence they remained friends. In the last few years of his life, Jimmy was overtaken by illness. Yet this was a period of tremendous loyalty on the part of George Barber. He visited Jimmy every day and did everything possible to interest and bring comfort to his former running "rival." The accompanying photo shows G. S. Barber (left) with Jimmy. It was taken several years ago.

CHAMPIONSHIP POINTERS.

After his fine performance in the 440 yards at the Western District Championships at Scotstoun on 31st May, John McIsaac must be regarded as favourite for the National title at New Meadowbank on 21st June. McIsaac's time of 48.8s. came near to equalling the record of 48.4s. set up more than 50 years ago by G. W. Hallswell, the 400 metres champion at the 1906 Olympics. D. McDonald (Garscube H.) finished second in 49.9s., after he won the half mile in 1:56.4s. Graham Everett (Shettleston H.), after leading all the way, took the mile in 4m. 9s. from Bert McKay (Motherwell Y.M.C.A.) who recorded a sterling 4m. 12.3s. Joe Connolly was not pressed in the three miles and looks capable of beating 14 mins. if pushed to it. Others to watch at the championships are Alan Dunbar who took the 100 yards in 10 secs., Graham Fleck who, after an exciting race with British Police champion J. G. Edgar, won the 220 yards in 22.2s. and C. Fairbrother who took the high jump at 6 ft. 1 in. and looks capable of retaining his title.

From the east too come strong challengers in W. Henderson (Watsonians) who returned 22.1s. for the 220 yards in winning the Eastern District event, and R. Cockburn who won the 100 yards in 10s. Alex Hannah with a time of 54.8s. looks the best of the 440 yards hurdlers. In the 3,000 metres steeplechase, D. W. Dunn (Braidburn A.C.) reduced his district record to 9m. 46.2s. The Championships will be the final try out for selection to the Empire Games team. Therefore it seems likely that we can look forward to some exciting and close competition.



The struggle is over, the battle won and an Olympic title changes hands. This embrace symbolizes the warm friendship between two of the greatest runners of our time, Alain Mimoun, winner of the 1956 Olympic Marathon and the previous victor, Emil Zatopek. (This as a glossy 10 in. x 8 in. photo is included in the set advertised on this page).

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