



## ROAD RELAY RACES

**MANCHESTER**      **October 15**  
    **TO**      **From**  
**BLACKPOOL**      **Belle Vue 11 a.m.**

**EDINBURGH**      **November 19**  
    **TO**      **From**  
**GLASGOW**      **St. Andrew's Sq.**  
                    **11.30 a.m.**

*Athletic Notes by* **JOE BINKS**

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SEPTEMBER, 1949

Vol. 4 No. 6

# THE SCOTS ATHLETE

PRICE  
**6<sup>d</sup>**



Photo by Andrew Pryde.

**TWO CHAMPIONS:** J. STEWART PETTY the Scottish Half-Mile Champion, with G. W. NANKEVILLE, British Mile Champion.

**JOHN EMMET FARRELL'S  
RUNNING COMMENTARY.  
TRAINING SCHEDULE FOR CROSS-COUNTRY.  
AUSTRALIAN ATHLETICS.  
EDINBURGH HIGHLAND GAMES.**



# PERTH-DUNDEE ROAD RACE

By WINIFRED HOLMES-ROSS.

HOW fortunate I was to have followed by car the Perth-Dundee race at the invitation of Mr. Lyons, former active Glasgow and Dundee athlete, recently returned from teaching duties in Sudan.

Those who know this 22 miles stretch to Dundee need not be told of its charm especially on a beautiful sunny September's day.

The race started promptly at 2.30. The field of 16 starters included local man and favourite Charlie Robertson, the marathon champion of 1948, who had much to do with pushing his namesake (the late Donald McNab) to his 1947 Perth-Dundee record of 2 hrs. 3 mins. 25 secs.; and Bob Fail of Gosforth H. who had travelled from across the border with the reputation of having finished 2nd in this year's famous Morpeth race being runner-up to none other than the great Jack Holden. Three other Scottish Internationalists included Willie Kennedy (Kilbarchan A.A.C.), Gordon Porteous (Maryhill H.), and Harry Howard (Shettleston H.), who all have previously gained honours for road-running with the latter still having records at lesser distances to his credit.

It was a brisk start and the field broke up right away. Out in front was G. Gordon (Kirkcaldy Y.M.) with the Gosforth man giving him company. Charlie Robertson and G. Porteous were unruffled and content to let their running come at first, and it was noticeable, too, how Harry Howard, usually rather impetuous, was restraining himself and running at the rear.

It was almost at the 6 miles' stage at Glencarse before Robertson took the initiative in easy style.

From then on it was just a case of piling on the lead out on his own. Running very strongly he passed Half-way House (11 miles) in 57 mins. 20 secs. The timekeepers observed here that he was in touch with the course record and no doubt Charlie had now an incentive more than winning the race.

Running with abandon and power he was as much as 46 secs. inside the previous best at the 15 miles stage and it looked as if a new record was on the way.

Meanwhile the warmth of the day and the distance was beginning to show effect. G. Gordon, possibly paying the penalty of too fast a start, had to retire as had local lad J. Montague (Dundee Th. H.) and J. Lawson (Irving Y.M.).

Bob Fail and another Dundee man, Peter Taylor, were battling it out in 2nd and 3rd positions. Stewart Vance the remarkable 64 year-old from South Sydney, Australia, was moving well and by no means last.

Reaching Ninewells, at the Dundee city boundary with 3 miles to go, Charlie was still inside the previous best, but his tremendous bid had taken its toll, too, and he wilted over the last mile. Crossing the tape in 2 hrs. 5 mins. 49 secs., 2 mins. 24 secs. over Donald's best, but nine minutes ahead of the next man.

With excellent judgment Gordon Porteous came through over the last few miles to take 2nd place easily. Fail, another 2 minutes behind was 3rd, a good showing for his first trial at the distance.

## Details:—

1. C. D. Robertson (Dundee T.) 2h. 5m. 49s.
2. G. Porteous (Maryhill H.) ... 2h. 14m. 26s.
3. R. Fail (Gosforth H.) ... 2h. 16m. 44s.
4. J. Bell (Kirkcaldy Y.M.) ... 2h. 17m. 39s.
5. P. Taylor (Dundee T.) ... 2h. 18m. 15s.
6. W. Kennedy (Kilbarchan A.C.) 2h. 21m. 25s.
7. H. Howard (Shettleston H.) ... 2h. 26m. 50s.
8. W. J. Ross (Garscube H.) ... 2h. 30m. 12s.
9. K. D. McKinnon (Kilbarchan) 2h. 33m. 47s.
10. S. Vance (South Sydney) ... 2h. 37m. 27s.
11. A. McIntosh (Monifieth Y.C.) 2h. 41m. 20s.
12. Robert Donald (Glasgow Y.M.) 2h. 42m. 02s.
13. J. R. Scott (Glasgow Y.M.) ... 3h. 08m. 07s.

## FOUND.

A silver medal was found outside the Olympic Stadium last year and somehow was passed on to Mr. Gilbert, Hon. Secy., S.A.A.A. Through our columns the owner was contacted and the medal was duly returned.

We are glad to give this free service when athletes attire, etc., has been found. Organisers should co-operate by bringing "Lost Property" to our notice.

A silver propelling pencil was found in the dressing room at Rangers F.C. Sports. Owner should contact the Editor.

# THE SCOTS ATHLETE

TO STIMULATE INTEREST IN  
SCOTTISH AND WORLD ATHLETICS

EDITED BY - WALTER J. ROSS

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SEPTEMBER, 1949.

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## JOHN EMMET FARRELL'S



A noteworthy feature of a glorious and colourful Athletic season in Scotland has been the huge success of the various Highland Games promotions.

First of all there was Glasgow's great initial success in May while in August, Bute, Milngavie and Cowal also surpassed previous efforts and now we have Edinburgh's effort which must rank among the great meetings of the year. The grand weather has been a vital factor in these successes. All athletic galas do of course depend largely on good conditions but none more so than do the Highland Games where there is such a traditional spirit of carnival and colour.

## Stratosphere Calling

Cowal had a record crowd of some 31,000 (against the previous best of 28,000). In a grand day's sport the outstanding feature was Norman Gregor's pole vault of 12 ft. 1½ ins. which beat the previous Scottish record of 12 ft. by

Pat Ogilvie. Could there have been some special quality in the atmosphere favourable to the vaulter's trade? For while the Scottish champion was soaring over the bar at Dunoon down in England T. Anderson was doing ditto with a grand vault of 12 ft. 10 ins. which beat F. A. M. Webster's 1938 native record figures by the narrow margin of ½ inch.

## Murrayfield a Picture

If there is a better venue for an athletic meeting, particularly a Highland Games gathering than Murrayfield I should like to know of it. With its spacious stand, compact ground, its bright green sward its general surroundings and atmosphere Murrayfield looked a picture. Add to this a huge, warmly appreciative crowd, a host of athletic personalities headed by Olympic champions Fanny Blankers-Koen and Arthur Wint as well as the real Highland Games atmosphere and you have the ingredients of a real feast of sport.



### A Bouquet for Edinburgh

W. Carmichael who was the guiding light in this promotion once again proved his great flair for organising and it was grand to see such a resounding success. The hard-working Eastern District secretary has the gift of imagination and believes in doing things on a big scale. For example the appearance of Fanny Blankers Koen and Arthur Wint would alone have drawn the crowd. But an invitation was also extended to a select British team of athletes and cyclists; and what a team Jack Crump had with him including the great Welsh sprinter Ken Jones, quarter-miler Lewis, half-miler Tom White and 3 great milers in L. Eyre, A. B. Parker and Douglas Wilson. In addition there was Ron Pavitt one of England's and Britains great 2 new high jumpers and a charming bevy of Britain's best Lady athletes including Dorothy Manley, Sylvia Cheeseman, and new hurdle discovery Miss Deforges.

Fanny Blankers-Koen did not disappoint. She was a colourful and resplendent figure in her flaming orange track-suit. Equally so as she stepped on to the mark in white blouse and orange trunks and once more as she moved gracefully but robustly over the hurdles and later over the flat. The Dutch girl, has the solid robust qualities of the Dutch housfrau allied to the elfin grace of a Peter Pan. Picturesque too was chocolate-coloured Arthur Wint from the time he warmed up in his white creamy track-suit till he faced the starter and once more gave us a demonstration of that lazy effortless stride which deceives the eye but does not deceive the opponents who strive to hold his pace.

But at the end of the day in attempting to recapture once more the high-lights of the meeting, perhaps the most striking feature of all was the magnificent enthusiasm of the spectators. The warm sportsmanship of this Edinburgh audience remains a fragrant memory.

### Barry Succeeds and Fails

In his specially prepared mile at Dublin, John Joe Barry ran faster than he has ever run before but not fast enough to beat Gundar Haegg's World record of 4 mins. 1.4 secs. By clocking 4 mins. 8.6 secs. Barry made a new all-

comer's Irish record and earned the distinction of running the fastest mile in these islands of the year or 2 of a second faster than Bill Nankeville's time in winning the A.A.A. championship. The fairly heavy track conditions and a comparatively slowish 2nd lap ruined any chances of John Joe getting to grips with the 4 min. mile. Nevertheless it was a brilliant climax to an amazing season for the colourful Irishman.

Popular "Billy" Morton is a splendid organiser but has in addition the quality of imagination. His arrangements for Barry's attempt were colourful as well as efficient. Barry had the courtesy of running on the inside all the way which makes for rhythmic even running while the flags and whistles at given points kept him informed of the progress of his attempt.

### Heino Beats Zatopek's New Record

During the summer, Emil Zatopek of Czecho-Slovakia trained specially for an attack on Viljo Heino of Finland's great 10,000 metre world record of 29 mins. 35.4 secs. This he duly accomplished with the sensational time of 29 mins 28.2 seconds.

Recently I referred to the old truism that records were made to be broken but little did I think that Zatopek's figures would be of such brief duration. Astounding is perhaps the best term for the latest news that Heino had recaptured the 10,000 metres record—if only by the narrow margin of one second.

This is a sensational and unexpected come-back on the part of the "flying Finn" who had been out of training following the sad bereavement of his wife.

Recently he had returned to running and had shown promising form but was regarded as merely a pace-maker for up-and-coming younger Finns.

Heino's latest devastating form shows that he is running better than ever. At 36 years of age this is extraordinary even for the Finns who reputedly mature late.

Heino, a pupil of Nurmi and the first man to run 12 miles in an hour was regarded as one of the phenomenal runners of the age as well as a supreme stylist

until the unorthodox Zatopek rather stole his thunder by literally running him off the track at Wembley in the 10,000 metres Olympic event.

On the present form of both men another race between them at this distance could be a classic.

### Brief Review of Scottish Track Season

It is generally accepted that the athletic season now drawing to a close has been one of the most successful on record and noteworthy for the exceptionally high standard of performances. This applies not only to Britain as a whole but to Scotland also.

The exceptional brilliance of some of our stars tends to blind us to other grand efforts and many other promising athletes.

John Joe Barry, Alan Paterson, Duncan Clark, S. O. Williams, Andrew Forbes and J. G. M. Hart were all of real British class. Their deeds are fresh in our mind and need not be recalled in detail. Barry the most consistent high-class athlete in Britain this year made practically every performance a high-light. Among his best are his world's best figures for 1½ miles of 6 mins. 33.8 secs. his 3 miles on grass in 13 mins. 56.2 secs. an amazing run, and his all-comer's Irish mile record of 4 mins. 8.6 secs.

Despite a later recurrence of his leg injury Alan Paterson had a most satisfactory season. Jumping with tremendous verve and confidence he regained his A.A.A. title as well as clearing heights of 6 ft. 6 ins. and 6 ft. 7 ins.

Duncan Clark was perhaps the most outstanding Scots athlete of the year, twice breaking the British record. If his effort of 178 ft. 1½ ins. had been duplicated in the A.A.A. championships Clark would have given even Nemeth the Olympic champion something to think about.

S. O. Williams cast somewhat in the Adedoyin mould revealed himself a brilliant, consistent and versatile jumper. In the long jump, his speciality, he cleared over 24 feet but also managed over 6 feet in the high jump.

Next to Barry, Andrew Forbes proved himself our best track distance man. His 3 miles in 14 mins. 18 secs. where he

gave Barry the race of his life was his peak effort. Subsequently his performances tailed off somewhat though he continued to run in his customary artistic fashion.

Duncan Clark might have been the Scots athlete of the year but J. G. M. Hart might be said to be the best in a comparative sense, as the Scot showing the greatest improvement in form.

The 6 feet, bespectacled Edinburgh student not only proved himself second only to maestro Don Finlay over the high hurdles but set up a new native record of 15.3 seconds as well as putting up a personal best of 15 seconds dead which of course not being achieved on Scottish soil cannot stand as a native record. This year he rather stole the thunder of wonder boy Joe Birrell and it looks at the moment merely a question of time before he wins an A.A.A. championship.

### Petty leads Grand Bunch of Half-Milers

But it is in the ½ mile event that undoubtedly the highest general standard and promise prevails. Present champion J. Stewart Petty (St. Modan's) has come on by leaps and bounds and his latest performance at the Edinburgh Highland Games in beating 1.56 on a grass track shows what high class competition can do. Petty is a stylist and has a superb finish. Nevertheless he appears to be of the greyhound type that requires careful nursing so I was pleased to hear from his coach that his splendid form was a natural development and that his resources were not being over-taxed.

Ex-champion Jim Smart despite being slightly shaded by Petty is running perhaps better than ever and has been a tower of strength for Edinburgh Southern in the medley relays. He too ran with great élan at Murrayfield recently. Tom Begg of Glasgow University is the strong-going type of runner who can sustain a hot pace all the way and is a really dangerous opponent from whom no liberties can be taken.

Shettleston's W. Speirs also proved himself a grand half-miler particularly in the relays where he often excelled himself.



But who is to say that Maryhill's new discovery H. M. Dove is not the equal or superior of any of the above mentioned? Admittedly the tall ex-Kelvinside Academy boy ran "green" in some of his earlier races but he is obviously learning pace-judgement each time out and his win in the British Army championships in around 1.57 was superb. What a pity he had to rejoin his unit before the Scottish championships were due. He may not have won but he most decidedly would have shaken up the field. Of the others I like the possibilities of extra-tall R. C. Buist of "Q" club and strongly-built J. Sorbie of Hamilton Harriers whose handicap is steadily being reduced in the face of repeated successes. Bob Climie (Bellahouston), Fred Jewell (Garscube), B. Hendry (Hamilton) and Robert Bow (Glasgow University) stepping from the 'quarter' had all a good season.

Former youth star Jim Hamilton (Victoria Park) showed signs of hitting the headlines again.

#### West Kilbride Stars.

The Ayrshire club may be modest in numbers, but they are strong in enthusiasm, and they have three stars in Jim Reid, Gilbert Adamson and Trevor Coleman. After his epic race and narrow defeat by Jim Fleming in last season's cross-country championship it was almost poetic justice to find Jim Reid winning the mile championship. Admittedly the time was slowish, but this was hardly Reid's fault as the race was run to suit him. Actually having trained primarily for the half-mile he employed sound tactics in trailing his field and coming away with a fast last lap.

Subsequently he has showed, as in his recent defeat of Fleming that he is a much better miler than his Hampden running appeared to show.

Gilbert Adamson ran prominently in the steeplechase championship, just losing second place by a last-minute bid from nowhere on the part of W. McMillan of Springburn Harriers. In the Rangers' steeplechase, where incidentally he was treated over-generously in the handicap, he won with consummate ease.

Trevor Coleman proved himself a strong and tenacious miler by winning

both the Inter-Scholastic and Scottish Junior championships at this distance. I have a feeling that he might prove even better over the country.

Now that Scotland has come into line with England, with the institution of 3 separate National championships, Youths (under 18), Junior (18-21) and Seniors I would not be surprised to find Coleman, Adamson and Reid strong contenders for individual titles in their particular spheres.

#### Another Donald McLean?

In Ken Sigrist, Glasgow Police would appear to have another Donald McLean in the making. Not yet possessed of the versatility of the old Maryhill Harrier, Sigrist has made rapid strides during his short period at the game. He has proved a useful half-miler but since turning to the mile has achieved even better results. His win in the open mile at Cowal off the back-mark was one of the best of the season.

Jimmy Fleming of Motherwell Y.M.C.A. started training rather late but towards the end of the season he showed glimpses of his real form and is eagerly looking forward to the beginning of the cross-country season. What an ever improving and great little miler is Walter Lennie (Vale of Leven). With great spirit and a sweet finish he snatched victory on several occasions.

Curiously enough however the best put up by a home-Scot during the current season was that by 3 miler Andy Forbes who earlier in the season showed 4 mins. 19.4 secs. off 15 yards!

#### The Sprints—A Transformation

Last year in the shorter sprint we had a finish so close that it appeared to be a triple dead-heat. This year none of the heroes of that close race was even placed. D. D. McKenzie of course is now in Canada, while Alan Watt never seemed to show last year's fitness. Much fancied J. McLaughlin of Maryhill Harriers flattered to deceive and seemed to be worried by leg trouble, although he did on select occasions reveal his class.

That strong virile sprinter Robin Ward of Glasgow University added consistency to his other virtues and was a worthy champion in the straight sprint reminding us in some ways of that other great sprinting Robin of not so long ago.

His runner-up H. J. Scott of Jordanhill T. C. proved himself one of the finds of the season however especially as he was a comparative unknown.

Swiss Olympic representative, the blue-clad, white-shod Oscar Hardmeier running for Edinburgh Southern had just too much pace for our representatives in the furlong. He proved himself a neat colourful runner with a smooth and rhythmic style.

Geo. McDonald of Victoria Park though just lacking the speed of the Swiss flyer gave points to no one in style and fluency.

#### "Breezy" Running by Bill Christie.

Bill Christie of Victoria Park had some notable successes throughout the season from low marks. Towards the end of the season he was sprinting as well as anyone in Scotland, and his double at the Bute Games off the low marks of 1 and 2 yards was a particularly virile bit of running. The handicappers have now paid him the "compliment" of placing him off  $\frac{1}{2}$  yard in the "100."

That other Victoria Park athlete W. Curtis proved himself an athlete of great versatility. He was a distinct asset to his club, particularly in inter-club contests where his sprinting cum-long-jumping and hop, step and jump ability proved a useful points gatherer.

In the longer sprints, D. K. Gracie of Larkhall Y.M., the  $\frac{1}{4}$  mile champion, is regarded as a most promising athlete. It was felt in some circles that he was merely the best of a rather lean lot, though admittedly with plenty of time to mature and develop. Yet I felt that his running in the scratch "300" at the Edinburgh Highland Games was most impressive. He made established top-liners Lewis and Ken Jones travel right to the tape lacking only that bit of strength for the final thrust.

W. C. O'Kane of Garscube Harriers ran some impressive races for his club early on in relay races but later flattered

to deceive perhaps through the excitement of the big occasion or some other cause.

But he revealed enough to show that the latent ability is there.

#### Grand Running Went Unnoticed.

The steady consistent running of Springburn Harriers in the 2 mile team races was a feature. Jim Morton and company certainly demonstrated that good team running can very often defeat brilliant individualism and a weak tail. In the 3 miles Scottish Championship, Tom Tracey and Jim Morton ran above themselves to finish 3rd and 4th and handsomely beat the standard time into the bargain. Sometimes the championship itself has not been won in standard time, but the exceptional brilliance of the Barry-Forbes duel somehow stole the thunder of grand running by the Springburn duo.

Harry Haughie of the same club deserves mention for his splendid 3rd in the Scottish Marathon championship, incidentally being the first home Scot to finish. The slow times in this race were largely due to the excessive heat and do not give full justice to actual performances.

#### Shettleston Tradition Carried On.

By winning the Steeplechase championship Ben Bickerton carried on the traditions of colleagues Jim Ross and Jim Stuart. Bickerton is also an excellent performer at 1 to 3 miles on the flat. J. Bond, originally a quarter-miler has graduated to the mile where a little more bite and devil would improve a very promising debut.

#### Lindsay's Grand Finale.

British Olympic representative Alistair Lindsay lost his hop, step and jump title to Jamaican student W. N. Laing during the summer but at Murrayfield in the last meeting of the season it must have been a tremendous compensation to him to find the magnificent form that enabled him to set up a new native and all-comers' record.

Scottish fields events in general are distinctly on the upgrade and no longer the "Aunt Sally" of athletics. Just think of these names, Alan Paterson, Duncan Clark, Norman Gregor and Lindsay himself to mention only a few;



and let's not forget these two brilliant young men Norman Kane of "Q" club and W. Piper of Kilmarnock.

#### Kane and Piper.

These two not only won their Scottish junior championships at high jump and pole vault but went down to Birmingham to prove themselves the best youths in Britain at their specialities.

The former has jumped 6 ft. and the latter has vaulted 11 feet. What a pity Kane is handicapped by lack of size!

#### —And the Ladies.

Considering the fact that the ladies have not long restarted their activities they too have had a remarkable season. Miss Sheila Burns of Edinburgh Univ. has again proved a most consistent sprinter. Miss Quita Shivas of Aberdeen also had success especially over hurdles.

However pulled out by a classy and classic field at Murrayfield Miss Jean Thomson of Dumfries, though finishing only 3rd, managed to set up a new native record for the 80 metres hurdles of 12.5 secs. Miss Marion Russell of Bellahouston Harriers also revealed grace and pace in the sprints.

#### Paterson and Robertson.

Anglo-Scot Jack Paterson (Poly. H.) and Charlie Robertson (Dundee T. H.) were the two stars in the longer distances. The former showed that his Scottish Marathon championship was no fluke by winning again over the full distance at Edinburgh defeating in the process such distinguished distance experts as Cecil Ballard and J. A. Henning. With a 4th in the Poly. and a 6th in the A.A.A. championship Paterson showed a splendid consistency. The Polytechnic man is a faithful disciple of Arthur Newton and believes in plenty of slow easy running over long distances, a programme that has given him much success.

Charlie Robertson was out on his own over the "middle" road distances revealing pace and stamina that no one could cope with. His form was impeccable except in the 6 miles track championship when he was far from impressive and in the championship Marathon where, despite his lack of training over the distance, he set up what appeared to be

a winning lead until blisters intervened and he was forced to retire. With Paterson keen to come up to Scotland next year to defend his laurels and Robertson probably more prepared for the full distance there should be a rare set to: for though Robertson may appear potentially the classier man, Paterson is also a dour and determined fighter and will not give up easily. Alec. McLean is also expected to try and upset the apple cart by concentrating on the Marathon.

Up till now the standard may not be so high as in the palmy days of Dunky Wright and the late lamented Donald Robertson, but nevertheless the rivalry is there and this will tend to improve the standard.

Enthusiasm among Marathon men is proverbial, and in that connection the keenness of the Kirkcaldy Y.M.C.A. road runners, Joe Bell, I. Peacock and G. Gordon, deserve praise. In the full distance Marathon, Bell in particular, has given some really dogged displays.

#### "Season of Mists and Mellow Fruitfulness."

With the end of summer we say au revoir to the track with its keen competitive urge and the applause of the multitude. Autumn brings the athlete to thoughts of field and fen and a cooler and more exhilarating atmosphere. Nothing could be more pleasant and soothing for an athlete to run leisurely across country in a seasonable September and October. With the air clear and crisp and the landscape suffused with rich and vibrant colour, unutterably lovely with shades that technicolour can merely imitate—these are surroundings that can provide full compensation for the roar of the crowd and the prizes to be won on the track.

For cross-country running remains essentially a pastime and a means of keeping superbly fit, otherwise the rewards are few.

Selection for the cross-country International is however an exception and now is the time for the ambitious athlete to make his plans to earn that award.

#### Incentive for Flockhart.

It seems likely that this season will see the final disappearance from the Inter-

national field of the old school, and by that I mean the over 35's. The sport is full of new "bright young men" like W. Williamson (Greenock Glenpark), Tom Tracey (Springburn), J. Ellis (Victoria P.), Ben Bickerton (Shettleston) Alex. Kidd (Garscube) and W. Gallagher (Vale of Leven), some of whom may keep even established stars like Bobby Reid, Andy Forbes, Jim Reid and Jim Fleming from loitering.

One veteran who may defy the inevitable K.O. handed out by Father Time is Jim Flockhart who may again earn selection and has indeed a special double incentive. If successful in making a 12th appearance Flockhart will beat the record he at the moment holds jointly with Duncan Wright of having represented Scotland at cross-country more than any other athlete. Again should he be successful he would be visiting Brussels, scene of his great personal victory in 1937, where he would be assured of a tremendous welcome. Sentiment favours and hopes for his success, but stern logic demands caution. Flockhart will not find it easy to earn his place with aspiring youth eager to be in the saddle, and recognising this the old maestro has wisely started his preparation early.

My own opinion is that his class and experience and flair for the big occasion will pull him through.

The other near veteran Alex. McLean should also stake a claim if he cares to bid, for the Greenock man has shown that he is running as fast as ever.

However, alike for those who have a job to do, a goal to be achieved, and those enthusiasts whose more modest endeavour is just to enjoy themselves and pick up a few crumbs, the stage is set.

The curtain will soon be up on the initial performances, the Victoria Park, Kingsway and News of the World relays and other races which prepare us for the top of the bill after the interval of the New Year—the National itself.

The shrewd athlete will ponder over the heavy winter programme strike a balance and attempt to reach his peak at the right time. By doing so he will improve his prospects of ultimate success.

## BARGAIN OFFER REPEATED.

We are glad to state that there has been a great demand for the bargain offer published last month and which is again repeated. It is very gratifying to note the keen interest shown in this athletic record. We regret that No. 7 of Vol. I, as well as No. 3 is now completely out of print and cannot be included.

Complete sets of the first 3 volumes of "The Scots Athlete" (excluding Vol. I, No. 3) covering the period April, 1946-March, 1949, have been neatly collected, making up a total of over 700 pages and will be sent to every enthusiast who appreciates this sporting offer for the unbelievable low sum of 4/6 (postage 8d. extra).

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## AUSTRALIAN ATHLETICS

By J. H. GALLI.

AUSTRALIAN track and field standards are going to improve considerably during the coming summer campaign, if the performances of 1948-49 are any indication.

Since war's end, athletics has progressed apace "down under"; much more so than I had hoped, and records have been shattered in most every event.

Pre-war, Australia's greatest weakness was the throwing events, but now our "heavies" have come into line with other Empire countries. (I do not expect that they will be challenging U.S.A. and Europe for quite a long time.)

Last track season all four National throwing records were broken at least once, top performers being Ian Reed, 21-year-old Victorian, who flipped the discus 152 ft. 10½ ins., and Roy Parr (N.S.W.), also a good broad jumper, who tossed the javelin 194 ft. 2 5/8 ins. 1949-50 should see all four records broken again.

John Treloar of N.S.W., giant (6 ft. 3½ ins., 13½ st.) Olympic sprinter, missed most of last season through sinus trouble, but now that he has fully recovered I am tipping new Australian records over 100-220 yards.

Treloar, 22-year-old Sydney University student, is co-holder of the 100 yards record of 9.6 secs., but his furlong mark of 21.2 was downed one-tenth by Melbourne University rival, John Bartram (also an Olympian), at the Australian championships in January.

(Treloar clocked 20.9 at Melbourne in January, 1948, but the record was disallowed because the track fell 2 ft.)

Sprinters who may cause upsets are Bill Wood (W.A.), who ran 21.2 secs. in January; Bill de Gruchy (W.A.), an 18-year-old who twice returned 9.8 over 100 yds., and Charlie Campbell, promising Sydney University student, who hit 21.5 over the furlong.

But Treloar remains my tip as the double Empire Games sprint champion.

In the "quarter," Edwin Carr, 21-year-old Sydney University Medical

student, stands alone now that Morris Curotta has gone to school in America.

Carr established himself by beating Herb McKenley under terrible conditions in 48 secs. at the Australian championships; a feat he repeated later, under even worse conditions, in the N.S.W. championships.

Half-mile times should be fast, when the stars get together. Last season produced four "hopefuls" in Dave White (W.A.) and Jim Bailey (N.S.W.), both 19, who dead-heated for the National title in 1 min. 54.7 secs., Merv Finlay (N.S.W.), 1 min. 54.9 secs., and Don Macmillan, giant Victorian, who clocked 1.55.

And, if Olympian Bill Ramsay (Vic.), who holds the record at 1 min. 52.8 secs., has returned from abroad, and is in fine fettle; then I look for something like 1 min. 51 secs.

Australia's milers are poor (4.19 was last season's best by Jack Marks of Victoria), and neither are her 3 and 6 milers of great standing; but in the hurdles it's quite another story.

Early in the year, Olympic finalist (5th place) Peter Gardner (Cic.), twice shattered the record with sizzling runs of 14.1 and 14.2, while arch-rival, Ray Weinberg, did 14.3. With both at top form, 14 secs. would surely not be too much to expect?

Gardner, 24 and a business executive officer, is so short sighted he can barely see the next hurdle from that he is clearing. Although lacking in speed, he is a perfect stylist, which was improved by his Olympic experience.

Weinberg, 23, is a furniture salesman. Tall, lithe and an even-time sprinter, he inclines to be erratic.

Standout performer in the 440 yds. hurdles is 22-year-old Geoff Goodacre of N.S.W., who won the National title 6 months after being discharged from the Police Force because of synovitis! Geoff's best last season was 53.9, but he confidently hopes to beat that by more

than a second. His weakness is lack of flat 440 pace.

Australia doesn't have many good jumpers, but those she does have are of world class. Olympic high jump champion, Jack Winter, needs no introduction; for you all realise he is the only Empire athlete capable of tossing Britain's best at Auckland.

The 24-year-old Perth bank clerk, who holds our National record at 6 ft. 7½ ins., is considered by one European coach, to be capable of 6 ft. 10 ins.—"if he either improves on his present style, or switches to the roll."

However, while Winter may well improve on his own record this season, I cannot see him topping such fabulous heights; for one thing, because there is no-one to push him.

Is Theo Bruce, ex-R.A.A.F. fighter pilot, and Olympic runner-up, fading?; this question was asked last summer, when he failed to broad jump 24 ft. by 1½ ins. His best of 23 ft. 10½ ins. was equalled by Roy Parr, a lad who should do better this season. Outside these two, there isn't another Aussie showing form good enough to indicate 24 ft.

Always a strong point in Australia, the hop, step and jump, with Olympic

runner-up George Avery's possible retirement, holds little hope of seeing class distances. However, Fred Day (W.A.), who topped the list at 48 ft. 2½ ins. in '48-49, and Olympian Leo McKeand, also a notable javelin performer, can perhaps get over 49 ft.

Brightest future prospect in the triple jump is Peter Cox, 16-year-old Sydney lad, who cleared 47 ft. 3 ins. this year. On that early form, he should eventually surpass Jack Metcalfe's record figures of 51 ft. 9 3/8 ins.

Another record likely to be broken is the number of competitors. Last season there were something like 6000 of them, Victoria leading with half the total number.

And so rapidly is the sport progressing in Victoria, that the State A.A.A. is seriously considering the appointment of a full-time secretary!

With the impetus of the 1956 Olympic Games, I expect these competitors figures to be doubled inside two years, increasing to something like 25,000 by the time the Games come round.

At least, that's what I am hoping to see.

## CITY OF EDINBURGH HIGHLAND GAMES SOME IMPRESSIONS AND REFLECTIONS.

By D. A. JAMIESON.

IT was in a scene of inspiring pageantry and splendour that the Scottish amateur athletic season of 1949 made a dignified and impressive exit with the presentation of the Third Annual City of Edinburgh Highland Games at Murrayfield Rugby Union Ground, Edinburgh, on Saturday, 3rd September.

The genesis of this athletic gathering—which now bids fair to take primary place in the athletic sports calendar of the country—is to be found in the Holidays-at-Home sports promotions which throughout the war years gave much pleasure and welcome relief to the people. To the small coterie of athletic enthusiasts to whom the development of

this experiment was entrusted by the City Magistrates and Town Council the full flowering of their cultural efforts must afford the keenest satisfaction and pride.

Most sports-promoting bodies would shrink from the responsibilities of holding an athletic gathering on such a date when the appetite of the Soccer football public is being whetted during a period of restricted football fare, but this Highland Gathering is unique in respect that it wholly excludes football from its prospectus and makes a direct and absolute endeavour to submit entertainment of a thoroughly comprehensive athletic nature combined with the introduction of inter-



missions both interesting and attractive. In this bold departure the promoters have met with signal success and richly deserve the congratulations of the Scottish sports-attending public.

In attempting to review the actual proceedings within the arena at Murrayfield it is somewhat difficult to visualise and maintain a clear picture, which inevitably becomes blurred by the multiplicity of happenings within the circle. With the presentation of many field-events concentration upon any given item becomes well-nigh impossible, and even to the lay observer there will have to be a drastic pruning to obviate the danger of this meeting drifting into a state of wild undergrowth of foliage out of proportion to the blossom.

Of the running handicap events which figured on the card the greatest thrill was provided in the finish of the 1 Mile race, in which the North of England entrant, R. Poxon, after a ding-dong struggle up the straight with a Borderer, R. Taylor literally threw himself at the tape, which action gained for him the victory. This was indeed a handicapping triumph if also a judge's nightmare; but in the Youths' race over the same distance a different picture was seen when a fifteen-year-old competitor—D. Stirk, Pilton, A.A.C.—running from the limit allowance established a winning lead half-way through the race which he maintained easily to the tape.

The Invitation events all attained that high standard of performance which is expected of them. Although small in number of starters the 100 yds. race was rich in the quality of its participants, and Ken Jones, the Welsh Rugby Internationalist found himself renewing acquaintance with the Murrayfield sward in yet another sphere of athletic activity and with a similar degree of distinction. His winning time of 10.2 secs. does not truly reflect the merit of his performance, since the runners were sprinting up wind which had a considerable degree of strength in its gusts.

Throughout the afternoon field events were exclusively engaging the attention both of competitors and of such spectators as were conveniently positioned to watch, and one heard through the loud-

speaker that a new record for the Hop, Step, and Jump had superseded that other achievement in the same event which awaits ratification by the S.A.A.A. Since the claim affects Lindsay's own earlier performance it must be gratifying to the Shotts A.A.C. member to be able to substantiate still further his record achievements.

The participation by women in athletic events at sports promotions is too often watched by many spectators with a tepid interest and regarded in the nature of an interlude. The first appearance, however, in Scotland of Fanny Blankers-Koen as a competitor in an 80 metres hurdles and 200 metres flat event aroused the keenest interest of the spectators. On both occasions she was opposed by the fleetest of Britain's women athletes, and Blankers-Koen's dual victory was warmly applauded.

True it is that the Hurdles item quickly assumed a processional character, yet such was the urge to greater endeavour shown by the Scottish lass—Jean Thomson, Dumfries—that whilst running into third place she created a new native record of 12.5 secs., time which is still capable of further reduction by this talented athlete.

Stronger opposition was provided against the Dutch athlete in the 200 metres race, but here again the supreme class of this Olympic star could not be denied as she swept through the tape a winner in the most impressive manner. The appearance of this great woman athlete is bound to have an inspiring influence upon those girls who are so earnestly striving to restore to its pre-war prestige in Scotland the cult of athletics among its young women.

The incidence of a period of calm which now prevailed gave ideal conditions for the decision of the 300 yds. race and also the 1 Mile item. In the former race—one of the most testing distances in the running schedule—L. C. Lewis gave a brilliant performance when winning from Jones in the fast time of 31.1 secs. Although this is not an officially recognised distance for acknowledgement on the list of records, yet it will be classified as the fastest run under the "Noteworthy Performance"

entries. While it can be claimed that there is no finer grass track in the country than Murrayfield provides with its highly resilient and perfect cover of turf, the fact that Lewis had three turns to negotiate in his progress to the tape accenuates more keenly the great merit of this run.

An effortless win by Arthur Wint in the Half-Mile scratch race in the very fast time of 1 min. 54.1 secs., came as a kind of anti-climax to the apologia which had been broadcast to the spectators prior to the decision of this race. Here young Petty's effort is worthy of mention, and the steady improvement in the Scottish Champion's pace must be extremely gratifying to his mentor as well as to his club connections.

Even more select than the 100 yds. scratch event was that of the Mile race in which four runners took part—but they were four of the best, including L. Eyre, the young Yorkshireman whose name must now be added to that list of great milers who figure in athletic history. His winning effort in 4 mins. 16 secs.—and making all his own running—speaks for itself, and one would have liked to have seen the young Irish student, Vic Milligan, no stranger to Edinburgh, test his paces once again against such sterling runners over this distance.

In the high Jump event, R. C. Pavitt gave a polished display, clearing a meritorious 6 ft. 5 ins.

Of some fourteen starters in the Marathon Race there were eight survivors, and the finish in a relative sense was very close. How galling the experience must be to a runner-up in a race of this nature to be able to keep company with his opponent over a major part of the distance yet find himself in the final stage quite unable to make that little effort which would yield him the fruits of victory—and also the laurel wreath. There was little signs of exhaustion in Paterson's bearing when he reached the winning line a mere 5 secs. ahead of C. H. Ballard, confirming the wonderful stamina and endurance shown by him in his S.A.A.A. title-win last July.

Beyond all this cavalcade of sport and spectacle looms the figure of the man who from the very outset has been the

creator and director of all this pulse-stirring setting of athletic activity, and the fullest tribute must be paid to Willie Carmichael of the S.A.A.A. whose dynamic energies and flaming enthusiasm has put the seal of quality upon this Edinburgh Festival sports promotion. By virtue of his achievements in the sphere of athletic sports organisation he stands beyond challenge as the supreme impresario of Scottish sport.

But—and it is a necessary repetition—there must be a curtailment in the list of events to ensure that patrons can take an intelligent interest in what is transpiring on the field. More especially is this needed when one considers the fact that the finest exponents of the information conveyed through the microphone that so-and-so has accomplished a certain feat in his given event in a certain part of the sports arena leaves with its hearer a certain sense of disappointment that the deed has eluded his attention.

It appears to be a chronic defect in athletic meetings of larger proportions that the arena should be crowded with individuals who are simply trespassers, and to whom repeated exhortation to get off the track leaves stone cold. A glimpse of what ideal conditions might be achieved was observable during the performance given by the Alsation dogs, following which the ground was speedily cluttered up again.

Again, during the massed Pipe Bands Display the number of amateur photographers exercising their hobby was beyond reason. Incidentally it was amusing to note the backward stepping of the "snappers" as the bands advanced. It suggested the title to a new pipe tune "The Retreat of the Camera-men."

#### CITY OF EDINBURGH MARATHON

1. J. Paterson (Polytechnic H.) ... 2h. 46m. 4s.
2. C. H. Ballard (Surrey A.C.) ... 2h. 46m. 09s.
3. J. Henning (Duncairn N.) ... 2h. 52m. 35s.
4. J. Bell (Kirkcaldy Y.M.) ... 2h. 55m. 21s.
5. W. Kennedy (Kilbarchan A.C.) 3h. 06m. 31s.
6. K. D. McKinnon (Kilbarchan) 3h. 14m. 28s.
7. G. Huntley (Bridlington) ... 3h. 20m. 16s.
8. R. Donald (Glasgow Y.M.) ... 3h. 21m. 31s.
9. W. J. Ross (Garscube H.) ... 3h. 27m. 30s.



# A CROSS-COUNTRY TRAINING SCHEDULE

Prepared by J. E. FARRELL (Maryhill Harriers),

Scottish C.C. Champion, 1938 and 1948.

Internationalist, 1937-38-39-46-47-48-49.

[In the February, 1949, issue (Vol. 3. No. 10 and 11) we published "How I Trained for the 1948 National," by J. E. Farrell. Since that very warmly received essay appeared, our contributor has had several requests to prepare personal training guides. The following schedule has been prepared as a basis to suit generally. Actually this is a natural follow-on of the first essay which ought to be studied in conjunction.

In Scotland for some time it has been thought that as a team we just lack that extra "something" needed for the International race. If the benefit of J. E. Farrell's experience and knowledge creates a desire to improve and stirs greater concentration then these training articles will prove very worth-while.—

Editor.]

February, 1949, issue still available, Price 7d. post-free. This is a "MUST" for EVERY cross-country runner.

THE following schedule is regarded as a specimen one that might be found beneficial to cross-country enthusiasts who wish to reach a higher standard of performance. At the same time it is a programme based essentially for the average runner who trains after a full working day but who is nevertheless able and willing to spend that little bit extra in improving his form.

It is assumed that the athlete starting his schedule in September is in reasonably good shape though not necessarily in racing condition. Also that while he may desire to take most of the cross-country races in his stride he is aiming to be at his peak for say the District tests over 7 miles in February and the National in March:—

## SEPTEMBER.

Tuesday.—4 Miles (Easy pace).

Thursday.—2 to 3 miles (Steady pace).

Saturdays.—5 Miles Country (Easy jog).

N.B.—An easy month to allow athlete to run himself in. Towards end of month perhaps finish Thursday and Saturday runs with brisk mile without racing.

## OCTOBER.

Mondays.—Easy jog of approx.  $\frac{1}{2}$  hour. (4 Miles approx.).

Tuesdays.—6 Miles (Steady run).

Thursdays.—4 Miles (Steady pace, slightly faster last  $\frac{1}{2}$  mile or mile).

Saturdays.—5 Miles Country (Easy to steady—no forcing).

N.B.—Gradual increase in Tuesday and Thursday runs. In addition extra run for building up stamina and rhythmic easy action on Mondays (or if unsuitable on some other day). The following months November and December are perhaps most important of all.

## NOVEMBER.

Mondays.—Easy jog of approx.  $\frac{3}{4}$  hour (roughly 6 miles).

Tuesdays.—6 Miles (Steady).

Thursdays.—4 Miles (brisk but not racing).

Saturdays.—6 to 7 Miles Country (Steady run with brisk mile, finish if in mood).

N.B.—Monday and Saturday runs a little longer.

## DECEMBER.

Mondays.—Easy jog of approx. 1 hour (Approx. 8 miles).

Tuesdays.—6 Miles (Steady). To introduce a little variety try sometimes a brisk start, sometimes a brisk period in the middle, at others a brisk finish—but no racing.

Thursdays.—3 to 4 Miles (fast but just short of racing).

Saturdays.—7 to 8 Miles Country (Steady with fast  $\frac{3}{4}$  or mile finish).

N.B.—Lengthening of Monday and Saturday runs. Tuesday and Thursday faster. Guard against chills at this period. If possible get extra rest and relaxation. Run in training with long-sleeve jersey. This period takes athlete up to the New Year. Athlete should now be very fit but not quite up to racing peak, there should be a little to come and go on.

## JANUARY.

Mondays.—Easy jog of 50 mins. to 1 hour (8 miles approx.).

Tuesdays.—6 Miles (Steady to brisk).

Thursdays.—3 to 4 Miles (Good fast run—just short of racing).

Saturdays.—At least 8 Miles Country (Brisk throughout with brisker last 1 mile or 2 mile), a thorough workout but still keep that trifle in hand).

For race at beginning of February.—Week before race—suggest jog 4 miles—Tuesday; jog 2 to 3 miles—Thursday. Monday after race jog 2 miles very slowly followed by good hot bath. Tuesday and Thursday—Easy jogs. Saturday—Easy 7 to 8 miles jog over country.

## REST OF FEBRUARY.

Mondays.—1 hour easy jog as before.

Tuesdays.—6 Miles (Steady to brisk).

Thursdays.—Fast 3 to 4 miles.

Saturdays.—Good 8 Miles Country (Start brisk—settle down to steady pace—finish with fast mile).

## Week before race in MARCH.

As above—Tuesday—jog 4 miles; Thursday—jog 2 or 3 Miles.

This graduated programme should enable athlete to be in grand shape and give a good account of himself.

If the athlete can get access, he could take an extra run over country instead of the road. Club races, etc., are bound to interrupt programme, but do not alter the schedule too much. The natural thing is to ease off the Thursday run prior to a race.

## GREAT BRITAIN v. FRANCE

Details of the above contest held at the White City, London, 1st August, 1949:—

100 Yards.—1. L. Laing (G.B.), 9.7s.; 2. E. McDonald Bailey (G.B.), 9.8s.; 3. A. Porthault (F.), 10s.; 4. A. Carlen (F.).

220 Yards.—1. E. McDonald Bailey (G.B.), 21.5s.; 2. K. Jones (G.B.), 22.2s.; 3. E. Bally (F.), 22.6s.; 4. Y. Camus (F.), 22.6s.

440 Yards.—1. D. Pugh (G.B.), 48.5s.; 2. L. Lewis (G.B.), 49.1s.; 3. R. Crapet (F.), 49.7s.; 4. F. Schewetta (F.), 50.4s.

880 Yards.—1. A. Wint (G.B.), 1m. 51.2s.; 2. H. Parlett (G.B.), 1m. 52.9s.; 3. M. Clare (F.), 1m. 56.2s.; 4. L. Chypre (F.), 2m. 0.2s.

One Mile.—1. Jean Vernier (F.), 4m. 10s.; 2. G. Nankeville (G.B.), 4m. 10.4s.; 3. R. Morris (G.B.), 4m. 17.4s.; 4. P. El Mabrouk (F.), (F.).

Three Miles.—1. A. Mimoun (F.), 14m. 9s.; 2. Jacques Vernier (F.), 14m. 11.6s.; 3. A. Chivers (G.B.), 14m. 16.4s.; 4. A. Forbes (G.B.), 14m. 44.6s.

120 Yards Hurdles.—1. D. O. Finlay (G.B.), 14.4s. (British National and English native record); 2. I. Heinrich (F.), 14.8s.; 3. A. Marie (F.), 14.9s.; 4. J. Hart (G.B.), 15s.

440 Yards Hurdles.—1. A. Elloy (F.), 53.4s.; 2. H. Whittle (G.B.), 53.4s. (British National and English native record); 3. Y. Cros (F.), 55s.; 4. D. Ede (G.B.), 56.4s.

Two Miles Steeplechase.—1. R. Pujazon (F.), 10m. 19.6s.; 2. A. Guyodo (F.), 10m. 19.8s.; 3. F. Holt (G.B.), 10m. 35.8s.; 4. D. Ross (G.B.), 10m. 53.4s.

One Mile Medley Relay (880, 220, 220, 440)—G.B. (C. White, K. Jones, J. Archer, A. Wint) 3m. 31.2s. beat France (F. Schewetta, A. Porthault, A. Carlen, R. Crapet), 3m. 35.2s. (did not count in match).

10 Kilometres Walk (6 miles 376 yds.).—1. H. Churcher (G.B.), 45m. 38.8s.; 2. C. Morris (G.B.), 46m. 40.8s.; 3. E. Maggi (F.), 47m. 17s.

High Jump.—1. A. Paterson (G.B.), 6 ft. 4 ins. (fewest faults); 2. R. C. Pavitt (G.B.), 6 ft. 4 ins.; 3. G. Damito (F.), 6 ft. 4 ins.; 4. T. Gallo (F.), 6 ft. 3 ins.

Long Jump.—1. S. Williams (G.B.), 23 ft. 9 ins.; 2. I. Heinrich (F.), 23 ft. 7 ins.; 3. H. Askew (G.B.), 22 ft. 6½ ins.; 4. P. Faucher (F.), 22 ft. 5 ins.

Pole Vault.—1. G. Breitmann (F.), 13 ft. 6 ins.; 2. V. Sillon (F.), 12 ft. 6 ins.; 3. T. Anderson (G.B.), 12 ft. 6 ins.; 4. J. Redpath (G.B.), 11 ft. 6 ins.

Discus.—1. A. Kirstetter (F.), 147 ft. 3 ins.; 2. J. Cretaine (F.), 144 ft. 4 ins.; 3. E. Brewer (G.B.), 141 ft. 3 ins.; 4. J. Nesbitt (G.B.), 135 ft. 4 ins.

Javelin.—1. M. Dalrymple (G.B.), 182 ft. 5½ ins.; 2. A. Hignell (G.B.), 179 ft. 11 ins.; 3. P. Sprecher (F.), 179 ft. 2 ins.; 4. L. Guitard (F.), 156 ft. ½ in.

Weight.—1. F. Lapicque (F.), 46 ft. 11½ ins. (placed on next best putt); 2. J. Savidge (G.B.), 46 ft. 11½ ins.; 3. J. Giles (G.B.), 46 ft. 5½ ins.; 4. R. Montagne (F.), 43 ft. 9½ ins.

Hammer.—1. D. McD. Clark (G.B.), 173 ft. 5 ins. (beat official British national record); 2. P. Legrain (F.), 165 ft. 5 ins.; 3. C. Margot (F.), 164 ft. 9½ ins.; 4. E. Douglas (G.B.), 155 ft. 11½ ins.

A.A.A. Junior Quarter-Mile Relay Championship (4 at 110 yards).—1. Cambridge H. (holders), 44.6s. (Junior Championship record); 2. Poly, 44.7s.; 3. Portsmouth A.C., 44.9s.