

HELENSBURGH HIGHLAND GAMES

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

CAMIS-ESKAN PARK, HELENSBURGH.
SATURDAY, 22nd JULY, 1950, AT 2.30 P.M.

OPEN EVENTS INCLUDE—

	VALUE OF PRIZES		
	1st	2nd	3rd
100 Yards Flat Race Handicap - - -	£6	£4	£2
220 Yards Flat Race Handicap - - -	£5	£3	£2
880 Yards Flat Race Handicap - - -	£5	£3	£2
1 Mile Flat Race Handicap - - -	£5	£3	£2
880 Yards Flat Race Handicap (Youths) -	£4	£2	£1 10/-
Ladies' 100 Yards Flat Race Handicap -	£3	£2	£1 10/-
Ladies' 220 Yards Flat Race Handicap -	£3	£2	£1
14 Miles Road Race - - - (Scratch)	£5	£4	—
(H'cap.)	£5	£4	—
2 Miles Team Race (4 to run 3 to count)	1st Indiv. £5 ; 1st Team 3 at £4 ; 2nd Team 3 at £3.		
(Cameron Challenge Trophy for Winning Team).			

FIELD EVENTS INCLUDE—

Putting 16-lbs. Ball, Throwing 16-lbs. and 28-lbs. Hammers, Tossing the Caber, High Jump, Long Jump, Hop, Step and Jump Handicap, Pole Vault Handicap, and Tug-of-War (all Weights).

GRASS TRACK. COMPETITORS' GATE.

ENTRY FEE, 1/- each Event ; Tug-of-War, 8/- each Team.

Full Particulars and Entry Forms from—
Mr. J. KERR, 88 East Princes Street, Helensburgh.

ENTRIES CLOSE—11th JULY, 1950.

Route No. 134 S.M.T. Buses from Waterloo Street, Glasgow, to Field (Colgrain Bus Stop). Trains from Glasgow (Queen St.) and from West Highland Line Stations stop Craigendoran, five minutes' walk from Field.

JUNE, 1950

Vol. 5 No. 3

THE SCOTS ATHLETE

PRICE
6^d



RECORD BREAKERS Photo by P. S. Waldie.
Ashfield speedway ace KEITH GURTNER presenting a trophy to J. E. FARRELL (Maryhill H.) after he had broken his own Scottish native 1 hour record, running 11 miles 241 yards. (See story inside).

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
WOMEN'S CHAMPIONSHIPS.
MORE CHAMPIONS ARE "MADE" THAN "BORN."
JOHN CUTHBERT—A Tribute.
SPORTS DIARY & PUBLICITY. WORLD GOSSIP.

SCOTTISH
AMATEUR ATHLETIC ASSOCIATION

Junior and Youths' Championships
Senior Relay Championships
Women's Relay Championship
Marathon Championship

AT NEW MEADOWBANK PARK
(London Road, Edinburgh)

ON SATURDAY, 8th JULY, 1950
at 2.15 p.m.

JUNIOR CHAMPIONSHIPS—

100 Yards, 220 Yards, 440 Yards, 880 Yards, One Mile,
120 Yards Hurdles, High Jump, Long Jump, Putting the
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YOUTHS' CHAMPIONSHIPS—100 Yards, 880 Yards.

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WEST KILBRIDE AMATEUR SPORTS CLUB

SPORTS

(UNDER S.A.A.A. LAWS)

AT BARRFIELDS, LARGS
ON SATURDAY, 15th JULY, 1950
at 2.15 p.m.

OPEN EVENTS:—

100 Yards Youths' Handicap; 100 Yards Ladies' Handicap; 100, 220,
880 Yards, One Mile Open Handicaps, Shot Putt, Discus, and 13 Miles
Road Race.

Special Invitation Events. Senior Five-A-Side Football.

ENTRIES CLOSE, SATURDAY, 8th JULY, 1950.

Entries must include stamped addressed envelope for competitor's ticket to—
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RUSSELL MORELAND, 231 Argyle Street, Glasgow.

WEST CALDER AMATEUR ATHLETIC
SPORTS ASSOCIATION

SPORTS MEETING

(UNDER S.A.A.A. & S.W.A.A.A. Laws)

AT BURNGRANGE PARK, WEST CALDER
ON SATURDAY, 29th JULY, 1950
at 2.40 p.m. prompt,

OPEN EVENTS:—

15 Miles Road Race, Individual and Team (Edinburgh to West Calder),
100, 220, 440 and 880 Yards, One Mile, Two Miles, High Jump, Discus,
Throwing the Javelin, Putting 16-lb. Ball, Throwing 56-lb. over the Bar,
Tossing the Caber, Invitation Medley Relay Race, Junior 880 Yards and
Junior Medley Relay Race.

LADIES' EVENTS:—

80 Yards, 100 Yards, 220 Yards and Invitation Medley Relay Race.

ENTRY FORMS can be had at the following Sports Emporiums:—Messrs.
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BRITISH  LEGION

OPEN NATIONAL
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(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

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

TEL.-CENTRAL 8443

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JOHN EMMET
FARRELL'S



TO say that "time is fleeting" is to say nothing novel. Nevertheless it does not seem long since the start of the Athletic season yet here we are right in the midst of the big events with the even bigger International events including the European Games in close proximity.

Have we here in Scotland any athletes who might create a stir in the A.A.A. championships in July?...Except for a positive landslide in form Duncan Clark and Alan Paterson are of course probable winners and almost certain contenders for Britain at Brussels.

We have a grand array of sprinters but perhaps Willie Jack is the only one of A.A.A. championship class at the moment.

In the 440 yds. D. Gracie of Larkhall Y.M.C.A. looks to have the potential and with fair luck even if he just does not manage a place should at least reach the final. J. S. Petty of St. Modan's and H. M. Dove (Milocarians) are in the same

category while Tom Begg's recent half in 1 min. 56 secs. was a real eye-opener. H. Hatrick's half in 1:57.2 is also noteworthy inasmuch as the University runner had never previously broken 2 mins.

The Record Breakers

Coloured stars S. O. Williams and W. Laing are both at the top of their form and must have excellent chances of bringing A.A.A. titles north.

As Empire athletes are evidently barred from competing in the European Games Britain will not as in the case of coloured flyer McDonald Bailey be able to call upon their services for Brussels.

At the recent Highland Games Williams long-jumped 24 ft. 2½ ins. while Laing hop-step and jumped 47 ft. 3½ ins. Later at Craiglockhart in the inter-varsity championships Williams cleared 24 ft. 1½ ins. and Laing 48 ft. 5½ ins. in his speciality. The possibility of wind factors have still to be taken into account but there is every likelihood that both men

may find their names in the Scottish all-comer's section of the record book.

Even better form was shown by Williams when he shook the athletic world with a tremendous leap of 25 ft. 2½ ins. at the Poly. inter-club meet on 17th June at Chiswick, which smashed the British National record (subject to ratification, of course) of T. Bruce, Australia, by 5½ ins. When it is recalled that the Australian established his record at the London Olympics when he was runner-up to Willie Steele (U.S.A.) (25 ft. 8 ins.) we can't think it too ambitious for "Tondy" to set his eye next on the world record.

On the same day in a Scottish Championship held in conjunction with the popular Edinburgh Lighting and Cleansing Welfare Dept. meeting, the holder, Duncan Clark lifted Scottish pride with a new Scottish record, 175 ft. 11 ins. hammer throw. He has shown a remarkable and at the same time improving standard over these last few years. At the same meeting Alan Paterson had his first outing of the season and reported quite pleased with a 6 ft. 2 ins. high jump from a rain-sodden take-off. Alan is bound to come on and so our leading lights seem well prepared to match the ability of all-comers.

New Age rule should step up Junior Performances

Now that the age limit of juniors has been extended to 19 years in line with England we may get even better performances from our Junior athletes on July 8th at Meadowbank.

The Scottish Junior championships are to my mind among the most interesting of the championship events; and I must confess that I am in a way sorry to miss this year's events as I hope to be engaged in the S.A.A.A. marathon on the same day.

There is a buoyancy and an effervescence about these youths which is highly captivating and compensative for any lack of judgement shown. Last year's championships at Ibrox were excellent but despite perfect weather the attendance was poor. I have a feeling that Meadowbank will show an improvement in this respect.

Great Juniors

Last year Norman Kane of "Q" A.C. and Willie Piper of Kilmarnock won their

S.A.A.A. events and went on to win their corresponding A.A.A. titles in which Kane high-jumped 5 ft. 10 ins. and Piper pole-vaulted 11 ft. winning a close contest on fewer failures.

Kane headed the list for juniors in Britain for 1949 with 6 ft. while Piper with 11 ft. ranked 2nd to G. Broad who managed an extra ¾ inch.

But Alan Best Ever

Alan Paterson who won the A.A.A. junr. title in 1946 with 6 ft. 2½ ins. easily ranks as the best ever high-jumper in the junior class. Alan while still a junior in 1947 cleared 6 ft. 6½ ins. what the yanks would call "something out of the bottle."

Alan Watt who recently announced his retiral from competitive athletics covered 100 yds. in 10 secs. in 1939 while under 19 years of age a feat which he shares with such great ex-juniors, as J. Archer (European sprint champion) J. M. Wilkinson and of course last year's N. Scott.

Brief Moment Of Fame

Though at the moment I am writing chiefly of Scot's Athletes it is difficult not to recall the astounding feat of R. Scott who while still a junior ran in the A.A.A. ½ mile championship of 1935 which he covered in the almost unbelievable time of 1:53.9 secs. A contemporary of Sydney Wooderson with whom he was compared as a great British prospect, young Scott faded right out of the picture while of course Sydney went on to achieve world renown.

Good Juniors—Good Seniors

Some people maintain that good juniors are precocious and seldom develop into good seniors. But it is easy to find exceptions to this argument. At random we can take such names as D. A. Stewart, J. McAslan, J. S. Hamilton, Cyril Hall and Willie Jack. There are others of course but these will suffice for the moment and don't let anyone say I omitted Alan Paterson himself. Even if Alan never did anything else he has achieved renown throughout the whole athletic world. D. A. Stewart recently showed us a fast 440 hurdles time in beating the reigning champion Robin Boyd while J. McAslan bids fair to fill the place in the high hurdles left empty through the temporary retirement of J. G. M. Hart who feels the need of a rest after his trip to New Zealand.

Jack to try the 440 later?

Jimmy Hamilton and Cyril Hall appear to be now finding their form in the senior class which their junior class seemed to indicate. While last but not least Willie Jack's great sprinting is not only making the critics sit up and take notice but also sprinting rivals and stars like Ward, Mercer, McDonald, Bruce and McLaughlin. Willie an ex-220 yds. junior champion is concentrating at the moment on the "hundred" but has natural stamina and it is said that the testing "quarter" may be his objective later. His efforts against international stars recently has impressed and winning the famous "Reid Bowl" invitation sprint off a ½ yard at Firhill took the eye.

Coming Down Instead Of Going Up

It is quite interesting to note that Jimmy Hamilton and Cyril Hall have been reducing their distances recently concentrating on the 440 instead of the 880 which is rather reversing the normal procedure where athletes usually step up their distances with the passage of time.

This of course may only be a passing phase or a training tactic in their athletic career, but in any case both have been doing fairly well at the shorter distance.

That—Elusive Pimpernel

"They seek him here, they seek him there, they seek him everywhere." Such was said of the elusive Pimpernel but much the same could be said of the other very elusive thing—form, usually the harder it is sought by the athlete the

more difficult it is to find. Anxiety leads to desperation, to trying too hard. Peak condition is as far off as ever and very often all the athlete achieves is staleness or even break-down.

At other times without trying too hard the athlete purrs into form with the ease of a rolls-royce and cruises into top-gear. Sometimes one almost imagines that these things go in cycles as an athlete might muse in contemplating his own career.

No matter what the deep-seated reasons may be a safe rule to apply is that training never should be straining rather should it be balanced, progressive and conscientious.

When an athlete reaches form he usually retains it for a considerable period. That is one reason why I expect old friend McDonald Bailey to show us yet further examples of the grand sprinting he has been showing recently.

What a different Mac. from that of Wembley year in 1948. A courageous runner striving manfully against a sea of misfortunes but mainly his deep-seated muscle trouble.

Now he has happily recovered his buoyancy, his effervescence and verve.

Surely Not "Guinea Pigs."

Aided by chief coach Dyson, Corp. Savidge and John Disley have recently put up magnificent performances in their respective specialities, the shot putt and the steeplechase.

With reference to Disley's performance one writer named him "Dyson's Guinea

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TED KYLE

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Pig." I feel that this phrase applied to their relation not only somewhat coarse but also untrue. Admittedly Disley must owe a lot to Dyson's coaching. But the relation between coach and athlete is a co-operative one, not the relation between guinea-pig and scientist. If it were so what would be the good of it all? Does not half the joy of achievement lie in the expression of oneself in a given medium? And even if the medium be a physical one like athletics it is the personality of the athlete which shapes and designs.

Harry Howard's Splendid Come-back.

A feature of distance races has been the splendid running of old favourite Harry Howard: who appeared to have seen his best days but seems to have found form again though he is running with much more repose and judgment than in his early days and is quite capable of upsetting the apple-cart in any distance race. Harry had his greatest come-back showing when he had a magnificent duel with Charlie Robertson in the stiff 15 miles Drymen-Firhill race. Entering the field together it was just in the last few strides that the Dundee ace managed to clear from a "Harry the Lion Heart."

Worthy of mention in the recent road race at the Highland Games was the quite unexpected form of A. Arbuckle of Monkland Harriers whose 3rd place only a little over a minute behind the winner was the surprise of the race.

I Know How Gordon Richards Feels.

It is common knowledge that world-famous jockey, Gordon Richards, has won everything worth winning in the racing world bar the Derby—the one race he wants to win. I do not of course compare by small efforts in the world of athletics with such an artist in his own sphere. But I have had the experience of winning races and championships of which I may say I was justly proud—bar the one race I have yearned to win—the marathon. The romantic associations of that arduous but glamorous race intrigue me. But the marathon has been to me what the Derby has been to Gordon Richards. How often have I flattered to deceive. Even when 3 years ago I did show my best ever form over the difficult Loughborough course and beat 2 hours 40 mins. I found 3 great runners in Jack Holden, Tom Richards and the late great Donald Robertson too good.

"Ifs" and "Buts"

I would be content to finish with a marathon win and so I hope to try once more. Though this long race is most unpredictable, I bracket together Charlie Robertson, Harry Howard and myself for this year's title, unless of course a dark horse like A. Arbuckle of Monkland's turns up. Holder Jack Paterson will make a gallant attempt to retain his title, but, with a strained leg and a good bit overweight, finds it hard to get fit after the New Zealand trip. Yes, I think it is anybody's race. I should have given Charlie Robertson slight preference to regain the title he won in 1948, particularly after his winning in the shorter Brechin and classy Stirling road races, but Charlie has yet to solve satisfactorily the problem of blistered feet. Harry Howard is running with an urge but has not yet covered the full 26 miles odd—in public. I feel I have run into a bit form but the distance has usually been a bogey to me, while of the three, Mr. Anno Domini is sitting rather more heavily on my shoulders.

A Korean Monopoly.

The recent famous Boston Marathon was noteworthy in that the first 3 places were filled by Koreans, Kee Yong Ham won in 2 hrs, 32 mins. 39 secs. Kil Yoon Song was 2nd in 2 hrs, 35 mins. 58 secs. with Yun Chil Choi 3rd in 2 hrs. 39 mins. 47 secs.

Started Marathon at 15.

The winner, now 19 years of age, ran his first marathon at 15. He set a really blistering pace in the race and was forced to drop to a walk on 5 occasions, yet he crossed the line a winner by 900 yards.

Even assuming that these Koreans mature early it appears that Mr. Ham has been thrown into the deep-end just a little too early despite his great Boston victory.

Echoes of 1948 and Wembley.

Last year's winner, Gösta Leandersson of Sweden, was an also ran on this occasion and there are reports that the much-fancied Swedish runner is not in the best of condition and must at the moment be considered a doubtful starter for the European marathon for which he was so strongly fancied by many knowledgeable critics. In the Boston marathon of 1948 the race was also won by a Korean, Yon Buk Suh, who defeated the great Finnish

runner, Hietanen, in fast time and was acclaimed as a world beater by among others no less than Kitei Son, Olympic record victor of 1936 who had trained him. However, the Koreans cut no ice at Wembley. Suh finished well back in 27th place, though it must be admitted that Choi, 3rd in this year's Boston classic, made a courageous attempt to win the Olympic crown actually being in the lead at 22 miles before being forced to retire a mile later.

London's Heavy Atmosphere.

What was the reason for the Korean fade-out at Wembley? The course was tough and there was a sultry moist heat. But the Koreans are used to hilly courses and vagaries of temperature. At times, however, the London atmosphere can be very enervating and stifling. Duncan Wright and other famous marathon runners have spoken of the thick heavy atmosphere that sometimes seems to hang like a cloud and make even breathing difficult.

Harrison Dillard's Record Beaten

One of the greatest world's records on the book, that of 13.6 secs. for 120 yards hurdles has been beaten by the American giant Dick Attlesley with an almost incredible time of 13.5 seconds. Attlesley standing 6 ft. 4 ins. measures up to the tall leggy type usually associated with world class timber toppers. Unfortunately Attlesley is prone to muscle trouble and it is doubtful if his legs will stand the strain of a long career.

At Budapest the wonderful Hungarian Hammer Thrower, Imre Nemeth on 19th May, 1950 set up a new world record of 196 ft. 5½ ins. Is it just a matter of time before he reaches those magic figures—200 ft.?

It looks as if the U.S.A. High Jumpers and our own Alan are going to be challenged for high jumps supremacy. Recently at Dakar the amazing 20 year old Pap Gallo Thiam made a new French record with 6 ft. 7/8 ins. 3/8 ins. better than that standing to G. Damito made late last year. This excluding the Americans is the second best ever.

And so it goes on "records, records, records," truly to the Olympic motto "Citius, Altius, Fortius"—Faster, Higher, Stronger.

ENJOY PLEASANT SURROUNDINGS & HIGH CLASS COMPETITION

CARLUKE CHARITIES' WEEK, 1950 SPORTS MEETING

(UNDER S.A.A.A. & S.N.C.U. RULES)

AT LOCH PARK, CARLUKE, ON
SATURDAY, 12th AUGUST, 1950, at 3 p.m.

Usual Flat Events, Cycling, High Jump, Pole Vault, and
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ENTRIES close on SATURDAY, 5th AUGUST, with Messrs. Lumley's
Ltd., or Mr. James Watson, Secretary, 1 Law Road End, Carlisle.

TRAIN SERVICE:

Leave GLASGOW (Central)—12.40, 1.25, 2.15. Arrive CARLUKE—
1.34, 2.12, 3.3

LANARK BUSES FROM WATERLOO STREET
PASS THE FIELD.

SCOTTISH WOMEN'S CHAMPIONSHIPS

THE first championship meeting of the Scottish Women's Amateur Athletic Association, since 1939, held at Helenvale Park, Glasgow on Saturday, June 17th, 1950 proved a great success.

The standard of performers was high though the weather conditions were all against record breaking performances. It was gratifying to witness several magnificent efforts. Special praise must go to Betty McInnes of Glasgow University who threw the Javelin 103 ft. 8 ins. easily beating the existing record of 97 ft. 3 ins. (Incidentally E. Anderson of Dumfries, runner-up also broke the record with a throw of 100 ft. $\frac{3}{4}$ ins.)

Betty a 19 years old art student has all the makings of a first class athlete and if properly handled she could well qualify in field events as a British representative for the 1952 Olympics. She also won the Discus title but was not as far up as her record throw earlier this year.

Praise should also go to the surprise and fine performance of Elsbeth Hay of "Q" Club, Dundee who ran a very strong '100' to win in the splendid time of 11.6 secs. Elsbeth who has just turned twenty and has just started this season with "Q" Club should go far in the athletic world.

Quita Shivas hurdling easily and gracefully may well have broken the Scottish Record of 12.5 secs., if she hadn't had the misfortune to knock down the last hurdle thus breaking her stride. Her time of 12.7 was very creditable indeed.

The other outstanding performances was put up by Sheila Burns of Edinburgh Southern Harriers who ran a very determined race closely pursued by Anne McKee of Ardeer Recreation Club to win the 220 yds. in the fast time of 25.9 secs. only 1/10 sec. outside the Scottish record.

An athlete to watch out for in the future is youthful Pat Devine of "Q" Club who jumping very easily in the long jump beat the holder Emma Anderson (who represented Scotland in the Empire Games in this event) with a lovely jump of 17 ft. 9 $\frac{1}{4}$ ins. The holder was beaten

into third place by $\frac{1}{2}$ in, by Stella Lineham of Ardeer Recreation Club last year's Scottish Champion over 80 metres hurdles.

CHARLOTTE M. GRAHAM,
President S.W.A.A.

Details:—

1. 100 YARDS.—E. Hay, "Q" Club, 1; Q. Shivas, Aberdeen Univ., 2; P. Devine "Q" Club, 3. 11.6 secs.
2. 440 YARDS.—P. Walker, Edinburgh Univ., 1; P. Fisher, Bellahouston Harriers, 2; F. Kennedy, Bellahouston Harriers, 3. 65.5 secs.
3. 880 YARDS.—B. Miller, Glasgow Univ., 1; M. Sams, Bellahouston H., 2; J. Carr, Glasgow University, 3. 2 mins. 36 secs.
4. 80 METRES HURDLES.—Q. Shivas, 1; J. Thomson, Dumfries A.C., 2; A. Ireland, Edinburgh University, 3. 12.7 secs.
5. LONG JUMP.—P. Devine, 1; S. Lineham, Ardeer R.C., 2; E. Anderson, Dumfries A.C., 3. 17 ft. 9 $\frac{1}{4}$ ins.
6. HIGH JUMP.—D. Walby, Glasgow Univ., 1; E. Uncles, Glasgow Univ., 2. 4 ft. 9 $\frac{1}{4}$ ins.
7. JAVELIN.—E. McInnes, Glasgow Univ., 1; R. Anderson, Dumfries A.C., 2; P. Walker, Edinburgh University, 3. 103 ft. 8 ins. (New Scottish Record).
8. DISCUS.—E. McInnes, 1; A. Ireland, Edinburgh Univ., 2; P. Walker, Edinburgh University, 3. 86 ft. 5 $\frac{1}{2}$ ins.
9. SHOT.—A. Ireland, Edinburgh Univ., 1; P. Walker, Edinburgh Univ., 2; M. McBain, Bellahouston Harriers, 3. (26 ft. 3 $\frac{1}{2}$ ins.).

Royal Burgh of Linlithgow

ANNUAL SPORTS

(Under S.A.A.A. & S.A.W.A. Laws)

IN PALACE GROUNDS

LINLITHGOW

SATURDAY, 22nd JULY, 1950

at 2.45 p.m.

EVENTS include—

100 Yards, 220 Yards, 880 Yards, One Mile, Round the Loch, Medley Relay, High Jump, Tug-of-War, Pillow Fight, Youths' 100 and 880 Yards, Ladies' 100 and 220 Yards, and Wrestling.

Entry Forms and all particulars from
G. V. Renton, 100 High St., Linlithgow.

GEORGE McDONALD (Victoria Park A.A.C.)



Photo by H. W. Neale.

THERE has been no more popular figure on the Scottish track than George McDonald (Victoria Park A.A.C.) who has been active each season since entering the athletic arena as a youth in 1942. Where has there been a more consistent performer season after season since he elevated from the youth ranks than the bright "V.P." man?

He has added lustre to the name of his club by being a keyman in most all of their grand and highly successful relay teams and figured in the Scottish Championship (medley and dash) victories. In many of these teams he was greatly associated with former Scottish champion Ian Panton who recently emigrated to Australia.

His own Scottish Championship records are impressive too. He won the "220" in 1946, runner-up, 1949, and 3rd in 1947 and 1948. In the "100" he was runner-up in 1946 and 1947. He has represented Scotland twice and competed for the A.A.A. At the B.A.A.B. Olympic Trials he finished a close 3rd to E. Valle and John Fairgrieve, both whom represented Great Britain at the Olympics.

George, a 25 year-old planning engineer, trains constantly but lightly. He likes regular racing to bring on his fitness and confesses to find more fun in racing than he does in training. He prefers the "century" to the "220" but muses "though it seems I get best results over the furlong." He likes every youngster to know, as encouragement, that as a youth though he tried hard was always unplaced and advises "Keep striving."

More Champions are "Made" than "Born"

By ARTHUR F. H. NEWTON,

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

ALL right! tell me I'm wrong! It'll be only what I've had rubbed into me time after time. Yet I am satisfied that, in a general way, the above title is reasonably correct. Admitted there are men born with physical attributes which ultimately lead to their becoming champions, but they, too, have to put in plenty of work before they get their titles. It's true, all the same that every common-or-garden individual you meet, provided he is not hopelessly unhealthy or deformed has all the embryo potentialities of a champion at any kind of sport suitable to his build and age.

I ought to know something about it, for I relied solely on the assumption being correct to carry me into the record breaking classes, and that at an age when nearly all men have long since discarded heavy strenuous exercise.

As a young man I noticed that the size of our limbs, compared to the trunk, proved that at an earlier date men must have been far more able runners than they are now. I also realised that, since the size remained, much of the ability must be there too: it could be developed again, I thought, though perhaps not up to the former standard. Anyhow the knowledge was good enough for me to put everything to the test and spend quite a slice of my life proving to my own satisfaction that the theory was correct.

I worked it out like this: I wanted to beat all men at long distance running. Very well, then I should have to run a greater distance in practice than any other man recorded in history, and if I spent all that time learning about it I should probably know more of the subject than any of my rivals. With that in view it became my business to discover and cultivate a style that would permit me to do so with impunity.

Right away I got busy; so busy that in a few weeks I had heart trouble, a serious misadventure at any time. That made me think to some purpose, and be-

sides I wanted to be certain that mishaps of that sort should not occur in future. So I scrapped practically everything I had gathered out of text-books and began to learn running all over again, adopting only those rules which seemed to me to be sound commonsense: time and hard work, both mental and physical, should solve the problem. As you probably know, they did.

After 25 years at it—more than 140,000 miles on my feet—I am sure that any reasonably healthy man can excel at any suitable form of sport if he has sufficient incentive and is content to specialise. Time, of course, is a great factor in the game nowadays, and the average amateur cannot expect to climb very high for the lack of it. If he were fortunate enough to be a "born" athlete half of his trouble in this line would be avoided; but men of that type—and my training "budget" proved most certainly that I was not one—are few and far between.

That increasing knowledge always enables us to progress applies to athletics just as surely as to anything else. Far more is known of physical form today, of hygiene and kindred sciences, than was understood by the athletes of even twenty years ago, and our competition grounds are constantly being improved. Ideas with regard to dieting have been greatly modified, and the mentality and individuality of each competitor is becoming a recognised factor. Athletes of today, then, have a better chance of success than those of years gone by, for training methods have been simplified and the necessary work smoothed down in many ways.

You know as well as I do that brains—just the ordinary kind that you and I possess—will, given reasonable time, nearly always overmatch mere brawn, and this is only another way of saying that champions are self-made rather than born. So if your fancy lies that way you have only to get busy on the latest lines and success is assured. After that, it's just a matter of incentive.

Do you want a sample to prove it? Then look at the career of the South African runner, Ballington. Nobody could possibly say he was a "born athlete" or actually "built as a runner." After an operation for appendicitis while still in his teens, he felt he needed rather more exercise than he had been in the habit of taking and, being of a retiring disposition and disliking unnecessary publicity, learnt to trot a few miles on the road after dark in the evenings. Finding it had the desired effect, when Vic. Clapham's famous Comrades Marathon came along, Ballington sent in his entry. He had trained along exactly the same lines as I had, and his reward was a "place" at his first venture. That "place" added an incentive and, what with further careful training, he put up such amazing times over the mountainous course, that the people of Natal sent him to England to attack the London-Brighton and Bath Road (100 miles) records. The first he reduced by one second: the 100 miles by no less than three-quarters of an hour. It just shows you what determination plus commonsense can achieve. And he's not the only example I could quote, though not all have won such outstanding success.

I don't say that every fellow should try for championships or records; my opinion is almost the reverse, for the all-round athlete gets every bit as much good health and enjoyment out of his

games as the greatest expert ever got from specialisation. But the few who have sufficient incentive will take the bit between their teeth and specialise when they see their chance. After all, the best of everything generally lies in moderation: only rarely do we need an outstanding performance to define the reasonable limits.

AUTOGRAPHS

There is no cunning art to trace,
In any feature, form or face,
Or wrinkled palm with criss-cross lines,
The good or bad in people's minds;
Nor can we guess men's thoughts or aims
By seeing how they write their names.
Ourselves we do not know; how, then,
Can we find out our fellow-men?
And yet,—although the Reason laughs,—
We like to look at autographs,
And almost think that we can guess
What lines and dots of ink express.

—INGERSOLL, 1892

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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.



JOHN CUTHBERT

HE LIVED FOR ATHLETICS

ON Saturday, 6th May, 1950, John Cuthbert, Coach, Past-President and Life Member of Garscube Harriers motored to the club pavilion at Westerton. He met a young athlete he was coaching in road running, transferred to a bicycle and started to accompany his protegee on the road. At the top of the village hill, barely a quarter mile from the pavilion he was noted to wobble on the bike and fall. From a seemingly light fall his skull was fractured and without regaining consciousness he died in the Western Infirmary, Glasgow, on Wednesday, 10th May, 1950. His remains were buried in Craigton Cemetery. A large athletic gathering attended in tribute at the service.

It was as a lad of 17 years that John Cuthbert shortly before the First World War, first made acquaintance with the sport that eventually became his all when his pal introduced him to Garscube Harriers. At that time he did not know his running qualities but he was a conscientious lad and gradually began to figure in Club handicaps. His character was such that he always looked for progress, there was no particular attributes in his build but he knew how to strive in the hard way, by concentrated attention and determined training, in his efforts for honours.

With the war intervention his Garscube Club was disbanded and at a later date he linked up with Bellahouston Harriers and won their club championship.

The war period had hardly ended when buoyant and ever enthusiastic Johnny was at the door of Condie Chalmers, who, if not an actual founder member, at least the father of Garscube Harriers, to get his first love club again started. Such enthusiasm could not be thwarted and Garscube were on the go again and with Johnny as a main-stay rapidly made an impression in Scottish sport. He became thrice winner of the Club Championship, represented and counted for Scotland's cross-country team and won the 10 mile flat championship in 1921.

John departed from the Scottish scene when he emigrated to Canada in 1923 but his groundwork, his team spirit and coaching bore fruit when Garscube won the National in 1925 and 1926. Naturally he continued his running in Canada and became a tremendous influence as a member of Guelph Y.M.C.A. We have as we write his cuttings book before us, in his own words he refers to it as "My Rainbow Career" and never was there

an introduction so apt, his career was as colourful as the rainbow itself. We can't conjure up all those races and performances into this short tribute, but give a mere recitation of some of the major honours won.

He won the Canadian Olympic marathon trial and represented his new homeland at the Paris Olympics in 1924, he won Canadian 10,000 metres, 10 miles, 12 miles and marathon championships and created records at these and other distances, met and beat some of the great personalities in Canada and the United States in his time and was acknowledged by the Mayor and Civic officials for the honour he had brought the town of Guelph.

With a yearning for his homeland he returned to Glasgow in 1936, and as can be imagined, enthusiastic as ever. In the twilight of his racing career he surprised many a younger competitor and amazed all by his fitness and perfect economic running action. He had a scientific approach to the sport and believed in the best at every detail and out-generalling opponents. He was most careful in matters of personal hygiene.

SPORTS DIARY.

June.

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.

July.

- 1. Ardeer 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, Helensvale Park.
- 8. Saxone Welfare Club.....Kilmarnock.
- 8. Motherwell Y.M.C.A. Harriers, Motherwell.
- 8. North End Football Club.....Dundee.
- 8. Purves Industries, Ltd.....Montrose.
- 8. Scottish Junior Championships and Marathon Championship.....New Meadowbank.
- 8. English v. Scottish Universities.
- 11. Penicuik Harriers v. Watsonian A.C., Broxburn.
- 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 Southern Harriers.....Meggetland.
- 29. Vale of Leven A.A.C.....Alexandria.
- 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.
- 8. Inter-Counties Championships.....Helensvale.
- 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.

Continued from previous page.

Johnny never grew old—he loved running, and being among the boys too much for that. With a tremendous background of experience, clear-eyed, rosy cheeked and a smile always, he remained youthful in spirit and ideas. Tragic as his end was, there was, as it were, a poetic symbolism—he died in action, servicing youth and the sport he lived and loved. Our finest tribute is to carry on with the torch of physical fitness and service he held aloft and so well in his day.

I'll dream that I am with you now to win
my second wind,
To feel my fitness like a flame; the pack's
already thinned.

The turf is soft beneath my feet, the
drizzles on my face,

And in my spirit there is pride, for I
can stand the pace.

From "To a Harrier."

DUNOON SPORTS GALA

Promoted by MARYHILL HARRIERS

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

AT COWAL PARK, DUNOON

ON MONDAY, 17th JULY, 1950

OPEN EVENTS:

100 Yards, 220 Yards, 880 Yards, and
One Mile Handicaps, Relay Race, 12
Miles Road Race, Youths' Half-mile
Handicap.

Highland Dancing Competition.

Entry Forms from usual Sports Shops, and Hon.
Secy., Fred Graham, 52 Laidlaw St., Glasgow, C.5

STARS AT GLASGOW POLICE SPORTS

THERE was a grand 50,000 crowd to share in the athlete feast at Glasgow Police Sports at Hampden Park on 6th June. United States, Canadian, Swedish, Dutch, Nigerian, British and home athletes served the fare and in splendid style. There was brilliant sunshine, but strong wind gusts behind the sprinters and against the distance men in the home straight was against record chances in special scratch events.

In the '100' final the light-built Billy Dwyer (U.S.) showed starting technique at its best and ran on a clear winner, though Brian Shenton (A.A.A.) had to fight hard to hold off local boy Willie Jack of Victoria Park.

Scots star Stewart Petty showed no inferiority complex when he led for the first lap of the "half" in 55 secs. but at the finish no one could withold the challenge of the powerful 23 year-old Canadian medical student Bob McFarlane when he won in 1 min. 54.5 secs. Petty and British mile champion Bill Nankeville were unplaced. McFarlane gave perhaps an even more brilliant display when he won the 'quarter' an hour later by beating the top-ranking curly-haired U.S. star Hugo Maiocco with a good yard to spare in 48 secs. dead to equal fellow-Canadian W. Fritz's 1938 all-comer's record.

With not one of the starters in the mile prepared to cut out a merry pace in the early stages the time was bound to be slow but it was a good race for all that. The great U.S. middle-distance star Horace Ashenfelter ran finely enough but he couldn't match the finishing pace of the beautiful striding 34 years-old Swede, Sture Landquist.

Harrison Dillard was magnificent in the 120 yds. hurdles event and a "14.4 secs." was the outcome of his sheer speed and hurdling grace. It is a pity that as last year on account of the wind his name will not appear on the Scottish record-book for it was surely the finest hurdling seen in this country. Due to a knock going "over the sticks" Dillard did not

turn out for the "220" to the disappointment of the fans. Thrills were there just the same! Willie Jack qualified for the final only as fastest heat loser but he gave Bill Dwyer a tremendous 220 race though the American held on for an eventual yard win. The Victoria Park boy did well to turn the tables on Brian Shenton and no doubt British Team Manager Jack Crump took good note of a great Scottish Sprint prospect.

To the crowd, one personality stood out (as is quite common with her!) above all the other stars—the women's athletic genius Mrs. Fanny Blankers-Koen. Powerful and picturesque she won easily the 80 metres hurdles and "220" flat. But perhaps her visit will be remembered most by her modest interested and charming approach and manner. She discussed freely and enthusiastically with the Scots girls with regard to their performances and training. She was unruffled—indeed delighted when being almost trampled over or crushed with swarms of young autograph hunters as she smilingly obliged.

Details:—

1. 100 YARDS.—W. J. Dwyer (U.S.) 1; B. Shenton (A.A.A.) 2; W. Jack (Victoria Park A.A.C.) 3. (9.7 secs.).
2. 220 YARDS.—W. J. Dwyer (U.S.) 1; W. Jack (Victoria Park A.A.C.) 2; B. Shenton (A.A.A.) 3. 22.6 secs.
3. 440 YARDS.—R. McFarlane (Canada) 1; H. Maiocco (U.S.) 2; R. L. Browne (U.S.) 3. Two yards 15 yards (48 secs.). (Equals Scottish all-comers record).
4. 880 YARDS.—R. McFarlane (Canada) 1; L. Bengtsson (Sweden) 2; R. L. Browne (U.S.) 3. Two yards, five yards (1-54.5).
5. ONE MILE.—Sture Landquist (Sweden) 1; H. C. Ashenfelter (U.S.) 2; J. Ashby (A.A.A.) 3. Ten yards, six yards (25.4).
6. 120 YARDS HURDLES.—Harrison Dillard (U.S.) 1; J. W. Birrell (A.A.A.) 2; J. P. McAslan, (Trinity A.C.) 3. Ten yards, one yard (14.4).
7. WOMEN'S 80 YARDS HURDLES.—Fanny Blankers-Koen (Holland) 1; Q. Shivas (Aberdeen University) 2; E. Unkles (Glasgow University) 3. (11.5).
8. WOMEN'S 220 YARDS.—Fanny Blankers-Koen (Holland) 1; S. Burns (Edinburgh Southern H.) 2; Q. Shivas (Aberdeen University) 3. (25.4).



SCOTLAND'S MIGHT.

A Snapshot of Scottish "heavies" whilst in London for the recent Caledonian Games. Top back (L. to R.) DUNCAN CLARK, J. D. GORDON (Front) J. DRUMMOND, G. E. MITCHEL and E. C. K. DOUGLAS.

Motherwell Y.M.C.A. Harriers' Club.

VALE OF LEVEN A.A.C.

"JUBILEE" OPEN SPORTS MEETING

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

AT FIR PARK, MOTHERWELL
ON SATURDAY, 8th JULY, 1950

at 2.30 p.m.

EVENTS:—

Senior 100 Yards, 440 Yards, 880 Yards, One Mile and Javelin Handicaps; Medley Relay, also Ladies' 100 Yards, Youths' (17-19) One Lap Handicap and Youths' Relay Race.

Entries close, Saturday, 1st July, with Lumley's Ltd., Glasgow, or R. Craigen, 183 Orbiston Street, Motherwell.

OPEN SPORTS MEETING

(Under S.A.A.A. & S.W.A.A.A. Rules)

MILLBURN PARK, ALEXANDRIA

SATURDAY, 29th JULY, 1950, at 2.45.

HANDICAP EVENTS.—Open 100, 220, 880 yards, 1 Mile, High Jump, 15 Miles Road Race. Ladies' 100 yards; Junior 300 yards.

INVITATION EVENTS—2 Miles Team Race, Medley Relay, Ladies' (4 x 110) Relay, Senior Five-a-Side Football.

Entries close TUESDAY, 18th JULY, with Hon. Secy., W. Stevenson, 57 Wilson St., Alexandria, or usual Sports Agencies.

JACK HOLDEN WINS AGAIN



Photo by H. W. Neale.

BRITISH Empire Champion Jack Holden, Tipton H., was in rampant form when he won for the third successive time the famous Polytechnic marathon on 17th June. His time for the Windsor Castle—Chiswick Stadium (26 mins. 385 yds.) was 2 hrs. 33 mins. 7 secs.—a new course record. He was over five minutes ahead of the next man in gigantic field of 203 runners though excellent time was recorded by 2nd, 3rd, and 4th men with a bare 21 secs. covering these three.

A. Lawton (Leeds Harehills) made a grand impression on his first outing over the full distance being runner-up with 2 hrs. 38 mins. 35 secs. Overtaking W. H. Kelly (Reading) on the final lap of the track, R. Jackson (Winton H.) was 3rd in 2 hrs. 38 mins. 39 secs. A former winner and 3rd in the British title race

last year, Cecil Ballard was 6th in 2 hrs. 42 mins. 23 secs. Other Empire marathon men Tom Richards (Wales) and Jack Paterson (Scotland) retired as did Stan Belton who had previously won the Finchley "20."

* * *

1 HOUR RUNNING RECORD.

After finishing a poor third to Charlie Robertson (Dundee Thistle) and Harry Howard (Shettleston) in the Stirling 16 Miles Road Race on Saturday 13th May, 1950, J. E. Farrell the veteran Maryhill Harrier (and our contributor) had a grand come-back on the following Tuesday at the Ashfield Speedway Stadium to break his own 1 hour's running record set in Ibrox 1946 (11 miles 77 yards) by increasing the distance to 11 miles 241 yards. Harry Howard was also inside and Alex McLean, 6 Miles Champion led for 9½ miles and finished just a few yards short of the old record. We are indebted to timekeeper Alex. Nangle for the following interesting details.

Times given are the leader's, Alex. McLean from 1st to 9th mile. Prior to closing and taking the lead at 9½ miles, Farrell varied from 40-90 yds. behind McLean.

1 mile	5 m. 12 secs.	5 m. 12 secs.
2 miles	10 m. 25 secs.	5 m. 13 secs.
3 miles	15 m. 40 secs.	5 m. 15 secs.
4 miles	21 m. 00 secs.	5 m. 20 secs.
5 miles	26 m. 26 secs.	5 m. 26 secs.
6 miles	31 m. 52 secs.	5 m. 26 secs.
7 miles	37 m. 21 secs.	5 m. 29 secs.
8 miles	42 m. 55 secs.	5 m. 31 secs.
9 miles	48 m. 25 secs.	5 m. 30 secs.
10 miles	53 m. 52 secs.	5 m. 27 secs.
11 miles	59 m. 23 secs.	5 m. 31 secs.
Average mile 5 mins. 25½ secs.		

11 m. 241 yds.	J. E. Farrell	(Maryhill Harriers).
11 m. 180 yds.	H. Howard	(Shettleston Harriers).
11 m. 69 yds.	A. McLean	(G. Glenpark Harriers).
11 m. 23 yds.	J. A. Ellis	(Victoria Park A.A.C.).

SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



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