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FEBRUARY, 1950

Vol. 4 No. 11

THE SCOTS ATHLETE

PRICE
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WALTER LENNIE (Vale of Leven A.A.C.), Dumbartonshire and Midland 7 Miles C.C. Champion. He is likely to win the title in the new Scottish Junior Championship to be held at Hamilton in March.

JOHN EMMET FARRELL'S RUNNING COMMENTARY.

THE EMPIRE GAMES. TRACK TALK.
JACK LOVELOCK. CHAMPIONSHIP DETAILS.
THE FOOD I LIKE BEST.—By ARTHUR NEWTON.

THE EMPIRE GAMES

Auckland, New Zealand, 4th-11th February, 1950.

100 Yards.—1. J. F. Treloar (A.), 9.7 secs., 2. W. de Gruchy (A.), 3. D. A. Pettie (C.). Other Finalists—P. Henderson (N.Z.), A. K. Gordon (A.), C. Parker (N.Z.).

220 Yards.—1. J. Treloar (21.5 secs.), 2. D. Johnson (A.), 21.8 secs., 3. D. Jowett (N.Z.), 21.8 secs. Other Finalists—A. Gordon (A.), D. Pettie (C.), C. Parker (N.Z.).

440 Yards.—E. W. Carr (A.), 47.9 secs. (equals Games record), 2. L. Lewin (E.), 48 secs., 3. D. Batten (N.Z.), 48.8 secs., 4. D. Pugh (E.). Other Finalists—R. Price (A.), and G. Sutherland (N.Z.).

880 Yards.—1. H. J. Parlett (E.), 1 min. 53.1 secs., 2. J. W. N. Hutchins (C.), 3. W. Parnell (C.).

One Mile.—1. W. Parnell (C.), 4 mins. 11 secs., (breaks Games record), 2. L. Eyre (E.), 4 mins. 11.8 secs., 3. M. Marshall (N.Z.), 4 mins. 13.2 secs., 4. J. Marks (A.), 4 mins. 15 secs., 5. C. T. White (E.), 4 mins. 15 secs. Other Finalists—J. Hutchins (C.), J. Sinclair (N.Z.), and D. Macmillan (A.).

Three Miles.—1. L. Eyre (E.), 14 mins. 23.6 secs., 2. W. H. Nelson (N.Z.), 3. A. H. Chivers (E.). Also ran—A. Forbes (S.).

Six Miles.—1. W. H. Nelson (N.Z.), 30 mins. 29.6 secs., 2. A. Forbes (S.), 3. N. Taylor (N.Z.).

110 Yards Hurdles.—1. P. J. Gardner (A.), 14.3 secs. (breaks Games record), 2. R. H. Weinberg (A.), 14.4 secs. (equals record), 3. T. Lavery (S.A.) (holder), 14.6 secs., 4. D. O. Finlay (E.), J. G. M. Hart (S.) failed to qualify for final.

440 Yards Hurdles.—1. D. White (Ceylon), 52.5 secs. (beats his own Empire Games record), 2. J. Holland (N.Z.), 52.7 secs. (also beats previous record), 3. G. Goodacre (A.), 53.1 secs.

Marathon.—1. J. T. Holden (E.), 2 hrs. 32 mins., 57 secs., 2. S. Luyt (S.A.), 2 hrs. 37 mins., 2.2 secs., 3. J. Clark (N.Z.), 2 hrs. 39 mins., 26 secs., 4. G. Stanley (A.), 2 hrs. 40 mins., 49 secs., 5. T. Richards (W.), 2 hrs. 42 mins., 10.6 secs., 6. P. Collins (C.), 2 hrs. 45 mins., 1.4 secs. Scottish champion J. Paterson finished last of the 14 out of the 17 runners who completed the distance.

High Jump.—1. J. A. Winter (A.), 6 ft. 6 ins. (beats Games record), 2. J. O. Majekowunmi (Nigeria) and A. Paterson (S.), 6 ft. 5 ins., 4. J. H. Borland (N.Z.), 6 ft. 5 ins. (greater number of jumps), 5. P. Wells (E.), 6 ft. 4 ins. Also competed—D. Rhodes (N.Z.), B. A. Guobadia (Nigeria), L. O. Valberg (Malaya), D. G. Stuart (A.), R. Woolley (N.Z.), R. McKenzie (N.Z.), C. L. de Jongh (S.A.), J. Vernon (A.), M. S. Peter (A.), O. Dawai (Fiji), A. N. Jackes (C.), C. R. Pavitt (E.).

Broad Jump.—1. N. Price (S.A.), 24 ft., 2. W. Hough (N.Z.), 3. D. Dephoff (N.Z.).

Hop, Step & Jump.—1. B. Oliver (A.), 51 ft. 2½ ins., 2. L. A. McKeand (A.), 50 ft. 1½ ins., 3. I. Polmeir (A.), 48 ft. 1½ ins. Also competed—R. Johnson (N.Z.), H. Whittle (E.), and A. S. Lindsay (S.).

Pole Vault.—1. T. D. Anderson (E.), 13 ft. 0½ ins., 2. S. Egerton (C.), 13 ft. 0½ ins., 3. P. L. Denton (A.), 12 ft. 9 ins., 4. W. Heron (N.Z.), 12 ft. 9 ins.

Discus.—1. I. M. Reed (A.), 158 ft. 0½ ins. (beats Games record), 2. M. Tuicakau (Fiji), 144 ft. 4½ ins., 3. S. Sigfusson (C.), 140 ft. 8 ins.

Javelin.—1. L. Reinman (C.), 187 ft. 4½ ins., 2. L. Tunabuna (Fiji), 183 ft. 9½ ins., 3. D. Robinson (C.), 182 ft. 5 ins., 4. A. Highnell (E.), 181 ft. 7 ins.

Shot Put.—1. M. Tuicakau (Fiji), 48 ft. 0½ ins., 2. H. Moody (E.), 45 ft. 8 ins., 3. L. Reinman (C.), 44 ft. 10½ ins.

Throwing the Hammer.—1. D. McD. Clark (S.), 163 ft. 2½ ins. (breaks Games record), 2. K. Pardon (A.), 156 ft. 11 ins., 3. H. Barker (A.), 149 ft. 8 ins., 4. N. H. Drake (E.), 146 ft. 11 ins.

4 & 110 Yards Relay.—1. Australia, 42.2 secs., 2. England (L. Lews, B. Shenton, N. Stacey, and J. Archer), 42.5 secs., 3. New Zealand, 42.6 secs.

4 & 440 Yards Relay.—1. Australia, 3 mins. 17.8 secs., 2. England (T. Higgins, H. Parlett, D. Pugh and L. Lewis), 3 mins. 19.3 secs., 3. New Zealand, 3 mins. 20 secs.

WOMEN.

100 Yards.—1. M. Jackson (A.), 2. S. Strickland (A.), 3. V. Johnston (A.). Time 10.8 secs. (Equals world record).

220 Yards.—M. Jackson (A.), 24.3 secs. (equals world record), 2. S. Strickland (A.), 24.5 secs. (equals Games record), 3. D. Robb (S.A.), 24.7 secs.

80 Metres Hurdles.—1. S. Strickland (A.), 11.6 secs. (breaks Games record), 2. Miss Schoch, 11.6 secs. (breaks Games record), 3. Miss Shackleton, 11.7 secs. (equals Games record).

High Jump.—1. Mrs. B. Tyler (E.), 5 ft. 3 ins. (equals her own Games record), 2. Mrs. B. Crowther (E.), 5 ft. 3 ins.

[Continued on page 15.]

SOUTH-WESTERN 7 MILES CHAMPIONSHIP. Paisley, 4th February, 1950.

DETAILS:—

1. J. Reid (West Kilbride A.S.C.) 46m. 05s.
2. A. McLean (Greenock Glenpark) 46m. 22s.
3. W. Williamson (Greenock G. park) 46m. 23s.
4. T. McNeish (Irvine Y.M.C.A.) 46m. 33s.

TEAM PLACINGS.

1. Greenock Glenpark H. (A. McLean 1. W. Williamson 2. S. Williamson 7. J. Grant 10. H. Beaton 12. W. Elder 13)—45 Points. B. Leitch 22. J. Sinclair 23. D. Kennedy 25. D. Farren 30. W. Maclean 33. C. Berry 35.
2. Kilmarnock Harriers (M. Butler 3. W. Morton 4. G. Martin 6. D. Smith 8. T. Tod 9. J. Burns 18)—48 Points. R. Ballantyne 19. E. Brown 24.
3. Paisley Harriers (J. Campbell 14. A. Duncan 17. L. Crossan 20. R. Anderson 21. T. Cummings 27. J. Sellers 31)—130 Points. H. Hanby 32. A. McGuinn 36.
4. Auchmountain Harriers (W. Lindsay 5. J. K. Bryce 15. J. Bownes 28. W. Carson 29. C. Facherty 34. A. K. Macdonald 38.—149 Points.

FAILED TO CLOSE IN.

Kilbarchan A.A.C. (W. Kennedy 11. T. Millar 16. P. Docherty 26. D. Crawford 37.

INDIVIDUAL ENTRANTS.

J. Reid (West Kilbride) 1; T. McNeish (Irvine Y.M.) 4; G. Adamson (West Kilbride) 5; T. Stevenson (Greenock Wellpark) 6; C. Roberts (West Kilbride) 15; E. Thurnby (Ayr A.A.C.) 17; T. Reid (West Kilbride) 23; H. Fennion (Johnstone Y.M.) 25; K. Phillips (Beith) 26; G. Lightbody (Beith) 31; R. Beaton (Greenock Wellpark) 40; D. McCulloch (Doon) 43; W. McEwan (Doon) 49; J. Palmer (West Kilbride) 51.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

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FEBRUARY, 1950.—Vol. 4, No. 11.

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JOHN EMMET
FARRELL'S



THOUGH now on the eve of the National Cross-country championships we will have at least one eye directed to sunny Auckland and the titanic struggles for the Empire titles. In fact all during the winter season the claims of cross-country running have not made us forget the summer pursuits of track and field.

Former Shettleston Harrier Hits the High Spots.

Not only his old Shettleston colleagues but many other athletic enthusiasts will remember George Burdett who ran with distinction here in cross-country and track events during the war. It is interesting news to learn that the likeable and popular George won the recent 25 kilometre (approx. 15½ miles) invitation road race in Stockholm narrowly from the Swede Jansson, 1 hour 24 mins. 18.6 secs. to 1 hour 24 mins. 18.8 secs. This International field included Ostling (Sweden) 7th in the Olympic marathon

at Wembley and 3rd on this occasion, and our own Tom Richards, runner-up at Wembley, but only 10th here in 1 hour 28 mins. 15 secs. Tom, however, accepted this invitation at short notice and is of course much more suited to the full marathon course.

Still it was a great performance on the part of Burdett. In 1927 in similar conditions of rain the famous Ernest Harper won this race in 1 hour 27 mins. 1.2 secs. and though in a distance race of this sort times are not an infallible guide, nevertheless Burdett's time was meritorious.

It is also interesting to learn that in 1936, while studying in Sheffield, Burdett was selected as reserve for South Africa in the Olympic Marathon. With stars Gibson and Coleman as the actual nominees for Berlin this was quite an honour.

While he was stationed here during the war Burdett was enticed into running

against veteran "Dunky" Wright who was making his successful come-back. Perhaps not fully prepared for distance work at this time the South African gave the old maestro a great race up to three quarters of the distance but could not quite cope with the amazing and machine-like Wright over the later stages of the race.

At 36 years of age George Burdett has by this recent feat demonstrated that the future may have many more athletic triumphs in store for him.

National Championships—

Senior and Junior.

This year the National Championships, Senior and Junior (18-21) class are scheduled for Hamilton race-course, reputedly one of the toughest of cross-country tests, especially in rough weather. Scotland's International cross-country team is mainly selected from the Senior championship and without further ado I propose to give my selection of the 9 men.

Cross-country is a strange business at any time but especially so when a Scottish singlet and a trip to Brussels is at stake, so I will not be unduly surprised if my forecast is somewhat out. Still for what it is worth this is my selection of Scotland's 9 man team:—A. Forbes (Victoria Park), A. T. Ferguson (Highgate H.), C. D. Robertson (Dundee T.), A. McLean (Greenock Glenpark), J. Ellis (Victoria Park), J. C. Flockhart (Shettleston), Geo. Craig (Shettleston), Jim Reid (West Kilbride A.S.C.), and R. Reid (Birchfield).

Chief dangers to the first 8 (excluding Bobby Reid who may be judged on his showing at the English National at Aylesbury) from among a host of challengers may be the following:—Ben Bickerton (Shettleston), Tom Tracey (Springburn), F. Sinclair (Blaydon and Greenock Wellpark), J. E. Farrell (Maryhill), W. Gallacher (Vale of Leven), R. F. Wilby (Edinburgh Univ. H. & H.), T. McNeish (Irvine Y.M.), A. Kidd (Garscube), A. Gibson (Hamilton), and C. Wallace (Shettleston).

Particularly dangerous may be the challenge of the first two mentioned who up to the present have shown themselves to be among the best in the country.

Forbes and the National.

It will be intriguing to find how Andrew Forbes comports himself in the National after his sojourn in the Antipodes in quest of Empire titles. True, he may be lacking somewhat in cross-country and distance training, but on the other hand his brilliant Games speed may be a devastating ace-card as he is a natural stayer. Only if adverse weather conditions prevail can I see Andrew in trouble and will not be surprised if he gains the title which James Fleming, the holder, is unlikely to defend.

Cat Among the Pigeons.

My nomination of A. T. Ferguson may occasion some surprise, but if this Anglo-Scot feels that he has entirely thrown off the effects of a recent leg injury he will make the journey north to try for his place; and one can be sure that if he elects to travel his bid will be a serious one. Ferguson is a most promising young runner with a brilliant turn of speed.

He can stay, too, as he recently demonstrated by finishing 4th in the Middlesex championship to Olney, ahead of such well-known runners as Hughes, Burfitt and Blowfield. Though he may be a menace to home aspirants he could be a distinct asset to a Scottish team and that is the main thing.

Robertson's Morpeth Form was Brilliant.

I feel confident that Charlie Robertson will earn selection in the National and expect him to fill a forward position. The Dundee man gave a brilliant performance at Morpeth in being one of three to break the course record. The fact that it took a Holden at his best to beat him speaks for itself. He will not fail on the score of stamina, and as he is running faster over the shorter courses his chances are bright. Only one thing could make it difficult for him, as is natural to a road runner, he does not revel in heavy going but prefers the top of the turf.

McLean Should Run Well.

Alex. McLean's chances I rate much in the Robertson category. The Greenock man has a useful turn of speed and his recent successful debut in distance road running demonstrated sound stamina.

Should Forbes have an off-day, I could well see Alex. even winning the Individual

title, but for the fact that the cross-country championship has so often proved a bogey to him. Only once out of numerous tries has he earned selection.

Jimmy Ellis—Model of Consistency.

Ellis of Victoria Park may not strike the eye to the same extent as some other runners, nevertheless, I rate his chances of finishing in the first eight as good as any. All season he has shown consistently good form even over the shorter stretches, and as I feel he is essentially a stayer and very game, I am confident of his chances.

Old Maestro Can Do It.

Sentiment hopes for the selection of Jim Flockhart but this will not assist him in his endeavours. Nine miles of stiff country and a host of eager aspirants lie between his ambition of breaking Dunky Wright's record of 11 appearances for Scotland. His task is no easy one but his ability and experience may earn him his place, despite his years.

Flockhart has another incentive to run at Brussels, for it was there that he won his great individual triumph away back in 1937. On that occasion he was lionised by the great sporting fraternity of Brussels. Should he again make the grade he may be sure of a rapturous welcome in the Belgian capital where he is so well-known.

At His Best Over the Country.

George Craig is an ex-6 mile champion, and, therefore, a more than useful track runner, yet I feel he is essentially a cross-country type. Craig, an ex-youths' and novice champion, has perhaps not quite fulfilled his brilliant early promise. Nevertheless he has run some grand races over the country and in my estimation is a much under-rated runner.

So far he has not shown particularly brilliant form this season yet I feel that when the time comes he will be challenging hotly for a place in the team. It is difficult to leave him out of a short-leet.

Last Year's Runner-up.

Last year Jimmy Reid was a gallant and close runner-up to Jim Fleming on that testing day. During the summer he annexed the track mile and no doubt will be out to follow Fleming's footsteps and take the cross-country honour as well. Progressing steadily he'll certainly give a good showing.

Bobby Reid is in Good Shape.

As far as is known Bobby Reid will probably run in the English National and thus his chances of International selection may be judged on his showing in that race. I do know that he is fairly pleased with his condition and pursuing his usual graduated programme, hopes to be even fitter for the big events.

Bickerton and Tracey a Brilliant Pair.

Should any of these nine nominated fail to make the grade I feel sure that either Bickerton or Tracey or both will supply the reason why. Both have a brilliant turn of speed ranking second only to Forbes in that respect. How will they react to 9 miles of cross-country? How they answer that question will determine their inclusion or non-inclusion in the team.

What of Tom McNeish?

Last year after a grand season Tom McNeish finished a good fourth. The claims of a man of this class cannot be discounted. Until now he has revealed indifferent form though a few more weeks may make a difference and if the going is really tough his chances may be considerably brighter.

My Own Form.

At the moment of writing my own form is merely fair and I feel that I would require to make substantial progress to have a chance of earning selection in what at least on paper may prove one of the hottest National fields for some years. Yet I still give myself an outside chance of selection. Judgment and experience are assets but they must be backed up by physical resources. In a minor key, like Flockhart, I have a special incentive to earn selection, for it was in Brussels that I started my International career. It would be nice to finish it at Brussels.

But Don't Be Disheartened.

So much for my selections—written before the event. I may be a wiser but not sadder person after the event for I should be just as pleased if my forecast was entirely wrong as entirely right; and I feel quite sure that if this actually did happen each and every one of the runners mentioned, good sportsmen that they are, would be the first to congratulate the others.

However whilst such an upheaval of form is unlooked for, it will not be too surprising to find one or two turn-ups.

The Critics are not Infallible.

Last year for example when I assumed the mantle of the prophet for this particular race my selections were fairly close, but in at least two cases I was somewhat off the mark, particularly regards Tom McNeish of Irvine Y.M.C.A. and Tom Stevenson of Greenock Wellpark. I did give the Irvine lad an outside chance of finishing in the first 9, but in view of his previous heavy programme did not expect him to be a close-up 4th. In fact less than a mile and a half to go he even appeared to have a winning chance.

I did not even regard Stevenson as a threat but the Greenock boy ran a really brilliant and judicious race to finish 5th and make his selection certain. Perhaps this year could bring us another Tom Stevenson to thrill us with a like performance.

Personal Example.

Away back in 1934 when I was just starting my running career a critic wrote of me that I was "an athlete of some versatility, but not likely to make much headway in cross-country running." However, I did not allow this opinion to deter me in my effort to make progress.

So don't regard the critics too seriously but hitch your waggon to a star and keep on trying, keep on practising. Remember too that if you don't succeed there may be a to-morrow; that apples will grow again. I believe there is a world of meaning in the saying "It is better to travel than to arrive."

Certainly in the very act of striving to attain perfection there is something of the creative joy of the artist. There is poetry and romance in the spirit of the quest.

Walter Lennie, Hot Favourite for New Junior Title.

In line with England, the N.C.C.U. of Scotland has instituted this new championship for Juniors (18-21).

Among the contenders will be some runners fit to take their place in Senior company as they have amply demon-

Williamson (Greenock Glenpark), and Gilbert Adamson (West Kilbride), who I make bold to say would, if they were in the Senior championship, be in the running for International honours. The brilliant Lennie, sound in stamina, devastating in finishing powers, and a stylist to boot, is the form horse to win the title, that is apart from the West Kilbride people who declare that their boy can win.

Adamson not so stylish but perhaps more rugged in his make-up is a real cross-country type and should at least be a worthy contender.

Tom Stevenson—A "Jack-in-the-Box."

Tom Stevenson (Greenock Wellpark) has just returned from the army and though an International is still in the junior class. He was the big surprise in last year's National at Ayr. On a day that put paid to the chances of many favoured candidates this slightly-built, frail looking youth ran like a veteran to earn 5th place. Just when he is most overlooked he keeps popping up to make the critics sit up and take notice.

Others who should be prominent are Chic Forbes (Victoria Park), Eddie Bannon (Shettleston), Joe Duffy (Garscube), who incidentally beat Lennie for the National Novice championship in 1947.

Shape of Things to Come.

The extent of the continental challenge in the forthcoming cross-country International was amply demonstrated in the recent invitation race at Hannut, Belgium, over 6 miles 120 yards. The course was a flat one consisting of 7 laps, each containing 2 low hurdles.

Aaron and Saunders, the likely spearhead of the English team, flew over via Brussels, but it was the Belgian and French runners who did most of the flying in the actual race over the wind-swept flint-like surface.

Aaron using his accustomed forcing tactics put up a good show to finish 5th after leading up to half distance but Saunders was never happy and stitching

Hanza (32 mins. 55 secs.) with Van de Wattyne of Belgium 3rd in 33 mins. 3 secs.

Belgium who are the host country for this year's International event strongly fancy the speedy Theys to win the individual title. However it is rather premature to offer a forecast, as for one, the great Raphael Pujazon, only 10th on this occasion, confessed that he was not fully tuned up to racing fitness. The swarthy Frenchman may prove when the time comes that he is still a force to be reckoned with. Belgium would also very much like to regain custody of the

Lumley Shield symbol of victory in the team contest, a feat which they performed 2 years ago at Reading for the first and only time thus breaking the English-French monopoly. It will be recalled that Doms was also the individual winner on that occasion but seems to have lost the brilliant edge of his form up till now.

Yes Brussels, venue of the cross-country show-piece with an expected grand entry of 10 countries and later on in August of the European Games will be the Mecca of athletic enthusiasts this year.

MIDLAND DISTRICT CHAMPIONSHIPS held at Motherwell, 4th Feb., 1950

SENIOR 7 MILES.

DETAILS:—

INDIVIDUAL PLACINGS.

- 1.—W. Lennie (Vale of Leven), 42m. 22s.
- 2.—T. Tracey (Springburn Harriers), 42m. 31s.
- 3.—B. Bickerton (Shettleston Harriers), 42m. 38s.
- 4.—J. Ellis (Victoria Park A.A.C.), 42m. 42s.
- 5.—J. E. Farrell (Maryhill Harriers), 42m. 49s.
- 6.—G. B. Craig (Shettleston Harriers), 43m. 01s.
- 7.—J. C. Flockhart (Shettleston H.), 43m. 05s.
- 8.—W. Gallacher (Vale of Leven), 43m. 07s.

TEAM PLACINGS.

- 1.—Shettleston Harriers (B. Bickerton 3, G. B. Craig 6, J. C. Flockhart 7, C. Wallace 12, J. C. Ross 16, J. Burton 18)—62 Points. T. Clarke 19, H. Howard 23, A. Maxwell 26, J. Clark 30, G. H. Taylor 71, T. Ruth 87.
- 2.—Springburn Harriers (T. Tracey 2, J. C. Morton 13, A. Stevenson 24, J. Stevenson 29, D. Pyffe 34, N. McGowan 40)—142 Points. T. McGill 51, R. McLean 66, J. Bissell 91.
- 3.—Victoria Park A.A.C. (J. Ellis 4, C. Forbes 11, D. McFarlane 25, W. Sloan 27, J. Stirling 39, D. Shuttleworth 56)—162 Points. A. Johnston 63, R. Gibson 67, I. Binnie 79, J. Adam 80, F. McCormack 116, R. Blackstock 125.
- 4.—Vale of Leven A.A.C. (W. A. Lennie 1, W. Gallacher 8, F. Lacey 28, D. McPherson 38, A. McDougall 43, H. Coll 61)—179 Points. W. Crowe 83, J. Malcolm 92, J. McNabb 96, J. McCrimmond 110, M. Connell 117, A. Murray 146.
- 5.—Bellahouston Harriers (R. Climie 14, G. Bell 17, A. Dunwoodie 33, G. Anderson 41, T. W. Lamb 48, J. Christie 50)—203 Points. J. W. Allan 52, J. Kelly 59, W. McKinley 60, H. B. O'Neill 69, J. M. Lindsay 76.
- 6.—Maryhill Harriers (J. E. Farrell 5, R. Brymer 21, T. Harrison 30, J. Wright 44, R. McKinnon 57, G. Poole 58)—

Points. D. Saul 115, C. Bryan 123, J. Gourlay 130, R. Baxter 140, W. Oliver 144, W. Craig 145.

- 8.—Garscube Harriers (A. Kidd 9, J. Gunn 46, R. J. Mulgrew 84, N. McL. Ross 85, J. McGinlay 88, W. J. Ross 90)—402 Points. D. G. Causon 102.
- 9.—Clydesdale Harriers (G. White 32, J. Duffy 62, R. Boyd 65, W. Howie 77, D. Bowman 95, A. Donaghey 103)—437 Points. H. Hyland 139.
- 10.—Monkland Harriers (F. Bradley 15, A. McPherson 22, A. Arbuckle 53, J. Steele 99, J. Brown 124, G. Jackson 126)—439 Points. H. Ryder 131, J. Geddes 132, J. Tennant 138.
- 11.—Hamilton Harriers (A. Gibson 10, B. Hendry 37, D. Wilson 81, J. Jarvis 82, J. Stewart 107, W. Brownlee 127)—444 Points.
- 12.—St. Modan's A.A.C. (D. Clelland 20, A. Crawford 36, A. McHugh 75, J. Wilson 106, P. Donnelly 122, J. Keitt 136)—495 Points.
- 13.—Plebeian Harriers (A. C. Robertson 45, F. Cassells 86, E. Valliey 93, D. Barclay 101, C. S. Heany 104, J. Hastie 105)—534 Points.
- 14.—Motherwell Y.M.C.A. Harriers (W. Marshall 47, W. Watson 74, H. Shields 89, A. Morrow 120, W. Snedden 129, R. Devon 143)—602 Points.

FAILED TO CLOSE IN.

- Cambuslang Harriers (G. Russell 54, I. Ballantyne 94, J. Brew 98, R. McKendrick 133, S. Fleming 134). —
- Glasgow Police A.A. (A. McGregor 35, J. Johnston 111, S. Martin 128, H. Stephen 135, J. McLeish 141). —
- Glasgow Y.M.C.A. Harriers (D. McFarlane 42, A. Mowbray 73, D. MacLean 118, D. Donachie 119). —
- Airdrie Harriers (R. McVey 114, J. Vallance 121). —, —, —, —.

INDIVIDUAL ENTRANTS.

- T. D. Reid (Larkhill Y.M.C.A. H.) 13; J. O'Toole (Shettleston H.) 29; A. D. Brown (Larkhill Y.M.C.A. H.) 48; W. Lang (Shettleston H.) 49; J. McAvoy (Shettleston H.) 57; R. Houston (Olympic H.) 63; P. Corbett (Larkhill Y.M.C.A. H.) 64; J. McAvoy (Shettleston H.) 65; J. McAvoy (Shettleston H.) 66; J. McAvoy (Shettleston H.) 67; J. McAvoy (Shettleston H.) 68; J. McAvoy (Shettleston H.) 69; J. McAvoy (Shettleston H.) 70; J. McAvoy (Shettleston H.) 71; J. McAvoy (Shettleston H.) 72; J. McAvoy (Shettleston H.) 73; J. McAvoy (Shettleston H.) 74; J. McAvoy (Shettleston H.) 75; J. McAvoy (Shettleston H.) 76; J. McAvoy (Shettleston H.) 77; J. McAvoy (Shettleston H.) 78; J. McAvoy (Shettleston H.) 79; J. McAvoy (Shettleston H.) 80; J. McAvoy (Shettleston H.) 81; J. McAvoy (Shettleston H.) 82; J. McAvoy (Shettleston H.) 83; J. McAvoy (Shettleston H.) 84; J. McAvoy (Shettleston H.) 85; J. McAvoy (Shettleston H.) 86; J. McAvoy (Shettleston H.) 87; J. McAvoy (Shettleston H.) 88; J. McAvoy (Shettleston H.) 89; J. McAvoy (Shettleston H.) 90; J. McAvoy (Shettleston H.) 91; J. McAvoy (Shettleston H.) 92; J. McAvoy (Shettleston H.) 93; J. McAvoy (Shettleston H.) 94; J. McAvoy (Shettleston H.) 95; J. McAvoy (Shettleston H.) 96; J. McAvoy (Shettleston H.) 97; J. McAvoy (Shettleston H.) 98; J. McAvoy (Shettleston H.) 99; J. McAvoy (Shettleston H.) 100.

JACK LOVELOCK

He was a Master Tactician

[Athletes of the world were shocked to hear of the tragic death of Jack Lovelock on 28th December, 1949, when he fell in front of a subway train in New York. The following excellent coverage of his career written by our friend and one of the country's leading athletics columnists, Wm. Brogan, appeared in "The Evening Times," Glasgow, on 30th December, 1949. We are pleased to reproduce it and make grateful acknowledgment to our contemporary.—Editor.]

DR. JOHN EDWARD LOVELOCK, whose tragic death at the age of 39 was announced from New York, was one of the great figures in the world's sport of the 1930's. Born in New Zealand, he came to Oxford from Otago University with quite a reputation; but his future fame as a runner was only faintly foreshadowed.

He sprang quite suddenly into the limelight in 1932, when he broke the British mile record with 4 mins. 12 secs.

At the A.A.A. championships which followed he was beaten by J. F. Cornes, another Oxonian.

In Los Angeles for the Olympic Games he qualified easily for the final of the 1,500 metres; but in the final he could finish no better than seventh.

A World Record.

Visiting America for the second time next year, he ran for Oxford and Cambridge against Princeton and Cornell, setting up a new world's record for the mile—4 mins. 7.6 secs.

A few weeks later he was at Ibrox for the Rangers Sports and added the all-comers' record to his bag. In the same year he was defeated in the final of the Students' Games at Turin by Luigi Beccali, the Olympic champion of 1932.

Later in the same year he had to lie up after an operation for cartilage trouble; but in 1934 he was back in form with a win in the A.A.A. mile (oddly enough, his only such win), and a win in the Empire Games of London.

In both of these races he beat Sydney Wooderson, who had beaten him earlier



Photo with acknowledgement to "Track and Field News"

SPORTING EMBRACE OF GREAT RIVALS

Jack Lovelock and Luigi Beccali, the great Italian runner having a real warm sporting embrace after the Italian had beaten Lovelock at the World Student Games at Turin in 1933 by 3 yards in 3 mins. 49.2 secs.

Beccali was the Olympic 1,500 metres Champion in 1932 when Lovelock was a finalist. Lovelock won at the 1936 Olympics in world record time of 3 mins. 47.8 secs, and turned the tables on Beccali who finished third.

Century," in which he beat his American rivals, Cunningham and Bonihron, in clever style, but in time which for such a field was only moderate—4 mins. 11 2/10ths secs.

Coming back to England in time for that year's A.A.A. championships, he was the sensation of the meeting, when he (then regarded as the world's mile champion) was beaten, and "without

again and setting up a new but short-lived all-comers' record.

The year 1936 was Lovelock's last and finest season. He opened his preparation for that year's Olympic Games with some running over two miles and set up a British record for the distance. The A.A.A. mile saw him lose again to Wooderson, this time by a bare yard in 4 mins. 15 secs. on a most wretched day.

At His Peak.

For the Games at Berlin Lovelock was at the peak of his powers, Wooderson something of a cripple. The New Zealander qualified without effort for the final, taking only third place in his heat.

In the final he was with the leading group all the way. With 300 yards to go, then on a bend, and sensing that if he did not go now another would forestall him. Lovelock moved into a spurt which quickly gave him a lead of yards. He carried his burst right through the tape to a win in world's record time.

Lovelock was slight of form and wonderfully graceful in action. He was as easy in motion as a cat, and his smoothness concealed the effort he exerted and the pace that the effort produced. Above all, he was a master of tactics.

Wooderson won his races by pace and power. Lovelock joined to his pace an acute sense of the exact moment for his effort. When he went off few could keep him company. He must always be remembered as one of the great middle-distance runners of all time.

DANCING—YES BUT NO STIMULANTS

DR. JACK LOVELOCK, 1936 Olympic 1,500 metres champion and record-holder, said that dancing was good exercise and excellent mental relaxation for athletes in training.

"But," wrote Lovelock in "The Practitioner," British Medical Journal, "it is only good as long as the athlete steers

athletes at the 1936 Berlin Olympics. It was his ambition to win the 1,500 metres, and for four years his energies were devoted to that end, with single-minded determination to achieve it.

Must Be Fit.

"Stamina, speed, style and judgment are the goals of sound training," wrote Lovelock. "Stamina is the basis on which speed and style must be founded. Ability to move fast, and technical perfection in movement are useless unless the athlete is able to get through heat and preliminaries in a fit state."

"Stamina is as important to sprinters as to longer-distance runners, and can be developed by healthy living, long steady walks, gentle jogging and striding," added Lovelock.

Other Suggestions by Lovelock.

"Speed . . . must not be thought of until the body is generally fit, and sufficient stamina gained. It is useless, and even harmful, for middle and long-distance runners to work with sprinters in sharp bursts from the blocks."

"Style . . . is ease and economy of effort when every muscle is actively directed towards one end, and all movements are aimed in one direction. Poise of the head controls the balance of the body, but arm action is relatively unimportant in running."

"Judgment . . . is obtained by continual observation and practice. Confidence comes with this knowledge."

Massage.

Commenting on the much-debated question of massage, Lovelock said: "Massage is an overrated means to physical fitness. More good will come from intelligent warming up before, and cooling down after the day's main exercise."

—J. H. GALLI.

In "The Australian Athlete" November, 1948.

THE SCOTS ATHLETE BALL.

The 3rd Annual Scots Athlete Ball will be held in the Buchanan Suite, St. Andrew's

THE FOOD I LIKE BEST

By ARTHUR F. H. NEWTON

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

EVERY single man and woman who takes a hand at athletics spends quite a bit of time considering just what he or she ought to eat and drink in order to enhance his or her ability. Certainly I was careful myself, though I regret to admit that on more than one occasion I was not careful enough. Yet I spent very much more time and trouble—fortunately I was then in a position to do so—experimenting on myself than most men would care to, for I was determined to learn once and for all what constituted the really ideal active athlete's diet. The result quite surprised me.

Perhaps that's what you, too, want to know, and it may save you annoyance and discomfort if you learn what my experiments led to. There's nothing to stop you working it out on your own, but I would suggest that you make no more than a modest trial, for that will be sufficient to convince you whether my theories are right or wrong. Although no two of us are exactly alike the general principles remain the same for all; and as mine helped me to succeed they can do as much for you.

What I've got to say is the result of matured judgment, the result of two decades of training and racing; and if you intend to avoid discomfort from this source you can sum up, as I've done, what your diet should be, and can then say a permanent goodbye to worry about the details.

Probably the most important of my discoveries was that the food you naturally liked best, provided always that it covered a decently wide variety, was best for you, no matter what text-books and dieticians said about it. It's reasonable enough when you come to think it over, for you didn't make your likes and dislikes; nature saddled you with them intending that you should always try to get what was most beneficial. It's certainly comforting to know that, just as with exercise, food is one of the things you benefit most from when you get the most enjoyment out of it.

Variety, I found, was essential: I always ran better when I was constantly ringing the changes than when I stuck for some weeks to a somewhat stabilised menu, and I gave both measures more than a single healthy innings. If there's one thing then that you want to avoid at all times it is anything in the nature of dull routine. Mark that well, for it is one of the foundations of the whole business.

Then there was another item that presently became very clear to me: I learnt decisively that preserved food of any kind—meats, vegetables, fish, fruit—are never as good as the original article. Yet you may find some such things as tinned pineapple, peaches, sardines and so on that are sometimes more alluring than the available varieties of fresh food. That does not mean that you must cut out the canned stuff, but it does imply its removal to very secondary importance in your daily bill of fare.

Preserved meat in any form should always be avoided where possible: it is folly to think you can do yourself justice after a meal of anything of this sort, since much of its vitalising properties is always lost in preservation. I failed miserably in one important event only because I hadn't taken steps to apply this knowledge.

Again, it is noticeable that nearly all text books dealing with this subject prohibit the use of pastry and "made dishes." Why? The reason is obvious: one and all taught that in order to race you must practise racing—another fallacy. Modern knowledge condemns this outright and teaches that actual racing should be left out of all training: it is for competitive events and nothing else. Pastry and so forth is often unsuitable for abnormally vigorous action but forms a splendid foundation for reasonable exercise, which is what all, or nearly all, training should be.

For many years I was indulging in pastry—fruit pies, steak puddings, jam tarts, etc.—daily, frequently even twice

a day, and they certainly did not handicap my ability or I shouldn't have won the races I entered for. So if you like these things see that you get them (when you can!): provided you're not about to race they'll do you all the good you could wish. No doubt they take somewhat longer to digest than plain dishes but you can arrange your programme to suit this.

Soluble meat extracts, chocolate, cocoa and milk are also quite good in their way, but you can't race seriously on any of them. Yet milk itself, in very small quantities such as in tea or coffee will not hamper you at all.

And drinks? For many years I was almost an entire teetotaler, though later I made a definite trial of cider and stout because I liked them. Beer didn't appeal, but I am sure it is equally as good. I took these in strict moderation through

lengthy periods of training and only at meal times, and became convinced that they did more good than harm. So there's no earthly reason why you should not enjoy them if you wish to.

It all amounts to this, then; while training you can please yourself as to what your diet is so long as you stick to fresh foods, varied as much as possible, and palatable drinks, notwithstanding all the clamour of faddists and out-of-date text books. Don't fight shy of your natural inclinations but give them plenty of scope and note the results. Training is a long fight against conditions and you don't want to saddle yourself with unsuitable food while you're busy with the main battle. Advertised foods are not necessarily the best for you even though doctors and dieticians prescribe and laud them: the actual best is what you fancy most. It's a case of each man for himself.

TRACK TALK

by CORDNER NELSON

[For several months past we have wanted to publish our own full review of the great athletic achievements for 1949 with studies on some of the men who made them, but we have been constantly crushed out through lack of space. The following appeared in "Track and Field News," San Bruno, California, U.S.A., December, 1949 issue, written by its Editor, Cordner Nelson. It covers events and personalities in such original, unique, condensed and almost humorous American style that we are most glad to reproduce it.

Track and Field News is a great magazine, edited and published by Cordner and his brother Bert. The dollar situation makes it difficult to readers here meantime obtaining it direct. We intend referring to the magazine more fully reviewing its work, etc., at some later date.—Editor]

THE year 1949 was one of the best in history for track fans. Eleven world's records were beaten or tied. The average of the best performances in each event was higher than in any previous year. Three men became the best of all time in their events (Gordien, Fuchs, and Zatopek). New stars, previously unknown, took their places among the best in the world (Moore, Stanfield, Rhoden). American records were broken in the 400m. hurdles and 880 relay. Three men ranked No. 1 in the world in two events each (Patton, Whitfield, and Zatopek). Three men

(Patton, Zatopek, and Dixon) competed in two events without losing all year. Nine other men were undefeated in single events: Whitfield (880), Reiff (5000), Mimoun (10,000), Moore (400m. H.), Paterson (H.J.), Gordien (discus), Nemeth and Kanaki (hammer), and Mathias (decathlon). And 1949 saw the birth of the strongest track meet outside of the Olympics—U.S.A. v. Scandinavia.

Athlete of the Year: Jim Fuchs, Mel Patton, Fortune Gordien, Gaston Reiff, and Emil Zatopek were the leading candidates. All broke world's records. But romping ahead of all of them was Gordien. The Minnesota Magician broke the old world mark no less than nine times.

High School Athlete of the Year: George Brown of Los Angeles Jordan, who broke Jesse Owens' broad jump record with a leap of 25 ft. 2½ ins. **Surprise Victory of the Year:** George Rhoden in the A.A.U. 400m. **Worst Luck:** Dave Bolen, tripped by Rhoden in that same race. **Flop of the Year:** Ollie Matson, who prefers football.

Competition of the Year: Zatopek v. Heino for possession of the 10,000m. record. **Most Inconsistent:** Reggie Pearman, as usual. **Most Unpopular Champion:** Mel Patton, who doesn't deserve such a title. **Maximum Use of Potential:** John Twomey. **Biggest Waste of Potential:** Jack Dianetti. **Most Surprising Defeat:** Herb McKinley in the A.A.U. 400m. **Most Heart-Warming Feat:** Don Finlay, 42, setting British record of 14.4 in the highs. **Greatest Double Victory:** Craig Dixon in the A.A.U. hurdles. **Greatest Come-Through:** Gaston Reiff, on the spot at Gavle, set a world's record for 3000m. **Most Underrated Victory:** Don Gehrman over Willie Slikhuis, who later ranked No. 1 in the world among milers. **Most Amazing Feat:** Nine vaulters over 14 feet in the Chicago Relays. **Best Dual Meet Athlete:** Gay Bryan. **Most Unexpected Double Victory:** Gay Bryan in the A.A.U. broad jump and hop-step-jump. **Closest Competition:** the javelin in the "Nordic" Championships; three men within 5½ ins., all over 238 feet. **Biggest Disappointment:** American milers. **Greatest Comeback:** Viljo Heino. Losing his world 10,000m. record five years after he set it, he immediately regained it. **Most Foolish Requirement:** Forcing American distance runners on tour in Europe to run too often. (Ashenfelter ran 7 races in 11 days; Stone ran 6 in 11, all 3000m. or 5000m.). **Discovery of the Year:** Charley Moore. **Best Frosh Athlete:** Rhoden. **Most Confident:** Ghermann. **Strongest Single Event:** the discus. **Most Underrated Athlete:** Doug Harris of New Zealand.

Forecast for 1950.

The year 1950 should be the best ever, especially because of the great international meets: British Empire Games, European Championships, and, possibly, a second U.S.A. v. Scandinavian dual meet.

Two things are certain: 1. World's records will be broken (most likely, 5000, 10,000, shot, discus, and hammer). 2. Brand new stars, almost unheard of in 1949, will emerge from American colleges. (Watch Rayce Mason of Pacific.)

Team Titles: Southern California should win the N.C.A.A., but Michigan State can win if their distance runners

come through. The Pacific Coast will again be favoured to whip the Big 9, but they won't, unless they take it more seriously. Best mile relay teams will come from Morgan State, N.Y.U., Oklahoma A. & M., Stanford, Rice, Cornell, and—surprise—College of the Pacific. U.S.C. should win the sprint relays, even without Patton, but the surprises will be Stanford and San Jose. Cornell should have the best sprint medley team, with Charley Moore and Bob Mealey. The world's "record" for the distance medley (9 mins. 59.4 secs.) could easily fall to Michigan State, while Wisconsin, U.S.C., Kansas, and Washington State will have strong teams. Michigan State can break the American record in the 4 mile relay—if they try.

Sprints: Stanfield should be tops. LaBeach is the only amateur who might challenge him, unless Dillard sprints. Bailey should win the European Championship, but watch Iceland. Work should beat the rest in the 100; Bienz in the 220. Darkhorse: Fell of Oregon.

440: McKenley will fade. Whitfield will win any time he wishes. Bolen and Fox might be tough. Rhoden or Moore should win the N.C.A.A., but if either one falters, Parker, Slade, or Pearman can go past. Siddi will be European champion. Darkhorse: Mason.

880: America has its strongest half-miler in history. Close to 1 min. 50 secs. will be Barten, Chambers, Bowers, Thigman, Pruitt, Dianetti (if he tries), Gehrman, Mealey, Pearman (on a good day), and Grosholz, but who can beat Whitfield? Wint might, or Booysen, or Harris. Aberg could be European champion. Mealey and Thigpen should be indoor kings. N.C.A.A.? Chambers to beat; Bowers or Mealey can do it. Darkhorse: None has a chance to dent this strong group.

Mile: Slikhuis has retired, and Reiff will probably concentrate on the 5000 next year. Strand should be European champion, but he's mighty nervous in the big races. El Mabrouk could be "it," but he'll be ineligible for the big race. Bannister of England might take it, because the Swedes won't duplicate their best times, and Bannister could run 3 mins. 47 secs. Hansenne and Vernier will be tough. In America, Gehrman

will win everything, and should run 4 mins. 04 secs., but he probably won't. Under 4 mins. 10 secs. should be Thompson, Wilt, Twomey, Druetzler, Mack, McGuire, Wade, and Eischen. But they won't all do it. Darkhorse: Hutchins of Oregon.

2-Mile: Wilt and Stone are ready to break Rice's record, running with Heino and Barry. Wilt should win. In college, Druetzler is heir-apparent, but he looks even better at the mile. Urquhart should win the N.C.A.A. Ashenfelter will break nine minutes. Darkhorse: Lucas of Manhattan.

Steeplechase: Soderberg will be the man to beat, and Paris might do it. A.A.U.: Stone, but look out for Druetzler and McMillen if they run. Ross is always steady.

5,000m.: Reiff and Zatopek could put on the greatest distance race of all time, and crack Haegg's record. Koskela won't be far back. Champion: Reiff. Look out for Barry and Jacques Vernier. A.A.U.: Wilt; Heino in the indoor.

10,000m.: Zatopek all the way. A.A.U.: Wilt, but Stone could really make him run.

Marathon: European title is anybody's guess: Leandersson, Holden, Vanin, if Russia enters, Richards. In the U.S., Dyrqall is the man to beat. Vogel can beat him. Next best, when right, is Van Zant. Darkhorse: Black.

High Hurdles: Dixon could tie the world's record, but Fleming, Attlessey, and Anderson are too close for comfort and are improving faster. Don't count Dillard out. N.C.A.A.: Attlessey or Fleming. Darkhorse: Leming. European champion: Bulantchik of Russia. Otherwise, Finlay!

Low Hurdles: Dillard could still break the record. Fastest field in history includes: Dixon, Smith, Gehrdes, Johnson, Frazier, N.C.A.A.: Smith. Darkhorse: Dunn, Wyoming.

400m. Hurdles: Moore should set a new record, but won't be far ahead of Ault. Europe: Lunjev. D.H.: Hofacre.

High Jump: Phillips may make this the easiest event to predict, instead of the hardest. He should take everything, and go higher than 6 ft. 8 ins. But Stanich, McGrew, and Vislocky (indoors)

are dangerous. Paterson should be undefeated in Europe. Darkhorse: Martin.

Broad Jump: Tough to pick only because of Johnson's game leg. If he's out, Bryan, Aihara, Hoskino and Biffle should fight it out with Douglas added in the A.A.U. Biffle has a 26 ft. plus potential, like Bryan, and is the most consistent. In Europe, Adamczyk. Darkhorse: Brown.

Pole Vault: Richards should give 15 feet a terrible fright. N.C.A.A.: Rasmussen should go 14 ft. 9 ins., but Smith will be tough competition. Many other good vaulters. Montgomery will be somewhere between 13 ft. and 15 ft. In Europe Lundberg will have trouble with Kataja. Darkhorse: Jensen.

Hop-Step-Jump: Ahman in Europe. Bryan in U.S., along with Koutenen. Japanese about due.

Shot Put: Fuchs should win everything and could hit 60 feet. Lampert is almost as good, but ties up. Ditto for Chandler. Europe: Huseby. Darkhorse: Savidge or Fonville.

Discus: Gordien has not stopped improving. Fuchs, improving even faster, may take the N.C.A.A. Consolini should win in Europe with Tosi close. Frank may go over 180 ft., and Thompson is due. Darkhorse: Mathias.

Javelin: Biles says he'll quit, but I'll have to see it to believe it. Held should be tops in U.S. at 240 ft. But Seymour is coming back, and you can't count out Pickarta. Darkhorse: Roseme. Europe: Hytinen is my guess.

Hammer: Felton should go over 190 ft. Nemeth will win in Europe and again break his record, but watch Kanaki.

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PLEA FOR THE MARATHON MAN

By J. M. LINDSAY

MARATHON running (26 miles 385 yards) is definitely getting more popular from a competitive point of view judging from the increasing number of races held south of the border and that two races over the full distance were held in Scotland last year. Now that the marathon is firmly established I would like to see that the men that train for this arduous event be given every consideration from the responsible association officials and sports promoters.

Though there is a full road running season in Scotland during the Summer I hold that it lacks planning, is not aimed at assisting the marathon man and it is time now that he be given a square deal.

To start with very few sports promoters will sponsor a race of over 15 miles which is not much use to the man with his eye on the full distance. What we have had in the past has been a spate of 10, 12 and 14 miles point to point races. The short distance, faster during the week may be alright but Saturday is usually and necessarily devoted to the long grind. What is needed are specified races of 20 miles or over

monthly during the season like County Championships as down South where an entry of 200 is not uncommon, and occasionally one run on the four lap principle where competitors can get timed every 5 miles and go for the standard award of inside 2 hrs. 15 mins. or some such time. The Scottish promoters should consider the needs of the marathon men who otherwise will be forced to ignore the short races and train specifically for his distance. This season we can be more progressive (as a start for training with Helsinki in mind; there is a lot of new blood and potential stars in the distance game, who, given the chance, may spread Scotland's fame), and I would propose distances of 20 miles or more for the following meetings provided there is at least three weeks between—April—2 hours; May—St. Modan's; June—Glasgow Police; July—Scottish A.A.A. (full distance); August—Carlisle; September—Perth-Dundee (22 miles). It may look as though I have forgotten runners from the East in the programme but it is acknowledged that most of the runners come from the West. The Scottish will be in the East, and Edinburgh, West Calder and Tillieculter could all help to cater for the Eastern men.

There are several other factors to which I should like promoters and officials to give their attention. (a) Distances. Very often, as the running time has proved, the advertised distances of the races are out by sometimes one or two miles. This is unfair to all and the matter should be rectified. It is upsetting to the runner and obviously misleading to the handicapper. (b) Times and Positions.—Unless, perhaps one is in the first three, the athlete often has difficulty in getting his actual time and position, this I contend is all wrong. The man plugging along at the back is entitled to the same courtesy as the leaders.

In last year's Scottish Championship, Jack Paterson the winner did not know his position in the race till after 15 miles when he asked how he was placed. Times and positions should be given to

every competitor in a race of this kind, pace is the deciding factor in these races and without his time how can a man know how he is doing? (c) Prizes.—Far be it from pot hunting. No one can say this of Marathon runners. But it should be brought to notice that one can take the lead from the gun, run as hard as he can and get beat on the tape with often no second prize, although he has made the race. (d) Race Dates.—It is hoped that clashing of dates which happened last year can be avoided. It is a pleasant thought that two road races be run on the same day but I question whether it is doing the promoters justice at the present time.

I sincerely look forward to the time when an entry of 50 or 60 for a road race north of the border will be no uncommon thing and it is made worthwhile from timekeeping, positions, stewarding, etc. I commend the general organising south of the border where every man's time is taken at various stages. Granted we nearly always have a refreshment after, which is greatly appreciated, and goodness knows is needed—a tip which a lot down south can follow.

Editor's Note.—We endorse the points raised by our contributor and look forward to their acceptance by all concerned. Only one point, since a skeleton of distance races are on the season's programme such as The Glasgow Highland Gathering (20 miles)—May, Edinburgh Highland Games (full distance) September. We would be inclined to incorporate these on the framework of dates suggested.

Empire Games Results—Continued.

- Long Jump.**—1. Miss Y. Williams (N.Z.), 19 ft. 4½ ins. (breaks Games record). 2. Miss J. Canty (A.), 18 ft. 11½ ins. 3. Miss R. Dowman (N.Z.), 18 ft. 10 ins. Miss E. H. Anderson (S.), with 17 ft. 2 ins. was sixth.
- Javelin.**—1. Miss C. MacGibbon (A.), 127 ft. 5½ ins. (breaks Games record). 2. Miss Y. Williams (N.Z.), 124 ft. 6½ ins. 3. Miss C. Rivett-Carnac (N.Z.), 112 ft. 11½ ins. 4. Mrs. D. Tyler (E.), 107 ft. 9½ ins. 5. Mrs. B. Crowther (E.), 85 ft. 4½ ins.
- 440 Yards Relay.**—1. Australia, 47.9 secs. (breaks Games record). 2. New Zealand, 48.7 secs. (breaks Games record). 3. England (Miss S. Cheeseman, Miss M. Walker, and Miss D. Manley), 50 secs.
- 660 Yards Relay.**—1. Australia, 1 min. 13.4 secs. (breaks Games record). 2. England, 1 min. 17.5 secs. New Zealand, finished second, but were disqualified for picking the baton off the ground.

MIDLAND YOUTHS' RACE.

DETAILS:—

INDIVIDUAL PLACINGS.

- 1.—J. Findlayson (Hamilton Harriers), 17m. 10s.
- 2.—A. Brown (Motherwell Y.M.H.), 17m. 20s.
- 3.—J. McNeill (Shettleston H.), 17m. 37s.
- 4.—J. Moir (Motherwell Y.M.H.), 17m. 50s.

TEAM PLACINGS.

- 1.—Hamilton Harriers (J. Findlayson 1. H. Gibson 7. J. Limerick 11. W. Kelly 20)—39 Points. W. Stuart 25. A. Stewart 28. W. Lucas 36. W. Guy 57.
- 2.—Victoria Park A.A.C. (E. Ellis 9. A. Brackenzie 10. R. Calderwood 12. W. Duncan 13)—44 Points. A. Ross 50. W. Cameron 52. W. Miller 65.
- 3.—Shettleston Harriers (J. McNeill 3. C. Robertson 15. T. Swan 24. A. Baird 26)—68 Points. E. Dolan 27. D. Duncan 39.
- 4.—Bellahouston Harriers (A. Connelly 5. W. McAuslan 16. H. Kennedy 14. R. Stoddart 34)—69 Points. A. Scouler 54. J. Herbert 56.
- 5.—Motherwell Y.M.C.A. H. (A. Brown 2. J. Moir 4. M. Mitchell 21. A. Shields 46)—73 Points.
- 6.—Vale of Leven A.A.C. (R. Steel 8. W. Grantley 17. J. Campbell 29. G. Connolly 51)—105 Points. A. Miller 55. J. Paton 59.
- 7.—Monkland Harriers (C. Ballantyne 18. J. Orr 32. A. Gillespie 48. R. Muir 33)—131 Points.
- 8.—Springburn Harriers (T. Lambert 6. J. Drummond 43. J. Jacobs 40. J. Crawford 44)—133 Points. J. Rundall 49. T. McCaig 66.
- 9.—Airdrie Harriers (A. Tennant 19. I. Ross 38. W. Waddell 47. W. Patterson 60)—164 Points.
- 10.—St. Modan's A.A.C. (A. Lafferty 35. A. Galbraith 41. M. Kelly 45. T. McCricken 53)—174 Points. C. McGhee 58.

FAILED TO CLOSE IN.

- Glasgow Y.M.C.A. H. (C. Forbes 23. S. Russell 30. P. McLean 37.—).
- Cambuslang Harriers (E. Reilly 22. R. Wallace 62. S. Quigley 67).

INDIVIDUAL ENTRANTS.

- F. Cowan (Bellahouston H.) 22; G. Davidson (West of Scotland H.) 26; J. Caldwell (West of Scotland H.) 38; J. Black (Larkhall Y.M.) 45; N. Baillie (Hamilton H.) 46; W. McPhee (Shotts Welfare A.C.) 47; A. Wilson (Hamilton H.) 59; J. A. Baxter (Hamilton H.) 66.

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