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WEEKLY ATHLETIC NOTES BY
JOE BINKS

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DECEMBER, 1949

Vol. 4 No. 9

THE SCOTS ATHLETE

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Photo by H. W. Neale.
Recollecting one of the great duels between FRED WILT (U.S.A.) (leading) and J. J. BARRY (lying 3rd, finished actual 2nd). Wilt made a new Scottish All-comers record (9 mins. 5.2 secs.) at this Glasgow Police meeting. L. THEYS (Belgium) (centre, was 3rd), John Joe, also inside the previous record, will renew his rivalry with Fred on going to U.S.A. The indoor season starts on Jan.

JOHN EMMET FARRELL'S RUNNING COMMENTARY.
NATIONAL COACHING SCHEME.
SCOTLAND'S MARATHON MAN—JACK PATERSON.
BREAKING A WORLD RECORD.
AUSTRALIAN GOSSIP. COMPLETE RACE DETAILS.

Edinburgh-Glasgow Road Relay

SHETTLESTON win the famous "NEWS OF THE WORLD" Race despite a great bid by Victoria Park.

THE Edinburgh-Glasgow road relay held on 21st November, 1949 (to be held annually on this month now), and which was last held in April of this year, proved a great event.

Recording the April race, we published the leading "Shettleson win with record time margin," and fielding their same eight, but one, and then off to their usual good start, it looked at one time as if the same heading would have been appropriate again.

But thanks to a brilliant effort by "Chic" Forbes, who in the 5th leg considerably whittled down Shettleson's lead, and to his more famous brother Andrew who stormed into the lead in the long 6th leg, Shettleson found themselves practically a minute behind Victoria Park with just over 10 miles to the finish.

In a rousing 7th leg the young flier Ben Bickerton in admirable style regained the lead for his club, Shettleson, and they won comfortably enough in the end.

The athletic movement is indebted to the "News of the World" in sponsoring such a great event in such grand style.

A few things remain to be said, Bellahouston not quite at best strength ran steady throughout to be a good third. Ron Wilby (Edin. Univ.) thrilled in the last leg, being a mere 8 secs. outside the record. Edinburgh University by unanimous decision won the "consolation" medals, though on this score we can't help thinking Edinburgh Southern were a little unlucky.

Since very full details (change-over points, leg distances, records and clubs' best performances, etc.) were published in our May, 1949, issue, we have here only published the essential times.

FIRST LEG.

	M.	S.
1. Shettleson H. (C. Wallace) ...	27	43
2. Bellahouston H. (H. O'Neill) ...	27	46
3. Edinburgh U.A.C. (R. Rowles) ...	27	59
4. Maryhill H. (J. Wright) ...	28	17
5. Greenock Glen. H. (S. Williamson) ...	28	37
6. Vale of L. A.A.C. (D. McPherson) ...	28	44
7. Glasgow Y.M.C.A. (D. McFarlane) ...	28	50
8. Edinburgh So. H. (G. Mitchell) ...	28	54
9. Plebeian H. (H. S. Paterson) ...	28	55
10. Victoria P. A.A.C. (W. Ritchie) ...	28	58
11. Dundee Thistle H. () ...	28	59
12. Garscube H. (H. Hatrick) ...	29	05
13. Kirkcaldy Y.M. (D. Beveridge) ...	29	13
14. Springburn H. (J. Stevenson) ...	29	15
15. Monkland H. (W. Corroon) ...	29	18
16. Clydesdale H. (P. Younger) ...	29	26
17. Hamilton H. (J. Jarvis) ...	29	54
18. Olympic H. (A. Steel) ...	30	31
19. Irvine Y.M.C.A. H. (T. Garry) ...	30	47
20. H.M.S. Caledonia (P. L. Bennison) ...	31	41
21. Glasgow Police A.A. (S. Martin) ...	31	52
22. Motherwell Y.M. (W. Marshall) ...	33	08

SECOND LEG.

	H.	M.	S.
1. Shettleson H. (G. Craig 31.34) ...	0	53	17
2. Bellahouston H. (R. Climie 31.54) ...	0	59	40
3. G'k G.H. (W. Williamson 31.46) ...	1	00	23
4. Dundee T. (C. D. Robertson 31.27) ...	1	03	26
5. Victoria P. A.A.C. (J. Ellis 31.34) ...	1	00	32
6. Edin. Un. C. (J. Watson 32.42) ...	1	03	41
7. Vale of L. (A. McDougall 32.17) ...	1	01	01
8. Garscube H. (A. Kidd 33.00) ...	1	02	05
9. Edin. So. (W. L. Brown 33.27) ...	1	02	21
10. Monkland H. (F. Bradley 33.13) ...	1	02	31
11. Maryhill H. (G. Porteous 34.32) ...	1	02	49
12. K'caldy Y.M. (J. Peacock 34.10) ...	1	03	23
13. Plebeian H. (E. Latham 34.52) ...	1	03	47
14. Clydesdale H. (D. Bowman 34.52) ...	1	04	18
15. Glasgow Y.M. (J. Herd 35.58) ...	1	04	48
16. Springburn H. (J. Bissell 35.52) ...	1	05	07
17. Irvine Y.M. (S. Cuthbert 34.39) ...	1	05	26
18. H.M.S. C. (A. Humphreys 33.59) ...	1	05	40
19. Hamilton H. (J. Stewart 35.49) ...	1	05	43
20. Glasgow P. A.C. (A. Allan 35.03) ...	1	06	55
21. Olympic H. (R. Wright 36.40) ...	1	07	11
22. M'well Y.M. () ...	1	10	44

THIRD LEG.

	H.	M.	S.
1. Shettleson H. (J. Burton 23.39) ...	1	22	56
2. Victoria P. (A. Johnston 23.36) ...	1	24	08
3. Bellahouston H. (R. Graham 24.30) ...	1	24	10
4. Dundee T.H. (A. Wilkie 24.43) ...	1	25	09
5. Vale of L. (A. Campbell 24.23) ...	1	25	24
6. Edin. Un. (D. Chambers 25.15) ...	1	25	56
7. G'nock Gp. H. (B. Letch 25.42) ...	1	26	05
8. Edin. So. (W. Gemblies 24.06) ...	1	26	27
9. Monkland H. (A. Arbuckle 24.34) ...	1	27	05
10. Garscube H. (J. Gunn 25.08) ...	1	27	13
11. K'caldy (W. E. Duncan 24.14) ...	1	27	37
12. Plebeian H. (A. Smith 23.58) ...	1	27	45
13. Maryhill H. (G. Anderson 24.58) ...	1	27	47
14. Clydesdale H. (P. Reynolds 25.09) ...	1	29	27
15. Springburn H. (D. Pyffe 24.37) ...	1	29	44
16. H.M.S. C. (C. Howarth 24.22) ...	1	30	07
17. Irvine Y.M. (H. Kennedy 25.36) ...	1	31	02
18. Glasgow Y.M. (T. Muir 26.54) ...	1	31	42
19. Olympic H. (J. R. Gifford 26.00) ...	1	33	11
20. Hamilton H. (H. Gibson 27.30) ...	1	33	13
21. Glasgow P. (H. Stephen 26.48) ...	1	33	48
22. M'well Y.M. (A. Brown 24.21) ...	1	35	05

FOURTH LEG.

	H.	M.	S.
1. Shettleson H. (H. Howard 31.58) ...	1	54	54
2. Victoria P. (J. Stirling 32.14) ...	1	56	22
3. Bellahouston (G. Anderson 32.39) ...	1	56	49
4. G. Glenpark (J. Grant 32.33) ...	1	58	38
5. Vale of Lveen (J. Malcolm 33.38) ...	1	59	02
6. Edin. Un. (R. J. Sherwin 33.44) ...	1	59	40
7. Edin. So. (T. Henderson 33.15) ...	1	59	42
8. Dundee T.H. (F. Murray 34.47) ...	1	59	56
9. Garscube H. (F. Robertson 33.01) ...	2	00	14
10. Maryhill H. (T. K. Wilson 33.22) ...	2	01	09
11. Plebeian H. (I. McGregor 34.05) ...	2	01	50
12. H.M.S. C. (G. Frampton 33.33) ...	2	03	35
13. Monkland H. (J. Steel 36.35) ...	2	03	40
14. K'caldy (R. C. Hewson 36.28) ...	2	04	05
15. Clydesdale (A. Donaghy 35.28) ...	2	04	55
16. Irvine Y.M. (J. Malcolm 34.34) ...	2	05	36
17. Springburn H. (H. Miller 36.18) ...	2	06	02
18. Hamilton H. (D. Wilson 34.03) ...	2	07	16
19. Glasgow Y.M. () ...	2	07	51
20. Glasgow Police (K. Sigrist 34.27) ...	2	08	10
21. Olympic H. () ...	2	09	49
22. M'well Y.M. () ...	2	13	39

Continued on page 7.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

EDITED BY - WALTER J. ROSS

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JOHN EMMET
FARRELL'S



NOW that the famous Edinburgh to Glasgow relay race is over runners will have an opportunity to settle down to steady training over gradually increasing distances with the National cross-country championships chiefly in view. The claims of trials and relay races have made the last 2 months a hectic period and athletes will welcome a period of comparative calm, a breathing-space which can be utilised for building up one's reserves.

Scottish Youths' Cross-Country Championships.

The youths, however, will contest their national test over 3 miles country at Stirling on December 3rd instead of March as hitherto. The field will undoubtedly include some classy runners, yet, I feel confident that Trevor Coleman of West Kilbride can take over the championship vacated by club-mate Gilbert Adamson. Coleman, the present

youths' mile track champion, ran some judicious races over the distance during the summer, yet I believe that this strong-going runner may prove even better over the country and with careful nursing will be a real star of the future.

In Senior Class.

In the recent South-Western relay championship Coleman played a prominent part in West Kilbride's victory and returned 3rd fastest time, faster than such established runners as Tom McNeish of Irvine Y.M.C.A. and Willie Williamson and Alec McLean of Greenock Glenpark Harriers.

Chief danger to his chances may come from J. Finlayson (Hamilton Harriers) who recently "walked" away with the Lanarkshire youths' championship over a 3 mile course at Wishaw having over 100 yards to spare from the much fancied J. Lambert of Springburn Harriers who was runner-up in the youths' mile championship to Trevor Coleman.

The open youths' race at Clydebank produced another likely trio in R. Steele (Vale of Leven), J. McNeil (Shettleston Harriers) and A. Brown (Motherwell) who should make their presence felt, as should 16-year-old A. Wilkie of Dundee Thistle who has run for his senior team with credit on more than one occasion.

A Star Trio.

The West Kilbride club are a remarkable lot. Though not strong in numbers they are strong in quality, and in Trevor Coleman, Gilbert Adamson and Jimmie Reid (champions all), they have a trio with a sporting chance of winning respectively the youths' junior and senior championships of Scotland. Of the three I fancy Adamson's task hardest, even harder than Reid's. For despite his present grand form as witness his fastest time in the recent South-Western relay he faces in Walter Lennie, the brilliant Vale of Leven boy, one of the hottest favourites to win this new junior championship of recent years.

By virtue of his fast running and easy style he has been dubbed in some quarters as another "Saunders" which is praise indeed.

Saunders's Magnificent Lap.

Geoffrey Saunders of Bolton made history in last season's International race at Dublin by finishing 5th, first man home for England, just behind Steve McCooke. Not only his position in the race, but the apparent easy style of its accomplishment stamped him as a runner out of the ordinary. His last lap in the Manchester-Blackpool relay was a devastating effort—his 34 mins. 38 secs., being the 3rd fastest in the history of the race. Bobby Reid of Birchfield ran this lap in 36 mins. 11 secs., and that great distance expert Jack Holden did 36 mins. dead, so what can we think of Saunders's effort? Furthermore what will he do in the big cross-country events later on in the season?

Twelve Nations to Compete at Brussels.

The news that twelve nations are expected to compete at Brussels in the cross-country International including Holland, Italy and Switzerland is very interesting indeed. This demonstrates great enthusiasm and should give a great

filip to the sport. At the same time the status of the race will be higher and it will be even more difficult to gain a leading place with 108 class runners competing than with 45. The prospect of such as Slikhuis, Mimoun and Pujazon, perhaps even Reiff competing is an exciting one; also the presence of so many nations should spread even further that spirit of camaraderie which is so much a part of the spirit of cross-country running.

The Scottish National.

Here in Scotland we have almost completed the first half of the cross-country season, and though only the shorter tests have been featured so far, and from the National point of view may thus be inconclusive certain runners have shown at least that they will be forces to be reckoned with next March for places in the Scottish team and a trip to Brussels. 9 miles and 2½ miles over country are different tests, yet a runner who can run a good 2½ miles shows that he has a good basic speed-stamina combination to work on. The right sort of training should do the rest.

Apart from Walter Lennie who is expected to go for the junior title (18-21) there are others whose form is more than promising. Tom Tracey of Springburn's form over the shorter stretches has been little short of devastating and if he does not burn himself out before the National should come well into the reckoning. Ben Bickerton of Shettleston Harriers is another of the same mould needing only experience to climb to greater heights. Versatile Bob Climie (Bellahouston Harriers), Clark Wallace (Shettleston), J. Ellis (Victoria Park) a great little fighter, sturdy Willie Gallagher (Vale of Leven), are others who if they produce the same form over the longer stretch could quite easily make the grade.

Wilby and McGregor.

R. F. Wilby of Edinburgh University and A. McGregor of Glasgow Police are two runners, who, if they sustain their present rate of progress, are also bound to be "hot" challengers for International selection. In the recent district relays Wilby had fastest time in the Eastern district, while McGregor showed the way home in the first lap of the Midland

section. Both demonstrated a fine turn of speed but their staying powers were still unproven and doubtful.

Wilby's brilliant last lap in the Edinburgh-Glasgow relay race where he came within 8 seconds of the record showed both speed and stamina and has made us all sit up and take notice. While McGregor running in the long 7 miles sector showed 36 mins. 38 secs., a time which compares favourably with many of the experienced and established runners who took part in this lap.

What of the Others?

Some of the established runners and some of the near veterans also who have shown little form up to now may be playing a waiting game. Knowing their own requirements they hope to reach form at the right time. I know of several runners (no names, no pack drill) who are training for one specific race only the National. They belong to the school that believes in nursing their resources and coming to hand late. They at least have the merit of a planned programme. But even there a word of caution is perhaps necessary.

Though it is possible to be fit too early and run the risk of staleness later on it is also possible to delay too long and make the programme of training too hurried instead of a gradual build up. Though training is so much a personal affair I believe, in the main the athlete should endeavour to strike a nice balance, avoiding either extreme.

Common-sense in Training.

Training, I feel, should be elastic in nature and one should not follow a programme too rigorously or too stiffly. Yet I feel there is merit in a planned graduated programme provided common-sense is used and a little come and go indulged in; recognising that the body is not a machine but resembling rather a highly sensitive barometer.

For example if you are scheduled to run a brisk 3 miles and feel just a little below par, go up and have your run but go out warmly clad and have an easy one.

The question of running equipment in the inclement weather prevalent in this country I regard as highly important. In

training unless the weather is unusually mild I believe in wearing a long-sleeved garment like a football jersey. If it is very cold, long sleeves are advocated even in a race. Jack Holden won the English National in 1947 wearing sleeves a procedure which he often follows.

Practice Your Pre-race Schedule.

In training runs and minor races it is good to watch certain points which may be helpful in the big tests. For example, take the question of diet. Get to know what kind of meal suits you before a race instead of experimenting or taking pot luck before your event.

Poached eggs and toast is a favourite pre-war meal, recognised as light and sustaining but this would not suit everyone. I have known runners who were not happy unless they had a fairly substantial meal. For my part I found that a nice bit of fish boiled in milk, with a little toast and one cup of tea (only) suited me. Another different combination with which I have been entirely happy is a meal of whole-meal bread and honey with some dates. I find this light but energising. The point is get to know what suits and stick to it.

Keep Warm.

Another good habit to acquire is the simple precaution of carrying brown paper or an old newspaper. Spread out, these keep the feet from coming in contact with cold floors. Another simple precaution to promote a feeling of warmth and well-being is to give the soles of the feet a good towelling. Try to arrive at the venue of your race in good time not too early nor too late. Follow the procedure indicated above, get on your running attire, plus sweat suit and jerseys, and go out and have a nice jog to warm up and shake off travelling stiffness. For inducing a feeling of well-being and helping to calm nerves it is perhaps as good as any.

The above pre-race hints are entirely simple and logical but they are not always observed. As we are such creatures of habit, practice your pre-race routine till it becomes second nature. This should result in a better frame of mind before your event and end in a much improved performance.

The National Coaching Scheme

By H. A. L. CHAPMAN, D.L.C. Hons.,
Chief Athletics Coach for Scotland.

THERE may be many readers of the "Scots Athlete" who have some doubts as to the exact purpose of the "National Coaching Scheme" and who would be interested to know more about it.

It has long been realised that Athletics in Great Britain has been sadly neglected, not only in the International sphere but, even more important still, in the Schools and clubs of the Country.

In America and on the Continent, a great deal of research work, in the field of Athletics, had been going on for the past 40 or 50 years, but in this country we had done nothing towards any improvements. The consequence was that in International competition Great Britain slipped further and further back. There was however an even more serious consequence, and that was, that an essential aspect of the general Physical Education of Youth had been neglected.

It was decided, therefore, at long last, to do something about this sad state of affairs, and to that end the "National Coaching Scheme" came into being, first in England about 3 years ago and secondly in Scotland at the beginning of April, 1949. The Primary idea behind the scheme is to try, over a period of time, to raise the general standard of Athletics throughout the land, in the Schools—Athletic Clubs—Youth Clubs—and the Forces.

Since April, therefore, I have been engaged to run Courses for the Physical Education Specialist in the Schools—for the Athletic Club Coaches—and for the Active Athlete, as well as for the Sports Officers in the services.

There are 3 main types of Courses being run:—

- One week.—Consisting of 4 days or 8—2½ hours sessions.
- One week-end.—Consisting of 2 days or 4—2½ hours sessions.
- One day.—Consisting of 2—2½ hours sessions.

Of these 3, the Course of 4 days is obviously the most satisfactory since it is concentrated and enables a lot more work to be covered. One Session of 2½ hours is devoted, as a rule, to one event and is itself divided up into 3 sections—

- Theory**—dealing with mechanics and technique and training.
- Practical**—consisting of Coaching points and leading-up stages of teaching the event.
- Films**—consisting of a study of loop films of both good and bad performers in slow motion, so that the mechanics and technique previously dealt with may be seen, and the many technique variations illustrated.

During the winter months most of the Courses take place so that the Athletic season proper may be kept comparatively free for one to visit as many athletic meetings as possible.

During this period I hope to do some active Coaching, and also to make good use of my Cine Camera for the purpose of Coaching and research. (A certain amount of research has already been done through the medium of the Cine Camera and I hope to write more about this subject in subsequent articles.)

As a further development of this Coaching Scheme, National Coaches Examinations have been drawn up, to cover 3 grades of Honorary Coach.—

- Senior**—A coach of International standard.
- Intermediate**—A coach of normal club and School standard.
- Junior**—A coach with ability to teach "mass" athletics of a very elementary nature.

There is neither time nor space for me to go into these examinations and syllabus of work in great detail here, but it is hoped to give publicity to the Scheme through the National Press, and anyone interested can obtain detailed information from me at my office, 21 St. Andrew Sq., Edinburgh.

These then are some of the things which are being done for the first time in our National History, but—and this is most important—we must realise that none of these Schemes can count for very much without the energies and general support of the teachers and Club Coaches. The success of it all depends almost entirely upon them.

Here in Scotland a Scheme has been planned,—back it for all your worth. If as a coach you have hitherto been concerned only with the running events, broaden your outlook of athletics, learn all you can about the other events and try coaching an event you have never tackled before. You may be reluctant to do this but I am convinced that unless something is done in the clubs and schools to add status to the Jumping and Throwing events we shall continue to fare badly in International competition.

A trip with me on one of my coaching and lecturing tours would suffice to convince even the greatest sceptic, of the interest and enthusiasm that abounds in this country to-day. Our youth is eager and ready to challenge the best performances of other countries, and waits only to be shown how.

We have an abundance of raw material in Scotland from which to build potential world champions in every department of Athletics, and although there is no easy road to success and only painstaking hard work and undaunted enthusiasm has ever taken an athlete to the top, Scots are not lacking in these qualities. If they are given the facilities and equipment, taught correct technique and the best methods of training plus the right encouragement, I am certain that some vastly improved performances can be produced in every event on the athletic programme.

FIFTH LEG.

	H. M. S.
1. Shettleston H. (H. Maxwell 30.48) ...	2 25. 42
2. Victoria P. (C. Forbes 29.50) ...	2 26. 12
3. Bellahouston H. (J. Gifford 30.53) ...	2 27. 42
4. G. Glenpark (H. Beaton 31.03) ...	2 29. 41
5. Vale of Leven (H. Coll 30.53) ...	2 29. 55
6. Edin. So. (G. G. Elliot 30.18) ...	2 30. 00
7. Edin. Univ. (A. Ross 30.35) ...	2 30. 15
8. Garscube (A. W. Watson 31.23) ...	2 31. 37
9. Dundee T. (R. R. Johnston 32.29) ...	2 32. 25
10. Maryhill H. (J. Brymner 32.53) ...	2 34. 02
11. Plebeian H. (W. McInnes 32.31) ...	2 34. 31
12. H.M.S. C. (A. Wilkinson 32.24) ...	2 35. 59
13. Monkland (C. Ballantyne 32.00) ...	2 36. 40
14. Clydesdale H. (A. Divers 32.00) ...	2 36. 55
15. K'caldy Y.M. (G. Millar 33.25) ...	2 37. 30
16. Springburn (A. Stevenson 32.29) ...	2 38. 31
17. Irvine Y.M. (H. Clotworthy 35.09) ...	2 40. 45
18. Hamilton H. (W. Brownlie 34.16) ...	2 41. 32
19. Glasgow P. (F. Johnston 34.12) ...	2 42. 22
20. Glasgow Y.M. (J. Redman 35.58) ...	2 43. 49
21. Olympic H. (W. Gracie 34.00) ...	2 45. 49
22. M'well Y.M. (W. Sneddon 34.34) ...	2 48. 13

SIXTH LEG.

	H. M. S.
1. Victoria P. (A. Forbes 34.39) ...	3 0. 51
2. Shettleston (J. C. Flockhart 36.05) ...	3 1. 47
3. Bellahouston H. (J. Kelly 37.29) ...	3 5. 11
4. G. Glenpark (A. McLean 35.38) ...	3 5. 19
5. Vale of L. (W. Gallagher 36.34) ...	3 6. 29
6. Edin. So. (H. Robertson 37.11) ...	3 7. 11
7. Edin. Univ. (T. Braid 38.02) ...	3 8. 17
8. Maryhill H. (J. E. Farrell 36.08) ...	3 10. 10
9. Garscube H. (J. J. Duffy 39.42) ...	3 11. 19
10. Dundee T. (P. Taylor 39.17) ...	3 11. 42
11. Plebeian H. (A. Robertson 38.12) ...	3 12. 33
12. Monkland (A. McPherson 36.34) ...	3 13. 14
13. K'caldy Y.M. (P. Husband 37.53) ...	3 15. 23
14. Clydesdale H. (W. Howie 39.45) ...	3 16. 40
15. Irvine Y.M. (T. McNeis 37.10) ...	3 17. 55
16. Hamilton H. (A. Gibson 36.34) ...	3 18. 06
17. Glasgow P. (A. McGregor 36.38) ...	3 19. 00
18. H.M.S. C. (43.02) ...	3 19. 01
19. Springburn H. (J. Allison 42.05) ...	3 20. 36
20. Glasgow Y.M. (R. Donald 40.29) ...	3 24. 18
21. Olympic H. (39.57) ...	3 25. 46
22. M'well Y.M. (40.34) ...	3 28. 49

SEVENTH LEG.

	H. M. S.
1. Shettleston (B. Bickerton 29.57) ...	3 31. 44
2. Victoria P. (D. McFarlane 31.19) ...	3 32. 10
3. Bellahouston H. (G. Bell 31.22) ...	3 36. 33
4. G. Glenpark (J. Sinclair 31.47) ...	3 37. 06
5. Vale of Leven (F. Lacey 32.01) ...	3 38. 30
6. Edin. Univ. (R. J. Sherwin 31.23) ...	3 39. 40
7. Edin. So. (I. Clifton 33.29) ...	3 40. 40
8. Maryhill H. (R. McDonald 32.12) ...	3 42. 22
9. Garscube H. (R. Black 31.19) ...	3 42. 38
10. Plebeian H. (J. Barbour 31.49) ...	3 44. 22
11. Dundee T. (J. Fitzpatrick 33.45) ...	3 45. 27
12. Monkland H. (J. Brown 33.29) ...	3 46. 43
13. K'caldy Y.M. (A. Harrower 33.17) ...	3 48. 40
14. Clydesdale H. (G. White 33.20) ...	3 50. 00
15. H.M.S. C. (I. Hamilton 32.25) ...	3 51. 26
16. Irvine Y.M. (A. McLeod 34.45) ...	3 52. 40
17. Springburn (N. McGowan 33.11) ...	3 53. 47
18. Glasgow P. (J. McLeish 35.16) ...	3 54. 16
19. Glasgow Y.M. (H. Clarke 36.00) ...	4 00. 18
20. Olympic H. (J. Harris 34.39) ...	4 00. 25
21. M'well Y.M. (W. Marshall 33.52) ...	4 02. 39

EIGHTH LEG.

	H. M. S.
1. Shettleston H. (E. Bannon 25.13) ...	3 56. 57
2. Victoria P. (W. Sloan 25.57) ...	3 58. 07
3. Bellahouston H. (J. Lindsay 25.49) ...	4 02. 22
4. G. Glenpark (D. Farren 26.45) ...	4 03. 51
5. Edin. Univ. (R. Wilby 24.31) ...	4 04. 11
6. Vale of Leven (W. Crowe 27.07) ...	4 05. 37
7. Edin. So. (J. Smart 25.26) ...	4 06. 06
8. Maryhill H. (R. Brymner 25.47) ...	4 08. 09
9. Garscube H. (R. Smith 25.44) ...	4 08. 22
10. Plebeian H. (J. Lav'n 27.05) ...	4 11. 30
11. Dundee T. (J. Montague 27.55) ...	4 13. 22
12. Monkland H. (A. Farmer 28.30) ...	4 15. 13
13. K'caldy Y.M. (G. Gordon 27.10) ...	4 15. 50
14. Clydesdale H. (R. Boyd 27.15) ...	4 17. 15
15. H.M.S. C. (D. E. Clark 29.49) ...	4 21. 15
16. Springburn H. (T. McGill 28.02) ...	4 21. 49
17. Irvine Y.M. (D. Andrew 29.49) ...	4 22. 29
18. Glasgow P. (W. McGuire 29.50) ...	4 24. 06
19. Glasgow Y.M. (J. R. Scott 30.12) ...	4 30. 30
20. M'well Y.M. (J. Moir 27.55) ...	4 30. 34
21. Olympic H. (J. Joyce 30.31) ...	4 30. 46

Scotland's Empire Games Marathon Representative

ONE of Scotland's athletic team of 7, six men and one lady, selected to represent Scotland at the Empire Games in Auckland, New Zealand, next February, Anglo-Scot Jack Paterson (Poly.) will toe the line for the most classical event—the marathon (26 miles 385 yds.).

And yet, to practically every Scottish student he was unheard of until a blistering hot day in July this year when he won the National title contested over the Gourock—Ibrox course. His selection was not just assured by becoming the newly-crowned champion, but was obviously made by the stern consistency he was later to show and a revelation of his "potential."

Let's retreat a little to note his ancestry. His father who hailed from Clackmannan and his mother, a girl from Alloa, took the southbound trail in 1902 and about twelve years later Jack was born in Tooting, London. Thus on 2nd January, 1950, he will be 36 years of age.

His distance running dates back to eight years ago when he was in Egypt. He ran in 3, 6 and 10 mile races but in his own words was "never better than mediocre." Still, he kept fit and as soon as he got back to England in February, 1948, he turned to long distance road running.

He confesses he had much to learn. He was 26th in the Finchley "20," 65th in the "Poly." marathon, and 3rd from last in the South London "30." Certainly not an imposing record, but the fact that he finished the Poly. and the "30" in his first marathon season gives an insight to his grim determination.

The enthusiasm was there and he confides—"About this time three things happened which were destined to completely change my fortune as a long-distance runner—

(1) I read Arthur Newton's classic book "Running," in which he advocates training six days a week, all on the slow side.

(2) I wrote for and received advice from the well-known veteran

**JACK
PATERSON
(Poly. H.)**



marathon runner Alex. S. Pirie of the famous South London Harriers. He recommended training five days a week.

(3) I heard a broadcast by Maureen Gardner in which she revealed that she trained 5 times a week throughout the winter no matter what the weather was like. When the track season came round, she said she found that all this work she had done paid dividends.

I decided to train five or six days a week and the pace of my training runs was never faster than a slow jog-trot.

Starting with six miles a day at the beginning of October I gradually increased the distance until I was doing 17 or 18 miles a day by the following summer."

In the 1949 Poly. marathon won by Jack Holden he finished 4th. He had worked long and built well. From 65th to 4th in a season certainly registered progress!

Then how he came to run in the Scottish makes hearty reading and rings credit to another Anglo-Scot.—

"If it had not been for the sportsmanship of James McDonald (Thames V. H.) I wouldn't have known that there was a Scottish Marathon Championship to be held in Glasgow, or that I, as an Anglo-Scot was eligible to compete in it. McDonald was good-hearted enough to seek me out and tell me about this after the "Poly." marathon. His unselfishness

CHALLENGE TO U.S.A. HIGH-JUMPERS.

The following comments by our famous Australian contributor, Joe H. Galli, were published in the "Sporting Globe," Melbourne, some time ago:—

Is America at last losing her high jump supremacy?

After dominating the event in international meetings (including the Olympic Games) for many years, during which her jumpers have always—at least since 1887—held the world record, the United States this year had only 11 men clearing 6 ft. 6 ins. or higher. And few did go higher; a far cry from the pre-war era!

Tops was Bob Walters, from Texas, with 6 ft. 8 3/16ths ins., followed by National champion Dick Phillips and Decathlon star Irving Moodschein, both of whom cleared 6 ft. 7 1/2 ins.

America failed to provide the winner of the high jump in the year's major international meeting (Scandinavia v. U.S.A. at Oslo), when Olympic hop, step and jump champion Arne Ahman (Sweden) won at 6 ft. 6 ins.

Only a year ago Australia's John Winter, despite an injured back, cleared the same height to defeat the U.S. trio in the Olympics, and again in the British Empire v. U.S.A. duel at White City.

If current form is any indication of what will happen in the future (say, up to the 1952 Olympic Games at Helsinki), then the Empire may overtake and pass the Americans at their own long-time specialty.

Winter, who holds the Australian high jump record at 6 ft. 7 1/2 ins., for one, seems capable of adding an inch or two to his height.

Frank Stampf, Northern Ireland A.A.A. coach, who was in Australia for some years, predicts that the 24-year-old Westralian bank clerk will clear 6 ft. 10 ins. if he improves on his present style or switches to the Western Roll.

[Since the above was written Vislocky (U.S.A.) has taken 2nd place with 6 ft. 8 ins. In fairness, too, there was actually twice the number in U.S.A. who cleared 6 ft. 6 ins. than in the rest of the world. Joe Galli's comments are still good; apart from Pavitt and Wells we find two South African 18-year-olds clearing 6 ft. 6 ins. on best average.—Ed.]

in doing so was to cost him the Scottish Championship for, it will be recalled that with Charlie Robertson retiring with blisters, I just managed to beat McDonald by four seconds. This after he had nursed and advised me for the last 16 miles of the race. Truly a great sportsman and the gamest of runners!"

Jack had become a force to be recognised with in top marathon circles. In the classy British marathon on 30th July he finished 6th when Jack Holden won for the third successive time, with Tom Richards and Cecil Ballard having a great tussle to take 2nd and 3rd position. Then a fortnight later he won the Liverpool City marathon from a field of 38 including most of the top men. He was evidently thriving on competition and revealing amazing stamina he beat Cecil Ballard to win a great race in the City of Edinburgh marathon on 3rd September, and then in sterling style gained 2nd place in the S.L.H. "30" on the following week.

It was a grand season and a fine record. But he remains modest on it. "After all" he says "I must improve ten minutes on my best time so far of 2 hrs. 45 mins. before I can be ranked as a first-class exponent."

He has no easy task before him. The field in the Empire Games will be the most classiest since the Olympics as likely to be competing will be the reigning champion and record holder Johannes Coleman and his great compatriot Sid Luyt of South Africa; the illustrious Jack Holden (England) and Tom Richards (Wales) of Olympic fame, as well as the Australian pair Gordon Stanley and Bob Prentice. But Scotland has a great tradition in the Empire marathon; "Dunky" Wright won at Ontario in 1930, Donald Robertson and "Dunky" were 2nd and 3rd in 1934 in London, and Donald was 4th at Melbourne in 1938.

Jack's rivals can count on it that he will do everything he can to maintain that tradition and no doubt will "mix it." He confesses with balance, yet with unbounding enthusiasm—"My greatest ambition is to put up the best possible performance which lies within my power at New Zealand in February." One can't do more than that and he carries all our good wishes that he'll do it.



BREAKING A WORLD RECORD

By G. S. BARBER.

IT is not often one is lucky enough to see a world's record broken—especially in long distance running—and a glance through some old cuttings the other day and a snap of Ernie Harper, brought back to my memory the story of Harper's bid for such a record. The year was 1933 and a new world record had been set up by Kononen of 20 miles 1150 yards in two hours. The British record then being 20 miles 952 yards made by Harry Green in 1913 (which by the way I saw being made).

The original idea, as thought up by the Committee of Maryhill Harriers, was that Dunky Wright should have a shot at the British record and preparations towards that end were made.

The event was held at Hampden Park on 18th September, really as a curtain raiser for a Fireworks display which was to be held at dusk. A field of seven distance runners had been invited and Wright had organised a very elaborate system of timing each lap—in which I was associated—with display cards showing the miles, time in front or behind his schedule.

A few days before the race Ernie Harper was invited to compete and he replied that although he had not been training or was very fit, he would have a go "just to make a race of it."

The 18th turned out to be an ideal evening, cool and no wind, but a very small crowd assembled to see the start. The electric timing apparatus had been installed so that the time was taken for each lap at the finishing post in front of the stand, and we gave Dunky his time as he turned at the end of the straight.

At the gun Harper immediately went to the front cutting out a very fast pace. The time for the first mile being 5.26 and for a 20 miles race, very fast. Then

2 miles 10.54, 3 miles 16.23. Wright by this time was well behind, but he ignored Harper and stuck grimly to his schedule. 4 miles 21.52, then 5 miles 27.19 and 6 miles 32.30. Shortly after the sixth mile Harper lapped Wright and then just trod Wright's heels or ran at his side, using Dunky as pace-maker. It was obviously very disconcerting for him to be cutting out the pace and yet always a lap behind.

The seventh mile took 5.24, a total of 37.54. Running easily now with Wright, the miles slowed down and the 8th was 5.43, total 42.37. On went the race, Wright keeping faithfully to his schedule and Harper knowing fully well all he had to do was stay where he was and let Wright do all the thinking and he (Harper) would get the record.

The 9th mile was reached 5.49 (49.26), 10th mile 5.38 (55.4) which was splendid running, for that was only half way.

At the end of the first hour Harper had covered 10 miles 1477 yards and Wright 10 miles 1037 yards. Then came 11 miles 5.39 (1 hour 43 secs.), 12 miles 5.42 (1.6.25). The miles were now getting slower, reaching 13 miles 5.42 (1.12.7), 14 miles 5.43 (1.17.50) and 15 miles 5.47 (1.23.7). The race was beginning to get monotonous but not to those engaged timekeeping, we found it of great interest. Wright had not varied 30 secs. either side of his schedule and had been running like an automan. The 16th mile was slower 5.51 but the time 1.29.28 was quite good. The 17th mile was 5.56 (1.35.24).

At 17½ miles Ernie decided to have a go and leaving Dunky to attend to his schedule he went ahead covering the 18th mile in 5.58 and running strongly it was pretty evident that except an accident he MUST win. The distance was show-

DISTRICT RELAY CHAMPIONSHIPS

MIDLAND.

The response for this year's Relay was a record and 37 teams faced the starter Ex-Provost J. Pirrie, M.B.E., of Coatbridge, at Monkland Harriers' Inveresk Pavilion, Coatbridge on 5th December. The first lap ended with "the polis," for a change, being ahead! Glasgow Police "A." A. McGregor, 14 mins. 42 secs., leading Larkhall Y.M., T. D. Reid, 14 mins. 45 secs., with Shettleston third, J. Burton, 14 mins. 47 secs., and the times were as expected by those who knew the trail. As often happens in relays the second lap saw a change with Shettleston through Clark Wallace taking the lead followed by Vale of Leven, W. Gallacher, taking his team from 9th to 2nd place, and Maryhill through J. E. Farrell, improving from 8th to 3rd. Bob Climie

Continued from previous page.

ing its effect and he reached the 19th mile in 1.47.28 taking 6.6 to cover the mile. Then to his slowest mile 6.25 to reach the 20th mile in 1.53.53.

Striving to get ahead, the gun fired when he reached 1604 yards and a new world's record was established of 20 miles 1604 yards for the 2 hours run. Dunky Wright covered 20 miles 908 yards, just 44 yards short of the British record. A most remarkable bit of running to schedule. He refused to be rushed by Harper's tactics and wisely stuck to his timing—he was out to beat the British record—and almost did. Harper for an unfit man (Ernie was unemployed at the time) ran a brilliant race and I am sure he did not have chops, steaks and eggs galore. Ernie knew what Wright was doing so stuck closely to him, so a deal of the credit is due to Dunky.

All seven competitors finished, the others returning:—

P. Welsh (Maryhill H.), 19 miles 700 yards; A. Pettigrew (Greenock W. H.), 18 miles 1,387 yards; J. Quinn (Beith H.), 17 miles 1,600 yards; D. Jack (Plebeian H.), 17 miles 1,550 yards; J. Stewart (Paisley H.) 17 miles 448 yards.

(Bellahouston) brought his club from 14th to 5th place. Shettleston maintained their lead in the third lap through "evergreen" J. C. Flockhart, for whom, however, the comparatively short romp appeared not quite his dish. Victoria Park and Bellahouston now appeared among the leaders with respectively J. Ellis, 14 mins. 30 secs., and J. Kelly, 14 mins. 47 secs., Larkhall Y.M. still keeping in touch in 6th position.

The final stage laid on another Victoria Park—Shettleston duel, with A. Forbes endeavouring from his first stride to eliminate the leeway of 18 secs. between himself and B. Bickerton, to get on fighting terms. And he chopped off 11 secs. (14.03), but the handicap was too much, and Bickerton (14.20) finished strongly 7 secs. ahead and thus Shettleston retained their title after a great race.

W. Lennie (Vale of Leven) with second equal fastest time with T. Tracey (Springburn), 14 mins. 10 secs., brought his team to 3rd. This was a grand showing by the "Vale" lads.

A study of the various laps and performances makes most interesting reading and reveals some grand efforts—also that many of our veterans, some back from semi-retirement, can still show a nifty pair of legs to the younger fry.

EDWIN TAYLOR,

Hon. Secy., M.D. N.C.C.U.)

DETAILS—

1. Shettleston—(J. Burton 14m. 47s., C. Wallace 14m. 30s., J. C. Flockhart 1m. 37s., B. Bickerton 14m. 20s.)—58.14.
2. Victoria Park—(J. Stirling 14m. 49s., C. Forbes 14m. 53s., J. Ellis 14m. 30s., A. Forbes 14m. 09s.)—58.31.
3. Vale of Leven—(D. McPherson 15m. 08s., W. Gallacher 14m. 30s., A. McDougall 15m. 01s., W. Lennie 14m. 10s.)—58.49.
4. Maryhill—(J. Wright 15m. 05s., J. E. Farrell 14m. 33s., T. K. Wilson 15m. 07s., R. Brymner 14m. 51s.)—59.36.
5. Bellahouston—(H. B. O'Neill 15m. 13s., R. Climie 14m. 34s., J. Kelly 14m. 47s., J. Gifford 15m. 23s.)—60.00.
6. Springburn—(R. F. McLean 14m. 50s., A. Stevenson 15m. 32s., T. McGill 15m. 39s., T. Tracey 14m. 10s.)—60.11.
7. Shettleston "C"—(D. Morrison, T. Clark, gross time 30m. 55s., E. Bannan 14m. 44s., G. B. Craig 14m. 39s.)—60.18.
8. St. Modan's—(A. Crawford 14m. 53s., A. McHugh 15m. 40s., J. Wilson 15m. 34s., D. Clelland 14m. 44s.)—60.20.
9. Shettleston "B"—(H. Malloy 15m. 31s., A. Maxwell 14m. 52s., H. Howard 15m. 01s., J. Eadie 14m. 59s.)—60.23.

10. Monkland—(F. Bradley 15m. 14s., W. Corroon 14m. 56s., J. Steel 15m. 23s., A. McPherson 15m. 03s.)—60.36.
11. Garscube—(H. Hattrick 15m. 12s., R. Smith 15m. 30s., A. Kidd 14m. 42s., F. Robertson 15m. 25s.)—60.19.
12. Larkhall Y.M.C.A.—(T. D. Reid 14m. 45s., W. Hannah 15m. 13s., D. Brown 15m. 21s., P. Corrigan 15m. 41s.)—61.00.
13. Victoria Park "B"—(E. Shuttleworth 15m. 17s., W. Ritchie 15m. 13s., D. MacFarlane 15m. 11s., A. Johnston 15m. 29s.)—61.10.
14. Clydesdale—(J. Hume, P. Younger, gross time 31m. 00s., G. White 15m. 14s., R. Boyd 15m. 04s.)—61.18.
15. Glasgow Police—(A. McGregor 14m. 42s., A. Allan 15m. 31s., S. Martin 16m. 13s., K. Sigrist 15m. 01s.)—61.27.
16. Plebeian—(J. Barbour 14m. 59s., H. S. Patterson 15m. 36s., A. Smith 15m. 44s., A. C. Robertson 15m. 22s.)—61.41.
17. Hamilton—(B. Hendrey 15m. 21s., J. Jarvis 15m. 27s., J. Stewart 16m. 15s., A. C. Gibson 14m. 49s.)—61.52.
18. Bellahouston "B"—(G. Bell 15m. 33s., R. Graham 15m. 19s., T. W. Lamb 15m. 08s., G. McArthur 16m. 04s.)—62.04.
19. Vale of Leven "B"—(H. Coll 15m. 10s., W. Crowe 15m. 51s., J. Malcolm 15m. 44s., F. Lacey 15m. 38s.)—63.23.
20. Bellahouston "C"—(H. C. Peat 16m. 11s., S. Benzie 15m. 43s., C. Kirk 15m. 32s., A. Dinwoody 15m. 15s.)—62.41.
21. Garscube "B"—(J. Gunn 15m. 23s., R. Mulgrew 16m. 02s., R. Hepburn 15m. 50s., A. McLean 15m. 35s.)—62.51.
22. Clydesdale "B"—(P. Reynolds 15m. 34s., A. Donahy 16m. 00s., A. Divers 15m. 58s., J. Higginson 15m. 28s.)—63.00.
23. Springburn "B"—(H. Prith 16m. 04s., A. Stevenson 15m. 29s., J. Allison 16m. 06s., G. McGowan 15m. 37s.)—63.16.
24. Maryhill "B"—(G. Anderson 15m. 36s., J. Nelson 16m. 24s., C. Forrester 16m. 03s., T. Harrison 15m. 18s.)—63.21.
25. Victoria Park "C"—(W. Sloan 15m. 15s., B. Smith 16m. 34s., A. Adam 15m. 37s., J. Hamilton 16m. 02s.)—63.28.
26. Plebeian "B"—(J. McGregor 15m. 32s., E. Latham 15m. 47s., C. Heaney 16m. 07s., W. McInnes 16m. 07s.)—63.33.
27. Uddingston—(P. Gallacher 15m. 35s., R. Hunt 15m. 53s., W. Graham 16m. 24s., J. Simpson 16m. 06s.)—63.58.
28. Airdrie H.—(R. McVey, J. Vallance, gross time 31m. 56s., R. Nicholson 16m. 13s., J. Marshall 15m. 52s.)—64.01.
29. Clydesdale "C"—(G. Haddow, W. Howie, gross time 31m. 52s., A. Hylan 16m. 27s., D. Bowman 15m. 48s.)—64.07.
30. Shettleston "D"—(R. Sprira, R. McLaren, gross time 31m. 26s., J. Carrie 16m. 24s., A. Hill 16m. 21s.)—64.11.
31. Glasgow University—(J. Gourlay 15m. 54s., C. Daly 16m. 58s., H. Garven 16m. 10s., G. Bowes 15m. 37s.)—64.39.
32. Vale of Leven "C"—(T. Wilson 16m. 11s., A. Campbell 16m. 07s., R. Allen 16m. 24s., J. McCrimmon 16m. 05s.)—64.47.
33. Glasgow Y.M.C.A.—(D. M. Farlane 15m. 25s., D. McLean 16m. 36s., S. H. Mowbray 16m. 45s., J. Herd 16m. 05s.)—64.51.
34. Olympic H.—(A. Steel, R. Houston, gross time 32m. 12s., R. Wright 16m. 33s., R. Gifford 16m. 40s.)—65.25.
35. Victoria Park "D"—(R. Gibson 16m. 10s., T. Whyte 17m. 12s., J. McClure 17m. 04s., A. Brodie 16m. 52s.)—67.18.

36. Cambusland H.—(J. Br w, A. Fleming, gross time 35m. 03s., D. McKendrick 16m. 41s., G. Russell 15m. 55s.)—67.39.
37. Glasgow Police "B"—(J. McLeish 16m. 13s., W. McGuire 18m. 28s., J. Johnston 16m. 54s., H. Stephen 17m. 55s.)—69.30.

FASTEST TIMES.

- 1.—A. Forbes, 14.09; 2 & 3.—W. Lennie and T. Tracey, 14.10; 4.—B. Bickerton, 14.20; 5, 6 and 7.—C. Wallace, W. Gallagher, J. Ellis, 14.30; 8.—J. E. Farrel, 14.33; 9.—R. Climie, 14.34; 10.—J. C. Flokhart, 14.37; 11.—G. Craig, 14.39; 12 and 13.—A. McGregor and A. Kidd, 14.42.

SOUTH-WESTERN DISTRICT Held at WEST KILBRIDE, SATURDAY, 5th NOVEMBER, 1949.

TEAM PLACINGS:

1. West Kilbride A.S.C.—(T. Coleman, 13.43; J. Reid, 13.47; J. Butcher, 14.24; G. Adamson, 13.30.)—55.24.
2. Greenock Glenpark H.—(H. Beaton, 14.27; S. Williamson, 14.16; A. McLean, 13.50; W. Williamson, 13.46.)—56.19.
3. Irvine Y.M.C.A. H.—(J. Lawson, 14.39; S. Cuthbert, 13.56; E. Allen, 14.06; T. McNeish, 13.45.)—56.26.
4. Kilmarnock H.—(J. Burns, 14.36; M. Butler, 14.24; G. Martin, 13.57; W. Morton, 14.05.)—57.02.
5. Doon H.—(A. Smith, 14.26; J. Dunn, 15.06; D. McCulloch, 14.52; A. Munro, 14.36.)—59.00.
6. Greenock Glenpark H. "B"—(J. Sinclair, 14.43; W. Elder, 14.54; D. Farren, 14.49; J. Grant, 14.46.)—59.12.
7. West Kilbride A.S.C. "B"—(J. Blake, 14.17; D. Lapsley, 14.42; C. Roberts, 15.10; T. Reid, 15.10.)—59.19.
8. Kilmarnock H. "B"—(J. McPheely, 14.20; G. Wilson, 14.52; D. Smith, 15.05; T. Todd, 15.10.)—59.27.
9. Kilbarchan A.A.C.—(I. McFadyen, 14.57; P. Docherty, 14.54; A. Douglas, 15.10; T. Miller, 14.35.)—59.36.
10. Greenock Wellpark H.—(R. Beaton, 15.20; D. McSweeney, Jr., 15.39; J. Lobban, 15.23; T. Stevenson, 13.42.)—60.04.
11. Beith H.—K. Phillips, 15.08; M. Walker, 15.08; H. Walker, 15.09; G. Lightbody, 14.52.)—60.17.
12. Auchmountain H.—(R. Smith, 16.13; W. Lindsay, 14.38; J. McLean, 14.54; T. Pye, 15.39.)—61.24.
13. West Kilbride A.S.C. "C"—(D. Armstrong, 15.13; H. Dick, 15.02; D. Adam, 16.00; R. McLaughlan, 15.35.)—61.50.
14. Paisley H.—(T. Cummings, 16.05; A. Duncan, 15.30; L. Crossan, 15.17; W. Watson, 15.10.)—62.02.
15. Doon H. "B"—(W. Stewart, 14.42; J. Bigham, 15.56; W. McEwan, 16.39; J. Gray, 16.50.)—64.07.
16. Paisley H. "B"—(H. Hornby, 15.42; R. Anderson, 15.33; J. Menzies, 17.21; R. Hill, 16.42.)—65.18.
17. Eglinton H.—(S. Maxwell, 16.08; H. Maxwell, 15.52; H. Pritchard, 15.38; J. Kerr, 19.14.)—66.52.

FASTEST TIMES:

- 1.—G. Adamson, W. Kilbride A.A.C., 13m. 30s.; 2.—T. Stevenson, Greenock Wellpark H., 13m. 42s.; 3.—T. Coleman, West Kilbride A.S.C., 13m. 43s.; 4.—T. McNeish, Irvine Y.M.C.A. H., 13m. 45s.; 5.—W. Williamson, Greenock Glenpark H., 13m. 46s.; 6.—J. Reid, West Kilbride A.S.C., 13m. 47s.

EASTERN DISTRICT.

DETAILS.

1. Edinburgh Southern H. (W. Brown 16.51, G. Mitchell 16.14, G. Elliot 16.38, J. Smart 16.09.)—65.52.
2. Edinburgh Eastern H. (R. Mackessack 16.33, R. Stark 16.41, J. Hamilton 16.26, R. Watson 16.25.)—66.05.
3. Edinburgh University (G. Walker 17.09, A. Cumming 16.34, W. Parkes 17.09, R. F. Wilby 15.43.)—66.35.
4. Edinburgh Northern (J. P. McRoberts 16.41, R. Wilkie 16.59, R. J. Murray 17.10, W. Messer 16.24.)—67.14.
5. Dundee Thistle H. (J. Millar 16.44, C. D. Robertson 16.00, A. Wilkie 17.19, P. Taylor 17.21.)—67.24.
6. Kirkcaldy Y.M.C.A. H. (D. Beveridge 16.59, G. Gordon 17.09, W. E. Duncan 16.56, P. Husband 16.40.)—67.44.
7. H.M.S. Caledonia (R. Pasley 17.04, G. Frampton 16.58, A. Humphreys 17.05, R. Quigley 16.42.)—67.49.
8. Edinburgh Southern H. "B" (D. Webster 16.48, L. Clifton 16.45, W. Gemblies 16.58, T. Logan 17.27.)—67.55.
9. Edinburgh Southern H. "C" (J. Henderson 17.21, T. Henderson 16.57, G. Boyle 17.34, H. Robertson 17.03.)—68.55.
10. Edinburgh Rover Scouts (C. R. Jones 16.34, R. Pearson 16.35, I. B. Morrison 17.53, D. Hall 17.54.)—68.56.
11. H.M.S. Condor (R. Cooper 17.30, B. Halls 17.36, P. O'Brien 17.03; R. Holten 17.09.)—69.18.
12. Edinburgh Southern H. "D" (W. Grant 17.03, J. Kay 17.18, D. Jude 17.43, G. Kapelle 17.18.)—69.22.
13. Strathay H. (J. Dick 16.43, R. Pickard 17.40, J. Smilie 17.51, J. S. McKechnie 17.22.)—69.36.
14. H.M.S. Caledonia "B" (E. Bury 17.06, A. Furnidge 18.05, A. Bennison 17.48, C. Howarth 16.48.)—69.47.
15. Dundee Hawkhill H. (J. McKenzie 17.00, J. Melville 17.42, A. Blyth 17.31, A. Coogan 18.07.)—70.20.
16. Edinburgh Northern H. "B" (S. B. Robertson 18.10, G. S. McGowan 18.00, J. Chrystal 17.49, D. C. Wark 17.29.)—71.28.
17. Gair H. (J. O'Hara 18.24, G. Wintrop 17.39, W. Dobson 18.03, D. Murray 18.10.)—72.16.
18. H.M.S. Caledonia "C" (D. Clark 18.07, J. Johnson 18.23, A. Wilkinson 17.44, R. Ward 18.41.)—72.55.
19. Edinburgh University "B" (D. Ellis 17.45, G. Buchanan 18.17, J. C. McInnes 18.47, W. Newlands 19.18.)—74.07.
20. Edinburgh H. (L. Atherton 18.42, W. R. Philp 19.29, J. Campbell 18.23, R. Gardner 18.13.)—74.47.

FASTEST TIMES.

- (1) R. F. Wilby (E.U.H.S.H.), 15.43; (2) C. D. Robertson (D.T.H.), 16.00; (3) J. Smart (E.S.H.), 16.09; (4) G. Mitchell (E.S.H.), 16.14; (5) W. Messer (E.N.H.), 16.24; (6) R. Watson (E.E.H.), 16.25.

RENFREWSHIRE RELAY CHAMPIONSHIP.

Highlight of the Renfrewshire A.A.A. Relay Championship held at Kilmacolm, on Saturday, 12th November, 1949, was the excellent running of Tommy Stevenson, Wellpark Harriers, who stepped out smartly to record fastest time.

Bellahouston Harriers reasserted themselves to regain the title from the "old enemy" Glenpark.

Hugh O'Neil, running in lap one, was a little below form and had to be content with sixth place, some 15 secs. behind the leader. Nothing daunted by this deficit Bob Climie, probably the most versatile runner in the country, ran the race of his life to overhaul the field and hand over what proved to be an unassailable lead. Jimmy Kelly yielded only one second to young Sam Williamson, Glenpark, and despite a really gallant effort on the part of the County champion Willie Williamson in the final lap, the old war horse Tommy Lamb ran in with 25 secs. in hand.

It was pleasing to see Glasgow Police put up a grand show to finish third and to note that two of their members recorded times fast enough to place them in the first dozen.

Auchmountain Harriers did a grand job with the trail and local padre, Rev. R. McNeil, presented the medals to the winners. Mr. McNeil mentioned that this was his first contact with our type of athletics and he was agreeably surprised to note the spirit of sportsmanship which prevailed throughout.

A. MACLEAN,
Hon. Secy.

DETAILS.

1. Bellahouston H. (H. O'Neil 14.26, R. Climie 13.29, J. Kelly 14.16, T. Lamb 14.03.)—56.14.
2. Glenpark H. (A. Maclean 14.11, H. Beaton 14.16, S. Williamson 14.15, W. Williamson 13.57.)—56.39.
3. Glasgow Police A.A. (K. Sigrist 14.16, S. Martin 15.07, A. McGregor 13.40, A. Allen 14.36.)—57.39.

FASTEST TIMES.

1. T. Stevenson, Wellpark H.—13.27.
2. R. Climie, Bellahouston H.—13.29.
3. A. McGregor, Glasgow Police A.A.—13.40.
4. W. Williamson, Glenpark H.—13.57.
5. J. Grant, Glenpark H. "B"—14.02.
6. T. Lamb, Bellahouston H.—14.03.
7. W. Lindsay, Auchmountain H.—14.10.

Congratulations to Dr. A. S. Lindsay (hop, stey and jump), Alan Paterson (High Jump) and Andrew Forbes (3 miles) on being selected to represent Scotland at the Empire Games, New Zealand, in addition to the track and field team of four already announced. Congratulations also to the committee and subscribers who have made it possible to send the team and to allow Paterson and Forbes to be flown over.

JOE GALLI'S AUSTRALIAN GOSSIP.

Dave Johnson, 17-year-old sprint sensation, again broke one of John Treloar's schoolboy records when he won the N.S.W. All-Schools' 100 yards title in 9.7 secs. at Sydney Cricket Ground on October 1st.

Johnson, who now has strong claims for a place on Australia's Empiad team, also won the 220 yards, clocking 22.1 secs. Tracks (grass) were soggy following Sydney's wettest month in nearly a century.

Jack Metcalfe, ex-world hop, step and jump record-holder, and coach of the 1948 Olympic track squad, described Johnson as a matured runner who has a great future ahead of him.

Johnson, who is 5 ft. 11 ins. tall, trains with Treloar at Port Kembla, where the latter is getting practical engineering experience. He was the first to congratulate Dave when he broke his record.

Johnson's 100 yards time is only a tenth outside the Australian resident record, held jointly by Jim Carlton, Brian Dunn, Treloar and John Bartram.

Breaking a 24-years-old record, Barry McQueen (King's School) won the N.S.W. Public Schools' open 880 yards title in 1 min. 59.5 secs. at Sydney Cricket Ground on October 8th.

Following this success, McQueen then took second place in the "quarter," which was won by 16-years-old Brian Pearson (Sydney Grammar) in 51 secs.

Pearson proved himself one of the day's best performers by garnering in the under 17 100 yards in 10.1 secs., and the "220" in 22.3 secs. Both are new meet records.

In the open sprints, P. Eisele (High) won the 100 yards in 10.2 secs., while the 220 yards went to F. Barton (King's) in 22.7 secs.

Jim Kennett (Kings), an 18-years-old lad from Golburn, established a new open mile run record of 4 mins. 32.7 secs.

Kenneth won the title last year, and he aims to do so again in 1950. An even-pace runner, he is not unlike the late great Pat Boot (N.Z.), 1938 Empiad



half-mile champion, to watch. He came home with fine dash to win by a good 50 yards.

(Australian Public Schools' mile record is 4 mins. 27 secs.; made in 1946 by Don Macmillan, a Victorian who may be competing in the Empire Games.

The 880 yards record is 1 min. 59.2 secs., by Olympian Bill Ramsay (Vic.) in 1946, and Ron. Green (Queensland) just twelve months ago.)

Despite heavy rain, fast 880 yards and mile times were registered in Victoria's first track meeting (Oct. 15th) of the 1949-50 campaign.

Reg McRae and Roley Staines (a promising junior) both won half-mile divisions in 1 min. 58.2 secs.; while Jack Coates, ex-State junior champion, annexed the mile in 4 mins. 23 secs.

National sprints champion and Olympic representative, John Bartram, won over 100 yards in 10.5 secs.

Bartram, who in January, 1948, sensationally defeated Herb McKenley and Morris Curotta for the Australian 440 yards title in 48.4 secs., has quit the "quarters," and will concentrate on the short dashes. Last summer his best times were—75 yards 7.5; 100 yards 9.6 (equals Australian record); 220 yards 21.1 (Australian record).

John Treloar, Australia's mighty Empire Games sprint hope, won first-up over 100 yards in 10.3 secs., when the N.S.W. A.A.A. inter-club premierships competition commenced on October 15th.

After the race Treloar said: "I feel better than ever, and fully expect to set new sprint records before the Games." Modest, and quietly spoken, John wouldn't make such a statement if he didn't feel pretty sure of himself.

Performances were surprisingly poor; perhaps the best being the 22 ft. 4½ ins. broad jump by K. McLellan.

Reference to "inter-club premierships" may puzzle readers, so I shall explain briefly:—

Amateur athletics in Australia is confined mainly to state capital and provincial cities, and State A.A.A.'s conduct annual inter-club track competitions, run along the same lines as the S.F.A.

As an example, the Victorian A.A.A. competition last season comprised 8 senior and 3 junior grades, each of 12 teams, drawn from 45 clubs. (Bendigo and Ballarat have their own competitions.)

First round series (in which each team in a grade meets the other one) consists of 11 matches to decide grade "final fours"; i.e., the four top teams in each grade, after which semi-finals and finals decide the premier teams.

Promotion and relegation provides added interest. The Melbourne competition is staged on two athletic fields; but more are needed because the afternoon's programme is tremendous.

Sydney, October 22nd.

George Campbell, making a comeback after two years absence from the track, to-day won the N.S.W. A.A.A. 2 miles run in 9 mins. 41.7 secs.

(In December, 1947, Campbell established an Australian record of 9 mins. 15.6 secs.)

John Treloar returned the day's smartest 220 yards time (22.2 secs.), while Geoff. Goodacre won over 220 yards and 440 yards hurdles in 25.2 and 57 secs.

George Avery, Olympic runner-up in the hop, step and jump, was third with a leap of 43 ft. 5 ins.; the event being won by his fellow Olympian, Les McKeand, at 45 ft. 2 ins.

Good first-up marks were turned in by John P. Cumber, who won the half-mile

in 1 min. 58.9 secs., and Keith Pardon, who established an inter-club hammer throw record of 151 ft. 11 ins.

Sydney, October 25th.

Doug. Stuart, 18-year-old high jumper, equalled the Australian junior record when he cleared 6 ft. 2 ins. in the inter-club contests.

Stuart's team-mate, Kevin McMahon, aged 16, was second at 6 ft. 1 in.—the Empire Games standard recently set by the A.A.A.U.

Sydney University's 4 x 220 yards relay squad, which included John Treloar, scored an easy victory in 1 min. 29.1 secs.; while Harry Hayes, young Newcastle runner, downed State mile champion, John P. Cumber easily in 4 mins. 26.3 secs.

Jim Vickers, who won a 1948 Olympic 110 metres hurdles heat for India, returned the day's best time of 15.8 over the 3 ft. 6 ins. battens.

Now resident in Sydney, Vickers is eligible for Australia's Empire team.

South Africa—Revealing sensational form, 20-year-old Neville Price has broken the Union broad jump record three times in almost as many weeks, clearing 24:11½, 24:11¾ and, on Nov. 5th 25:0½.

No mean sprinter, Price, who has been competing for little more than three years, has whipped over 100 yds. in 9.8 secs. and 220 yds. in 21.6 secs.

Denis Hasenjagor, who, a year earlier, set the broad jump record at 24 ft. 10½ is also bettering 24 ft. consistently.

Cross-country athletes in the West should enter Beith Harriers' Festive Open Ballot 2½ miles team race on Monday, 2nd January, 1950, at 3 p.m. Entry fee, 1/-. Teas provided. Hon. Secy., M. Barr, 13 Reform Street, Beith.

A DATE TO REMEMBER.

Our 3rd Annual "Scots Athlete" Re-union Ball will be held on Friday, 21st April, 1950 in St. Andrew's (Berkeley) Ballroom Suite, Glasgow. Would Glasgow district clubs kindly keep this date clear to ensure a complete and great social gathering of athletes and friends.