

# SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



WEEKLY ATHLETIC NOTES BY  
**JOE BINKS**

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British Olympic Runner

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APRIL, 1950

Vol. 5 No. 1

# THE SCOTS ATHLETE

PRICE  
**6<sup>D</sup>**



Photo by P. S. Waldie.  
WALTER LENNIE (Vale of Leven A.A.C.) winning the first Scottish Inter-Counties Cross-Country race. He is one of Scotland's "star" track men.

**JOHN EMMET FARRELL'S  
RUNNING COMMENTARY.  
PEAK TRAINING—OR OTHERWISE ?  
JACK AND JIM—A Story of Friendship Through Sport  
PERSPIRATION—By ARTHUR NEWTON.  
CROSS-COUNTRY INTERNATIONAL, 1950.**

# GLASGOW HIGHLAND GATHERING

(Under S.A.A.A., N.C.U., and S.A.W.A. Rules)

Promoted by HEPBURN & ROSS, SCOTTISH PIPE BAND ASSOC.  
(Glasgow Branch) and MARYHILL HARRIERS.

## IBROX STADIUM

(by kind permission of RANGERS F.C.)

**SATURDAY, 27<sup>TH</sup> MAY, 1950,**  
AT 2 P.M.

### ATHLETIC EVENTS:

OPEN HANDICAPS.—300 Yards (Junior); 100 Yards, 220 Yards, 880 Yards, 1 Mile, High Jump, Pole Vault, 16-lbs. Scots Hammer (Sc.), 56-lbs. Weight over the Bar, Tossing the Caber.

20 MILES ROAD RACE (Sealed H'cap. and Team)

INVITATION.—Schools, Junior and Senior Relays, 2 Miles Short Limit Handicap, 16-lbs. Ball Handicap.

### CYCLE EVENTS:

880 Yards Scottish N.C.U. Cinder Championship.

440 Yards Handicap.

8 Laps Australian Pursuit Race.

### WRESTLING:

Catch-As-Catch-Can (Middle and Heavy Weight).

Cumberland (Middle Weight).

Cumberland (Heavy Weight and Scottish Championship Middleweight).

ENTRIES CLOSE, First Post, SATURDAY, 13th MAY, 1950, with:—  
Messrs. LUMLEY'S STORES, 82 Sauchiehall Street, Glasgow; THE SPORTSMAN'S EMPORIUM, 103 St. Vincent Street, Glasgow; RUSSELL MORELAND, 231 Argyle Street, Glasgow; MACKENZIE, Sports Outfitters, 29 Nicholson Street, Edinburgh; The Athletic Secy.: F. GRAHAM, 52 Laidlaw Street, Glasgow.

# THE SCOTS ATHLETE

TO STIMULATE INTEREST IN  
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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APRIL, 1950.—Vol. 5, No. 1.

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JOHN EMMET  
FARRELL'S



AFTER witnessing the colour, the organisation, the flair for the picturesque which was part and parcel of the International cross-country championship at Boitsfort. I don't think we need feel any qualms about the coming European Games in August. M. Clemm is indeed a veritable impressario of athletics. The colour, the organisation was magnificent. The latter is of course an essential but the former provided atmosphere and back-ground.

#### Le bag-piper Magnifique.

Sergeant Scott of the Glasgow Police who flew over with the Scots' team at the request of the Belgian officials was a resplendent figure in Highland regalia.

What-a-man Charles who was in great demand during his short stay in Brussels led the parade of the teams on to the race-course. Reigning champions France led while host country Belgian brought up the rear. Captain and champion of

each competing country was announced. Gaston Reiff, Belgian; Olympic, champion hoisted the Olympic flag assisted by compatriots Van Rumst and Maréchal. Then with the teams facing the stand Reiff presented each captain with the triangular tri-colour flag of Belgium as a souvenir accompanied by roars of applause from the crowd officially given as 12,000 but unofficially as high as 20,000.

It was indeed a gala occasion. Then were hoisted coloured balloons representing colours of the competing countries.

Finally the runners made their way to the start which curiously enough took place at the horses starting gate.

This was indeed rather prophetic for the fast gait throughout the race made one almost believe that some of the runners (Belgian and French in particular) imagined themselves to be steeds rather than humans.

Each kilometre covered by the leading runner was announced by a pistol shot and the leaders and times announced. As the runners passed the stand 8 times the crowd had a splendid view of the changing fortunes of the race.

While the race was in progress charcoal braziers were burning in the open, heating tubs of water for the runners when they returned to their individual but spacious quarters. Nurses and ambulances were in attendance providing of course an essential service though perhaps not a little disquieting to runners of the temperamental sort (and that of course means almost the entire field).

#### Honours to France and Belgium.

Hearty congratulations to Lucien Theys of Belgium the gallant and popular individual winner and to a wonderful French team on yet another victory. Their pointage of 2, 3, 8, 9, 10, and 11 giving 43 pts. is wonderful team packing. Strange too to find old friend Raphael Pujazon only 21st and not in the counting six, while Cerou, 3rd last year filled last counting place with 11th.

#### Theys Tactics Were Correct.

Red-headed 23 year old Lucien Theys proved himself an amazingly fit athlete whilst of course he had the inspiration of local enthusiasm behind him. His knowledge of the course must also have been helpful. Yet even his most ardent supporters must have felt that his victory over Mimoun was something of a minor surprise.

Theys forcing tactics may not have been planned. They may have merely been the expression of his urge to run, of his magnificent condition. But the result indicates that they were nevertheless the correct tactics to use.

Theys also used running sense in making his effort on the rising ground just prior to the race-course, snatching a lead here which disconcerted Mimoun and from which he could not recover.

Mimoun indeed admitted after the race that it was the pace throughout that beat him and deprived him of the finishing powers for which he has become almost world famous.

When Mimoun one of the four runners in the world to break 30 mins. for 10,000 metres says it was fast then surely it must have been fast.

#### What The Watches Said.

But let us analyse some of the intervening stages of the race. What can we say of the standard of a cross-country race where the first 1,500 metres is covered in 4 mins. 10 secs. 3,000 metres in 8 mins. 30 secs. (remember Gaston Reiff is the only man in the world to have beaten 8 mins. for this distance). The 5,000 metre mark was arrived in 15 mins. 10 secs. The 10,000 metres in 32 mins!

Some of the Belgian runners started too fast and tapered off somewhat whilst the French leaders lay handy and moved up nicely at the crucial moment.

From an individual point of view it was a 3 man race from half-distance and when the real racing started Hamza fell back to make a Theys-Mimoun duel.

#### Lap By Lap.

At the end of the first short lap (1,400 metres) there was a group of some 15 runners slightly in the lead headed by Doms, Van Laere and Theys of Belgium and completed by English trio, Saunders, Gosney and Aaron.

At the end of the 3rd lap (just under 5 miles) it was Theys, Mimoun, Hamza, Cerou. Five metres distant were Aaron, Brahim, Vandewattynne. Ten metres away is Doms of Belgium—and a further 60 metres away a small group headed by Olney. At the end of the 4th lap (just over 7½ miles) it is Theys, Mimoun and Hamza with Vandewattynne a further 25 metres away, Aaron fighting gallantly 40 metres away with Cerou (now feeling the pace) and Brahim 70 metres distant. A hundred metres away Olney and Baldoma of Spain were striding together.

#### That Last Lap.

Half-way round the last lap Theys and Mimoun are locked together inscrutably. Hamza is hanging on gamely 30 metres away Vandewattynne holds 4th place, 60 metres back, whilst Aaron reaches for the Belgian a mere 10 metres away.

Then emerges Baldoma of Spain.

Together are Olney and Petitjean—just behind them Doms, Brahim and Cerou only too glad to keep each other company.



**LUCIEN THEYS**  
(Belgium)  
Winner of the 1950 International Cross-Country race, is likely to run in a special 2 miles race at the Glasgow Highland Gathering.

Photo by H. W. NEALE

together but on that last hill Theys made his effort—jumped his opponent and returned to the last straight of the race-course with a winning lead—if he could hold on. To the applause of the crowd he reached away from a tiring Mimoun to reach the finishing line.

#### Theys Likes Grapes.

Theys is a small-holder and in the summer is said to consume 2 or 3 lbs. of grapes per day. Last year it will be recalled he finished 3rd in the special 2 miles at Glasgow Police Sports when Fred Wilt of America beat Shrubbs' 2 mile all-comer's record closely followed by John Joe Barry.

Fred Graham has booked him for the Highland Games on May 27th where he will be one of the big attractions.

Whether or not he will turn out to be another Gaston Reiff of the track is perhaps too early to know but he is certainly a master cross-country runner as well as being a potentially brilliant track runner.

#### Aaron Was Superb.

England showed they were well on the road back by finishing only 5 pts. behind the grand Belgian team.

Taking into consideration the exceptionally high standard of the continental runners Frank Aaron's display was really magnificent. Although essentially a cross-country runner and perhaps shaded in speed by the best continentals I am not entirely without hope that the tenacious English champion might yet pull off the

Individual title. At peak form and on a course made heavy by rain Aaron could be a distinct handful to any runner. Olney was also magnificent, while Saunders, Eyre, Gosney and Hicks played their part.

Saunders not perhaps at peak form after his spiking accident did not let his selectors down and showed he has the right temperament for the job.

#### A Magnificent Veteran.

Reg. Gosney 40 year-old veteran has been a sterling runner for England. He may not be the oldest International on the trot but he has surely staked a claim to be the finest veteran cross-country runner of to-day. Hicks ran well but might have been further up had he nursed himself at the start.

#### "The Mountaineers."

Spain did well without their 2 stars, Miranda and Coll; but Baldoma showed himself to be of the same quality. Of the new-comers, Switzerland did best to finish 5th of the 10 teams.

#### Scotland Packed Well—But . . .

Scotland again ran merely moderately to finish 7th out of the ten competing nations. As I expected Andrew Forbes was first Scot home but was far from satisfied with his 29th place. Perhaps he lacked the real cross-country background and though he had no excuses to offer on the score of fitness it does take some time to recover from the reaction of such an event as the Empire Games.

The other Scots counters packed well but had they been in the thirties instead of the forties our team would have been a good bit further up the ladder.

#### Cross-Country Is "Dur."

As they say in France cross-country is "dur," that is—hard. Yes it can be a hard task-master, so runners who had a real bad day should not be too crest-

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fallen. Look at André Paris one of France's greatest runners. Last year he split Saunders and Aaron in 6th place.

This time he was only 60th! Or look at Paddy Fahy who last year ran so well for Ireland in 19th place, just one second behind Lucien Theys this year's winner. Paddy was struggling away back in 56th place this year.

Captain of the Luxembourg team, veteran Charles Heirendt dropped out during the race—Yet in the autumn of 1947 he won considerable acclaim by his victory over Holden and other ranking marathoners in the KOSICE marathon; speaking of marathon runners that was a grand performance of Hans Frischknecht to finish 35 in the International for Switzerland. For a man who is regarded as primarily a marathon runner this was good going.

#### Warning To Europe's Marathon Experts.

Etienne Gailly who earned selection for Belgium did not accept his place. Gailly who should have been in the first 20—perhaps in the first 12 of this classic cross-country field had he run did not divulge the reason for his non-acceptance. Nevertheless it seems fairly obvious that Gailly intends to be a serious contender for the European marathon championship in August in Brussels. The heroic failure of Wembley will make a serious endeavour to be the heroic victor of Brussels; and there is little doubt that the speedy Belgian over the possibly easier course could be a menace to Holden, Leandersson and the Finns.

#### Russian Beats World Record.

Should Russia compete in this year's European championships at Brussels as they did at Oslo in 1946 they have in Vanin who is recently reported to have broken Hietanean's world record over 20,000 metres a runner who also could be a real live marathon contender.

#### Doncaster—Sheffield Marathon.

Jack Holden, fresh from his grand Empire Games triumph, had to retire at 20 miles in the annual Doncaster—Sheffield marathon. He strained a ligament after stepping on a stone early on in the race, but it is hoped it does not affect his training for the more important European marathon. Winner of the race

41 years-old Bert Hemsley of Gosforth, incidentally another devotee of Arthur Newton, was in superlative form. His time of 2 hrs. 49 mins. 21.2 secs. seems mediocre on paper, but just try it against a terrific gale!

#### Bannister's Mile—Grand Augury for Track Season.

Gilbert Bannister's winning mile for Oxford in the famous inter-varsity contest at the White City was a superb effort. Not only because he again beat the record with 4 mins. 14.8 secs. but because of the controlled nature of his running with a fast last lap of 58.2 secs. This was grand form for a March meeting and so far Bannister is carrying out in practice his avowed policy of gradual improvement and development.

Equally brilliant was A. J. Burger's pole vault of 13 ft. (another inter-varsity record). The So. African used to the more rarefied atmosphere of home had perhaps this incentive in reaching for the upper heights.

Interesting too was sprinter J. C. Wilkinson's excursion into the quarter mile event. A successful debut too, and a more than useful time of 49.6 secs.

With the rumour that none other than British sprint champion McDonald Bailey has ambitions in the direction what price the two meeting in a future A.A.A. quarter championship?

#### Highland Games May Surpass Last Year's Success.

Glasgow's Highland Games got off to a dazzling flying start last year.

These Games are a true gala occasion and could well be a success without any added attractions. But hard-working athletic Secy. Fred. Graham believes in giving good measure for apart from his booking of the Belgian Theys and other track stars, he is likely to get the services of 2 continental pole-vault experts. As this is one of the most spectacular events on the athletic programme it should prove a grand attraction. Then of course there is the 20 mile road race which may renew the rivalry of Jack Paterson and Charlie Robertson. marathon and ex-marathon champion who may be tested by stars south of the border.

#### Thrilling Relay Race.

The relay race for the trophy at present held by Garscube could well be the event

of the athletic programme and a pointer to the more coveted Scottish championship.

Some of Scotland's greatest sprinter's and half-milers may be taking part. Garscube have such as Fred Jewell, J. J. Donnelly and W. C. O'Kane. Scottish champions, Edinburgh Southern, may miss Swiss Olympic runner Hardmeier but still have sheet anchors in Smart and Crowe. Maryhill, who have a great relay tradition with names like Watty Calderwood, Donald McLean, Geo. Dallas, Peter Brown and Bobby Graham, have been under a shadow, but their prospects could

be vastly improved if they could call on tall Henry Dove and John McLaughlin, with keen promising runners coming on. Victoria Park, for several years a brilliant and consistent track club, have a host of contenders for their team. With G. McDonald and W. Christie they should have no problems regarding their sprinters. With Shettleston, Springburn, Glasgow and Edin. Varsities and Scottish record-holders Bellahouston, all having a tremendous tradition to uphold in this type of event we can look out for fireworks.

Continued on page 9.

### THE INTERNATIONAL, Boitsfort, Brussels.

#### INDIVIDUALS.

1. Lucien Theys (Belgium) ...	45:42
2. A. Mimoun (Fr.) holder	45:50 4/5
3. Hamza (France) ...	46:00
4. F. Aaron (England) ...	46:09
5. M. Vandewattyne (Belgium)	46:10
6. B. Baldoma Rius (Spain) ...	46:32
7. H. Olney (England) ...	46:35
8. R. Petitjean (France) ...	46:38
9. A. Nollet (France) ...	46:42
10. B. Brahim (France) ...	46:45
11. C. Cerou (France) ...	46:50
12. J. Doms (Belgium) ...	46:53
13. R. Tessier (France) ...	47:07
14. G. Saunders (England) ...	47:09
15. Van Laere (Belgium) ...	47:11
16. A. Sutter (Switzerland) ...	47:12
17. L. Eyre (England) ...	47:15
18. R. Gosney (England) ...	47:20
19. Pedro Jimeno Sierra (Spain)	47:23
20. F. Herman (Belgium) ...	47:34
21. R. Pujazon (France) ...	47:38
22. H. Hicks (England) ...	47:39
23. Yebra Rivera (Spain) ...	47:42
24. E. Renson (Belgium) ...	47:50
25. D. Thomson (England) ...	47:52
26. J. Marshall (Ireland) ...	47:53
27. W. Deneef (Belgium) ...	47:54
28. J. Guixa Vales (Spain) ...	48:02
29. A. FORBES (Scotland) ...	48:03
30. J. Lataster (Holland) ...	48:04
31. D. Appleby (Ireland) ...	48:09
32. J. Diamond (Ireland) ...	48:12
33. R. Serroels (Belgium) ...	48:13
34. P. Page (Switzerland) ...	48:14
35. H. Frischnecht (Switzerland)	48:15
36. B. Losada Santiago (Spain)	48:17
37. A. Kanzig (Switzerland) ...	48:18
38. C. Owens (Ireland) ...	48:18
39. A. Noonan (Wales) ...	48:29
40. S. Aldazabal Azpiaza (Spain)	48:39
41. R. Daniels (Belgium) ...	48:40
42. G. Coggin (England) ...	48:41
43. G. Staubli (Switzerland) ...	48:42
44. C. D. ROBERTSON (Scotland)	48:46
45. R. REID (Scotland) ...	48:55
46. F. SINCLAIR (Scotland) ...	48:58
47. J. Green (England) ...	49:07

48. J. E. FARRELL (Scotland) ...	49:19
49. B. BICKERTON (Scotland) ...	49:20
50. A. Ayala Merona (Spain) ...	49:22
51. K. Gschwend (Switzerland) ...	49:28
52. J. Morrow (Ireland) ...	49:34
53. E. Sandmeier (Switzerland) ...	49:36
54. D. Rees (Wales) ...	49:40
55. GEO. CRAIG (Scotland) ...	49:42
56. P. Fahy (Ireland) ...	49:45
57. R. Morgenthaler (Switzerland)	49:46
58. P. Fitzgerald (Ireland) ...	49:49
59. T. Moore (Ireland) ...	49:53
60. A. Paris (France) ...	49:54
61. A. Probst (Switzerland) ...	49:57
62. D. Slegt (Holland) ...	49:58
63. L. Vegas Avila (Spain) ...	50:01
64. M. White (Wales) ...	50:04
65. J. V. D. Veen (Holland) ...	50:10
66. I. Lloyd (Wales) ...	50:18
67. T. Woods (Wales) ...	50:37
68. J. Hoffman (Luxemburg) ...	50:49
69. Dyrzig Rees (Wales) ...	50:51
70. J. Overdyck (Holland) ...	50:55
71. H. Finkers (Holland) ...	50:56
72. S. Bobeldyk (Holland) ...	51:00
73. C. De Koning (Holland) ...	51:01
74. P. Wallace (Wales) ...	51:32
75. T. TRACEY (Scotland) ...	51:33
76. B. Mathiasse (Luxemburg) ...	52:04
77. H. Huizinga (Holland) ...	52:14
78. C. Harris (Wales) ...	52:15
79. S. Dobbelaere (Holland) ...	52:18
80. R. Ricaille (Luxemburg) ...	53:20
81. N. Velu (Luxemburg) ...	53:26
82. V. Kinsch (Luxemburg) ...	54:53
83. A. Schumacher (Luxemburg)	54:53
84. M. Barthels (Luxemburg) ...	57:12
85. J. SANDERSON (Scotland) ...	58:26

4 failed to finish.

#### TEAM PLACINGS—

1. FRANCE—2, 3, 8, 9, 10, 11—43 Points.
2. BELGIUM—1, 5, 12, 15, 20, 24—77 Points.
3. ENGLAND—4, 7, 14, 17, 18, 22—82 Points.
4. SPAIN—6, 19, 23, 28, 36, 40—152 Points.
5. SWITZERLAND—16, 34, 35, 37, 43, 51—216 Points.
6. IRELAND—26, 31, 32, 38, 52, 56—235 Points.
7. SCOTLAND—29, 44, 45, 46, 48, 49—261 Points.
8. WALES—39, 54, 64, 66, 67, 69—359 Points.
9. HOLLAND—30, 62, 65, 70, 71, 72—370 Points.
10. LUXEMBOURG—68, 76, 80, 81, 82, 83—470 Points.

## PEAK TRAINING-OR OTHERWISE?

By BILL CLARK.

IN a recent issue Emmet Farrell wrote: "In view of their early fitness it will be interesting to see how Saunders, Aaron and their colleagues of the North fare when the National and international events come along." Note that Emmet made no personal comment either way. Maybe it is not altogether correct to credit the superiority of the Northern runners in the Triangular and Inter-County races strictly to early fitness. In the cross-country world the North of England now has the edge on the South and Midlands in quality and, given equal fitness, would put up a good show. However, the superiority shown in these two races was so marked that it was obvious that the Northern lads were in better trim. Reason for this is probably the pre-Xmas road and cross-country League racing in the North as opposed to the semi-social inter-club matches in the South and the lack of numbers in the Midlands. This article is being posted to your Editor the day before the English championships so that the "proof of the pudding" will perhaps be forthcoming tomorrow and at Brussels in a fortnight's time. [The sweeping victories of the North in the English National is now history.—Ed.]

Anyhow, the question remains "Should one train up so as to reach a peak for the National and International and is there any danger in being too fit too early?" Dr. Frank Aaron, a Pathologist at Halifax General Hospital, has very definite views on this point and plans his training so as to be in full racing shape over 10 miles cross country by end of December. He considers that, having attained racing condition three months before the International, he is in a position to combat chills, influenza and other minor ailments without too much loss of form whereas such set-backs may result in the peak exponent failing to reach his best or going stale in trying to make up for lost time.

### Specious Excuses.

Have you ever noticed that men are always prepared to advance excuses for not doing things that inherent laziness

inhibits them from doing: also for doing others which they realise are possibly harmful in some respects? For example, most chaps are prepared to train hard for a month or two when an important race is in the offing but will advance all sorts of excuses for not training intensively over a much longer period. They'll say "I cannot spare the time" while at the same time spending a couple of hours most nights in casual reading or listening to the radio. Or maybe "I'm too lightly-built to stand up to such a preparation" and yet they've never even tried it. I remember a chap advancing as a reason for drinking the fact that he was a painter and needed to drink copious quantities of beer in order to get the best out of his system. Maybe it would to a slight extent but a moderate amount of milk would be much more effective. Why not be honest with oneself and say "I realise that harder training over a longer period would bring better results but I'm just not prepared to devote so much time to the job" or, "I like beer and the company that goes with it?"

### Food for Thought.

Here are three questions for your earnest consideration:—"Is the 'peak' training method part and parcel of acceptance of season?" Are the actual excuses for disappointing performance in major objectives missed—peak and staleness—due to building up too rapidly within a restricted season?" "Is the 'peak' obtained by the usual up-and-down training one's absolute peak or are there altitudes of physical fitness obtainable by intensive training carried out over a larger period of time?" Here are some details of the racing performances of Zatopek and McKenley in 1948 to consider in conjunction with the above questions.

**Emil Zatopek:** Winter 1947-48 competed in International cross-country races and had runaway wins in the Britannia Shield, Moroccan and Tour de Spa races. Here are his performances at major meetings during the 1948 track season: May 9th, 5,000 metres, 14:29.6; 12th, 3,000

8:22.2; 16th 3,000, 8:18.0; 29th, 10,000 30:28.4; June 6th, 5,000, 14:20.0; 9th, 3,000, 8:14.4; 11th, 3,000 8:07.8; 17th, 10,000, 29:37.0; 22nd, 5,000, 14:10.0; 30th, 5,000, 14:21.0; July 30th, 10,000 (Olympics), 29:59.6; 31st, 5,000 (Olympics), 14:34.2; Aug. 2nd, 5,000 (Olympics), 14:17.8; 9th, 3,000, 8:35.2; 13th, 3,000, 8:18.0; 15th, 3,000, 8:16.0; 18th, 5,000, 14:21.4; 20th, 3,000, 8:16.2; Sept. 5th, 5,000, 14:28.4; 12th, 5,000, 14:21.2; 26th, 10,000, 30:03.6; Oct. 2nd, 10,000, 30:09.8; 3rd, 5,000, 14:30.2; 10th, 5,000, 14:22.2; 13th, 5,000, 14:16.8.

"**Hustling**" **Herb. McKenley.** During winter 1947-48 ran in Australia and, returning some fast times, was beaten in the Aussie championships. On returning to the States returned the fastest time of the season for 600 yards on a flat board track of 1:12.1. Starting in mid-May he clocked 46.2, 46.0, 46.4, 46.3, 46.2, 45.9, 46.2 secs. for 440 yards races and, for the last two times, 400 metres. Olympic 400 metres final time 46.4 secs. On the post-Olympic Continental tour McKenley clocked the following times on separate days between Aug. 25th and Sept. 5th—46.4, 46.1, 46.7, 46.9, 46.6, 46.1, 46.6 and also 300 metres in 30.4 (29.6 for 300 yards).

I should like you to note that Zatopek was apparently not worried that he was in such superlative condition during winter 1947-48 as to win International C.C. races by more than 2 minutes or that, on June, 17th, six weeks before the Olympics, he put up a 10,000 metres time only 1.6 secs. outside Heino's world record and 34.4 secs. inside Olympic record: also that during July, when the more orthodoxly-trained men would be intensifying their training and racing, Zatopek did not take part in an official meet though undoubtedly kept up his iron-man training. Similarly, McKenley was in world-beating form for 2½ months before the Olympics and on June 5th at Berkeley, California, put up a world 440 yards record of 46.0, and July 3rd, at Milwaukee, a world 400 metres record of 45.9 secs. Despite Arthur Wint's great win in the Olympic 400 metres—the most thrilling event of 'em all in my opinion—many good judges considered that McKenley threw the race away when he hit the 300 yards mark in

little over even time. His European tour performances over a period of only 12 days were the most remarkable in the history of athletics—no sign of a "single peak" or fear of staleness there! O.K., then. I'll just leave you to think over this little lot and will give my own views in a following article.

Running Commentary—Continued from page 7.

The medley relay has come in for some criticism of late partly because it has no Olympic counterpart, partly because it lays too much responsibility on the half-miler. In a way these criticisms may be justified but it can be such a thrilling event that I would be sorry to see it removed from the programme. So on with the motley—pardon—medley!

### Glasgow Police Capture American Team.

But don't be alarmed it is only for the duration of their athletic gala at Hampden in June. In addition Secy., Tom McKie, has issued invitations to such world famous stars as Fanny Blankers-Koen and Gaston Reiff. When you add the best of our home talent including Alan Paterson and Duncan Clark, etc., this should be quite a meeting.

### Empire Champion may Star at Meadowbank.

Some of the Scottish championship field events are to be transferred to the cosy Edinburgh Lighting and Cleansing Department meeting to be held at Meadowbank on June 17th. As the hammer event will be included, Edinburgh patrons can look forward to seeing in action, among others, such as Duncan Clark fresh from his great victory in the Empire Games. The stalwart Scot was in rampant form throughout the tour to the Antipodes giving rise to the hope that he has not yet reached his zenith and may win many more honours for Scotland and Britain.

### OH, THAT BROADCAST!

Our readers who heard the shameful broadcast "Women in Sport" in a featured programme on Good Friday which was introduced by Raymond Glendinning should join with us in protesting to the B.B.C. From an absurd introduction to the conclusion of what might have been an interesting discussion it was completely nauseating.

## PERSPIRATION

By ARTHUR F. H. NEWTON,

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

THE average athlete isn't concerned overmuch about perspiration: if it's a hot day he knows he's "for it" and just takes it all for granted. But it's just as well to understand what's going on and where it is wise to draw the line: you can take a temporary glance at the subject without wallowing in science.

To apply energy most economically your body must maintain a normal temperature. For countless centuries it has been learning how to manage this under constantly changing circumstances; consequently the process has been relegated entirely to the subconscious mind, and unless conditions get somewhat beyond the normal there's no particular call for reason to step in and supervise—the system has long since thoroughly learned the procedure and has become adept at it.

Whenever you take exercise you have to get rid of the heat generated thereby, because otherwise your temperature would rise till disaster overtook you. In cold weather most, if not all, of this extra heat is absorbed by the atmosphere almost as fast as it is produced, and unusual perspiration may not be apparent. Of course you are actually perspiring at all points all the time, but it is quite unnoticeable except in the case of the lungs which are always throwing off moisture—if you breathe on a pane of glass you can see this at once.

When the temperature is not so accommodating, and you have something rather heavy in the way of work, the extra heat cannot be dissipated so conveniently, and your physique then has to spend some of its stored up energy in running its private refrigerating plant, the outcome of which is perspiration. This deposit much of the burnt up refuse along with salt, dissolved in water, through the pores of your skin. At the same time an additional lot is being dispersed and disposed of by the quicker breathing you are compelled to indulge in. The same sort of action then takes place as goes on with a water-cooled motor engine, with the result that the

temperature is kept within reasonable bounds so long as you don't greatly exceed your safety margin. The better trained you are the wider this margin is, but even so we are all apt to overstep it at times and, when we do so, it is as well to know what precautions should be observed.

Then there are times when you perspire so heavily that you get quite wet. If you've carefully considered what I've said above you'll know that this ought to be avoided as far as possible: any extension to excessive limits is abnormal and therefore not too good for you under ordinary conditions. Even this won't harm you or your condition provided you avoid recurrent overdoses. Another point, too, has to be considered: when a surplus is piled on to an already decent output of work, a very great deal more energy is required to deal satisfactorily with it, far more than the actual surplus would imply. So when you sweat "to beat the band" a high percentage of your available energy is being sidetracked to your refrigerating plant which would otherwise have been available for the exercise you have in hand. This will explain why you wilt so quickly in unduly hot weather.

You can understand, then, that continual heavy doses of perspiration will weaken your system and, if persisted in, will result in your becoming stale: if you are not already in fairly decent trim the result may be even more serious. This should teach us that extra clothing to induce perspiration and thereby reduce weight is, in nearly every case, a mistaken practice. After all, staleness is only temporary exhaustion due to overwork and can be completely cured in a week or two by reasonable moderation.

The loss of salt through perspiration has another effect which does not seem to have been recognised until comparatively recently: among other things it is apt to lead to cramp in the muscles. Fortunately the remedy is very simple—add salt to your diet, or if you don't

care to do that put a small quantity into any cold drink you take while out for exercise (or immediately after). In hot weather you don't need hot drinks as they would only "add insult to injury" and besides, salt in tea is not nice. A reasonable dose would be as much as you could pile on a silver threepenny-bit stirred into a half pint of lemonade or whatever you happen to fancy. It won't spoil the drink in any way if you are really thirsty: it will actually seem to "make" it. Miners, footballers and others have adopted this with highly successful results. I might mention here that water, which is taken by so many runners on long jaunts, is almost useless as a thirst-quencher: any drink taken ought to have sugar in it because it is not only thirst that is weakening you but lack of energy: water doesn't supply any of the latter, but sugar does.

You can often eliminate severe muscular cramp by a slightly stronger solution of salt followed by reduced exercise of the kind that caused the trouble: on at least three occasions in recent years athletic records have been accomplished after attacks of cramp had been dealt with in this manner. But be careful not to overdo the salt or you may find you are treating yourself to an emetic.

One sure item emerges from all this: your absolutely best performance can only be managed when the weather is cool enough to prevent profuse perspiration: only then can you attain your personal optimum, though your training may enable you to beat others under any conditions. Take care, then, to see that your clothing for exercise is as light as you can make it: it's better and easier for you to be on the over-cool side than even a trifle on the over-warm.

## JACK and JIM

### A Story of Friendship Through Sport

By JOHN E. FARRELL,

(Scottish Cross-Country Champion, 1938, 1948)

AWAY back in the fall of 1932 Shettleston Harriers held a trial for the Midland Relay championship. A young newcomer won from a field of experienced runners by such a comfortable margin and in so fast a time that the club officials wondered. Some went down to get a check up on their watches, others suggested that he must have cut the trail. Both were wrong. The solution was that a new star had arrived—right out of the blue—in the person of J. C. Flockhart. This young athlete proved by winning the Scottish cross-country championship in his first season that he was a natural runner of championship class.

An International right away he was made co-favourite with Holden and other English stars—perhaps a little unfairly by virtue of his lack of experience. At any rate after a gallant fight and despite suffering a foot injury he finished 12th at Newport. Next year at Ayr he was up

with the leaders at the start, fell back after stitching badly but fought back gallantly to earn 6th place, an excellent position in all conscience but because of Flockhart's class and potential, regarded as merely moderate.

Next year Flockhart struggled into 13th place at Paris, where Holden made it a hat-trick of wins and it looked as if the Shettleston man was to be denied an International victory.

#### Flockhart Changes Tactics and Wins.

In 1937, Flockhart was very fit and running with tremendous confidence. How he won at Brussels is now athletic history. What is less well known was Jim's change of tactics. Normally an aggressive runner prone to forcing tactics Flockhart ran his greatest race with brilliant judgment and unaccustomed repose. True he lay handy not too far away from the leading group but he did not actually join with them and assume command till about 2 miles from home

when running with exhilarating abandon he made every post a winning one to finish a long sixty yards in front of dapper little Sicard of France.

#### Chapelle's Debut.

In this same Brussels race a dark, handsome and rather serious young man made his International debut for Belgium, and finished a creditable 11th. This was Jean Chapelle who was to form a rather remarkable friendship with rival Jim Flockhart as well as to write some heroic pages in athletic history.

#### Fireworks at Belfast.

International champion Jim Flockhart possibly suffering from the reaction of his great victory of the previous year did not set the heather on fire at Belfast and finished well down the park. On the contrary his pal Chapelle ran the race of his life to finish runner-up to the Cambridge star C. A. J. Emery. It will always be open to argument whether Chapelle might have won had he not set quite such a hectic pace in the early stages of the race. Certainly instead of Chapelle his name would more aptly have been gazelle—for he ran like one that day. His beautiful action was the subject of favourable comment from all around.

At Cardiff in 1939 both Chapelle and Flockhart ran well for their respective countries. The former finished a grand 6th, while the latter's 12th position was largely the result of a gallant last lap effort.

#### The Years that the Locusts Hath Eaten.

The war put a stop to International sport but Flockhart and Chapelle met often around Brussels, and in their fugitive meetings the near veterans talked of old times.

Their interest in the sport never flagged. Flockhart shone in major army team championships and Chapelle continued to set records, and on more than one occasion was publicly acclaimed as the "Athlete of the Year."

#### Resumption of Internationals.

Though now in the veteran stage both Flockhart and Chapelle still had the class to represent their countries but neither really set the heather on fire at Ayr.



Photo by H. W. Neale

#### THE FRIENDLY RIVALS. JIM FLOCKHART AND JEAN (JACK) CHAPELLE.

Flockhart's 15th and first Scot was fairly meritorious but Chapelle's 29th was (for him) mediocre.

#### The Peter Pans of Paris.

For these two "camarades" 1947 was a wonderful year. The Belgian star gave the great Raphael Pujazon heaps of trouble and finally finished a gallant and magnificent runner-up to the French wizard.

Flockhart selected only by vote of Committee ran one of his wonder races to finish 7th and 2nd Britisher home. The running of these two veterans ranks among the greatest cross-country exploits of all time.

#### Belgium's Day at Reading.

Jim Flockhart ran moderately at Reading but Chapelle with a grand 9th place helped his country to their first ever team victory.

Last year at Dublin was by no means a vintage one, for both runners finished well back at Baldoyle.

#### And Then There Was One.

Minoun and Theys were together  $\frac{1}{2}$  a mile to go. They jumped the last gate

Both had their choice and fragrant moments in the International arena. Both had their dark hours. But always in triumph and defeat they fought with courage typical of the lion sported on the Belgian and Scottish singlet.

#### Brussels Did Not Forget.

Both veterans were keen to run at Brussels this year. For Flockhart it was the scene of his memorable triumph, and an opportunity to set up a Scottish record of International appearances. For Chapelle it was the place where he had made his International debut.

Unfortunately it was not to be. But Jack and Jim were both there—mostly in the capacity of honoured guests. They had a place of honour at the Boitsfort Hippodrome. They were introduced together at the evening banquet for teams, guests and officials.

#### Among His Souvenirs.

After the banquet a charming incident took place. To mark his friendship with Jimmy Flockhart and their healthy rivalry throughout the years, "Jack" Chapelle presented him with a magnificent gold wristlet time-piece and stop watch. In accepting this handsome gift Jim was obviously too moved to say much but I know that this watch will be numbered among his most cherished souvenirs. English Internationalist Reg Gosney who witnessed this informal presentation, said "that it was one of the nicest things he had ever seen." Yes, the International at Brussels, 1950, was a memorable one for these worthies.

#### Straining at the Leash.

It was said of the famous race-horse, Prince Regent, that they were forced to bring him out of retirement because the old war-horse fretted so much for the race-course. Similarly at Boitsfort the two veterans were like greyhounds straining at the leash.

All being well both Chapelle and Flockhart hope to be present at Newport scene of next year's International event. It is improbable that they will be there as contestants—but I would not say it is an impossibility.

#### Maybe . . . . .

When I ventured to suggest to Flockhart that he might try again—he did not give a categorical denial, but there was a glint in his eye. Similarly Chapelle

shrugged his shoulders with a gesture that could mean anything.

Getting ready to drive to the air-port to see Jimmy and the boys off, Jack opened the back of his car and showed me his spikes. Adhering to them were mud and blades of grass. They were not the immaculate shoes of a runner who has hung them up irrevocably and for good. He pointed towards madame with a gesture which seemed to say, "Perhaps if madame permits."

Whether or not Jim and Jack run seriously again they have earned for themselves a niche in athletic history that cannot be erased.

But even more important their friendship symbolises the inherent friendliness and charm of the sport of cross-country. Yes, vive le sport, vive la camaraderie!

This interesting comment about our contributor and Maryhill Harrier, J. E. Farrell was a front page feature in the Belgian newspaper "Les Sports" on 25th March 1950:—

#### ONE LEFT FROM 1937.

One only of the runners who will line up on Saturday at the start of the cross-country International will have already taken part in the race last run in Belgium in 1937 at the Stockel race-course. That is the Scotsman Farrell. And since then the first year that he lined up in the International race John Farrell has taken part in every succeeding contest.

His placings in the International Championship is as follows:—

1937—23rd.	1946—25th.	1948—29th.
1938—8th.	1947—19th.	1949—56th.
1939—7th.		

## JUST OUT!

### A NEW BOOK RACES & TRAINING (ILLUSTRATED)

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ARTHUR F. H. NEWTON

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## SPORTS DIARY.

## April.

29. Aberdeen Univ. v. Glasgow Univ., Aberdeen.  
29. St. Andrew's Univ. v. Edinburgh Univ.,  
St. Andrew's.

## May.

3. Aberdeen Un. Freshmen's Meeting, Aberdeen.  
6. Edinburgh Univ. v. Aberdeen Univ.,  
Craiglockhart.  
6. Edinburgh Univ. "A" v. Boroughmuir  
F.P.A.C. v. Watsonian A.C., Myreside.  
6. Larkhall Sports Association, Ayr A.A.C. v.  
Shettleston .....Ayr.  
10. Glasgow Police A.A. (Confined), Scotstoun.  
11. Watsonian A.C. v. Edinburgh Harriers v.  
Edinburgh Southern Harriers.....Myreside.  
12. Edinburgh City Police A.C. (Confined).  
13. St. Modan's A.A.C.  
13. Edinburgh Univ. v. Glasgow Univ.,  
Westerlands.  
13. Aberdeen Univ. v. St. Andrew's Univ.,  
Aberdeen.  
13. Brechin Right-of-Way Races.  
18. Edinburgh Northern Harriers v. Edinburgh  
Univ. v. Penicuik Harriers.....Penicuik.  
20. Scottish Y.M.C.A. Championships, Glasgow.  
20. Edinburgh Univ. v. Victoria Park A.A.C.,  
Craiglockhart.  
20. Watsonian A.C. v. Stewart's F.P.A.C. v.  
Heriot's A.C.....Goldenacre.  
22. Durham Univ. v. Edinburgh Univ., Durham.  
24. Lanarkshire Constabulary (Confined),  
Shawfield.  
24. Dumbartonshire A.A.A. Championships,  
Scotstoun.  
25. Watsonian A.C. v. Edinburgh Southern H.,  
Myreside.  
27. Glasgow Highland Games.....Ibrox Park.  
27. Kirkcaldy Y.M.C.A. H. v. Watsonian A.C.,  
Kirkcaldy.  
27. Edinburgh University Championships,  
Craiglockhart.  
27. Edinburgh Battn. Boys' Brigade, ...  
27. Glasgow Univ. Championship, Westerlands.

## Advertisers Announcement

## The Best Food for Athletes

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

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

27. Aberdeen University Championships,  
Aberdeen.  
27/29. British Games ..... White City.  
30. Scottish Y.M.C.A. (Edinburgh and Lothians  
Area) .....Edinburgh.  
31. Aberdeen Univ. v. Trinity College, Dublin,  
Aberdeen.  
31. Cowan Trophy Contest.....Penicuik.  
June.  
3. Hatchesons' Grammar School.  
3. Lanarkshire Constabulary A.C.  
3. Singers A.A.C.....Clydebank.  
3. Babcock and Wilcox (Confined).....Renfrew.  
3. Musselburgh A.A.C. v. Watsonian A.C.,  
Myreside.  
3. George Heriot's School Games, Goldenacre.  
3. Scottish inter-Universities' Championships,  
Craiglockhart.  
3. Sea Cadet Corps, Sea Rangers, G.N.T.C.,  
Saughton.  
3. Edinburgh Milton W. and A.C.,  
New Meadowbank.  
5. Renfrewshire A.A.A. Championships,  
Renfrew.  
6./8. Edinburgh District Championships and  
"Sports Dispatch" Trophy Contest,  
10. Glasgow Police A.A.....Hampden Park.  
10. City of Bradford Police.....Bradford.  
10. Edinburgh Fed. Catholic Boys' Clubs,  
Saughton.  
10. Bathgate St. Mary's A.A.C.....Bathgate.  
10. Hearts Former Players' Club,  
New Meadowbank.  
12. Shotts Welfare A.A.C. (Evening).  
12. Edinburgh Univ. v. Dublin Univ.,  
Craiglockhart.  
13. Glasgow Inter-Club Championships, Helenvale.  
13. Edinburgh Northern Harriers v. Edinburgh  
Southern Harriers.....New Meadowbank.  
14. St. Machan's A.A.C.  
15. Heriot's A.C. v. Watsonian A.C. v. Border  
Select .....Hawick.  
17. Maryhill Harriers and Partick Thistle sup-  
porters' Club .....Firhill.  
17. Scottish Schools' A.A. Championships,  
Glasgow.  
17. Motherwell and Wishaw Burgh Police,  
Motherwell.  
17. Glasgow Academical Club.  
17. Rolls-Royce (Confined).  
17. Edinburgh Lighting and Cleansing Depart-  
ment Welfare Club.....New Meadowbank.  
17. Scottish Y.M.C.A. (Fife and Kinross Area),  
Kirkcaldy.  
17. Bruce Peebles' Social Club.....Warriston.  
20. Glasgow Eastern Cycling Club.....Helenvale.  
20. Heriot Trophy Contest.....New Meadowbank.  
23/24. S.A.A.A. CHAMPIONSHIPS,  
Hampden Park.  
24. Stewarton Bonnet Guild.....Stewarton.  
24. Scottish Y.M.C.A. (Angus Area), Arbroath.  
27. Glasgow Corporation Transport Rec. Club,  
Helenvale Park.  
27. Penicuik Harriers v. Edinburgh Southern  
Harriers .....Penicuik.  
27. Edinburgh Eastern Harriers v. Edinburgh  
Northern Harriers v. Watsonian A.C.,  
Myreside.  
30/1. A.A.A. Decathlon.

## July.

1. Ardcer Recreation Club.  
1. Dollar Academy Games.  
1. British Legion .....Murrayfield.  
1. H.M.S. "Caledonia" v. Watsonian A.C.,  
Rosyth.  
1. Hamilton Harriers.  
4. Lanarkshire A.A.A. Championships,  
Helenvale Park.  
8. Saxeone Welfare Club.....Kilmarnock.  
8. Motherwell Y.M.C.A. Harriers, Motherwell.  
8. North End Football Club.....Dundee.  
8. Purves Industries, Ltd.....Montrose.  
8. Scottish Junior Championships and Marathon  
Championship .....New Meadowbank.  
8. English v. Scottish Universities.  
11. Penicuik Harriers v. Watsonian A.C.,  
12. Broxburn Athletic F.C.....Broxburn.  
14/15. A.A.A. CHAMPIONSHIPS, White City.  
15. West Kilbride A.S.C.....Largs.  
15. Bute Shinty Club.....Rothesay.  
15. Edinburgh City Police A.C.,  
New Meadowbank.  
17. Dunoon Sports Gala (Maryhill Harriers).  
18. Penicuik Harriers v. Edinburgh Eastern  
Harriers v. Edinburgh Harriers, Penicuik.  
18. Heriot's A.C. v. Edinburgh Southern H.,  
Goldenacre.  
20. Press Charities .....Edinburgh.  
22. A.A.A. Marathon.....Reading.  
22. Ayr and British Legion.....Ayr.  
22. Aberdeen Corporation .....Aberdeen.  
22. Linlithgow Corporation .....Linlithgow.  
22. Tillicoultry and Hillfoots.....Tillicoultry.  
22. Edinburgh Waverley F.C., New Meadowbank.  
22. Helensburgh Highland Games.  
25. Boroughmuir F.P.A.C. v. Edinburgh South-  
ern Harriers .....Meggetland.  
29. Shettleston Harriers .....Kilmarnock.  
29. West Calder A.A. Meeting.....West Calder.  
29. A.A.A. JUNIOR CHAMPIONSHIPS,  
Port Sunlight.  
August.  
5. Rangers F.C.  
5. North British Rubber Co.....Saughton.  
7. Triangular.....White City.  
12. Carlisle Infirmary Sports.  
12. Broxburn Athletic F.C.....Broxburn.  
15. Penicuik Harriers v. Peebles A.C., Penicuik.  
19. Milngavie Highland Games.  
19. Bute Highland Games.....Rothesay.  
23/27. EUROPEAN CHAMPIONSHIPS,  
Brussels.  
25/26. Cowal Highland Games.....Dunoon.  
26. Perth-Dundee Road Race.  
September.  
2. Edinburgh Highland Games.....Murrayfield.  
9/10. FRANCE v. GREAT BRITAIN.....Paris.  
11. GOTHENBURG v. LONDON.

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