

GLASGOW CORPORATION TRANSPORT
RECREATION CLUB

OPEN SPORTS MEETING

(Under S.A.A.A. Laws and S.N.C.U. Rules)

HELENVALE PARK

PARKHEAD CROSS, GLASGOW

TUESDAY, 27TH JUNE, 1950

AT 6.30 P.M.

100 YARDS, 220 YARDS, 880 YARDS AND ONE MILE

FLAT RACE HANDICAPS (OPEN).

(PRIZE VALUES—140/-, 80/-, 40/-).

JUNIOR ONE LAP HANDICAP.

YOUTHS' 100 YARDS HANDICAP.

TWO MILES TEAM RACE.

HIGH JUMP (HANDICAP).

INVITATION EVENTS include—

120 AND 880 YARDS FLAT RACE HANDICAPS.

HALF MILE AND ONE MILE CYCLE RACE HANDICAPS.

SENIOR FIVE-A-SIDE FOOTBALL.

ENTRIES close SATURDAY, 17th JUNE, 1950, with Messrs.
LUMLEY'S LTD.; RUSSELL MORELAND LTD.; FRED
EVANS, Helenvale Park; or with JAMES S. LOWRIE,
General Secy., Glasgow Corporation Transport Recreation
Club, 46 Bath Street, Glasgow, C.2.

ADMISSION 1/-

STAND 1/6 Extra.

MAY, 1950

Vol. 5 No. 2

THE SCOTS ATHLETE

PRICE
6^D



Photo by H. W. Neale.

HARRISON DILLARD.

This photo recalls the great 220 yards handicap win by the Olympic champion at the Police Sports last year. In a last desperate finish he won running from scratch—a brilliant effort at the end of a long day's programme. D. Y. Clark (Garscube) on the outside was 2nd and ex-220 champion Geo. McDonald (Victoria Park) 3rd.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

PEAK TRAINING—OR OTHERWISE?

HARRISON DILLARD. MARJORIE JACKSON.

SPORTS DIARY & PUBLICITY.

WORLD GOSSIP.

GLASGOW POLICE SPORTS

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

SATURDAY, 10th JUNE, 1950, at 2.15 p.m.

IN HAMPDEN PARK, GLASGOW

(Kindly granted by Queen's Park, F.C.)

BRITAIN'S PREMIER OPEN MEETING

EVENTS—

100, 220, 880 Yards, 1 Mile, all open Handicaps. 100 Yards Junior Handicap, 100 and 880 Yards, and Relay Race, all confined to Police. School's Relay Race. 1,000 Yards Cinder Scottish Championship Cycle Race and 880 Yards Cycle Race Handicap.

SENIOR FIVE-A-SIDE FOOTBALL.

WORLD, OLYMPIC, EUROPEAN, AND BRITISH
CHAMPIONS IN INVITATION EVENTS.

MOST VALUABLE PRIZE LIST IN BRITAIN.

ENTRIES close on SATURDAY, 27th MAY, 1950, with LUMLEY'S LTD., 80 Sauchiehall Street; RUSSELL MORELAND & McARA, LTD., 233 Argyle Street; THE SPORTSMAN'S EMPORIUM, LTD., 103 St. Vincent Street, or with the Sports Secretary, T. D. McKIE, Marine Police Office, GLASGOW, W.1. NO LATE ENTRIES ACCEPTED.

ADMISSION: SOUTH STAND, 7/6, 6/- and 4/6.

All seats numbered and reserved.

Tickets on sale at above Agencies, any Police Office, or by post from the Treasurer, Sgt. T. GOURLEY, Camperdown Police Office, Glasgow, N.W.

SOUTH ENCLOSURE, 3/-; GROUND, 1/6;

CHILDREN, 1/-.

SCOTTISH AMATEUR ATHLETIC ASSOCIATION.

FIFTY-EIGHTH ANNUAL CHAMPIONSHIP MEETING

HAMPDEN PARK, GLASGOW

FRIDAY AND SATURDAY

23rd and 24th JUNE, 1950

(FRIDAY, 7 P.M. and SATURDAY, 2.30 P.M.)

FRIDAY PROGRAMME—ELIMINATING EVENTS—220 Yards, 440 Yards, 880 Yards, 1 Mile, Long Jump, High Jump, Hop, Step and Jump, Pole Vault, Throwing the Javelin, Throwing the Discus.

FINAL—Six Miles.

ENTRIES close definitely on SATURDAY, 10th JUNE, 1950, with Hon. General Secretary, JAMES GILBERT, 17 Pearce Avenue, Corstorphine, Edinburgh, 12; or Hon. E.D. Secretary, W. CARMICHAEL, 38 Royal Park Terrace, Edinburgh, 8; or Hon. W.D. Secretary, D. McL. WRIGHT, 17 Polwarth Gardens, Glasgow, W., from whom Entry Forms can be obtained.

ADMISSION:

FRIDAY, 23rd JUNE—STAND and ENCLOSURE, 1/6

SATURDAY, 24th JUNE—CENTRE STAND, Numbered & Reserved, 3/6
STANDS, 2/6 GROUND, 1/6

Tickets can be purchased and Seats booked at Messrs. LUMLEY'S LTD., Sauchiehall Street; SPORTSMAN'S EMPORIUM, LTD., St. Vincent Street; and RUSSELL MORELAND, Argyle Street, Glasgow.

BRITISH LEGION

OPEN NATIONAL
ATHLETIC MEETING
(UNDER THE AUSPICES OF THE S.A.A.A.)

MURRAYFIELD S.R.U. GROUND
SATURDAY, 1ST JULY, Commencing 2 p.m.
Full Programme of Track and Field Events
ENQUIRIES WELCOMED

BRITISH LEGION SCOTLAND
23 DRUMSHEUGH GARDENS, EDINBURGH

FIRHILL SPORTS GALA
(Under S.A.A.A. Laws)

Promoted by Partick Thistle F.C. Supporters Club (Maryhill Branch) and Maryhill Harriers.

AT FIRHILL PARK
(By kind permission of Partick Thistle F.C.).

ON SATURDAY, 17th JUNE, 1950
At 2.15 p.m.

OPEN EVENTS.—100 Yards, 220 Yards, 880 Yards, 1 Mile, High Jump, Javelin, 100 Yards (Juniors).

DRYMEN—FIRHILL (15 miles) Road Race.

INVITATION.—100 Yards (short limit) for Reid Bowl.
1 Mile Relay.

ENTRIES close First Post, SATURDAY, 10th JUNE, 1950, with Messrs. LUMLEYS LTD., or RUSSELL MORELAND, or Hon. Secretary, F. GRAHAM, 52 Laidlaw Street, Glasgow, C.5.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J ROSS

EDITORIAL OFFICES—69 ST. VINCENT STREET, GLASGOW, C.2

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MAY, 1950.—Vol. 5, No. 2.

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JOHN EMMET
FARRELL'S



WITH the Scottish Senior Championships due on the 23rd and 24th June and the A.A.A. Championships a few weeks later the track and field men are busy tuning up. The leading men taking advantage of club races, inter-club, scratch relays and open handicaps as a means to bringing on their top racing condition and studying the lay of the land—all part and parcel of the enjoyment and thrill of the game.

Among the earliest fit are the athletes from the Universities precisely because their Championships and many of their important fixtures are early.

The Oxford and Cambridge athletes from England are fit even earlier because their time-honoured contest takes place in March where even when the weather is inclement the standard is usually superbly high.

The Universities have always been prominent and a mainstay in the athletic

world and have provided many brilliant and colourful personalities.

At random we might take such names as Eric Liddell, F. P. Reid, Robin Murdoch, H. C. Maingay, W. L. Hunter, Pat Ogilvie, J. C. Stothard, J. A. M. Robertson, and Morris Carstairs as examples of what is meant.

Outstanding among these was of course Olympic winner Eric Liddell whose determined running, devastating finishing powers and unorthodox head-back style were among his characteristics. F. P. Reid had a smooth impeccable style while Robin Murdoch revealed strength and virility in his sprinting, especially in the furlong. It was thrilling to see Robin come round that bend head slightly down to tear down that last straight towards the tape.

Or to see slender H. C. Maingay of Edinburgh University stride gracefully round in his best half-mile efforts,

The Versatility of W. L. Hunter

Going further back in time we have the example of W. L. Hunter who was twice a triple champion winning as far apart as 1914 and 1920, the 120 yds. hurdles, the long and high jumps. His best performances were 15 2/5ths for 120 yds. hurdles, (with following wind) 23 ft. 2 1/2 ins. for the long jump and 5 ft. 9 1/2 ins. for the high, a demonstration of class as well as versatility.

His son also W. L. Hunter carries on in father's footsteps at Edinburgh University and although only of average height has cleared 6 ft. several times in the high jump revealing at the same time a most neat and attractive style.

Stocky and of impressive physique Pat Ogilvie was a colourful exponent of that majestic event the pole-vault. He had the piquant touch of the gymnast and was a real crowd pleaser.

If ever an athlete revealed class it was the Cambridge and Edinburgh star, J. C. Stothard. Although he just did not quite strike it in the proximity of the Games he looked the type of which Olympic champions are made. Nevertheless he won both Scottish and A.A.A. half mile championships. A veritable Adonis of the track in both appearance and style his beautiful striding and devastating finishing powers were most impressive.

He tried the mile on occasion with mixed results but it was in the 880 to 1,000 yds. that he was at his electrifying best.

Surely one of the gamest runners ever on the Scottish track was J. A. M. Robertson who had apprenticed with the Victoria Park Club. He returned excellent times from 100 yds. to 1 mile and I believe some of his Glasgow Varsity records still stand. A grand sprinter, after the type of A. G. K. Brown of Olympic fame he was perhaps best at the testing 440 yds. or 880 yds. where his superb fighting powers often took him to the tape first.

Finally in Morris Carstairs, Edinburgh Varsity had the relentless pacer who did not require or depend on his finishing powers to win his races. In many respects he reminds one of Andrew Forbes in that he could run a grand half and mile although 2 and 3 miles were his

forte. He was not so stylish a runner as Forbes though his relentless short-striding technique was rhythmic and fluent.

A Great Tradition to Uphold

There were others—but these suffice to demonstrate, the great tradition of University Athletics in Scotland as elsewhere.

Perhaps the moderns have not yet attained the distinction of their predecessors but Glasgow Varsity have grand athletes in S. O. Williams, Robin Ward, Robin Boyd and D. Gracie—Scottish champions all while in W. McNeish they have a performer of versatility, a grand sheet anchor in inter-club events. Edinburgh has grand lads in W. H. D. Mercer, R. F. Wilby, Tom Braid and H. I. Duguid. A. S. Laing of St. Andrews has shown early form with over 47 ft. in his speciality the hop, step and jump and Aberdeen University have a more than useful quarter miler in J. A. Russell.

Amazing Jack Winfield—Bridge between Past and Present

Away back in the early 1930's Jack Winfield of Derby and County was quite a runner. Among the high-lights of his career was his victory by 6 yds. over the redoubtable Ernest Harper in the A.A.A. 10 miles championship in 1930, his 2nd in the English cross-country championship of 1931 and his 2nd in the International of the same year to the Irishman Smythe.

That he had speed as well as staying power was proved by his defeat of the great Cyril Ellis in a 1,000 yds. race off scratch.

Amazing Duel with the great "R. R."

In the triangular contest at Hampden Park in 1930, there was a great galaxy of talent on view. Among these was Olympic champion Lord Burghley who won a grand hurdle race for England in 15 secs. dead. Half-miler Tommy Hampson, who later in 1932 was to win for Britain the 800 metres Olympic crown in world and Olympic record time. Cyril Ellis won the mile from Tom Riddell and Walter Calderwood.

While burly Pat O'Callaghan supreme among hammer throwers showed exceptional versatility by tying in the high jump at 6 ft. 2 ins. an amazing exhibition of agility for one of his gigantic build

But even these grand personalities and performances were shaded by the electrifying duel in the 4 miles event where even the great Tom Evenson could not live with Jack Winfield and R. R. Sutherland.

That grand figure in Scottish athletics of many years standing, Condie Chalmers of Garscube, "R. R.'s" greatest friend and admirer still talks with enthusiasm and bated breath of that race that gave Scotland her only victory of the day.

As they rounded the last bend of their epic race there was not an inch of daylight between the men and it was only by matching the speed of a gazelle and pulling out his famous finish that Sutherland got away in the last few strides to snatch the victory in the grand time of 20 mins. 2 3/5th seconds.

Jack Winfield—Still a Power

In August 1932, Jack Winfield retired from active competition. In season 1947-48 after all these years he recaptured some of his former enthusiasm and made a few fugitive appearances in competitions with only moderate success.

But in 1949 he demonstrated what an amazingly fit veteran he was by finishing 15th in the National cross-country championship. Now 42 he is reputed to have been bitten by the marathon bug and some critics aware of his native speed and conscientious method of training give him more than an outside chance of making the grade for Helsinki in 1952.

Records Go In

Manchester—Blackpool Relay

Aided largely by a magnificent record-breaking run by Freddy Green in the second last lap Birchfield retained their grip on the Manchester-Blackpool relay after a great duel with Sutton Harriers. Birchfield with 4 hrs. 50 mins. 48 secs. and Sutton with 4 hrs. 53 mins. 10 secs. were both inside the previous record of 4 hrs. 53 mins. 25 secs. set up last year.

The former have now won this race for the 10th successive time losing only the first race of the series in 1932 to Salford when the Stagbeaters were runner's up. Truly a remarkable record.

Some School-Boys!

The London Athletic Clubs' Schools championship maintained their usual exceptional standard, tremendous enthusiasm and mammoth entry. Splendid performances were put up by the young

Scot Ian Ritchie with a 10.2 hundred, by N. Dangerfield with a 51.6 secs. quarter, by M. W. Pearson-Rogers with a 2 mins. 1.7 secs. half, while E. H. Costenbader long-jumped 20 ft. 8 1/2 ins., J. Lyons pole-vaulted 10 ft. 9 ins. and in the 120 yards hurdles D. R. Byron had a photo-finish verdict over R. D. Shaw in the very fast time of 15.8 secs.

Perhaps the most impressive display of all, however, was that of Desmond Williamson in the mile. Brother of the well-known lady athlete Audrey Williamson and coached by the great A. G. K. Brown, the Cheltenham schoolboy strode round beautifully to lap in 64, 67.4, 67.4 and 66.8, giving an aggregate of 4 mins. 25.6 secs. or just .4 secs. outside the record. Quite unpushed his was an almost unpeccable exhibition of even pacing.

Carefully nursed and with enthusiasm retained several of these lads look the stuff of which future British and Olympic champions are made.

Organisers Worthy of Greatest Praise.

To promote a contest of such mammoth proportions is a feat of the greatest magnitude requiring organising powers and enthusiasm of the first water. These back-room boys are to be congratulated on a grand job well done. For it is in the fostering and encouraging of these youths that the future of the sport lies. They may develop A.A.A. champions of the future. Certainly in encouraging a love of good clean sport they are performing a noteworthy act of citizenship.

Scotland Too.

North of the border the Schools are also doing a grand job for the sport and with Dr. W. McFarlane, a most efficient secretary, the Scottish Schools' Association have been promoting well-organised and colourful championships of recent years. Senior athletics will reap the harvest of this excellent seed sown in the Schools.

Scots Games Medallists—

A Mixed Grill.

Now that the Empire Games have come and gone what are the prospects of gold medallist Duncan Clark and silver medallists Alan Paterson and Andrew Forbes. Since returning from New Zealand Clark continues to show impressive form and looks set for a good season.

To Meet Olympic Champion in Dublin.

Olympic champion Imre Nemeth of Hungary is likely to compete in the A.A.U. of Ireland championships at College Park, Dublin on June 16th and also at the R.U.C. meeting in Belfast. Duncan Clark is also likely to compete at Dublin and Belfast and thus will have an opportunity of testing his prowess against the Olympic champion as well as studying his splendid technique. The Belfast Policeman holds the Scottish National record at 168 ft. 9½ ins. and the British National record at 178 ft. 1½ ins., but his best ever throw of 181 ft. 3½ ins. was achieved during his recent tour of the Antipodes. Nemeth won the Olympic title with 183 ft. 11½ ins., but his world record is 193 ft. 7½ ins. A slim, wiry type almost unbelievably light for world class the Hungarian compensates with superb technical skill and timing.

Alan May Reach Form Late.

Alan Paterson, owing to the exigencies of exams., has been doing little training but this may prove a blessing in disguise. This enforced easy period may help him to get over the reaction of the Empire Games. Thus he may reach form late in the season when it is most required

LANARK LANIMER DAY SPORTS

(Under S.A.A.A. Rules)

AT LANARK RACECOURSE
THURSDAY, 8th JUNE, 1950,
at 3.30 p.m.

EVENTS :

100 Yards, 220 Yards, Glasgow Lanimer Cup (880 Yards), One Mile Handicaps, Edinburgh Lanimer Cup (440 Yards) Youths' Handicap, One Mile Relay Race (Invitation).

ENTRIES close on WEDNESDAY,
31st MAY, 1950.

Nos. 240 and 242 buses leave Waterloo St., Glasgow, every 15 mins.
Regular Train Service from Glasgow.

for the European Games in August. As Alan usually does well at Rangers Sports during the same month this might be a good omen.

But Andrew Forbes Doubtful!

Unfortunately the news concerning Andrew Forbes is not so good. Since returning from New Zealand the V.P. man has had Achilles trouble, possibly a reaction to his New Zealand trip and recent gruelling cross-country races. At the moment I should say he is least a doubtful starter in the Scottish championships. We all wish the popular Victoria Park man a speedy recovery.

Championship Pointers.

Some of Scotland's athletes are running into grand form. Among those who appear to be well in the running for championship honours, apart from the University stars, are half-milers J. S. Petty and Harry Dove, Walter Lennie in the mile and Tom Tracey over 3 miles. A clash between Petty and Dove, both running better than ever, could be a classic. The former has the devastating finish, but the army runner runs a pillar to post race right from the gun. Especially with Forbes a possible non-starter, Tracey will take some holding in the 3 miles in his present mood. The steeplechase could be the highlight of all with Ben Bickerton, Jim Stuart, holder and ex-holder, with G. Adamson, another fighter, all tuning up.

McDonald Bailey Again Cheated of Record.

Running in the London Highland Games McDonald Bailey ran a superb 220 in 21.1 secs. beating W. R. Applegarth's all-comers' record set up in 1914 by 1/10th of a second. As there were only two timekeepers instead of the necessary

[Continued on next page.]

The S.A.A.A. Junior, Senior Relay and Marathon (Falkirk-Edinburgh) Championships will be held at New Meadowbank, Edinburgh on 8th July. Entries close Saturday, 24th June. Hon. Junior Champs. Secretary, W. Carmichael, 38 Royal Park Terrace, Edinburgh, 8.

We regret to record the death of the ex Scottish 10 mile champion and Internationalist John Cuthbert on 10th May, 1950. A full tribute will be published in our June issue.

JUST OUT!

A NEW BOOK RACES & TRAINING

(ILLUSTRATED)

By

ARTHUR F. H. NEWTON

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CITY AND ROYAL BURGH OF EDINBURGH
LIGHTING AND CLEANSING DEPT. WELFARE
ATHLETIC CLUB.

FIFTH ANNUAL ATHLETIC AND FOOTBALL GYMKHANA

(Under S.A.A.A. Laws)

NEW MEADOWBANK, EDINBURGH,
SATURDAY, 17th JUNE, 1950, at 2 p.m.

OPEN EVENTS—100, 200, 880, Mile, 3,000 Metres (Team and Individual) ; Medley Relay, High Jump.

SCOTTISH CHAMPIONSHIPS—Putt and Wire Hammer, Tug of War (both weights), 440 Yards Cycle.

SENIOR FIVES. :: HORSE SHOW.

Entry Forms from W. CARMICHAEL, 38 Royal Park Ter., Edinburgh.

ONE OF SCOTLAND'S LEADING MEETINGS
£250 IN PRIZES.

HARRISON DILLARD

World Ace Hurdler and Sprinter

HARRISON DILLARD makes his 3rd appearance in Glasgow at the Police Sports and there could be no more welcome visitor—well apart from "The Flying Dutchwoman," the gracious Fanny Blankers-Koen, who will also compete. Harrison is one of the greatest ever track stars, being Olympic 100 metres champion and world-record hurdler.

The story of his style, technique and story-book career culminating in his "Cinderella" win in the Olympics by contributor J. E. Farrell appeared in our columns of July, 1949.

His career and records are second-to-none in the history of track athletics. Just think of it, in top class American athletics he had 82 consecutive wins and this amazing success run only ended for the then 24 years-old speedster at the American Championships at Milwaukee on July 3rd, 1948, because of attempting almost the impossible of 4 all-out efforts all within 67 minutes, including the 100 metres flat and the 110 high hurdles finals.

His Olympic victory is well recalled by this excerpt from Corder Nelson's "Track and Field News" of May, 1948:

"Ever since the final Olympic trials at Evanston, people had been feeling sorry for Harrison Dillard. He was the greatest hurdler in the world, they said, but a bad break had kept him off the hurdle team, and he really was not a sprinter to be classed with Patton, La Beach and Ewell.

But ever since his hurdle career had ended so disastrously, with his hands pushing over the seventh hurdle at Evanston, he had kept a tight little smile on his face, and his only comment to his sympathizers was: "I can run some, too."

And he did run, as the results of the heats showed him fastest up in 10.4 secs, and in the final, before 84,000 spectators, Dillard drawing the lane nearest the stand was off fast and leading at 30 metres.

He flashed down the red brick track, and was never headed, although Ewell closed with a rush and jumped for joy thinking he had won. He clasped his hands boxers style, and flashed his teeth.

But when the official announcement gave the race to Dillard, Ewell said, "Aw nuts." I thought I had it." Dillard patted him sympathetically on the back.

"I won something anyway," said Dillard whose comeback in a substitute event was hailed as the Cinderella story of the year. "This compensated me for not getting on the 110 Metres Hurdles team."

Dillard's Baldwin-Wallace coach, Eddie Finnigan was probably the happiest man in the world when Dillard won. He vaulted the rail and raced to Dillard who lifted him off the ground, while tears ran down Finnigan's cheeks. Then, Finnigan, overcome with emotion, retired to his hotel room, where he left this note for Jack Clouser of the Cleveland Press.

"This was the day we waited for so long. To think it came not in the hurdles but in the event we all thought Dillard couldn't win. Fate is strange and wonderful. I'm going out to find a church somewhere. My heart is bursting."

Subsequent post Olympic wins over his challengers proved his "Blue Riband" victory was no fluke. But his regard for hurdling did not wane and he states:—

"There are too many good sprinters. You get two good dash men for every good hurdler. I've always hurdled and liked it because it involves art and technique which you don't find in the dashes."

Through the courtesy of the Police A.A. and Secretary Tom McKie who have made this return visit possible the Scottish sports public will show their appreciation of this colourful athlete. And won't he deserve it!



An excellent study of HARRISON DILLARD by our photographer, H. W. Neale, taken immediately following his creating a new Scottish All-Comers 120 Yards Hurdles record of 14.5 secs, at Glasgow Police Sports last year.

MARJORIE JACKSON

World-Record Sprinter and Empire Champion

PICTURED here is Marjorie Jackson, 18-year-old Australian lass, who has the distinction of being the fastest woman sprinter in the world today.

She now shares some of the glory that surrounds wonder woman athlete, Mrs. Fanny Blankers-Koen and at present is in the U.S.A. to compete in some of the major meets there.

Rather shy, and completely unaffected by the glory which surrounds her, Miss Jackson recently established a new world 100 yds. record of 10.7 secs. (at Newcastle, N.S.W.); while she has also thrice equalled Fanny Blankers-Koen's old mark of 10.8 secs., as well as Stella Walsh's 220 yds. figures of 24.3 secs.—not a bad record for one season by a girl of such tender years.

Marjorie really swept her way to world fame at Auckland recently, when she won the Empire Games sprint "double" in world record-equalling times, and ran in two winning relay teams which set up new Games record. In all, she competed in ten events in three days.

Miss Jackson, who earns her living as a typist in the old N.S.W. mining town of Lithgow (98 miles from Sydney), began to concentrate on athletics less than four years ago, because "I found I had more natural ability for running than for any other sport."

Born at Coffs Harbour on September 13th, 1931, Miss Jackson went to Lithgow as a child, and was educated there. She ran for her school on a number of occasions,

but without distinction. Later she went to Sydney with the Lithgow womens team for the N.S.W. junior championships, and won the 70 and 100 yds. sprints in meet record times. Thereafter her progress was rapid, culminating in a double defeat of Fanny Blankers-Koen during the latter's tour of Australia early in 1949, when Marjorie first broke 11 secs. for 100 yds., and set up an Australian 100 metres record of 11.8 secs.

Now 5 ft. 7 in. tall, and weighing 9 st., Marjorie is a slim, trim lass with blue-grey eyes, an olive complexion and a rather winsome smile. She has the typical feminine hobbies of knitting and fancy-work, and for relaxation likes old-time dancing, dramatic films and romantic novels. She is also a good cook, and likes "all kinds of nice clothes."

As a relief from running, Miss Jackson swims in summer; plays basketball in the winter months. Not exactly a polished runner (she badly needs expert coaching) she is inclined to be unbalanced; the tip-off to this being the nodding back and forth of her head in action. Nevertheless, there is no denying her phenomenal speed and enormous potential.

Marjorie's immediate ambition is to represent Australia in the 1952 Olympic Games at Helsinki, and "to win the 100 and 200 metres if I am in good enough form."

There's a good chance she'll do that, too.

JOE H. GALLI.



PEAK TRAINING-OR OTHERWISE?

By BILL CLARK.

IN my last article we posed the question "Is the peak training method part and parcel of acceptance of a season?" Problems can often be made simpler by going back to beginnings which, in this case, leads us to the further question "Were the athletic seasons decided on as the periods of time necessary for men to train up to their best and then maintain it over the period of top-competition?" Few will disagree that the track season, for example, evolved as those months of the year in which there is a fair chance of the weather being suitable for cash customers to watch the sport. In other words, the athlete has to fit in his preparation within these arbitrary time limits which may not be altogether adequate to ensure super fitness in all branches of athletics.

It's not so many years since the track and field athlete was wont rather to look down his nose at the winter participants: he just couldn't understand why they should chose to run often in foul weather, in out-of-the-way places and with improvised dressing and washing facilities. Most of the track men would have been horrified had it been suggested that a spot of similar work would help maintain condition for when track came round again. More recently, however, it has been forced upon us that seasonal training is not sufficient and that some out-of-season activity must be included to get results reasonably up to modern standards. The track man is, therefore, usually recommended to take part in easy cross-country work, play games in which injury risk is slight such as badminton or basketball or perform routine exercises.

An Australian Opinion

The point now arises—do our track and field men put in sufficient work out of season? Here I would quote J. H. Galli commenting 'down-under' after the Olympics:—"Most burning conviction with which our fellows returned home was that, despite the advanced science of athletics, the old rule still applies that success is 1 per cent inspiration and 99 per cent perspiration. And Australians,

so far as solid training is concerned, hadn't learned to perspire enough!

In brief, our fellows realised they had been 'sold a pup' in the old-maidenish notion that burning out or staleness will result from continuous training.... Most overseas champions stick to the task the whole year round.... Their athletes are at physical peak at the season's start. All they require is competition to give of their absolute best."

The Swedish Method.

Readers will have read about the Fartlek method of training and of its planned winter preparation which delivers the athlete to the track start of the season in really tip-top condition.

The American Picture

During the winter most of the top-ranking Americans tackle a heavy programme of indoor competition on board tracks. Does this winter racing have any detrimental effect on their summer form? Such evidence as there is indicates one reason why America stands head and shoulders above the rest of the world in athletics.

Here's an idea of what the American top-stars have been up to this winter. Fred Wilt: leading American exponent of Fartlek, has been going great guns on the 12 laps to the mile board tracks with best times of 4:09.3 for the mile, 8:55.2 for 2 miles and 13:59 for 3 miles. In his first major outdoor appearance, at Atlantic City on April 29th, he returned the fastest ever time by an American of 4:05.5. Will Wilt have burnt himself out by the time the A.A.U. championships and International meets come along in July and August?—we'll wait and see. Curtis Stone: likewise has been very active indoors with times of 8:55.1 for 2 miles and 13:57.2 for 3 miles. Has he ruined his chances of being at his best this summer? Heino seems to think Stone will be better than ever and forecasts he'll be the next man to beat 30 minutes for 10,000 metres. Viljo Akseli Heino: has also been competing in the States. At San Paulo, Brazil, he ran in an around-the-houses race, starting at midnight on New



FRED WILT.
(U.S.A.)

Photo by
H. W. Neale.

year's Eve, and won from Curtis Stone and a field of no fewer than 1,700. In indoor races he has been consistently beaten by Stone, Wilt and Barry but, nevertheless, returned 9:06.5 for 2 miles and 14:09.3 for 3 miles though running well below his best distance nowadays. Heino has now returned to Finland to compete in the National cross-country championships—they have to await the clearing of the snows—and will then carry on with preparations for the European championships. There's little doubt that Heino, though now 36 years old, will be around world record time for 10,000 metres track this summer.

One could go on quoting top-class Americans—sprinter Andy Stanfield, milers Don Gehrmann and John Joe Barry, Hurdler Harrison Dillard, high jumper John Vislocky, pole-vaulter 'Parson' Bob Richards, shot putter Jim Fuchs and others—who have been producing 'hot' performances during the winter. Are they concerned about their prospects for the summer season? To quote from a popular Ink-Spots song-hit—"Are we worried?..... You can bet your life they ain't."

A Typical British Attitude

An English writer on athletics has recently been expressing concern that the out-of-season competition of our lads in New Zealand may have ruined their chances for the European championships. He feels that two peaks in one year may

not be possible. There is that danger since those with peak mentalities will probably advise our men to lay off for a time after their Empire Games efforts and thus allow their 'silk' to be dissipated. Which will bring them 'back to Miss Hay again'—the old game of building up in a restricted time and either failing to reach top form or else going stale in trying to reach it too quickly. In which case the peak school of thought will come along and say "There you are, I told you it's not possible to achieve two peaks in the one year!"

My own opinion is that the opportunity for the winter racing in summer conditions in the land of the Silver Fern should have been hailed as a heaven-sent extension of European Games preparation, and our athletes should have been kept in full training afterwards (the operative word here is training). What is the conclusion from all this?—I'll leave it to you to decide.

Postscript: In my last article the beer-drinking painter was concerned to get the lead out of his system. The difference in the words "lead" and "best" is a fair commentary on the illegibility of my handwriting.

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.



**JOE
GALLI'S**

Australian Gossip

AUSTRALIAN track and field standards reached an all-time high during the 1949-50 summer campaign.

This improvement, which has gradually been asserting itself since the war, blossomed forth with startling suddenness early in the year, culminating with brilliant performances in the Empire Games and home meets immediately after.

In at least eleven events the overall improvement was little short of phenomenal. For example: There never has been a season in which we have had 16 sprinters breaking "evens" over 100 yds., 5 cracking 4:20 in the mile, 7 inside 14:50 for 3 miles, or 4 under 24 secs. over 220 yds. low hurdles.

And never before has any Australian distance runner broken 31½ mins. over the 6 miles route; yet now we have one of them hugging 31 mins., and two actually inside it!

The improvement trend was also notable in the quarter and half-mile runs, the 440 yds. hurdles, hop step and jump and the hammer throw, in which four men did better than 152 ft.—that's a record, too.

Such high standards, while they do not mean that our 1952 Olympic representatives are going to win everything about the place, certainly indicate that they will perform better than the men in any previous Olympiad.

In Brian Oliver, still only 20, who won the Empire hop step and jump, we have the world's best performer; and the man (on current form) who is most likely to win at Helsinki.

By that time Australia will probably have lost the services of Jack Winter, Olympic and Empiad high jump champion; while there is as yet no broad

jumper in sight to replace Theo Bruce, who snatched second place at Wembley.

However, there does appear to be a fair chance that Australians can make the finals in the 100 metres, 400 metres (don't forget Morris Curotta)! 1500 metres, 110 and 400 metres hurdles, as well as both relays. In the field events, Doug. Stuart, Sydney's schoolboy high jumper; Ian Reed, Empiad discus champion, and Oliver should all make the final round in their specialties.

Two of Australia's leading current performers, Peter Mullins (sixth in the 1948 Olympic decathlon) and Ian Reed will soon (like Curotta) be at school in America. Their loss will be felt here for the next four years, but undoubtedly they will improve out of sight, and so be more valuable contestants for the Olympics.

And John Treloar talks of going to England, both to further his engineering studies and to gain experience on cinder tracks.

If this trend keeps up, most of our track stars will be competing away from home during the best years of their athletic lives.

Here are the Australian seasons best performers:—

100 Yards.

9.5 J. Treloar; 9.6 D. Johnson.

220 Yards.

21.2 J. Treloar; 21.5 D. Johnson.

440 Yards.

47.6 E. Carr; 47.9 R. Price.

880 Yards.

1:53.2 D. White; 1:54 D. Macmillan

1 Mile.

4:14.8 J. Marks; 4:15.4 D. Macmillan

2 Miles.

9:26.6 G. Campbell; 9:34.6 K. Macdonald.

6 Miles.

30:34.7 J. Davey; 30:46.3 A. Merrett; 31:5 J. Pottage.

120 Yards Hurdles.

14.2 P. Gardner, R. Weinberg; 14.8 P. Mullins.

220 Yards Hurdles.

23.3 R. Weinberg; 23.7 K. Doubleday.

440 Yards Hurdles.

53.1 G. Goodacre; 53.9 G. Gedge.

High Jump.

6:6 J. Winter; 6:4 D. Stuart.

SPORTS DIARY.

May.

- 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 Battrn. Boys' Brigade, ...
- 27. Glasgow Univ. Championship, Westerlands.
- 27. A.A.A. 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. Hutchesons' Grammar School.
- 3. Lanarkshire Constabulary A.C.
- 3. Singers A.A.C.....Clydebank.
- 3. Babcock and Wilcox (Confined).....Renfrew.
- 3. Musselburgh A.A.C. v. Watsonian A.C., Myreside.
- 3. George Heriot's School Games, Goldenacre.
- 3. Scottish inter-Universities' Championships, Craiglockhart.
- 3. Sea Cadet Corps, Sea Rangers, G.N.T.C., Saughton.
- 3. Edinburgh Milton W. and A.C., New Meadowbank.
- 5. Renfrewshire A.A.A. Championships, Renfrew.
- 6/8. Edinburgh District Championships and "Sports Dispatch" Trophy Contest.
- 8. Lanark Lunimer Day.
- 10. Glasgow Police A.A.....Hampden Park.
- 10. City of Bradford Police.....Bradford.

- 10. Edinburgh Fed. Catholic Boys' Clubs, Saughton.
- 10. Bathgate St. Mary's A.A.C.....Bathgate.
- 10. Hearts Former Players' Club, New Meadowbank.
- 12. Shotts Welfare A.A.C. (Evening).
- 12. Edinburgh Univ. v. Dublin Univ., Craiglockhart.
- 13. Glasgow Inter-Club Championships, Helensvale.
- 13. Edinburgh Northern Harriers v. Edinburgh Southern Harriers.....New Meadowbank.
- 15. Heriot's A.C. v. Watsonian A.C. v. Border Select Hawick.
- 17. Maryhill Harriers and Partick Thistle supporters' Club Firhill.
- 17. Scottish Schools' A.A. Championships, Glasgow.
- 17. Motherwell and Wishaw Burgh Police.
- 17. Glasgow Academic Club.
- 17. Rolls-Royce (Confined).
- 17. Edinburgh Lighting and Cleansing Department Welfare Club.....New Meadowbank.
- 17. Scottish Y.M.C.A. (Fife and Kinross Area), Kirkcaldy.
- 17. Bruce Peebles' Social Club.....Warriston.
- 20. Glasgow Eastern Cycling Club.....Helensvale.
- 20. Heriot Trophy Contest.....New Meadowbank.
- 23/24. S.A.A.A. CHAMPIONSHIPS, Hampden Park.
- 24. Stewarton Bonnet Guild.....Stewarton.
- 24. Scottish Y.M.C.A. (Angus Area), Arbroath.
- 27. Glasgow Corporation Transport Rec. Club, Helensvale Park.
- 27. Penicuik Harriers v. Edinburgh Southern Harriers Penicuik.
- 27. Edinburgh Eastern Harriers v. Edinburgh Northern Harriers v. Watsonian A.C., Myreside.
- 30/1. A.A.A. Decathlon.

Broad Jump.

23:2½ A. Lethbridge, H. Jack; 23:2 G. Gedge.

Hop Step and Jump.

51:2½ B. Oliver; 50:4½ L. McKeand.

Pole Vault.

12:9 P. Denton; 12:1 T. Smith.

Discus Throw.

158:¾ I. Reed; 141:½ Z. Marian.

Javelin Throw.

200:1½ A. Hakelis (Latvian); 194:11½ L. McKeand.

Hammer Throw.

156:11½ K. Pardon; 155:9½ H. Barker

Shot Putt.

46:7½ P. Mullins; 44:2½ B. Manuel.

440 Yards Relay.

41.8 West Australian State Team; 42.2 Australian Empiad Team.

880 Yards Relay.

1:27.8 Sydney University; 1:28 Old Melburnians A.C.

1 Mile Relay.

3:17.8 Australian Empiad Team; 3:24.6 St. Stephens Harriers.

[Editor's Note.—Starting in the next issue we will publish monthly a list of "Best Scottish Performances." To compare them with the foregoing Australian "Bests" will make an interesting study.]

Our Post MARATHON NEWS

Dear Sir,

Enclosed herewith my annual subscription for the "Scots Athlete."

I would be pleased if you could inform me of dates; and name and addresses of secretaries of clubs holding road races in the coming months. We have a particular interest in road racing in our club—AIREDALE HARRIERS, amongst the senior members and we have taken part in every prominent marathon and long distance road race in England during the last few years—we feel that a trip to Scotland where road racing is equally as popular; would be an event to look forward to.

Perhaps you might print a few lines in your magazine asking if secretaries of clubs promoting road races would forward particulars to myself—as club captain of Airedale Harriers.

Yours faithfully,

T. E. WEATHERHEAD, Club Capt.,
21 Westbourne Road,
Manningham, Bradford.

FROM NIAGARA FALLS

Dear Sir,

Please find enclosed one dollar for which please send me the "Scots Athlete" for one year.

It was quite by chance I had a copy of your valuable magazine loaned me, and it is without a doubt the best coverage of Marathon running news I have ever read.

I am a long distance runner, have been for the past 25 years (not a champion but have a nice collection of trophies).

I am delighted to read about your great long distance men—I admire them. I had the good fortune to meet Mr. Bailey from Bournemouth, England when he was competing in the Boston Marathon in 1946.

The runners from the "Old Country" are real good sports and it was a pleasure to chat with him before the race. We had a good run that day!

Trusting to hear from you soon.

Sincerely in sport,

LEN LAWRENCE.

Niagara Falls, New York, U.S.A.

SOUTH AFRICAN CHAMPIONSHIPS.

Dear Mr. Ross,

Having been somewhat occupied, I have not written to you now for some considerable time, but I have been able to spare the time to thoroughly enjoy the monthly copies of "The Scots Athlete," which I have received regularly. I have passed spare copies to friends and hope thereby to create interest for our sport. I can think of no finer advert than your publication.

An interesting athletic season—somewhat disappointing in the International field—is just about over. This year's Championship Meeting, the usual climax, was held over the Easter Weekend, in Kimberley. Several South African records were broken despite the fact that the two-day gathering was marred by the heaviest rain that the Diamond City has experienced for half a century.

Although athletes from north of the Vaal took home no fewer than sixteen championship medals, the big find of the meeting is undoubtedly 24-year old Andre Myburgh, from the Western Province. This slender medical student, from Cape

Town, established a new 220 yard hurdles record of 23.7 seconds; erasing Claude Oberholzer's 24 seconds mark. In addition Myburgh was the big factor behind a new 120 yard hurdles record, by the 38 year old veteran, Tim Lavery, who ran the race of his career to hold the fast closing Myburgh in 14.2 seconds. Myburgh clocked 14.3 seconds to equal Lavery's old mark.

About Lavery? Like good wine, he improves with age and it is hoped that athletic competition will see a season or more of him. Athletics has no finer advert of fitness than this veteran campaigner.

Beating off strong challenges from the former South African junior champion, Danie Hugo, Andre Bester, from Pretoria, registered an excellent sprint double in 9.7 and 21.8 seconds respectively. This adds up to good going on a very heavy track.

Denis Price, the Empire long jump title holder, was surprisingly beaten into third place in the long jump event. Denis Hasenjager, the winner, managed 23 feet 3 ins. despite the rain-soaked runway.

George Lubbe whose Empire Games Chances were adversely affected by the long air trip and the fact that he is the world's worst air passenger, successfully defended his 440 hurdles laurels in 55.4 secs. Lubbe has shown that he needs more time to "get over" long air trips and South African Athletic Authorities may well consider boat bookings, for this athlete, to future international meets, as they did in the case of our marathon runner, Coleman.

In the absence of Sid Luyt, who was unable to make the Kimberley trip, the Marathon went to an apparent newcomer to distance running, Bill Keith. This 24 year-old completed the muddy 26 mile 385 yard course in the splendid time of 2 hours 41 mins. 21 secs. This is a particularly significant feat when it is recorded that this is only Keith's second Marathon effort.

The ladies were responsible for some wonderful effort. First and second home in the century Miss Daphne Robb and Miss E. Maskell equalled the worlds record.

ALBERT du PREEZ.

Port Elizabeth, South Africa.

SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



WEEKLY ATHLETIC NOTES BY

JOE BINKS

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AND

DOUGLAS WILSON

British Olympic Runner

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