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WEEKLY ATHLETIC NOTES BY

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THE SCOTS ATHLETE

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Photo by H. W. Neale.

BOBBY REID (Birchfield and Doon Harriers) winner of the Scottish Cross-Country Championship. On his one and only previous running in the Senior event he also won and that was 11 years ago.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

THE EMPIRE GAMES. SPORTS DIARY.
CROSS-COUNTRY INTERNATIONAL.
CHAMPIONSHIP DETAILS.

YOU AND YOUR SPORT—By ARTHUR NEWTON.

SPORTS DIARY.

March.

25. INTERNATIONAL CROSS-COUNTRY CHAMPIONSHIP.....B.USSELS.

April.

1. London-Brighton Relay.
10. Doncaster-Sheffield Marathon.
29. Aberdeen Univ. v. Glasgow Univ., Aberdeen.
29. St. Andrew's Univ. v. Edinburgh Univ.,
St. Andrew's.

May.

3. Aberdeen Un. Freshmen's Meeting, Aberdeen.
6. Edinburgh Univ. v. Aberdeen Univ.,
Craiglockhart.
6. Edinburgh Univ. "A" v. Boroughmuir
F.P.A.C. v. Watsonian A.C., Myreside.
6. Larkhall Sports Association, Ayr A.A.C. v.
Shettleston.....Ayr.
10. Glasgow Police A.A. (Confined), Scotstoun.
11. Watsonian A.C. v. Edinburgh Harriers v.
Edinburgh Southern Harriers.....Myreside.
12. Edinburgh City Police A.C. (Confined).
13. St. Modan's A.A.C.
13. Edinburgh Univ. v. Glasgow Univ.,
Craiglockhart.

13. Aberdeen Univ. v. St. Andrew's Univ.,
Aberdeen.

13. Brechin Right-of-Way Races.
15. Edinburgh Northern Harriers v. Edinburgh
Univ. v. Penicuik Harriers.....Penicuik.
20. Scottish Y.M.C.A. Championships, Glasgow.
20. Edinburgh Univ. v. Victoria Park A.A.C.,
Craiglockhart.

20. Watsonian A.C. v. Stewart's F.P.A.C. v.
Heriot's A.C.....Goldenacre.
22. Durham Univ. v. Edinburgh Univ., Durham.
22. Lanarkshire Constabulary (Confined),
Shawfield.

24. Dumfrieshire A.A.A. Championships,
Scotstoun.
25. Watsonian A.C. v. Edinburgh Southern H.
Myreside.

27. Glasgow Highland Games.....Ibrox Park.
27. Kirkcaldy Y.M.C.A. H. v. Watsonian A.C.,
Kirkcaldy.
27. Edinburgh University Championships,
Craiglockhart.

27. Edinburgh Battn. Boys' Brigade, ...
27. Aberdeen University Championships,
Aberdeen.

27/29. British GamesWhite City.
30. Scottish Y.M.C.A. (Edinburgh and Lothians
Area)Edinburgh.
31. Aberdeen Univ. v. Trinity College, Dublin,
Aberdeen.
31. Cowan Trophy Contest.....Penicuik.

June.

3. Hutchesons' Grammar School.
3. Lanarkshire Constabulary A.C.
3. Singers A.A.C.....Clydebank.
3. Babcock and Wilcox (Confined).....Renfrew.
3. Musselburgh A.A.C. v. Watsonian A.C.,
Myreside.

3. George Heriot's School Games, Goldenacre.
3. Scottish inter-Universities Championships,
Craiglockhart.
3. Sea Cadet Corps, Sea Rangers, G.N.T.C.,
Saughton.

3. Edinburgh Milton W. and A.C.,
New Meadowbank.
5. Renfrewshire A.A.A. Championships,
Renfrew.

6/8. Edinburgh District Championships and
"Sports Dispatch" Trophy Contest,
10. Glasgow Police A.A.....Hampden Park.
10. City of Bradford Police.....Bradford.
10. Edinburgh Fed. Catholic Boys' Clubs,
Saughton.

10. Bathgate St. Mary's A.A.C.....Bathgate.
10. Hearts Former Players' Club,
New Meadowbank.
12. Shotts Welfare A.A.C. (Evening).
12. Edinburgh Univ. v. Dublin Univ.,
Craiglockhart.

13. Glasgow Inter-Club Championships, Helensvale.

13. Edinburgh Northern Harriers v. Edinburgh
Southern Harriers.....New Meadowbank.
14. St. Machan's A.A.C.
15. Heriot's A.C. v. Watsonian A.C. v. Border
SelectHawick.
17. Maryhill Harriers and Partick Thistle sup-
porters' ClubFirhill.
17. Scottish Schools' A.A. Championships,
Glasgow.

17. Motherwell and Wishaw Burgh Police,
Motherwell.
17. Glasgow Academical Club.
17. Rolls-Royce (Confined).
17. Edinburgh Lighting and Cleansing Depart-
ment Welfare Club.....New Meadowbank.
17. Scottish Y.M.C.A. (Fife and Kinross Area),
Kirkcaldy.

17. Bruce Peebles' Social Club.....Warriston.
20. Glasgow Eastern Cycling Club.....Helensvale.
20. Heriot Trophy Contest.....New Meadowbank.
23/24. S.A.A.A. CHAMPIONSHIPS,
Hampden Park.

24. Stewarton Bonnet Guild.....Stewarton.
24. Scottish Y.M.C.A. (Angus Area), Arbroath.
27. Glasgow Corporation Transport Rec. Club,
Helensvale Park.

27. Penicuik Harriers v. Edinburgh Southern
HarriersPenicuik.
27. Edinburgh Eastern Harriers v. Edinburgh
Northern Harriers v. Watsonian A.C.,
Myreside.

30/1. A.A.A. Decathlon,
July.
1. Ardeer Recreation Club.
1. Dollar Academy Games.
1. British LegionMurrayfield.
1. H.M.S. "Caladonia" v. Watsonian A.C.,
Rosyth.

1. Hamilton Harriers.
4. Lanarkshire A.A.A. Championships,
Helensvale Park.
8. Saxone Welfare Club.....Kilmarnock.
8. Motherwell Y.M.C.A. Harriers, Motherwell.
8. North End Football Club.....Dundee.
8. Purves Industries, Ltd.....Montrose.
8. Scottish Junior Championships and Marathon
ChampionshipNew Meadowbank.

8. English v. Scottish Universities.
11. Penicuik Harriers v. Watsonian A.C.,
12. Broxburn Athletic F.C.....Broxburn.
14/15. A.A.A. CHAMPIONSHIPS, White City.

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SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J ROSS

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JOHN EMMET
FARRELL'S



FROM practically every point of view the Empire Games at Eden Park, Auckland, New Zealand, now concluded, have been a huge success. Large crowds attended and the contests were fought out in a keen but friendly spirit. Scotland's band of track and field athletes did well to capture 3 medals, a first and two seconds.

Duncan Clark Excels

Duncan Clark was perhaps the personality of the tour as distinct from the Games. By throwing the hammer 163 ft. 2½ ins. in the championship Clark not only won first place for Scotland but set up a new Games record. Even this was well below his best but it must be remembered that Duncan was batting on a sticky wicket, heavy rain intervening just as his event was taking place. Subsequent to the championships proper Clark took part in a series of meetings in which he excelled anything he had yet

done culminating in his best-ever throw of 181 ft. 3½ ins. figures which would have yielded him a second place in the Olympic Games won by Nemeth of Hungary with 183 ft. 11½ ins. Clark who is obviously still improving is now the 3rd Scot to win an Empire title, the others of course being Duncan Wright (Marathon, 1930) and F. A. Hunter (440 Hurdles, 1934).

Forbe's Gallant Bid

Meritorious second places were earned by Andrew Forbe in the 6 miles and Alan Paterson in the high jump.

The former's bid was a glorious one. After a magnificent dust up with Bill Nelson of New Zealand he was beaten by only 12 yards. Forbe's time of 30 mins. 31.9 secs. is inside the Scottish record figures of 30:42 but being done outside Scotland, the record is not affected. The 3 miles event was too near the 6 miles for Andy to regain his

strength and best form and it is small wonder that he had to taper off.

Alan Paterson's performance though good was a trifle disappointing inasmuch as it was felt that he had a strong winning chance. Winter of Australia who won is of course the Olympic champion and a most consistent athlete who seems to be at his best on the big occasion. In addition he had defeated Alan every time on meeting. His leap of 6 ft. 6 ins. was the same as won him the Olympic title. Paterson appears the more potentially brilliant performer but so far lacks the consistency of the Australian ace. Still his 6 ft. 5 ins. leap shaded Pavitt and Wells the other British contenders.

The other Scot's contenders did not set the heather on fire hard as they tried but it must be admitted that the opposition as well as the weather was extremely hot.

Amateur or Pro.?

The sensational running of veteran coloured athlete Barney Ewell in the world professional championships in Australia recently tends to bring up the old controversy as to which runners are superior, amateur or professional? Ewell photo-finish runner-up at Wembley in both 100 and 200 metres and thus an amateur included among his victims British professional ace Albert Grant alias Walter Spence.

This example favours what is the general consensus of opinion on this question, namely the superiority of the best amateurs over the best pros. an opinion with which in the main I agree.

Ewell now well over 30, provided sprinting that must be classed as phenomenal and his times are worth re-counting 75 yds. (7.4 secs.), 100 yds. (9.6 secs.), 130 yds. (12.2 secs.), 220 yds. (21.2).

In all fairness to Spence it must be admitted that he was running out of season and in conditions far removed from Powderhall.

Memories of Willie McFarlane.

It will be remembered that Willie McFarlane did not exactly set the heather on fire when he went to Australia to compete with Eddie Tolan and others. The warm conditions and hard track were not to his liking. Yet who is to

say that McFarlane twice winner of the coveted Powderhall sprint (once off scratch) covering 130 yds. in 12 10 $\frac{1}{2}$ /16 on a raw winter's day was not among the world's best. It would have taken something of a superman to have beaten him on that NEW YEAR'S day in 1934. Willie now 45 made a recent successful return to the track in a race versus a pony and trap covering the 100 yds. in 10.9 seconds a very creditable feat indeed, for a man of his years.

Similarly in long distance running there are few Nurmi's or Zatopek's among the pros. In George McCrae of Banknock, however, the professional ranks had a runner of world class. Even to-day his times particularly that over 10 miles look good in print. Powderhall distance runners such as Scally, Campbell, Cole and Frow were no slouches either. Bad tracks did not always flatter their times; and of course it was policy on their part to conceal their best form, so it was difficult to make a correct assessment. With some exceptions the balance, however, appears in favour of the amateurs.

Reid, the Dictator

In the Scottish Senior cross-country championship at Hamilton Bobby Reid of Birchfield H. the winner dictated the pace of the race and a right merry one it was. Perhaps that is the reason why so many runners felt the pace so early in the race. A very fit Frank Sinclair loped along in close proximity and after a grand race was only 15 yards behind at the finish. Yet there was a feeling that Reid had a trifle in hand.



FRANK SINCLAIR

Brilliant Youngsters Prove their Class

Showing brilliant pace and judgment Tom Tracey of Springburn and Ben Bickerton of Shettleston removed any lingering doubts as to their ability to get the full distance in class company. Both fully earned their first jersey. Tracey by finishing 3rd proved himself best home Scot, a grand and colourful debut.



Photo by H. W. Neale.

British Empire and Scottish Champion D. McD. CLARK has set a new Australian Hammer Throwing Record—his best ever—of 181 ft. 3 $\frac{1}{2}$ ins.

Most surprising performance was that of Goe. Craig. The Shettleston runner's recent form has been moderate. But on this occasion he ran with verve and tenacity, was up with the leading bunch all the way and indeed at times looked a likely winner.

Most gallant show goes to Andy Forbes of Victoria Park. Not at his best after his tiring journey from New Zealand his 8th place was good all things being considered.

Charlie Robertson was up at the start, fell back like a damp squib, but made a great come-back to earn his 7th place and make his selection fairly certain.

Tall Anglo-Scot G. Sanderson now of Thames Valley has at last earned the reward of patience and determination. Last year he finished 11th in that atrocious day at Ayr.

Gibson of Hamilton, Chic Forbes of Victoria Park and Tom Braid of Edinburgh University, the three reserves will just have to try and emulate Sanderson's example and mak' siccar next year. All three ran a grand stuffy race. Clark Wallace of Shettleston also showed good form and with another year's experience

should be an even more dangerous contender. Among the disappointments of the race was the off-day of Internationals Jim Reid, Alex. McLean and Jim Flockhart as well as Jim Ellis of Victoria Park who was forced to retire when well placed.

That Long Last Lap

This was the hardest National in which I have competed. It seemed to be fast throughout without the customary slackening off or perhaps Anno Domini is at last taking toll. However, I ran my own race and did not follow the leaders at the start. After the first lap I found the leaders were not coming back to me the way I hoped so I increased my pace to get in touch with them—perhaps a trifle too much.

At any rate I was a tired runner in that long gruelling last lap. Jockeyship alone pulled through a flagging runner during these crucial stages allied of course to constant administration of whip and spur.

Adamson Runs Away with Junior Title

Gilbert Adamson of West Kilbride created something of a surprise by the runaway nature of his win over favourite Walter Lennie in the Junior championship with that grand youngster G. L. Walker of Edinburgh University—a close 3rd.

The Vale of Leven boy did not appear to be in the form he was in at the recent Midland championship, nevertheless Adamson was running so strongly and confidently that he looked as if he could have given most of the fancied seniors a spot of trouble.

Sensational Running by Edinburgh University

Congratulations are due once more to that strong well-balanced team of Shettleston Harriers on retaining their senior team title with a grand total of 79 points. What shall we say of Edinburgh University's feat in winning the Junior title and finishing runner-up in the Senior championship. True, they had only a 3 points margin to spare from Victoria Park in the senior event where the latter lost one of their best men in Ellis, but it was a magnificent feat for the varsity team to be able to disperse their forces to such grand effect.

Pars of Interest

If Chic Forbes who ran such a grand race had been a trifle further up we would have had the spectacle of two brothers being in the same International team. I don't know of this having happened in Scotland.

The Craig brothers, of Shettleston, Archie and George, have however both represented Scotland, but at different times, whilst to add to that great family record of their father, "Baldy" Craig, now a well-known official, was an International and Scottish champion in his day. At 40 years of age he ran for Scotland and finished fairly well up in that classic International field.

When I regained the Scottish Cross-country championship in 1948 after a lapse of 10 years, this was claimed as a record in Scottish circles. Bobby Reid went one better this year in winning the title exactly 11 years after winning in 1939. Bobby of course has only competed twice in the Scottish winning on each occasion. Now resident in Birmingham the old Dalmellington boy is something of an old timer. But he appears at the moment to be running as well as he was in 1939 when he was regarded as something of a boy prodigy. Better in fact for he has added to his natural ability the qualities of experience and repose.

"Mr. Pickwick" Returns to the Continent

The first nine in the Scottish have been selected to run for Scotland. Geo. Dallas once again travels with the Scots team as manager. By virtue of his position as Secy. of the N.C.C.U. George has fulfilled this task for many years and could tell many tales of dramatic and colourful cross-country Internationals. He is as popular and kenspeckle a figure as Mr. Richardson of the English cross-country union and Mr. Hermes of the Belgian association. Tom Fraser of the Olympic has also been a very faithful supporter of the Scots' team; then we have Bob Lindsay of Paisley Harriers, a veteran supporter and enthusiast of many years standing. Many readers of these notes may recall how Bob received his alias "Mr. Pickwick."

At this stage it may be fitting to recall the details of this rather interesting anecdote.

In 1947, when the race was held at Paris, there was a delegation of officials to meet the teams as they arrived at the Gare du Nord Station.

Maurice Maurel, the well-known French journalist, was struck forcibly by Mr. Lindsay's uncommon personality and the rather unusual combination of dignity and quaintness expressed by his attire. Next morning the genial Bob captured the head-lines of the French journal, "L'Equiper," translated in the following terms:—

"Mr. Pickwick Accompanies the Scots.

Yesterday, just after mid-day, on platform 19 of Station North, an official delegation awaited the English, Irish and Scots' teams. But only the Scots, with their button-holes decorated by an enormous rosette featuring red or green according to the clan, were on time.

Accompanying them was their manager, George Dallas, and a character with a florid face who appeared as if he had stepped not from the train—but from a novel by Charles Dickens. His clothes were of Victorian cut, with his black overcoat he affected a stiff collar knotted with a tie-like contraption. He wore the time-honoured bowler hat. His left hand held a travelling bag and he grasped with his right a flag protected by a moleskin wrapper

The team has travelled as selected with leading lights R. Reid and Forbes. We also recognise Flockhart, an old acquaintance who represented Scotland way back in 1935 at Auteuil. How the cross-country fraternity retain their form.

History repeats itself. Once more Mr. "Pickwick" visits the continent. But he is ultra-modern. For on this occasion Mr. "Pickwick" alias Bob Lindsay flies to Brussels.

Shettleston Harriers Shine in English National

Warm congratulations are due Shettleston Harriers on gaining 3rd place in the English National championship at Aylesbury. Team positions of their counting six were as follows:—(Geo. Craig 13th, B. Bickerton 16th, J. C. Flockhart 24th, C. Wallace 26th, H. Howard 80th and J. C. Ross 83rd) giving a pointage of 242. Sutton the winners were out on their own with 142 points, but the struggle for 2nd and 3rd places was an epic one with Leeds Harehill 241, Shettleston 242, and Birchfield 243.

The "International" Situation

How will the International championship end this year? The possible addition of countries such as Holland, Luxem-

bourg, Switzerland, and with Spain in again will make this annual race even more spectacular and colourful, but somehow I don't think their debut will affect the first 3 placings which I forecast as France 1st, Belgium 2nd, and England 3rd. Local fervour could of course turn the scales in favour of gallant little Belgium but somehow France has a solidity about its team which is most impressive. England may repel the challenges of Spain and Ireland for 3rd place. The last mentioned will miss the services of John Joe Barry, while Steve McCooke does not appear to have retained last year's heroic form. England appear to have a useful team with a fine spearhead in Aaron, Olney, and that magnificent veteran Gosney, and perhaps Saunders if he is fully fit, but a lot will depend on their tail. The form of such as Switzerland, Holland, etc., is something of an unknown quantity. Scotland has not set the heather for some time. Last year they beat only one team, Wales, and there is no indication that they are ostensibly stronger this year. Their packing in the National race was good, however, 31 secs. covering the first 6 men home, and the running of the Scots in the English National gave another line as to their form. Bobby Reid's 12th position after running for the 3rd week in succession and the forward running of some of the Shettleston runners demonstrates form which, if not brilliant, is at least sound. Then if Andrew Forbes has got over his New Zealand trip his brilliant turn of speed should show to advantage on the continental course.

Would it be asking too much for them to finish in the first half dozen teams of this classic race?

Mimoun Favourite to Retain Title

Alain Mimoun is a warm favourite to retain the individual title he won at Dublin last year.

The little Frenchman whose sad expression would seem to indicate that he had lost a race instead of won, is running like a machine. Only Reiff has defeated him in cross-country this season and that only over a short course. Reiff is now concentrating on preparatory work for

the coming European Games and will thus not be a contender. Mimoun can stay and has devastating finishing speed. His usual tactics are to shadow the leader and leave him with a finishing burst.

Other individuals who should be prominent are old maestro Pujazon who could upset the apple-cart if he really went out for the title instead of nursing his team. The wonderfully consistent Cerou of France along with new star Hanza, while there there are good reports to hand of Theys of Belgium and Gailly, hero of the 1948 Olympic marathon. Then there are Doms, winner in 1948, Van de Wattyne 2nd in 1946, and Renson, 2nd in 1948, all capable on their day of finishing well up.

Dapper little Miranda of Spain with his improving young countryman, Jose Coll, if running should make their presence felt.

For England, Aaron is the chief hope for a forward position, but Olney and Gosney shouldn't be too far away. Whatever happens it will be a grand race, a colourful spectacle and a well organised event, for these Belgian officials are nothing if not thorough.

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.

CROSS-COUNTRY

1948 INTERNATIONAL CHAMPIONS 1949



Photo by H. W. Neale.
22-years-old JOHN DOMS of BELGIUM led from start to finish.

1950

It was the wiry, light-footed Scot Jim Flockhart that delighted the crowd on winning in 1937 the International Cross-country Championship the last time it was held in Brussels. England won the team championship with 55 points to France's 70 points, and Belgium's 98. Scotland was 4th of the six entrants with 116 points.

With ten nations competing in this year's race it promises to be the greatest Cross-country race ever. The holder of the individual, Alain Mimoun (France) is well fancied to win again.

He is one of the world's greatest distance runners, being 3rd best of a select four men who have ran 10,000 metres inside 30 mins. The others being Heino, Zatopek and Stocken (Norway). Mimoun's time being 29 mins. 53 secs.

The team race will be hotly contested, though France seems to have the best all-round team.

To date the scoring is England 25 wins, France 10 and Belgium 1. Individual wins, England 25, France 7, Scotland 2, Ireland 1, Belgium 1. Jack Holden of England has had most individual successes winning three in a row, 1933, 1934, 1935, and again in 1939. Jean Bouin of France also had three wins in succession. A victory for Raphael Pujazon (France) in this year's race would be warmly acclaimed as he was only foiled by a few yards last year, after nursing his team to victory, to becoming another triple winner. He had great wins in 1946 and 1947.



Photo by H. W. Neale.
Two French Stars figured in an epic finish and ALAIN MIMOUN just beat the great 1947 champion RAPHAEL PUJAZON.

Scottish Success.—Congratulations from Scottish enthusiasts go to Edinburgh Un. H. & H. on winning the British Universities Cross-country team championship at Sheffield with 97 points from London 140 and Cambridge 190. Also to Glasgow Police A.A. on winning the British Police Cross-country race at Preston. A. McGregor had the honour, too, of taking the individual title.

Shettleston Harriers thrilled too with their magnificent 3rd place in the English National after travelling overnight from Glasgow to Aylesbury.

Preliminary Notice— ST. MODAN'S A.A.C. SPORTS

AT ANNFIELD, STIRLING
ON SATURDAY, 13th MAY, 1950
at 2.15 p.m.

Full Particulars next Month.

YOU AND YOUR SPORT

By ARTHUR H. NEWTON

(Author of "Commonsense Athletics," "Races and Training," etc.)

YOU might be surprised if I told you that throughout all forms of athletics there is a highly important training item which seems to have been almost entirely overlooked. If there's one thing above all others which handicaps a budding athlete it is the way he accepts what he reads in text-books on his subject and which, in his generous desire to help others, he passes on in turn. Not that the advice is necessarily faulty: it's his unquestioning acceptance of it that is misplaced.

Have a word or two here and there with fellows just going out for their "daily dozen" and you get the impression right away that the rules of athletics are so thoroughly established that all a man need do is to follow them more or less carefully to get a more or less successful result. In a way that's right enough: many get a more or less—generally less—successful result. What's wrong then?

You will gather better what I'm driving at if I put it in another way. Look around and note that nothing in this world ever stays really still; everything is either improving or deteriorating, in other words changing. You can be certain, then, that in athletics also there is no stationery points; the rules as well as the practice are always on the move one way or the other; only the fundamental basic principles remain static as we understand things.

Now I'm not trying to decry the many books on "how to do it," for they are absolutely necessary and most useful: but they should be regarded as personal opinions and, when you come to think of it, no two opinions on any subject can be exactly the same any more than any two people can be precisely similar. Evidently then you should never allow them to dictate your action without giving their advice the once-over. Your brains are for use, and the more you use them within reasonable limits the more efficient they'll become. So whenever you are told to do so and so in the way

of training, set your thinking outfit to work and consider whether the advice as it stands is really the best procedure possible: can't it be refined in some way to suit you even better? refinement is there all right in nine cases out of ten, and it's your job to spot the direction.

Since we're all different it may be that for some the suggested practice is absolutely the best that can be offered at their particular stage. But their stage is not necessarily yours, for you may be more advanced and therefore on the look out for something better. In which case it is quite possible that you may have to whittle down the advice considerably, or even at times discard it altogether and start a new line of your own.

You see our knowledge with regard to training for athletics is so far behind hand compared with what we know of other sciences that we've got to put on an extra spurt to make up for obvious deficiencies.

Much has been taught us, and is still being taught, that is quite out of date: like everything else methods of training change and improve as time goes on, and what may have answered the purpose well enough ten or twenty years ago might be quite secondrate now—might even prove to have been mistaken. You must shed such time-worn precepts and turn to new ones just as you do with clothes.

For instance, marathon men are told to go for long walks to assist their training. Turn on the brain tap and see what that leads to. Practice at walking does not make you a more efficient runner at any time; the only way it helps—and this applies to all other exercises—is that it keeps a fellow thoroughly fit and therefore in a state to practice running. Walking, as part of the training for running, is therefore an actual misuse of running time.

That was merely an odd case; there are plenty more, and they crop up in all forms of athletics. Perhaps the worst



Photo by H. W. Neale.

J. E. FARRELL.

G. B. CRAIG.

C. D. ROBERTSON.

These three with BOBBY REID, FRANK SINCLAIR and ANDREW FORBES of the nine Scottish runners selected to run in Brussels have had previous International experience. This will be Farrell's eighth consecutive International, having competed in the last Brussels race in 1937.

mistake of the lot, and one that we are still directed to indulge in ad. lib. is the cult of ersatz exercises. One thing you can be certain of, and that is that no substitute is ever as good as the genuine thing: if it were it would oust the genuine thing and take its place. An example? If you want to learn boxing, go in for continual bouts with other fellows; don't waste your time "shadow-boxing" unless you can get nothing else, for while you're at it there'll be nothing to stop your punch and instinct therefore compels you to curb it—continual work of this sort will surely form a habit. Besides, you try to imagine a punch is coming from a certain quarter: actually, as you know, punches almost invariably come from an unexpected direction and you're not given time to imagine that direction but have to answer on the dot.

Another complete mistake, except when the genuine thing is unobtainable—and that is rare indeed—is skipping. This does not really help you in foot work either for boxing or running. You can't call it a "natural" exercise, at any rate not for settled periods such as are

advocated. Then how on earth can you expect to improve a natural exercise (boxing, wrestling, running, etc.) by unnatural preparations? When you look into it carefully like this the idea is obviously absurd.

Instead of skipping get busy with the actual sport you're keen on, and your progress will be enhanced. Indulgence in any of these ersatz exercises—I've only touched on one or two—does nothing but unnecessarily postpone your ultimate achievement.

THIRD ANNUAL THE SCOTS ATHLETE BALL

BERKELEY HALLS
(St. Andrew's Halls)

FRIDAY, 21st APRIL, 1950
7.30—11.30 p.m.

Tickets, 3/6 from Club Secretaries.

AN AUSTRALIAN REVIEW OF THE EMPIRE GAMES

By JOE H. GALLI

SCORING 9 first, 5 seconds and 4 thirds, plus 5 of the new men's records established, Australia achieved her greatest international athletics success in the British Empire Games at Auckland.

The lads from the Island Continent scored heavily in the short dashes, high hurdles, the relays and two of the jumping events.

John Treloar, chased home by compatriots Bill de Gruchy and Dave Johnson, had surprisingly easy victories in the 100 and 220 yards dashes—surprising because he needed only moderate times to win both. Even with McDonald Bailey out, we had believed that Nick Stacey (Eng.), and the New Zealanders Clem Parker and Dave Batten, would have made John produce his absolute best.

Edwin Carr, as at Sydney twelve months before (when he beat Herb McKenley), showed that he has no superior when it comes to running under bad conditions. In the 440 yards final (run on the last day, which was very wet) Ed. struck a muddy patch early in the race, and when he recovered found himself some 2 yards down from Englishman, Les Lewis, coming off the final turn.

But that's where Carr, so frail-looking you would never think he had it in him, called up his super reserves for a final drive at the tape, which he broke with a terrific lunge that sent him sprawling in the mud. The time, 47.9 secs., equalled the Games record made at Sydney by Denis Shore (So. A.) and Bill Roberts (Eng.).

As we had expected, Peter Gardner won the 120 yards hurdles; being followed home by his "shadow," Ray Weinberg, with those hardy veterans, Tom Lavery and Don Finlay, a respectful distance away.

(Lavery was perhaps unlucky not to have finished second. About half way, the lone button supporting his pants parted company with the rest, and poor

Tom had to finish with one arm virtually useless).

The short-sighted, bespectacled Gardner's time of 14.3, although a Games record, was somewhat disappointing. Weinberg was a tenth slower in 14.4; the same time as he returned in his heat.

Jack Winter, 1948 Olympic champion, has (to my way of thinking—which may be coloured a little by favouritism) proved himself the world's fightingest high jump competitor, by winning the Empiad crown with a leap of 6 ft. 6 ins.

Winter, you recall, won at the Olympics with a badly ricked back. At Auckland he had to combat sheer lack of condition (he was too long out of training); but had it been necessary for him to go, say, 2 ins. higher for victory, I am sure he could have done so. He's that type of a fellow.

As at Sydney twelve years ago, Australia copped the three top spots in the hop, step and jump. This is certainly one event in which the Aussies have no superiors at present; as 20-year old Brian Oliver—a boy who is going places—indicated with a magnificent leap of 51 ft. 2½ ins.; followed by Les McKeand, 50 ft. 1¾ ins., and Ian Polmear, 48 ft. 1¾ ins.

Only three months earlier, Oliver, who hails from Perth, W.A., had never been further than 46 ft. 11 ins.; yet now he bids fair to become 1950's world best triple jumper.

In both relays Australia, with the Empire's smartest line-up of sprinters and quarter-milers, wasn't troubled to win in either event; and in good time considering the bad conditions.

The 4 x 440 squad comprised Johnson, Alistair Gordon, de Gruchy, and, for anchor, the mighty John Treloar. In the mile it was Jim Humphreys, Ross Price, George Gadge and, again a brilliant anchor man in Edwin Carr. Given a fine day, that mile relay team would

almost certainly have set new Games record figures at least.

Australia's only throwing events winner, Ian Reed, turned in what I consider was the best hardware effort of the Games—although I fully realise that Duncan Clark had to combat heavy rain in making his hammer record.

Reed, 22-year-old industrial chemist who is a self-taught discus thrower, flipped the platter 158 ft. ¾ in. for a new record, and the best ever achieved by an Empire athlete. Given a year or so of first class coaching, this hefty, handsome lad would almost surely do better than 170 ft. (As it is, he may do that without the coaching.)

Besides the triumphs, Australia also had some awful disappointments; not the least of which was the failure of giant Don Macmillan to place high up in the mile.

Macmillan wasn't expected to win against the strong overseas opposition; but he had looked good for at least third place. Holder of the National record at 4 mins. 15.8, he ran 4/10ths faster in a close second to Bill Parnell (Canada), who then went on to win the final magnificently in 4 mins. 11 secs.

The reason for the Australian's failure in that final is hard to find. He himself doesn't know; but there is evidence that he was over-trained; while the heavy going took more out of him than it did his opponents. One can only hope that he will redeem himself in the near future—perhaps before you read this.

Australia had a hero in the mile, though; a hero only to those of us who knew the circumstances. He was little Johnny Marks of Melbourne, who surprised, nay astounded us, by running fourth in 4 mins. 14.8 secs.; faster than any other Australian has ever run a mile before.

Marks was in trouble right from the beginning of the current track season. First he had to study hard to complete important exams., after which he was married. For their honeymoon, Jack and his bride went to Sydney, by which time it was getting close to Christmas. At this time he really had no ideas of even trying for a place on the Empiad team,

because he had had practically no training or competition; but he was persuaded to run in the N.S.W. Trials, and finished third in a fast mile.

This decided Marks to go to Adelaide and defend his Australian mile title, although he knew he had little hope of success. With two companions, he set out from Melbourne in an old car, to arrive 36 hours later in the most terrible condition imaginable—the car had proved troublesome! Result was, that Jack was an exhausted man when he faced the starter next day for the mile, and he couldn't do better than fourth; but as his time in Sydney had been 4 mins. 19 secs., selectors decided to take a risk and include him in the Empire Games team.

In the 880 yards, our only finalist was Dave White from W.A., who also flopped badly. However, he did run third in the heat won by Parnell of Canada, and in doing so clocked approximately 1 min. 52.6 secs.; 2 secs. faster than he has ever run before, and 2/10ths better than the Australian record.

We also got some satisfaction from the second and third places in the hammer throw; an event well sewn-up (as we knew) by your own Duncan Clark. Kieth Pardon registered 156 ft. 11 ins., and Harry Barker 149 ft. 8 ins.—well up to their home form.

In the 440 yards hurdles won by that brilliant Ceylon athlete, Duncan White, now 32, in the record time of 52.5 secs., I was quite satisfied with the performance turned in by Australia's Geoff. Goodacre. Although he hasn't had a great deal of experience in this event, Geoff finished third in 53.1 secs., the best time ever turned in by an Australian. (In the semi-finals, he won in 53.2 secs.)

What happened to the marathon runners, nobody knows; not even Jack Holden, who said, "The opposition was much weaker than I had expected, and I was forced to take the lead far too early."

Holden won by nearly 5 mins. from South Africa's Sid Luyt, with the Australians. Gordon Stanley well over 3 mins. away in fourth place. It wasn't so hot, but at least it was the best we have ever done in international company.

SCOTTISH CROSS-COUNTRY CHAMPIONSHIPS HAMILTON RACECOURSE 4th MARCH, 1950

SENIOR NINE MILES

INDIVIDUAL PLACINGS—

1. R. Reid (Birchfield & Doon H.). 50.22.
2. F. Sinclair (Greenock W. & Blayden H.). 50.25.
3. T. Tracey (Springburn H.). 50.31.
4. J. E. Farrell (Maryhill Harriers). 50.36.
5. G. B. Craig (Shettleston H.). 6. B. Bickerton (Shettleston H.). 7. C. D. Robertson (Dundee Th.). 8. A. Forbes (Vic. P.) (Holder). 9. J. Sanderson (Gala & Thames Valley). 10. A. C. Gibson (Hamilton H.).

TEAM PLACINGS—

1. Shettleston H. (G. B. Craig 3. B. Bickerton 4. R. C. Wallace 9. J. C. Flockhart 18. J. Clark 21. J. C. Ross 24.—79 Points.
2. Edinburgh Un. H. & H. (T. H. Braid 8. R. Rowles 11. R. F. Wilby 16. J. P. Waterson 27. R. J. Sherwin 35. R. Naylor 43.—140 Points.
3. Victoria Park A.A.C. (A. Forbes 5. C. Forbes 7. D. McFarlane 17. J. Stirling. 19. D. Shuttleworth 39. A. Johnstone 56. 143 Points.
4. Springburn H. (T. Tracey 1. J. Morton 15. A. Stevenson 25. J. Stevenson 30. D. Fyfe 40. N. McGowan 48.—159 Points.
5. Bellahouston H. (R. Clime 10. G. Anderson 14. H. O'Neill 28. T. W. Lamb 37. J. Christie 41. G. Bell.—172 Points.
6. Maryhill H. (J. E. Farrell 2. R. Brynmor 22. T. Wilson 33. T. Harrison 45. G. Porteous 57. J. Wilkie 74.—233 Points.
7. Edinburgh Southern H. (D. Webster 23. D. C. Boyle 32. H. Robertson 38. W. Grant 53. R. Syme 70. L. G. Kappelle 97.—313 Points.
8. Vale of Leven A.A.C. (W. Gallacher 13. D. McPherson 36. H. Coll 67. W. Crowe 83. J. McNabb 88. M. Connell 104).—391 Points.
9. Garscube H. (A. Kidd 20. J. Gunn 68. A. Gold 71. D. Causon 82. N. Ross 86. W. J. Ross 91).—418 Points.
10. Glasgow Police A.A. (A. McGregor 29. K. Sigrist 54. A. Allan 59. T. McGrath 87. J. Johnstone 95. H. Steven 96).—420 Points.
11. Clydesdale H. (R. Boyd 61. D. Bowman 62. W. Howie 72. A. Donaghy 75. P. Reynolds 89. P. Younger 90).—449 Points.
12. Monkland H. (F. Bradley 50. A. Farmer 65. J. Steel 73. J. Brown 91. J. Geddes 99. G. Jackson 105).—486 Points.

INDIVIDUAL ENTRANTS—

1. Reid (W. Kilbride) 13. T. McNeish (Irvine Y.M.) 16. A. McLellan (Greenock G.) 25. D. Clelland (St. Modan's) 29. F. G. Bathgate (Ballydrain) 30. D. Brown (Lar hall Y.M.) 31. R. McKessack (Edinburgh E.) 35. D. McFarlane (Glasgow Y.M.) 41. W. Lindsay (Auchmountain H.) 43. J. McAvoy (Shettleston H.) 65. J. Hamilton (Edinburgh E.) 67. A. C. Robertson (Plebeian H.) 74. D. Lawson (Irvine Y.M.) 75. D. Gallagher (Udd. Wel.) 76. E. Thurbay (Ayr) 78. R. Hutton (Olympic H.) 79. J. M. Burns (Kilmarnock H.) 85. A.

McNeill (Shotts Wel.) 90. J. Wilson (St. Modan's) 94. W. Elder (Greenock G.) 97. G. Martin (Shettleston H.) 110. J. Watt (Shettleston H.) 112. D. McManus (Beith) 114. B. Leitch (Greenock G.) 112. D. Sellars (Paisley H.) 128. C. Berry (Greenock G.) 132. G. Brown (Kilmarnock H.) 135. T. Mearns (Greenock G.) 138.

JUNIOR SIX MILES

INDIVIDUAL PLACINGS—

1. G. Adamson (West Kilbride A.S.C.) 37.15.
2. W. Lennie (Vale of Leven A.A.C.) 37.59.
3. C. L. Walker (Edinburgh Un.). 4. A. C. Ross (Edinburgh Un.). 5. E. Bannan (Shettleston H.). 6. A. Crawford (St. Modan's).

TEAM PLACINGS—

1. Edinburgh Un. H. & H. (G. L. Walker 1. A. C. Ross 2. A. Cumming 14. H. N. Williams 23).—40 Points.
2. Shettleston H. (E. Bannan 3. J. Turnbull 13. M. Birt 26. R. McLaren 28).—72 Points.
3. Plebeian H. (J. Barber 9. F. Cassels 21. A. Smith 22. D. Barclay 28).—90 Points.
4. H.M.S. Caledonia (C. Howarth 7. A. Wilkinson 17. G. Frampton 34. A. N. Humphreys 36).—94 Points.
5. Edinburgh Eastern H. (J. Rollo 5. A. Doctor 18. R. Stark 24. J. Lackenby 62).—109 Points.
6. Edinburgh Rover Scouts (C. R. Jones 8. D. Hall 19. R. Pearson 45. W. Hardie 53).—125 Points.
7. Edinburgh Southern H. (W. Gemble 16. H. Robb 30. W. G. Smith 39. I. Ferguson 41).—126 Points.
8. Bellahouston H. (A. Muir 12. C. Kirk 13. G. McArthur 32. P. Livingstone 74).—131 Points.
9. Garscube H. (J. J. Duffy 20. F. Robertson 27. R. Smith 43. H. Hatrick 44).—134 Points.
10. Greenock Glenpark H. (S. Williamson 11. H. Beaton 29. D. Kennedy 50. C. Sinclair 52).—142 Points.
11. Maryhill H. (J. Wright 10. S. Lawson 40. G. Taylor 48. R. McDonald 56).—154 Points.
12. Cambuslang H. (G. Russell 25. I. Ballantyne 37. J. Brew 49. R. M. Kendrick 76).—187 Points.
13. Victoria Park A.A.C. (W. Sloan 6. B. Smith 35. J. Webster 72. D. Bowie 79).—192 Points.

INDIVIDUAL ENTRANTS—

- W. Grieve (Kirkcaldy Y.M.) 7. T. Stevenson (Greenock W.) 8. T. D. Reid (Larkhall Y.M.) 9. J. Miller (Dundee Th.) 20. J. P. McRoberts (Edinburgh N.) 22. R. Ballantyne (Kilmarnock H.) 24. J. Jarvis (Hamilton) 29. P. Corrigan (Monkland H.) 34. D. Smith (Kilmarnock (Clydesdale H.) 54. F. McKay (Clydesdale H.) 40. A. Duncan (Paisley H.) 48. J. Duffy H.) 64. K. Phillips (Beith) 67. J. McCrimmon (Vale of Leven) 72. R. Walsh (West of S.) 73. W. Carson (Auchmountain H.) 75. D. Donachie (Glasgow Y.M.) 76. J. Craig (Hamilton H.) 82. G. Parley (Edinburgh N.) 85. T. Cumming (Paisley H.) 89. 106 Finished.

EASTERN DISTRICT CHAMPIONSHIP 4th February, 1950

SENIOR SEVEN MILES

DETAILS—

INDIVIDUAL PLACINGS—

1. C. D. Robertson (Dundee Thistle) 42.17.
2. R. F. Wilby (Edinburgh Un. H. & H.) 42.20.
3. T. Braid (Edinburgh Un. H. & H.) 42.58.

TEAM PLACINGS—

1. Edinburgh Un. H. & H. (R. F. Wilby 2. T. Braid 3. R. Rowles 4. J. Waterston 7. A. Ross 8. A. Cumming 14).—38 Points.
2. Edinburgh Southern H. (D. Webster 5. G. Mitchell 17. W. Brown 24. W. Gemble 25. H. Robertson 26. E. Boyle 27).—124 Points.
3. Kirkcaldy Y.M.C.A. H. (G. Rennie 6. W. Duncan 13. G. Gordon 22. P. Husband 32. B. Beveridge 33. J. Peacock 35).—141 Points.
4. Edinburgh Eastern H. (J. Hamilton 9. J. Rollo 10. R. McKessack 12. R. J. Stark 31. F. Donaghy 40. W. Lockenby 71).—173 Points.
5. Dundee Thistle H. (C. D. Robertson 1. J. Miller 18. D. Gowans 41. P. Taylor 42. G. Simpkins 45. A. McIntosh 46).—193 Points.
6. Dundee Hawkhill H. (J. McKenzie 15. A. Coogan 28. J. Melville 37. A. Blyth 49. J. Lindsay 56. J. Bickerstaffe 70).—265 Points.
7. Strathgry H. (J. Dick 11. I. Newton 26. M. King 48. N. Campbell 53. J. Smillie 59. R. Pickard 60).—267 Points.
8. Edinburgh Northern H. (W. Messer 20. J. McRoberts 30. G. McGowan 58. R. Wilkie 62. G. Parley 78. S. Robertson 83).—331 Points.

Continued from Page 13.

WOMEN:

Almost sweeping the board clean, Australia's sun-tanned, outdoor-loving track girls indulged themselves in a veritable feast of record breaking at Auckland.

They won six of the eight events, establishing new records in every one.

Naturally there is no shadow of a doubt as to which girl took the individual honours—Marjorie Jackson, shy, 18-year-old N.S.W. lass, who equalled Fanny Blankers-Koen's world 100 and 220 yds. records of 10.8 secs. (twice) and 24.3 secs.; besides running on the record-breaking 440 and 660 yards relay teams.

Surely the brown haired, brown-eyed Marjorie is now the undisputed Queen of the world's women sprinters?

Shirley Strickland, West. Australia's beautiful blue-eyed blonde, who performed so well at Wembley in 1948, wasn't very far behind Miss Jackson in

9. H.M.S. Caledonia (C. Howarth 21. G. Frampton 34. A. Humphreys 56. C. Bannison 64. E. Porter 85. I. Hamilton 86).—346 Points.
 10. Teviotdale H. (J. Elliot 39. W. Knox 67. C. Scott 69. S. Read 75. S. Clark 76. W. Murray 82).—408 Points.
 11. Perth Railways (C. Boyle 57. J. Moncrieff 73. P. Klein 74. G. Roberts 80. G. Wylie 81. A. Cameron 84).—449 Points.
 12. J. Dow 87. J. McIntosh 88. J. Cameron 89.
- Individual Entrants.—W. Grieve 27. D. Murray 45.

YOUTHS' THREE MILES

INDIVIDUAL PLACINGS—

1. I. Morrison (Edinburgh Rover Scouts) 21.41.
2. I. Clifton (Edinburgh Southern H.). 22.01.
3. E. Berry (H.M.S. Caledonia). 22.12.

TEAM PLACINGS—

1. Edinburgh Rover Scouts (I. Morrison 1. C. Begg 9. J. Crawford 10. N. Donaghy 12).—32 Points.
 2. Gala Harriers (R. Cairney 6. W. Thomson 8. D. Scott 13. A. Hendry 14).—41 Points.
 3. Edinburgh Southern H. (I. Clifton 2. C. Stirling 4. I. Gourlay 11. A. Phillip 33).—50 Points.
 4. H.M.S. Caledonia (E. Berry 3. R. Quigley 19. A. Farnidge 21. D. Holder 23).—66 Points.
 5. Teviotdale H. (B. Murray 5. D. Campbell 7. M. Shankie 25. W. Read 31).—68 Points.
 6. Edinburgh Eastern H. (W. Mess 18. W. Ramage 22. F. Shields 24. U. Urquhart 35).—99 Points.
 7. Dundee Thistle H. (R. Johnstone 15. J. Fitzpatrick 20. A. Wilkie 37. D. High 42).—114 Points.
 8. Strathgry H. (P. Dobie 17. R. Elder 47. R. Loudon 51. J. Garscadden 52).—167 Points.
- Individual Entrants.—A. Thomson (Perth) 10. J. Wilkinson (Edinburgh N.). 33.

quality. She won her heat of the 80 metres hurdles in the record time of 11.4 secs. (the final in 11.6 secs.), and in the flat sprints she was runner-up in 10.9 and 24.5 secs., as well as almost running on the two relay teams.

Here, then, are two girls who can take a lot of work (I almost said punishment!) Australia's third record-breaker among the women was chunky Charlotte McGibbon from Melbourne, who whipped the javelin 127 ft. 5½ ins.

Olympian Judy Canty wasn't disgraced in the broad jump (won by New Zealand's Yvette Williams with 19 ft. 4½ ins.), because her leap of 18 ft. 11½ ins. was very close to the old Games record made by the 1938 sensation, Decima Norman of (yes, you guessed it) Australia.

A week before she left for Auckland, Miss Canty set up an Australian record of 19 ft. 1½ ins.