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WEEKLY ATHLETIC NOTES BY
JOE BINKS

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THE SCOTS ATHLETE

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Captain of Scotland's Empire Games team, DUNCAN McD. CLARK may well gain the Empire title. He holds the British National record at 178 ft. 1½ ins., and the Scottish National record at 168 ft. 9½ ins.

JOHN EMMET FARRELL'S RUNNING COMMENTARY.
WINTER TRAINING. WHAT WAS YOUR TIME TO-DAY?
THE EMPIRE GAMES—A GLANCE AT THE FORM OF OUR
DOMINION CONTENDERS.
SCOTTISH YOUTHS' CHAMPIONSHIP.
AUSTRALIAN GOSSIP.

JOE GALLI'S AUSTRALIAN GOSSIP.

Whipping up form and enthusiasm for the National championships at Adelaide, Australian trackmen turned in some fine performances in try-out meetings.

Bruce Oliver, 20-years-old Westralian, cleared 50 ft. 2 ins. to defeat Australian hop, step and jump title-holder, Frank Day, and eclipse the latter's State record by 2 ft. 2½ ins. Bruce who won his State under 19 championship in 1948 with a record leap of 46 ft. 2 ins., is the sixth Aussie to better 50 ft. since "Nick" Winter did it in the 1924 Olympics; and he has improved more than 3 ft. within twelve months.

John Winter (also of W.A.), Olympic high jump champion, cleared 6 ft. 3½ ins. in his first competitive outing since his return from abroad. He should be doing around 6 ft. 7 ins. within a month or two.

In Melbourne, Jack Davey, raw, unpolished Bendigo runner, became the first Australian to show something like world class over 6 miles, when he established a National residential record of 30 mins. 59.6 secs.

Davey led almost all the way, and despite the fact he badly needs coaching, kept up a smart enough pace to lower the old record by nearly 30 secs.

Western and South Australian sprinters, Bill de Gruchy and A. K. Gordon, both clocked 9.8 secs. over 100 yards, so they should fill places in the championships. Gordon has also posted 22 in the furlong.

Outstanding meet of the season, so far, was the N.S.W. State Trials on 10th December, when John Treloar won the 100-220 yards double in 9.7 and 21.5 secs.; the latter being the season's fastest time. Forty yards from the tape, John pulled a thigh muscle; otherwise his time would have been much nearer 21. He was advised to rest for three weeks.

Edwin Carr, the young medical student who so brilliantly defeated Herb McKenley a year ago, also struck trouble. Running in the 440 yards his hand hit a hurdle carelessly left on the track; but despite the pain he went on to win easily in 48.5 secs.

Geoff Goodacre, fast improving hurdler, clocked 23.8 secs. to regain his 220 lows



record he lost a year ago; but in the "quarter" he missed out by a tenth in returning 53.6 secs. Previously notoriously slow on the flat, Geoff has so much improved this season that he can now do close to 50 secs.

Other notable performers in this meeting: Jackson Mahoney, young New Zealand press photographer, who won the 880 yards in 1 min. 55.3 secs.

John Plummer, prominent cross-country runner, who won the mile in 4 mins. 18.2 secs., fastest Australian time for three years; Doug. Stuart, who made a National under 19 high jump record of 6 ft. 4 ins., and Merve Peter, from the steel city of Newcastle, former holder of the record, who was second at 6 ft. 3 ins.

Les McKeand, Olympic finalist, who took the hop, step and jump with a leap of 47 ft. 4½ ins. (nearly 2 ft. short of his season's best), and the javelin with a toss of 188 ft. 2½ ins. George Campbell, having only his fourth race in two years, (stomach trouble laid him low early in 1948) scored a glorious 3 miles win in 14 mins. 31.8 secs.

* * *

Ian Reed (Victoria), whom I regard as an absolute certainty for the Empire Games discus throw title, opened his season's account with a nice flip of 146 ft. 10½ ins.

Rather unlucky because of studies (he is an industrial chemist) and a slight knee injury, Reed has thrown the platter over 173 ft. in training, and it may not be long before he does that in competition. Certainly he has the chance of becoming the first Empire athlete to attain world class in his speciality.

Continued on Page 15.

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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JANUARY, 1950.—Vol. 4, No. 10.

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JOHN EMMET
FARRELL'S



THE New Year period is the usual time for stock-taking by cross-country racing enthusiasts but this time our attention will be partly diverted to the forthcoming Empire Games due between February 4th-11th at Auckland, New Zealand.

Duncan Clark's Title Chance
Best.

The Scots team should put up a good show but best chances of titles should be held by Duncan Clark and Alan Paterson. Clark in particular should be a safe title bet as Paterson will be up against Olympic champion J. A. Winters who is usually the acme of consistency. Alan, however, has the potential brilliance to defeat the Australian ace and their duel should be a most exciting one. It will not, however, be a two horse race as there are other jumpers in close proximity, chiefly Pavitt and Wells, of England, and Canadian and South African first class exponents.

Forbes Training Over Country.

If Andrew Forbes can get down to his Scottish record form of 14 mins. 18 secs. odd, he has a distinct chance of an Empire title in the 3 miles despite the presence of miler L. Eyre and that little terrier A. H. Chivers, both of England, and "Bill" Nelson, the short-striding bearer of the silver fern.

Andrew is also listed for the 6 miles and if he elects to run in this event may put up a surprisingly good performance as I feel certain that he has great potentialities over this essentially speed-stamina test.

Incidentally the Victoria Park man is in the main carrying on his cross-country training with perhaps a little concentration on speed-work. This should be a wise move for after all he will be racing over a grass track at the Games.

Lindsay Up Against Hot Stuff.

In the hop, step and jump, Dr. A. S. Lindsay has formidable opponents to

mention only two, in Olympic runner-up George Avery and versatile Les McKeand, both of Australia. It is in Lindsay's favour, however, that he was coming "bang" into form during the end of the season, his Scottish record it will be recalled being set up at the Edinburgh Highland Games in September last.

Our splendid young hurdler J. G. M. Hart will do wonderfully well to earn a place in the 120 yards hurdles with among others the evergreen Don Finlay and Peter Gardiner of Australia who has clocked 14.1 secs which compares more than favourably with the Edinburgh man's best time of 15 secs, dead.

Our only Ladies' representative, Miss Anderson of Dumfries, has been "on the up" and I am confident, despite lack of international experience, that she can beat the best of the English girls. However, I learn, through Joe Galli that Miss Judy Canty, of Australia, at a recent meeting, jumped 18 ft. 11½ ins. and of her six tries was not lower than 18 ft. 2½ ins., so our Dumfries lass will have to pull something "out of the bag."

Up till now Scotland has won only two Empire titles "Dunky" Wright having won the marathon at Ontario in 1930 and F. A. Hunter, the 440 yds. hurdles in London 1934. It is to be hoped that by February 11th they will be joined by at least one other Scot.

To-morrow, the World?

Our new shot-putting star John Savidge showed sensational form in setting up a new British National record of 51 ft. 4½ ins. on November 26th on the occasion of the contest between teams representing the A.A.A. and Oxford and Cambridge.

In so doing the giant Marine answered in no half-hearted fashion the query "will Savidge be the first to put the shot 50 ft.?"

With six attempts his worst throw was 48 ft. 8½ ins. and with one he actually reached the amazing distance of 53 ft. 2½ ins. but unfortunately slightly overstepped the circle. This splendid feat reflects greatly to the credit of Savidge and coach Geoff. Dyson.

Improvement has been so rapid that critics are beginning to wonder if we have here a potential world-beater. In physical requirements at least Savidge will give points to no one as he stands 6 ft. 4 ins. and weighs over 16 stones.

Zatopek recaptures record with even pacing.

Resolute Emil Zatopek has recaptured the 10,000 metres world record from Heino of Finland by six seconds with a time of 29 mins. 21.2 secs. A noteworthy feature of his effort was the even nature of his running, first 5,000 metres in 14 mins. 38 secs. and the 2nd in 14 mins 43.2 secs. a difference of only 6 seconds (approx.).

In actual man to man contests Zatopek often indulges in fast bursts, then slackens off. These bursts of "speed-play" may be partly tactical in nature or partly personal mannerisms due to being caught up in the excitement of the race.

In record attempts against the clock, however Zatopek has shown that he can display an almost Nurmiesque technique of relentless pacing.

"News of the World" Sponsor New British Championship.

The announcement that the News of the World intend next year to sponsor what is virtually a British road relay championship over the London to Brighton course will be enthusiastically acclaimed by all athletic followers. There is no more attractive events both to the participants and to the general public than these relay races and the News of the World who certainly know how to run them are to be commended for this splendid innovation which is scheduled for September 23rd, 1950.

Apparently four clubs are to be selected from North Midland and Southern districts of England, Scotland and Wales.

New Cross-Country Technique?

In the recent match between Midland and Northern Counties and the Universities A.U. over 6 miles country, the North had a runaway victory placing 8 men in the first 10. Brilliant young Internationalist Geoff. Saunders beat English national champion Frank Aaron by over 200 yards clocking 33 mins. 15 secs.

Jack Corfield of Tipton and our own Bobby Reid of Birchfield both reasonably fit for this time of the year could finish only 15th and 18th respectively. Bobby tells me the pace set up by the leaders was really devastating especially for that part of the season.

This appears diametrically opposed to Holden's technique of cross-country preparation. The Tipton man did not believe in early fitness. He appeared to have the gift of timing his preparation to a hair and could show improvement from the fort-night elapsing between the National and International events.

Holden won the International more times than he won his own National and only in one year (1939) did he win both. Thus his methods are worthy of respect. However not everyone is possessed of the remarkable judgment, patience and determination of the Yorkshire runner.

In view of their early fitness it will be interesting to see how Saunders, Aaron and their colleagues of the North fare when the National and International events come around.

Don't Panic.

As I hinted at the start of these notes we have reached the half-way stage of the cross-country season when it is

customary to pause and consider how far one has arrived towards the peak of fitness. The calendar shows that time is short and it is natural for the athlete to feel that he should put in an extra effort. This is as it should be but caution should be used. Refuse to be panicked into leaving your running on training runs and keep something in reserve for the race. Especially if a runner has some leeway to make up through illness or injury is he prone to overdo things. Better to pursue an even tenor of steady training and be strong than weaken oneself by forcing the issue. No matter how fit an athlete may be he invariably is far from satisfied and feels he could be even fitter. Over-enthusiasm can be as bad as apathy and too much of the former can lead to the latter.

A quart cannot be put into a pint bottle.

Neither can a three months preparation be fitted into four weeks. Better arrive at the starting gate fit and strong than stale and jaded.

WINTER TRAINING

By H. A. L. CHAPMAN, D.L.C. Hons.,

Chief Athletics Coach for Scotland.

FOR my first article in "The Scots Athlete"—after the introduction to the Coaching Scheme I have chosen the subject of Winter Training because I feel that for the most part, athletes in this country do not do anything like enough during the cold months in preparation for the following track season. There is no doubt at all that a well constructed and sound basic training in the Winter will pay handsome dividends in the Summer months.

This subject of training is a highly complex one since it is so individual and, obviously, no programme can be laid down for an athlete until one has an intimate knowledge of his abilities—type of work—capacity for work—mental outlook—facilities—time available for training—past record—knowledge, etc., etc. It is possible, however, to give an idea of the type of thing required and that is what I shall try to do.

There are many points to be considered with regard to training, but the

one I am going to deal with now comes under the heading of 'General Hints.'

1.—Physical Examination.

It is a very wise precaution to have a physical examination by a Doctor before setting out on any programme of strenuous exercises. This examination should include an inspection of teeth, all joints, muscles, heart, lungs, etc. This is a thing which is not often done and one which I strongly advise.

2.—Diet.

The ideal diet for the average athlete would be four parts of carbo-hydrate and one part fat—carbo-hydrate is the easiest of foods to digest. It is rapidly absorbed and burns in the body quickly and is, therefore, the prime choice where speed is required. Chief sources of carbo-hydrate are cereals, bread, fruit, vegetables, sugar, syrups, jams, honey, sweets, jellies, etc. Chief sources of fat are milk, butter, cheese, fat meat, bacon, gravy, lard, suet, nuts, egg yolk and

olives, etc., etc. If muscles are soft at the start of the training season, take plenty of protein to build up lean muscle tissue. If muscles are already firm then protein content need not be so high. Examples of proteins are meat, liver, fish, milk, eggs. Generally speaking, however, one should adhere to habits already formed regarding the number and kind of meals but always time them **regularly**. Avoid, if possible, rich spices, seasoning and food fried in grease. Drink, but do not eat between meals and never indulge in strenuous exercises for at least two hours after a meal. Your blood supply cannot assist in the digestion of food and, at the same time, supply the skeletal muscles with the fuel required during training.

Sodium bicarbonate is carried by the blood stream to the lungs. Carbonic acid is released and exhaled as carbon-dioxide leaving the original sodium bicarbonate to be carried back by the blood stream to the tissues for another load. These sodium-like compounds are found mostly in fruits and vegetables. The athlete becomes "winded" when he cannot eliminate the carbonic acid fast enough to keep pace with the rate of production in the body during violent exercises, thus plenty of fruit and vegetables will greatly assist the wind.

3.—Elimination.

The secretion of urine requires little or no attention on the part of the athlete since it is such an automatic function. Before competitions sometimes too frequent urination is experienced due to nervous excitement but it is neither harmful to health nor detrimental to performance. The process of defecation, however, is not so automatic and, therefore, should be controlled. Try to associate this process with other events which occur regularly each day.

4.—Sleep.

The amount of sleep required for proficiency in performance is a matter for the athlete himself. Sufficient sleep should be acquired at the expense of all other things. Always have the room well ventilated and as free from noise as possible. Somewhere between eight and ten hours is the average for the athlete but, whatever happens, staying up late

at night cannot be adequately made up by lying in bed late the next day.

5.—Bathing.

When bathing in the normal course of events or after exercise, avoid extremes of temperature. Very hot steaming baths are no doubt delightful to wallow in after strenuous exercise but they certainly do no good, since they are as relaxing and wearing as a period of heavy exercises and, furthermore, cause a decrease in muscle "tone." Take your bath at a temperature of about 95° F. for the purpose of cleaning, and if you like a cold shower or bath to follow, do not go straight for an ice-cold plunge but have a dip in water at about 60 to 65° F.

6.—Massage.

My opinion of massage is that it has a definite therapeutic value and should, therefore, be used principally for this purpose. It may be of help in the case of sore or tight muscles in the early days of training but, here again, I am of the opinion that these two elements need hardly, if ever, occur, if the training programme is a good one and carried out regularly. However, if it is desirable to have it, then beware of the sadly inexperienced individual with every good intention, who pours evil smelling oils over you and then proceeds to pound you to pulp. Such a thing does more harm than good, so make sure that you receive your massage from a fully qualified man.

7.—Staleness.

This unhappy state which some athletes experience and which consists of a slump in performance and interest can more often than not be avoided. Staleness has many factors contributing to it and here are some of them—loss of appetite, sleeplessness, worry, illness, lack of variety in training, lack of a training schedule, irritability, etc.

As a rule, a break from training and a complete rest will put things right but if you are in any doubt about the matter, then seek the advice of a Coach or experienced athlete. I think the most common cause of staleness is monotony in training. The half-miler, for example, who for his training session, runs aimlessly round and round the track doing the same thing night after night, week after

week. This sort of thing is, of course, entirely wrong and each work-out or, at least, each week's training should include plenty of variety. There is no reason why the half-miler should not do some sprinting and hurdling, some discus throwing, some high jumping, some shot putting or anything else for that matter. In fact, you may be surprised to find that as well as being a half-miler exponent you have the ability to putt the shot.

8.—Smoking.

I am convinced that smoking, especially the cigarette, is harmful to health and, therefore, detrimental to the attainment of physical fitness which, in turn, is not conducive to good performances. Cigarette smoke contains many gasses, some of which unite with the red corpuscles of the blood and thus are carried to the various parts of the body. If these red blood corpuscles are carrying other gasses as well as oxygen, which is the "life blood" of the runner, then they cannot be working efficiently.

9.—Alcohol.

Equally convinced am I that alcohol has no place in the athletes daily programme, though, of course, the occasional drink would do no harm. In so many athletic events a split second timing is imperative and there is no doubt that habitual drinking would have an adverse effect in this connection.

10.—Equipment.

Take a pride in your appearance, since often enough a Club is judged upon the appearance of its members in competition, added to which, of course, if one is well turned out is has a certain moral effect upon oneself with sometimes a demoralizing effect upon others. Have your tracksuit washed once per fortnight at least. Untie your spike shoe-laces before removing the shoes which should be cleaned thoroughly after use, not forgetting a little harness oil rubbed gently into the shoes from time to time. Be sure to use your own towel, shorts, vest, supporter, and in this way help to avoid unpleasant infections such as gymitch, athletics foot, etc. (a) Socks: It is a wise plan to use white socks if possible and thus avoid any possibility of dye poisoning in the event of injury. (b) Jerseys: For Winter training, several long-sleeved jerseys or

pullovers are important, in order to keep warm, particularly in the case of the throwing events. (c) Supporter: My advice to all athletes is to wear a supporter at all training sessions. It will help to prevent the possibility of hernia for those who are prone to such a thing. The safety reason for its use in some events need not be stressed. (d) Shoes: Always try both shoes on when making a purchase and insist upon a very snug fit. Spike shoes easily stretch and, since they should only be worn for competition and trials (on rare occasions during training), they should take quite a bit of putting on. If you are fortunate enough to have your spikes made for you, then try to have the spikes so set that there is not a spike set immediately beneath the cuniform bone of the foot (this is the big bone on the inside of the foot and just behind the big toe).

Here then are some of the general points to be considered by an athlete when he sets upon a programme of training and, obviously, none of these things should be taken as a hard and fast rule. They are intended to act as a guide to those who wish to become physically fit and, therefore, proficient in their various events. In my next training article I intend to go more deeply into the composition of training schedules during the Winter months which, of course, will include the warm-up and the limber-down at the conclusion of the day's training.

BOOKS RECEIVED.

RACES AND TRAINING.—This latest book by Arthur F. H. Newton should be in all our readers' personal library. Space pressure forbids at present a full review, but it is most enjoyable and very valuable to the athletic movement. It will be read and re-read with great pleasure. Available from The Publisher, or "The Scots Athlete" (Price 6/6 post free).

* * *

Congratulations to Alan Paterson, Scottish and British champion and record-holder! After a complete survey of World's best performances he is ranked as No. 1 for 1949. He had the magnificent average of 6 ft. 5 ins. This news should give him a "lift" in his bid for an Empire crown for Scotland.

THE EMPIRE GAMES

A GLANCE AT THE FORM OF SOME OF OUR DOMINION CONTENDERS

By D. A. JAMIESON.

FROM an early survey of the talent likely to compete in the British Empire Games at Auckland, New Zealand, next February, it is obvious that Australia in many fields, notably in track and field, is going to make matters extremely interesting for the other countries. The Commonwealth intends sending a large team over, one rich in talent, and rich in Olympic experience.

Considerable publicity, perhaps only naturally because of its proximity, has been given Australia's prospects in the New Zealand press. References have been made here and there to probable United Kingdom representatives; Canada's likely team has been announced; but from South Africa has come virtually no news of the athletes in line for selection. There is complete realisation in New Zealand that South Africa is experiencing difficulties, especially in connection with finance, but by the same token there is a feeling that the Games would lack something if South Africa were not adequately represented.

New Zealanders, athletically-minded as they are, are now developing something approaching Empire Games fever, and there are going to be tremendous accommodation difficulties in Auckland during the period of the Games. The competitors will be comfortably housed at a former Air Force Station, Ardmore, not far from Auckland. Originally it was intended to have competitors stationed at Papakura Military Camp, but Ardmore in the end held greater appeal for those holding the reins. There is a tremendous amount of detail yet to be attended to, but early indications are for an exceptionally good meeting, even if Auckland's notorious February humidity brings beads of perspiration to the competitive brow prior to rather than following the event.

As is always the case either with an Olympic meeting or with an Empire Games gathering, it is really track and field events that capture the imagination of the public, and inevitably it is the

short sprint, the 100 yards, that is regarded as the blue ribbon event. New Zealand at the moment has no sprinter capable of winning the Games sprint titles (the 100 and 220), but it is quite on the cards that Peter Henderson will retain his 100 yards championship at the national meeting at new year.

In John Treloar, however, Australia has an outstanding contender for the dash events. Two years ago Treloar, then virtually a schoolboy, went over to New Zealand and set up the existing figures for the 100 and 220 yards. He failed to reproduce his best form at the Olympic Games, but subsequently showed rare dash and verve in Australia. He will be all the better for a recent sinus operation, from which he has made an excellent recovery, and has apparently benefited tremendously from switching from the straight-leg to the orthodox position. Treloar is reported to be anxious to tackle the 440 yards, but his coach has persuaded him to confine his attention to the 100 and 220 yards in the meantime, and his light winter programme has been at preparing for Empire competition in these two sprints.

Les McKeand, the Sydney University hop, step and jumper, should certainly qualify for a place in the Australian team. McKeand, who represented Australia at the Olympic Games final last year, is young, tall and well proportioned, and a competent performer also with the javelin and discus. At the Irish meeting, which followed the Olympic Games, McKeand won the javelin title with a throw of over 200ft. In the discus he can usually reach 135ft. or thereabouts.

New Zealanders are pinning their hopes on Olympic 800-metres runner D. M. Harris, who after a course at Loughborough College is now back in New Zealand. Harris should be the man to be watched in the half-mile, especially in view of the fact that he will be competing in home territory and will be out to make amends after his unfortunate mishap at the Olympics.

The absence of Roger Bannister, the Oxford University crack, from the mile event deprives New Zealanders of their desire to match the pace of their national mile champion, Neil Bates, against the Oxonian. Bates, a young up-country bee-keeper, is a natural runner, for whom competent Dominion athletic critics predict a brilliant running career—indeed a potential Jack Lovelock. However in the company of such probable contenders as L. Eyre and H. J. Parlett, Bates will certainly experience the keenest test of his speed and stamina.

Canada hopes to make a good showing in Empire competition and will send a team of approximately 23 men and eight women. Canada's most improved runner is reported to be Jack Hutchins, of Vancouver, who reached the semi-finals of the 800-metres at the Olympic Games last year and just failed to get into the 1,500-metres final. Hutchins finished fourth in his 800-metre semi-final in 1 min. 52.6 secs., which was faster time than that made by the American Negro, John Woodruff, the winner at the Berlin Games in 1936. Hutchins time in the 1,500-metres was four seconds better than his previous best.

Then there is Bob McFarlane, national record holder at 440 yards and 400-metres at Wembley, who could not produce his best there because of a leg injury. He should be one of the hardest men to beat in the quarter. So, too, should his University of West Ontario team-mate, Jack Parry, national 100 and 200-metres champion, who injured his leg while training in London and was unable to compete in the Games. Ted Haggis, of London (Ontario), the best Canadian sprinter at the Olympic Games, should reach peak form by February, and he may be one of the men likely to cause Treloar particular concern. With Jim O'Brien, of Toronto, and Don Prettle a Drake (U.S.A.) University sprinter from Calgary, on hand, Canada have the makings of a useful relay team.

Canada is also rich in talent at 880 yards, for, besides Don McFarlane, an elder brother of Bob (the quarter-miler), there is a brilliant youngster in Gordon Haight, of Queen's University, the Canadian inter-collegiate champion who,

in 1947, was awarded the Viscount Alexander Trophy as Canada's outstanding junior athlete. The 1948 winner of the award, George Lynch, of Toronto, is expected to be one of Canada's mile representatives. This youngster is hitting round 4 mins. 20 secs., but this should not worry England's nominee or New Zealand's Bates. Then with Bill Parnell capable of bettering 1 min. 52 secs. in the half-mile it is readily seen that Canada will represent a powerful track force.

It seems that at three and six miles Canada can offer nothing out of the ordinary—to which fact may be attributed the lack of cross-country running in that country.

Canada's best prospect in the field events is high-jumper Art Jackes, of Montreal, sixth place-getter at Wembley, who continues to improve. Veteran Eric Coy, of Winnipeg, holder of the British Empire Games discus-throwing record (he won the title at Sydney in 1938 with a heave of 146ft. 10½ ins.) is still Canada's best weight man. This is one record that looks like being erased from the books, for Australia has Ian Reed, of Victoria, who, youthful and ever improving, has that distance well within his compass.

Neither New Zealand nor Canada is likely to produce 120 yard hurdlers of the quality of Peter Gardner, Victoria (he set the Australian record of 14.1 secs. this year), or 440 yard hurdlers up to the standard of Geoff Goodacre (Australia) or Harry Whittle (England).

In the High Jump event Australia holds an ace card in J. L. Winter, the Olympic champion, but the Home Country rests its hopes on A. S. Paterson, R. Pavitt and P. Wells and with Les Barnes of South Africa, capable also of over 6 ft. 6 ins., there is every prospect of the present record 6 ft. 5½ ins. being exceeded by more than one competitor. This event will surely be one of the highlights of the meeting.

There is a possibility that New Zealand may enter an immigrant from Latvia, Mrs. Zenaida Rinnenbergs, Baltic pentathlon champion in 1948, who, by the time of the Games, will have the residential qualifications necessary to represent that Dominion. She has cleared 5ft. in the high jump and approached 18ft. in the

broad jump, the New Zealand women's record in this latter event being 18ft. 2½ins., set in 1938 by Edna Munro.

South African Stars.

The main problem for the South African selectors to resolve is not the selection of the probables to carry the Springbok emblem but rather to tie up the financial ends. From a suggested number of forty representatives this has now dwindled down to some twenty, an adjustment which has earned for itself the title of "the bread and butter team." When it is realised that the cost of the air-ticket from South Africa to New Zealand works out at £628 4/- per head, one can readily appreciate the Committee's problem.

The Empire Games trials recently held at Paarl, Cape Province, have, moreover, provided additional problems to the Selectors. In the 110 metres Hurdles Tim P. Lavery showed astonishing form for a 38-years-old when winning in 14.7 secs. Lavery won the Empire title in 1938 in 14 secs. flat, which does not rank as a record because of wind assistance. He also represented the Dominion at the Olympic Games of 1936, and here fourteen years later comes bang into the athletic picture as a potential for the 1950 Games. What a living tribute to the culture of physical fitness are the Finlays and the Laverys of the athletic world!

After Neville Price's record-breaking leap of 25 ft. 0 3/8ths ins. last month it was a surprise to note that he had to yield premier place in this event to Denis Hasenjager—the former record holder. Nevertheless, Price can hardly be excluded from selection honours as a result of this failure.

In the sprints three runners of superlative quality stand out: J. Murphy ("Spud"), A. Bester, and A. Myburg. All have registered exceedingly fast times, and at the trials Myburg achieved a meritorious win when winning the 100 metres race by inches from Murphy and Bester in 10.8 secs. Bester is the present 100 metres record holder, which stands at 10.6 secs. and has returned a 21.5 secs. "220" already this season.

Earlier in the season Murphy was beaten on the tape running 100 yards in the fast time of 9.7 secs. Reaching the final of a 220 yards handicap at the same

meeting, again from scratch, Murphy dead-heated for first place in 21.7 secs., excellent sprinting against an unsettling head-wind. Such sterling performances show that in the Sprints, South Africa can still field doughty opponents.

The decision of the 800 metres race saw Johannesburg policeman, S. Booysen, put himself in a prime place for ranking when winning in 1 min. 53.9 secs.—a new record. Booysen is the present holder of the 440 yards and 880 yards South African titles, and in addition is record holder over the latter distance. Dennis Shore, still a runner of championship class, was beaten by inches into third place in the 400 metres race, won by G. Schmidt, in the fast time of 48.4 secs.

The defeat of George Lubbe in the 400 metres Hurdles created yet another shock to the critics. Lubbe, the National record holder at the 440 yards distance (52.3 secs.), was headed at the last hurdle by Ron. Wilke, who established a new record of 53 secs.

Perhaps the most likely victor for South Africa will be her remarkable lady athlete Miss Daphne Robb. Daphne need only reproduce her recent form when returning the magnificent 10.9 "hundred" to be a "certainty" for the ladies sprints.

In conclusion, it has not been possible to cover the form of all the notable Dominion contenders and it is a pity too that at the time of writing, few teams have been actually confirmed. However we do know enough to say that those fortunate enough to be present at Auckland for the Empire Games are bound to witness in a great sporting feast, some of the world's finest men and lady athletes.

The Editor wishes to express his appreciation of the kindly thoughts of readers, home and overseas, who sent goodwill Christmas and New Year messages.

As the voice of the Scottish athlete we send New Year greetings to the athletes and athletic bodies and associates over the border and abroad.

Ours is a great heritage. "Truly" as a South African friend writes, "does Athletics promote friendship between men and nations." Our friendship is loyally cemented in common lively interest in healthy activity where sportsmanship abounds. Hail 1950!

THE EMPIRE MARATHON

J. E. FARRELL SAYS "FIREWORKS."

TO attempt to forecast the result of the Empire Marathon at Auckland in February is almost as easy as solving the riddle of the Sphinx, for the simple reason that in the Marathon theory and practice are often diametrically opposed.

The fact that the field in the Empire race will be comparatively small, however, should substantially reduce the odds in selecting the winners. On the other hand the entry will be a star-studded one.

Just look at some of the fancied competitors, Tom Richards, of Wales, finished second for Britain in the Olympic marathon at Wembley while Johannes Coleman and Sid Luyt, of South Africa, took respectively 4th and 6th places.

Jack Holden, of England, who had an off-day in the Olympic event is in the opinion of many competent critics the finest marathon runner in the world to-day. The other contenders, though not regarded at the moment as in the above class, are competent enough to take advantage of any lapse by the more fancied competitors. Among these are the new Australian pair, the improving Jack Paterson, of Scotland, while Walter Frederick of Canada with Olympic experience behind him continues to improve.

Past and Present Form.

Strictly on Olympic running Richards and Coleman would be the form horses. The former ran above himself on that occasion and since then has had leg trouble as well as being well beaten by rival Jack Holden on several occasions. Still with that proven flair for the big occasion Tom is not without a chance and all Wales is behind their sole athletic entry. Johannes Coleman, present Empire champion and record-holder, is another whose stock has gone down somewhat since the Olympics and at the moment has had to take second place to the younger Luyt.

Holden and Luyt Taken.

Summing up I would rank Jack Holden and Sid Luyt as joint favourites. Since

his lapse at Wembley Holden's form has been impeccable. He has won races from 10 miles to 30 miles as well as putting up fast times over even shorter distances. His speed-stamina combination is remarkable. For a man of his years and long service his retention of native speed is little short of wonderful. Two of the best performances of the year were his A.A.A. marathon win in 2 hrs. 34 mins. 10.6 secs. nearly 4 minutes in front of Richards whose display was itself first class and his runaway victory at Enschede, Holland, where he treated an International field like novices.

Sid Luyt had also a great record during 1949. On April 16th-18th at Queenstown, South Africa, Luyt showed rampant form, winning the 6 miles flat in 31 mins. 9 secs. (a record) and following this up with a fast marathon victory in 2 hrs. 34 mins. 16 secs., an amazing and classy double. Recently he defeated Coleman by over 3 minutes in the Empire Games trial, clocking 2 hrs. 39 mins. 27 secs.

There Should be Fireworks.

Holden thinks very highly of Luyt's ability but nevertheless is himself in determined mood. He means, if humanly possible, to atone for that Wembley lapse and win that Empire title for England. 24-year-old Luyt will have to be good to beat his 42-year-young rival on that day. So until the starter's pistol we will leave it at that. Luyt has on his side the balance of years, besides being probably more suited to the weather conditions likely to prevail, then he is apparently improving each time out. Against that Holden will pit his own qualities, a remarkably preserved athlete of great judgment and tremendous determination and the will to win. Furthermore he is most painstaking in his preparation. No more conscientious athlete ever put on a shoe. Yes, whatever happens, the Empire Marathon Championship at Auckland, New Zealand, should produce fireworks!

WHAT WAS YOUR TIME TO-DAY?

By ARTHUR F. H. NEWTON,

Author of "Running," "Commonsense Athletics," etc.

OVER and over again it has seemed to me that many athletes are making themselves slaves to the watch instead of using it as their servant. Many fellows live under the impression that unless they can at least approximate the time of their last workout—probably two or more days previously—they are not progressing as they should. They've only got to carry on long enough like this to find their fears justified, for that sort of thing is sure to end sooner or later in deterioration, due to the fact that such work is neither natural nor reasonable.

You may take it for granted that what applies to one set of muscles will apply generally to any other set, or to the whole lot combined. As you don't want to court failure at your event it would be as well to satisfy yourself on this point by means of a test in a quicker way.

Music may seem entirely unconnected with sport, but that won't prevent it serving the purpose. Take the piano—if you don't play you can easily get the testimony of any of your friends who do—and apply the "continually speed up" rule. A fast Beethoven sonata or anything similar will do, for it's got to be something that requires racing speed for particular muscles. A very short trial will convince you that something is wrong: sustained attempts to play at anything near your maximum speed will quickly lead to hopeless instability and, if you still persist, to almost complete stalemate. This refers to the muscles of your fingers for, in this case, they are the chief ones engaged. When it comes to field events or running on the track or road the same symptoms will occur in the various muscles concerned if a similar programme is followed: the result may not be so immediate but eventually becomes just as obvious.

The piano supplies an equally direct object lesson in another way. No pianist who ever amounted to anything was

content to practise only two or three times a week: he had to be at it six days out of seven, otherwise his technique would never be properly developed. And it's just as true for athletes: if you actually mean to get anywhere you MUST practise practically every day, even if it is only a little.

Or you can look at it from a motorist's point of view. An engine built up primarily for speed work, and put together with all possible care, is sent out to do its job. You know what happens: its racing life can be counted in hours and its convalescence in the repair shops after each event in dozens of hours. But the same engine when given strictly moderate use and only "let out" on infrequent occasions is still in good condition after years of work, and its bill for repairs is comparatively insignificant both in time and money.

Well, your physique is only a complicated motor and will be affected in just the same way. If you keep skimming off the cream of your condition about as fast as it's built up, the expendable supply will get shorter and shorter until, so far as racing goes, it vanishes and you find yourself in the state known as "stale." That is what will happen if you are passably trained: if you are not, it may be something far more disagreeable—actual physical breakdown.

If you want to remain in the "pink of condition" you must carry on in a general way like the man with the "touring" motor: do plenty of work, but don't go beyond that while training: in other words take no more than an occasional flutter at serious competition. A lengthy course of this sort will allow you to undertake a race every now and again and yet leave you at the end of it in better condition than you could ever be with any other known system of training. Occasional racing is natural enough: all wild animals have to indulge in it to

safeguard their lives, but persistent over-speeding is unknown in a state of nature and, in the long run, nature's rules are always right.

If it is speed you are after you can best attain it by following nature's rule—avoid sheer speed during practice and preparation. It is not the simple item so many fellows appear to imagine. Actual speed is the outcome of the adjustment of dozens of trifles all of which act as a brake to hold you back. The speed itself was always there: when you have taken off the braking effects in various directions by improving your style, eliminating waste movements, applying rhythm and so on, it will emerge unhampered and very much more in evidence than before.

By all means carry a watch on all training occasions or—though this is not quite so satisfactory—have a friend handy with one: it will serve to tell you what your average condition is. But don't attempt to obey it: your job is to practise

with it as an assistant till you can judge your own pace pretty accurately without it. You cannot expect to be in precisely the same form from day to day: the weather, the condition of the track or road, your meals and work all alter, and your ability changes with them. But the general average given by your watch from week to week will show you the measure of improvement effected, while your condition will tell you more surely than anything else could, that you are training in a more progressive manner. It all boils down to this:—will you dictate to your watch or have it dictate to you? It's for you to decide.

Anyway, don't accept my advice off-hand: you're concerned only with your own progress and are quite capable of using your own judgment. If you think my suggestions aren't worth a tinker's cuss you're not obliged to follow them. If otherwise, you'll give them a trial just to form an opinion of your own regarding their value.

Scottish Youths' Cross-Country Championship

By GEORGE DALLAS, Hon. Secy., N.C.C.U. of Scotland.

THE eleventh annual Youths' Individual and Team Cross-Country Championship three miles held within the King's Park, Stirling, on 3rd December, 1949, attracted 24 teams and 20 individuals, an entry which was on par with those previously decided in conjunction with the National Senior event. The course was one of one and half miles with a slightly deviated route over the second lap—a course good under foot and mostly of meadow-land, at one time the setting for the sport of Kings and Nobles resident in Stirling Castle which is only a short distance away.

There were 160 starters of youths varying from 16 to 18 years as at 1st October previous.

President John Scott of the National Cross-Country Union acting as Starter sent off the eager youths who found the conditions overhead not all propitious for a race, which has produced winners, at

least two, of whom, figured in National teams at a later date.

Among the fancied clubs for the team race were Shettleston, Victoria Park (rich in resources), Hamilton and West Kilbride A.S.C. It was evident at the end of the first lap that the first two named clubs were likely to be well in the running for honours, but West Kilbride were not so well placed, because one of their number, J. Butcher, was failing to keep pace with his clubmate, T. Coleman, who was incidentally among the fancied candidates for the individual honour.

Leading at this stage was a newcomer, R. Quigley, a real dark horse, one of the H.M.S. Caledonia contingent, with the most tipped candidate for the race, T. Finlayson of Hamilton Harriers, on his heels—a lithesome type of runner who created an excellent impression in a recent Lanarkshire Championship race held for his class. It was of course

shown in that race he was in a class by himself, and, therefore, freely mentioned to win. Finlayson lived up to these expectations, for over the last lap he pulled on his reserve power to career away from the rest of the field, including Quigley, to win as he pleased by 70 yards with I. Morrison of Rover Scouts, Edinburgh, third, another 50 yards behind Quigley.

The team race ended not in favour of Shettleston Harriers who were prime favourites but for Victoria Park whose first runner was ninth, and last counting runner 17, giving them an aggregate of 49 points for the four places, with Shettleston placing their first runner in seventh place, and their counting fourth runner in the eighteenth position. Actually it was the better positioning of their two intermediate runners that contributed most to securing the five points margin over their great rivals. Hamilton Harriers once again finished third. It was certainly good work on the part of the representatives of Edinburgh Rover Scouts and H.M.S. Caledonia to occupy fourth and fifth places, beating the more fancied Springburn and West Kilbride clubs. If a special award had been made that would assuredly have gone to the Rover Scouts boys who were never fancied to be within the first half dozen. Among the biggest disappointments in the race were Bellahouston, Irvine, and Maryhill Harriers—a showing which was undoubtedly far below what form predicted.

INDIVIDUAL.

1. J. Finlayson (Hamilton H.) ... 17m. 14s.
2. R. Quigley (H.M.S. Caledonia) 17m. 25s.
3. I. Morrison (Edin. Rover S.) ... 17m. 33s.
4. T. Coleman (W. Kilbride A.S.C.) 17m. 39s.

TEAM PLACINGS.

1. Victoria Park A.A.C.—(W. Duncan 9, R. Calderwood 10, S. Ellis 13, A. Brackenridge 17)—49 points; W. Cameron 78, A. Ross 79, W. Miller 111.
2. Shettleston H.—(J. McNeil 7, C. Robertson 14, I. Kean 15, E. Dolan 18)—54 points; T. Swan 22, A. Baird 50, J. Duncan 75, R. Hays 89.
3. Hamilton H.—(J. Finlayson 1, T. Limerick 19, H. Gibson 21, W. Stuart 26)—67 points; W. Lucas 39, W. Kelley 66, A. Stewart 70, W. Guy 100.
4. Edinburgh Rover Scouts.—(I. Morrison 3, J. Crawford 12, D. Fordyce 37, W. Donachie 31)—73 points; K. Thomson 60, D. Baston 81, J. Cowan 91.
5. H.M.S. Caledonia.—(R. Quigley 2, E. Berry 8, A. Fumidge 30, K. Warden 67)—107 points; J. Watts 74, E. Yardell 76.

6. Springburn H.—(P. McFadden 16, J. Crawford 40, J. Jacobs 46, J. Drummond 49)—151 points; J. Murray 61, B. Kane 107.
7. West Kilbride A.S.C.—(T. Coleman 4, J. Robertson 34, B. McLaughlin 53, N. Roberts 63)—154 points; H. Dick 69, J. Butcher 86, J. Reid 105.
8. Kilmarnock H. & A.C.—(J. McPhee 6, G. Wilson 24, J. Young 55, A. Connor 72)—157 points; L. Marshall 101, D. McKenna 102.
9. Motherwell Y.M.C.A. H.—(A. Brown 5, M. Mitchell 25, J. Moir 44, J. Simpson 84)—158 points; W. Brown 96.
10. Vale of Leven A.A.C.—(W. Carsley 28, J. Campbell 33, R. Steel 42, A. Miller 71)—174 points; 110.
11. Edinburgh Southern H.—(C. Stirling 20, A. Philip 47, I. Gourlay 54, I. Clifton 82)—203 points.
12. Dundee Thistle H.—(J. Fitzpatrick 37, A. Wilkie 38, R. Johnstone 57, D. High 73)—205 points; I. Fitzpatrick 90.
13. Teviotdale H.—(D. Campbell 43, B. Murray 45, M. Shankie 52, T. Fairbairn)—220 points; J. Fox 83, R. Neill 95.
14. Edinburgh Eastern H.—(W. Ness 36, F. Shields 58, T. Meek 65, W. Ramage 68)—227 points; T. Scott 77, T. Johnstone 106.
15. Glasgow Y.M.C.A. H.—(P. McLean 15, J. Cameron 41, S. Russell 48, A. McGregor 109)—233 points.
16. Bellahouston H.—(W. McAuslan 11, R. Stoddart 59, H. Kennedy 64, J. Herbert 103)—237 points; A. Scouler 112.
17. Irvine Y.M.C.A. H.—(D. Andrew 23, H. Kennedy 29, F. English 97, H. Gibson 108)—257 points.
18. Maryhill H.—(A. Bold 32, W. Appleby 62, A. Miller 85, D. Gardner 99)—278 points.
19. Auchmountain H.—(J. Ramsey 56, N. McLeod 85, J. Findlay 92, J. Kerr 104)—340 points.
20. St. Modan's A.A.C.—(T. McCracken 87, A. Galbraith 93, M. Kelly 94, K. Foxworthy 113)—387 points.

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Continued from Page 2.

Reversing the position in the Australian championship of two months, earlier, Gordon Stanley won the Victorian marathon title from Bob Prentice in the disappointing time of 2 hrs. 41 mins. 33 secs.

Stanley had everything in his favour to make fast time. The course was almost entirely flat, and the day pleasantly cool; but all to no avail. Nevertheless, Gordon finished full of running, which suggests that he really did not push himself.

Prentice actually improved on his winning time in the National event, by running the distance in 2 hrs. 44 mins. 21 secs.; but he was "all in" at the finish.

Both men were selected to represent Australia in the Empire Games at Auckland.

Following the British Empire Games, international track meets will be staged at Melbourne on February 18th, and at Sydney a week later. A.A.U. officials hope that most British Isles athletes, as well as those from South Africa and other countries, will be available for the meetings.

Marjorie Jackson, slim, trim blue-eyed 18-years-old lass who stole Fanny Blankers-Koen's thunder in two meetings here last year, set a new Australian 100 yards dash record of 10.9 secs. in her heat and final of the N.S.W. Women's Trials on December 10th.

That Miss Jackson, a homely girl who is employed as a typist in the famed old mining town of Lithgow, will some day break the world mark, is indicated by her performance in the final—thinking that Betty McKinnon had beaten the gun and would be recalled, Marjorie hesitated on her mark and probably lost 2 yards before she realised her error. Even so, she had the field caught at 50 yards and went on to down Miss McKinnon by one yard.

Charlie Robertson (Dundee Thistle) finished a good runner-up to J. T. Holden (Tipton H.) in the Morpeth race. R. W. McMinnis (Sutton H.) was 3rd. Details in our next issue.

HELENSBURGH TO CLYDEBANK 16 MILES ROAD RACE 2nd JANUARY, 1950.

Twenty-three runners were despatched by Provost Lever from Helensburgh Pierhead and early on it was apparent that the real race was between Alex. Maclean and Angus McPherson. By half distance these two—running together were 24 seconds up on Johnny Lindsay and almost a minute in front of Kennedy (Kilbarchan). Shortly afterwards first McPherson and then Lindsay were forced to retire and Maclean eventually ran out the first winner of the McLaren trophy by 43 seconds from Kennedy.

Results:—

1. A. Maclean (Greenock Glenpark) 1 35 3
2. W. Kennedy (Kilbarchan A.A.C.) 1 35 46
3. G. Porteous (Maryhill H.) ... 1 37 45
4. G. Gordon (Kirkcaldy Y.M.) ... 1 38 04
5. J. Peacock (Kirkcaldy Y.M.) ... 1 38 13
6. F. Muir (Irvine Y.M.) ... 1 38 36
7. D. Bowman (Clydesdale H.) ... 1 40 21
8. D. McFarlane (Glasgow Y.M.) ... 1 40 37
9. A. Burnside (Maryhill H.) ... 1 42 15
10. J. Bell (Kirkcaldy Y.M.) ... 1 42 28
11. P. Pandolphi (Maryhill H.) ... 1 42 50
12. T. Glendinning (Maryhill H.) ... 1 43 21
13. R. Sime (Edinburgh S.H.) ... 1 43 36
14. W. J. Ross (Garscube H.) ... 1 45 51
15. E. Farrell (Garscube H.) ... 1 46 27
16. H. Clarke (Glasgow Y.M.) ... 1 46 38
17. J. R. Scott (Glasgow Y.M.) ... 1 47 52
18. J. M. Sellar (Paisley Y.M.) ... 1 47 57
19. R. Donald (Glasgow Y.M.) ... 1 50 22
20. T. Murray (Greenock Wellpark) 1 52 37
21. A. Dalgleish (Maryhill H.) ... 2 7 30

F. Muir (8m. 48s.) won the handicap from H. Clarke and Kirkcaldy Y.M.C.A. won the team prizes.

Advertisers Announcement

The Best Food for Athletes

In 1922 J. P. Clarke, of Belfast, was lacking in stamina and almost unknown in the athletic world. But early in 1923 he overheard a crack runner commending Orzone Emulsion for stamina, so he began taking it. A month later he became the half-mile and mile champion of Ireland. Next year he repeated his principal 1923 victories. During those two seasons he carried off 160 prizes.

A most interesting article about Clarke and his method of training will be found in a little book entitled "The Easy Road to Health," 9d. post free from The Orzone Shop, 72 St. Vincent St., Glasgow, C.2.