

COWAL HIGHLAND GATHERING

RECREATION PARK,
DUNOON,
FRIDAY AND SATURDAY,
25TH & 26TH AUGUST, 1950

RUNNING, JUMPING, FIELD EVENTS, CYCLING,
PIPING AND HIGHLAND DANCING
SEVEN PIPE BAND CONTESTS, INCLUDING
WORLD'S CHAMPIONSHIP.

Piping and Dancing commences 11 a.m. each day.
Sports commences at 2.30 p.m. each day.

GENERAL ADMISSION TO GROUND :—
FRIDAY, 1/- SATURDAY, 2/-

Reserved Seats on Grand Stand (10/- inc. Tax) can now be
book with :—

JOINT HONORARY SECRETARIES,
11 Hillfoot Street, Dunoon.
'Phone : Dunoon 37.

ENTRY FORMS from Messrs. Lumley's Ltd. ; Russell More-
land & Macara ; Sportsman's Emporium ; F. Graham, 52
Laidlaw Street, Glasgow, C.5, or Joint Hon. Secretaries.

JULY, 1950

Vol. 5 No. 4

THE SCOTS ATHLETE

PRICE
6^D



Photo by H. W. Neale.

A STUDY IN TECHNIQUE.

Sprinters may well study this shot of BILL DWYER getting off the mark. Is it
any wonder he is acknowledged as one of the world's fastest starters ?

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
THE SCOTTISH CHAMPIONSHIPS.
INTENTION or DETERMINATION by Arthur Newton.
WORLD GOSSIP.

INTERNATIONAL MODEL HURDLES

The Scottish Coach—H. A. L. CHAPMAN—says:—

"These are the hurdles we have been waiting for in Scotland and they prove of great assistance in school and club work."

SUREFLIGHT HURDLES ARE STRONGLY CONSTRUCTED OF METAL AND ARE OF INTERNATIONAL PATTERN.

SPECIAL FEATURES

SCHOOL MODEL.

Starting height of 2 ft.
Fully adjustable by 3" lifts to 3' 3".
Reduced topple force for greater safety.

Price £20 per doz., Carriage free.

CLUB MODEL.

Adjustable to 3' 6".
Easily stacked when not in use.
Conforms to all international requirements when weights are added.

Price £22 per doz., Carriage free.

Additional Weights, £3 per doz. Hurdles.

Also an all-metal youths' Discus especially designed for school use.

THE SUREFLIGHT DISCUS, Price 18/6. This Discus is impervious to wear and weather.

All inquiries to the sole manufacturers:—

ATHLETIC SUPPLY COMPANY
35 DUBLIN STREET, EDINBURGH

BUTE HIGHLAND GAMES

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

PROMOTED BY BUTE SHINTY CLUB.

AT THE PUBLIC PARK, ROTHESAY,
ON SATURDAY, 19th AUGUST, 1950
AT 2 P.M.

OPEN HANDICAP EVENTS:

100 Yards, 220 Yards, 880 Yards, One Mile, High Jump, Pole Vault, Putting 16-lb. Ball, 28-lb. Weight, Throwing 16-lb Hammer, and 100 Yards and 880 Yards (Juniors).

11 st. 7 lbs. Catch-as-Catch-Can Wrestling and Heavy-Weight Cumberland Style Wrestling (Scottish Championship).

MEDLEY RELAY. 12 MILES ROAD RACE.

VALUABLE PRIZE LIST.

Entries Close on SATURDAY, 5th AUGUST, 1950, at usual Sports Agencies.

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

JULY, 1950. Vol. 5. No. 4.

Annual Subscription, 6/6 (U.S.A., 1 \$).

JOHN EMMET
FARRELL'S



FROM time to time we hear of some splendid athletic performances in various parts of the globe, sometimes of a startling nature and recently most in the field events.

But the runners have not been exactly idle and many smart times have been put up particularly round about the mile distance where although the 4 minutes mile has not been threatened nevertheless the general standard has never been so high.

Does Distance Blunt Speed?

The above is an interesting question about which one could discuss the pros and cons but at random we could select quite a number of examples which might suggest that the answer is in the negative.

Take Gaston Reiff the Olympic 5,000 metres champion. World record holder at 3,000 metres Reiff recently showed us

ran the fastest ever American outdoor mile in 4m. 6s. There is the case of Flying Dutchman, Willie Slikhuis better known over 5,000 metres and his epic duels with Sydney Wooderson who last year covered 1,500 metres in 3 mins. 43.8 secs. only 8/10ths of a second outside the world record.

Sydney, himself best known as a miler and later in his career as a 3-miler still holds the world-record for 880 yds. While Len Eyre who won the 3 miles Empire championship for England in New Zealand in February flew home to represent his country in the 9 miles cross-country International and has subsequently put up the fastest mile in Britain for 1950 to-date of 4 mins. 12.2 secs.

Aaron Proves Himself A Track Star
Frank Aaron regarded as essentially a



Photo by H. W. Neale.

A snapshot of four of Scotland's best ladies after they had competed against FANNY BLANKERS-KOEN at Glasgow Police Sports. (L. to R.) SHEILA BURNS (Edinburgh Southern), Scottish 220 yards champion, MARGARET RAE (Glasgow University sprints champion), QUITA SHIVAS (Aberdeen University), Inter Varsity triple and Scottish hurdles champion, and ANNA McKEE (Ardeer Rec.), runner-up Scottish 220 yards championship.

miles in 9 mins. 20.2 secs. 3 miles in 14 mins. 20.6 secs. and of course heads the list for 6 milers with his brilliant time of 29 mins. 43.2 secs.

However, these recordings seem shaded by his terrific 19 mins. 14.3 secs. for a 4 miles Irish all-comers' record on a grass track at Dublin on 31st May. It is reported to be just over 17 secs. out of the world's best by maestro Heino.

To come even nearer home we have the case of our own Frank Sinclair who after a cross-country season in which he finished runner-up in the National and participated in the International at Brussels won the Scottish mile track championship in 4 mins. 23.1 making his own pace all the way and on a far from perfect track.

Field Events Aces For Championships

It is peculiarly noteworthy that our 5 Scots Nominees for the A.A.A. championships are all field events men and brilliant ones at that. Four of them are Scot's champions and record-holders and top the list for Britain to-date for 1950 in their various specialities with the

long jump, 25 ft. 2½ ins. and W. N. Laing, hop, step and jump, 48 ft. 5½ ins. The sole exception is Dr. E. C. K. Douglas who earned his place by virtue of his brilliant 2nd to Duncan Clark where the latter had to break record to win.

Quarter Quartette

It is a pity that lack of funds precluded the sending some of our best track men including Jimmy Hamilton of Victoria Park whose brilliant 49.5 quarter was surely the star performance of the championships so far as the running events are concerned. The general standard for this event was amazingly high with Gracie, O'Kane and Robertson all inside 50.5 seconds.

The 100 yds. dash of Bruce of Edinburgh Varsity, the 220 yds. of Jack, the half of Begg were all meritorious but let's not forget the fine running of young Eddie Bannon in the mile.

Great Youngsters

But surely the feat of the championships was that of young D. Corbett of Falkirk High whose jumping in the preliminary stages of the long jump 22 ft

events and so young Dave who is only 16½ was not allowed to participate in the final stages on the Saturday. But the merit of his performance remains.

Earlier in the season of course we had young Hanlon vaulting 10 ft. 9 ins. at Westerlands in the Scottish Schools championships and at the same meeting an amazing record mile despite the heavy conditions of rain by young K. Coutts of Aberdeen Grammar in 4 mins. 33.8 secs., who was closely followed by another young star in J. Hendry of Elgin Acad.

Half-Mile In Lanes?

The unfortunate collision that took place in the half-mile championship brings once again into bold relief the suggestion of running the first lap in lanes. Last year the A.A.A.'s experimented with this solution and were apparently highly pleased with the result. The bumping and boring in the half mile event is not an isolated one but rather too common. Even in the heats of the 800 metres at Wembley there was the same kind of trouble and Douglas Harris of New Zealand was involved with a serious heel accident. It is always the rush round the first bend that causes the trouble. If the running of lanes is not practical then possibly the event could be started at the head of the long straight to give them an opportunity of getting settled into their running.

Petty Makes Amends

Though Petty was apparently knocked out of his stride by the incident in the

championships he showed his real form 4 days later on the splendid Helenvale track by winning the invitation half in 1 min. 55.5 secs. his fastest ever time in Scotland. Again he beat his great North English rival Frank Evans and once again by the narrowest of margins in a photo-finish. A magnificent show by 2 great runners.

Glasgow Varsity Capture Relay Record

Once again it was proved that when runners are in good form the Helenvale track is the place to do justice to it. Glasgow University whose men ran with grace and verve beat Bellahouston Harriers great record of 3 mins. 32.9 secs. set up in 1938 by 1.2 secs.—the new time being 3 mins. 31.7 secs.

Newly crowned half-mile champion Tom Begg gave them a magnificent start in the half mile sector with a time of 1 min. 56.9 secs. Robin Ward and J. H. Paton simply flew round the track and newly deposed champion D. W. Gracie urged on by the loud speaker announcement that there was the chance of a record run clocked inside 50 secs. over the final quarter a thrilling and magnificent run even with a flying start.

Victoria Park at present are just lacking a really classy half-miler for their sprints trio of McDonald, Jack and Hamilton, could match all-comers and represent a sound basis of a Medley record-making team. Their reserve strength is sound too and we still frequent-

RUNNING SHOES WITH MEDIUM SPIKES

FOSTER'S de luxe, Sizes 6—9, in half sizes, ...	£3	1	6 pr.
Standard Utility, Size 3—9, in full sizes, ...	£1	9	6 pr.
Rubbers, Canvas Uppers, Sizes 5—9, in full sizes, ...	£0	12	4 pr.
Heel Cushions for above	£0	1	7 pr.
White Woollen Ankle Socks	£0	7	9 pr.
Chamois Leather Toe Socks	£0	1	11 pr.

TED KYLE

ly find the Scotstoun club spreading their forces and winning relays at different venues.

In the last year or two it has been noticeable how Hamilton Harriers have been coming to the fore as a track club. Under their coach, W. Stewart, they are enthusiastic lads and have two grand half-milers in Geo. Sorbie and Bruce Hendry.

In the East, it is noted that the Edinburgh Northern club is again figuring quite prominently at promotions and this after quite a lean spell must be encouraging and all to the good of the sport. must be taken on trust.

Holden and A. N. Other

Should the selectors follow their usual policy of selecting 2 candidates in the marathon to represent Britain in the coming European championships at Brussels in August the form book would seem to indicate that it will be Jack Holden, the Empire champion and anyone of a select number of candidates. Who will be second string to Jack? The Poly. race has made things even more involved.

A. Lawton of Leeds Harehill, R. Jackson of Winton and W. H. Kelly of Reading the close 2nd, 3rd and 4th all showed classy running by clocking inside 2 hrs. 39 mins. and have obvious chances, Lawton being especially fancied. Cecil Ballard although only 6th in the Poly. race is not without a chance. The same could be said of G. Humphreys of Woodford Green who impressed by strong finishing powers. Stan Belton blotted his copybook by failing to finish. Much the same could be said of Tom Richards who seems to be finding difficulty in

reaching his old form. Little has been heard of Belfast runner, J. A. Henning who could be a danger, but his form must be taken on trust.

Hemsley The Man To Watch

The much fancied H. A. Reid of Coventry Godiva disappointed his mentors in the Poly by finishing well back.

But I should say that the man who should be worth watching would be a fit Bert Hemsley. The Gosforth man is a runner of strength and tenacity who can stay the distance. At his best he can have few superiors over the full distance marathon course.

The best of the Scots boys should do well but it would seem that they must be at some disadvantage with only a fortnight between the Scottish and the gruelling A.A.A. test.

Coming Events At Home.

A team of ten Americans will shortly be coming to Europe and knowing Mr. Struth's ways we will not be surprised to hear they are ear-marked for Ibrox on the first Saturday in August. On the week following we have the most pleasant Carlisle meeting and the season will draw then to a close in full highland regalia with established and colourful Highland Games. We have, rather unfortunately Bute and Milngavie on the same date though good entries seem assured for both, but Cowal have went better than ever to ensure success for their famous gathering—no it's not an Olympic star—the Prime Minister intends to be present.

The Edinburgh Highland Games in September is always a classic and we can rest assured that sports-maestro Wm. Carmichael will spare no efforts in bringing the best to maintain the standard of this wonderful and genuine athletic gala.

Scottish Senior Championships

AT the conclusion of the 58th Annual S.A.A.A. Championships at Hampden Park, Glasgow on 23rd and 24th June there were 12 new title holders with only 4 athletes retaining their crown.

The only final on the Friday evening, the 6 miles was won convincingly by Ben Bickerton of Shettleston, who forsook

who was passed by Jim Morton (Springburn) near the tape for 3rd place, was not the live wire we knew of recent years and was evidently not tuned to pitch. A strong and bitter wind spoiled times.

Saturday was calm and more favourable but ceaseless rain slowed the track

In the "100" popular fancied Bill Jack (V.P.) was more than a yard down at fifty to the powerful A. T. Bruce, 29 year-old Edinburgh Medical Student and was unable to get on terms. Scotland's fastest starter John McLaughlin (Maryhill) was again 3rd. It was a great race; perhaps, the best of the day. Ten seconds was good and some reliable "timers" clocked 9.9 secs.

Later in the day, 19 year-old Jack atoned his fans with a sweet and smooth "220" win in 22.4 secs.

The "quarter" was another great race. Dave Gracie tried valiantly to retain his crown but just didn't have the sparkle of young Jim Hamilton who returned a brilliant 49.5, looking as if he could have done even better with a harder push. J. Robertson of Edinburgh Northern, only 4th with 50.5 (a time that would have won most Scottish championships) was impressive and noted as a probable future champion.

The "half" was an unfortunate affair. At the first bend Hugh Hatrick was tripped (no, of course not deliberately, but tripped just the same) and stumbled. It seems that the holder Stewart Petty strained himself having a hasty look-round and in any case had to retire to leave the others fighting it out. Ex champ Jim Smart tried a jump on the back straight but hadn't the strength of Tom Begg who raced powerfully home in 1 min. 57.1 secs. Though feeling sorry for Stewart (we don't think Hugh would have been "in at the death") let's not detract from Tom's grand win.

Former holder Frank Sinclair out-classed his field in the mile and former youth champion Eddie Bannon had a good and exciting last lap to be runner-up. Otherwise we were unimpressed and disappointed.

The 3 miles was much the same story. Gilbert Adamson constantly threatened to challenge but Tom Tracey was the master all the way. Otherwise, disappointments by men capable of doing better.

John Hart held his high hurdles title well but if young McAslan had a few more inches in height (or if someone lowered the "sticks") the positions could well be in reverse. There was a

Most pleasant race of the day was the 2 miles steeplechase. Sturdy Ian Burns (Kilmarnock H. & A.C.) built a good lead steadily. Slim-made Dave Clelland (St. Modan's) slow to make his mind decided to reach the tape first. And he almost did after throwing caution aside and hurdling with abandon over the last 2 laps! Not brilliant time by any means but honours for triers whose perseverance in this event has been rewarded.

Diminutive ex-holder Edington did well with 11 ft. in the pole vault and but for conditions Cambridge student, G. N. Fisher could have bettered his excellent 173 ft. 0½ ins. javelin throw. No individual brilliance in the Discus but all-round efficiency suggests without being a Piddington this is one standard (110 ft.) the S.A.A.A. are going to raise.

As the details show, the jumping events were the high-lights and would have graced any international arena. Alan Paterson in his season's second outing failed his first try at 6 ft. 4 ins. but took 6 ft. 6 ins. smartly and had almost 6 ft. 8 ins. Take our tip, a new British record is on the way.

DETAILS:—

- 100 Yards.**—1. A. T. Bruce (Edinburgh Univ.), 10 secs.; 2. W. Jack (Victoria Park), 10.1 secs.; 3. J. McLachlan (Maryhill), 10.2 secs.
Other Finalists.—R. M. Ward (Glasgow Univ.), G. L. Hunter (Ardeer R.C.), G. McDonald (Victoria Park).
- 220 Yards.**—1. W. Jack (Victoria Park), 22.4 secs.; 2. G. McDonald (Victoria Park), 22.8 secs.; 3. D. Mercer (Edinburgh Univ.), 22.9 secs.
Standard (23 secs.)—W. Henderson (Watsonians), 22.9 secs.; W. Christie (Victoria Park), 22.9; J. Y. Clark (Garscube), 22.9 secs.; R. M. Ward (Glasgow Univ.), 23 secs.
- 440 Yards.**—1. J. S. Hamilton (Victoria Park), 49.5 secs.; 2. D. K. Gracie (Glasgow Univ.), 50.2 secs.; 3. W. C. O'Kane (Garscube), 50.5 secs.; 4. J. Robertson (Edinburgh N.), 50.5 secs.
Standard (52 secs.)—G. Sorbie (Hamilton H.), 51.5 secs.; J. Crow (Edinburgh S.), 51.7 secs.
- 880 Yards.**—1. T. B. Begg (Glasgow Univ.), 1m. 57.1s.; 2. J. Smart (Edinburgh Southern), 1m. 59.4s.; 3. H. M. Dove (Maryhill), 2m. 0.6s.; 4. R. C. Buist ("Q" A.C.), 2m. 0.7s.
Other Finalists.—J. S. Petty (St. Modan's), H. Hatrick (Glasgow Univ.).
- One Mile.**—1. F. Sinclair (Greenock Wellpark), 4m. 23s.; 2. E. Bannon (Shettleston), 4m. 29.2s.; 3. J. Adam (Victoria Park), 4m. 30.6s.
- Three Miles.**—1. T. Tracey (Springburn), 14m. 57s.; 2. G. C. Adamson (West Kilbride), 15m. 2.9s.; 3. J. D. Stirling (Victoria Park), 15m. 17 secs.
- Six Miles.**—1. B. Bickerton (Shettleston), 32m. 4.4s.; 2. G. Lenney (Essex Beagles), 32m.

120 Yards Hurdles—1. J. G. M. Hart (Edinburgh Univ.), 15.6 secs.; 2. J. P. McAslan (Trinity), 15.9 secs.; 3. R. D. Unkles (Glasgow Univ.), 16.5 secs.

440 Yards Hurdles—1. D. A. Stewart (Edinburgh Univ.), 58.2 secs.; 2. R. H. Boyd (Glasgow Univ.), 58.7 secs.; 3. R. W. Kelly (Monkland), 61.8 secs.

High Jump—1. A. S. Paterson (Victoria Park), 6 ft. 6 ins.; 2. S. O. Williams (Glasgow Univ.), 6 ft. 0 ins.; 3. A. G. Ramsay (Glasgow Univ.), 5 ft. 8 ins.

LONG JUMP—1. S. O. Williams (holder), 24 ft. 1½ ins.; 2. G. Mackie (Jordanhill T.C.), 21 ft. 7½ ins.; 3. W. N. Laing (St. Andrew's Un.), 2 ft. 4 ins. Equals Scottish All-Comers' Record.

HOP, STEP & JUMP—1. W. N. Laing (holder), 47 ft. 1 in.; 2. S. O. Williams, 44 ft. 3 ins.; 3. R. R. Epton (Edinburgh H.), 43 ft. 1½ ins. Best Championship Performance.

POLE VAULT—1. R. F. Edington (Glasgow Univ.), 11 ft.; 2. D. M. Hastie (Shettleston), 10 ft. 5½ ins.; 3. A. M. Hanlon (Shettleston), 10 ft. 5½ ins.

Standard (10 ft.)—P. W. Milligan (Victoria Park A.A.C.).

DISCUS—1. H. J. Duguid (Edinburgh Univ.), 131 ft. 4 ins.; 2. D. G. Milne (Oxford Univ. and Achilles), 130 ft. 2½ ins.; 3. J. Drummond (Heriot's), 130 ft. 1 in.

Standard Qualifiers (110 ft.)—E. C. K. Douglas (L.A.C. and Atalanta), A. A. Bendy (Edinburgh Southern), R. C. Buist ("Q" A.C.), L. Velecky (Glasgow Univ.), W. McNish (Glasgow Univ.).

JAVELIN—1. G. N. M. Fisher (Cambridge Un. and Achilles), 173 ft. 0½ ins.; 2. G. A. Bell (Heriot's), 163 ft. 4 ins.; 3. J. Drummond (Heriot's), 148 ft. 10½ ins.

JUNIOR RELAY (440 220, 220, 440)—1. Heriot's School, 2 mins. 35 secs.; 2. Shettleston H., 2 mins. 36.8 secs.; 3. Maryhill H., 2 mins. 37.4 secs.

JUNIOR RELAY (4 x 110)—1. Royal High Sch., 46.1 secs.; 2. Shettleston H., 46.4 secs.; 3. "Q" Athletic Club, 46.6 secs.

SCOTTISH SCHOOLS' CHAMPIONSHIPS.

Held at Westerlands, 17th June, 1950.

Details of Open Events:—

1. **100 YARDS**—S. McLeod, Govan Sec., 1; R. G. Carlisle, Girvan H., 2; J. L. Price, Eastwood Sec., 3. 10.7 secs.

2. **440 YARDS**—J. Johnstone, Morgan Acad., 1; J. D. Clarke, Irvine Royal Acad., 2; R. Alexander, Linlithgow Acad., 3. 52.4 secs.

3. **MILE**—K. Coutts, Aberdeen G., 1; J. Hendry, Elgin Ac., 2; J. McDonald, Elgin Ac., 3. 4 mins. 33.8 secs. (Record).

4. **120 YARDS HURDLES**—A. C. Gourlay, Shawlands Sec., 1; G. H. Ballingall, George Watson's, 2. 16.9 secs.

5. **POLE VAULT**—A. Hanlon, Greenock Acad., 1; H. Gristwood, Trinity Acad., 2; H. Cairns, Glasgow H., 3. 10 ft. 9 ins. (Record).

6. **HIGH JUMP**—I. Forbes, Elgin Acad., 1; F. Fraser, Vale of Leven Acad., 2. 5 ft. 5 1/8 ins.

7. **HOP, STEP & JUMP**—J. Davidson, Waid Ac., 1; W. Cameron, Victoria Drive Sec., 2; A. Law, Camphill Sec., 3. 40 ft. 5 ins.

8. **LONG JUMP**—D. Corbett, Falkirk H., 1; I. Burns, Hyndland Sec., 2; J. E. Isaacs, Holy Cross, Edinburgh, 3. 20 ft. 10½ ins.

9. **DISCUS**—I. McLachlan, Hamilton Acad., 1; A. Knox, Fettes' Col., 2; D. Leith, Robert Gordon's, 3. 125 ft. 11½ ins. (Record).

10. **WEIGHT**—A. J. McKellar, Kiel Sch., 1; J. Donnelly, Our Lady's H., Motherwell 2; A. B. R. Sharp, Fettes Coll., 3. 41 ft. 2 ins.

11. **JAVELIN**—D. Leith, Robert Gordon's, 1; A. K. Dawson, Alva Acad., 2; J. Donnelly, Our Lady's, 3. 165 ft.

TOM TRACEY Springburn Harriers



Photo by H. W. Neale.

WITH Victoria Park's Andrew Forbes still troubled with his leg and out for the season, Tom Tracey, 22 year-old painter of Springburn Harriers has stepped right into his shoes as king-pin of Scottish distance men. Delighting his clubmates most with his recent National 3 miles title win, he has been unbeaten in Scotland so far this season over 2 and 3 miles. His best 2 mile time yet is 9 mins. 32.8 secs. at Helensvale, and at Belfast he clocked the equivalent of a 14.37 3 mile when finishing 2nd to H. Ashenfelter (U.S.A.) in a special handicap on a grass track.

He started running at 14 and was 6th in a Scottish Youths' Cross-country Championship running for South Glasgow A.A.C., but gave up the sport for a couple of years with his club going defunct. Joining up with Springburn in 1947 he came under the eye of Jim Morton and nursed into the 2 mile team the club were patiently building. Honours came over cross-country, winning his club championship in 1949 and 1950, and he gained his International jersey at Brussels by finishing 3rd in the "National."

Characteristic of the true spirit of amateur athletics he recalls well his trial days of making the grade and without fail hands over his own team prize to his 4th and non-counting clubmate when taking an individual award.

He has speed too as he proved when winning the Lanarkshire mile championship. He believes in even-paced running and can strike it pretty well. "Wait a year or two" says Jim Morton "he's only beginning to show his running."

Milngavie Highland Games

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

In aid of Erskine Hospital, St. Dunstan's (Scottish Branch),
Milngavie Old Folks' Benevolent Fund and Scottish Convalescent Home for Children, Mugdock, Milngavie.

AT CRICKET GROUND,

AUCHENHOWIE ROAD, MILNGAVIE,

SATURDAY, 19th AUGUST, 1950, at 2 p.m.

EVENTS:—100, 220, 880 Yards, 1 Mile, 10 Miles Road Race, 2 Miles Team Race, Obstacle Race, High Jump, Long Jump, Hammer, Ball, Caber, Pole Vault, 100 Yards (Youths), 100 Yards (Junior), 100 Yards, 220 Yards and Relay Races for Ladies, Tug O' War, Invitation Inter-County Relay and 1 Mile Races.

PIPE BAND CONTESTS. HIGHLAND DANCING.

ADMISSION TO GROUND—Adults, 1/6; Children, 1/-

Entries Close SATURDAY, 12th AUGUST, 1950 with Lumley's Ltd., 80-82 Sauchiehall St., Glasgow, or Neil Leitch, 32 Dumgoyne Ave., Milngavie. Buses—Killermont St.; Trains—Queen St.; Trams—Glasgow to Milngavie.

JOHN McPHERSON, Hon. Secretary and Treasurer, "Mosslea," Milngavie.

Phone: MILNGAVIE 1335.

INTENTION OR DETERMINATION

By ARTHUR F. H. NEWTON,

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

IT would be true to say that no fellow goes in for athletics without intending to do better than the average at the game or event he happens to fancy....It would be equally true to say that the vast majority never get beyond the intention. There must of course be some reason for this: have you ever wondered why so many appear to fail?

In ninety nine cases out of a hundred the key to the answer lies in the fact that modern progress has opened up so many and various avenues of entertainment to which we can turn when business permits, that most men don't really apply determination to the job—don't persist in rising above the general level at their form of sport. If they want "fame," even of a local sort, it's such an anaemic "want" that it never has enough vitality to push through. Probably you would find few indeed who would admit such a lack of athletic interest; most fellows would refuse to believe it if you suggested such a thing. Yet there can be no other cause, for as you know, you can make time for anything under the sun if you consider it urgent—if you WANT it enough. The general excuse, therefore, that they haven't sufficient time won't hold water: they choose to spend their time at other diversions.

We must take it, then, that the man-in-the-street prefers to remain promiscuous in his adventures rather than tie himself down more or less to a single one where he will have to specialise: he has no intention of denying himself drastically for the sake of what appears to him to lead to a somewhat problematical result. Who's going to blame him if he finds he gets more pleasure from a diversity of exercises in a happy-go-lucky way than from the steady pursuit of excellence in one only? Pleasure is what you look for in your games—you wouldn't play them otherwise—and to each of us it makes a different appeal. We can take it, therefore, that the majority want perpetual change in their outlook while comparatively few go all out for a specific goal.

I'm not trying to belittle the "also ran" athlete in any way, for I think his attitude is quite natural: if we all attempted to become champions we should lose a lot of useful ground in other spheres of life. Besides, where would the champions be if there were no runners-up? What I want to draw attention to is the fact that, among those who really wish to make a name of sorts, the amount of work required is not only underestimated but is actually quite beyond what many of them are prepared to undertake. However, until they discover it by trial and error they'll continue their moderate efforts, buoyed up by wishful thinking and hope.

In athletics, like everything else that's worthwhile, you've got to devote a lot of time and energy to preparation if you are to make your mark even in a small way. Unless you're fully prepared to wade in and worry through a whole lot of initial drudgery you've not the slightest chance of ever achieving anything really ambitious. There aren't any short cuts: the only way to succeed is to persist and go on persisting until you've gathered in what you set out for.

If you're one of the embryo-champion brigade you must, with that in view, make up your mind (and thereafter see that it remains made up) to devote a short period every day if possible, or at any rate five times a week, to training for your choice of game or event. Less than this will be just wasting time—will be prolonging the work and postponing the status you've got in your mind's eye; and to go on in this way indefinitely means that at some undefined date in the future lack of obvious progress will have undermined your enthusiasm. The end you set yourself, whether a moderate or outstanding one, is always there waiting for you, and you can reach it just as surely as others did before you: it's for you to decide to win through in a matter of months or a year or two.

If you really know your own mind and are determined to have your way, you

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
12 Miles Road Race. Valuable Prizes.

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.

will have to cut out a lot of fascinating relaxation in order to make time for your special hobby. This is a real tough job, but it will help you if you realise that it will certainly hasten progress. You can always judge a fellow's determination by the amount he is willing to give up in order to perfect himself.

By all means make your preparation as short as is decently possible, that's only commonsense. But don't forget that undue haste can hold you back just as surely as actual neglect. How? Because it is likely to involve serious inconveniences in the shape of physical breakdowns, which in their turn prolong the struggle and tend to foster a growing sense of dissatisfaction.

On the whole, therefore, it is better to tackle your problem cautiously, giving your system every possible chance to get used to, and build up for, the extra physical exertion your demands will entail. With your schedule planned on these lines your ultimate success is as certain as anything can be.

JUST OUT!

A NEW BOOK
RACES & TRAINING
(ILLUSTRATED)

By
ARTHUR F. H. NEWTON

CLOTH BOUND

6/6

post free from

THE PUBLISHER,
9 COTTINGHAM CHASE,
RUISLIP MANOR,
MIDDLESEX
or from "THE SCOTS ATHLETE."

HOW A SWEDISH MILER TRAINS

By GOSTA BERGKVIST.

[EDITOR'S NOTE.—This article appeared as a letter in "Track and Field News," U.S.A., in June, 1950. In the interest of the sport we are quite sure Editor Cordner Nelson and Gosta Bergkvist will be pleased that it has been re-published in our magazine though we make grateful acknowledgement. It was through the good work of Cordner Nelson and "Track and Field News" that "Fartlek" was popularised to the English speaking nations. Obviously it is not practical for British athletes to train as Bergkvist outlines here, nevertheless it is an interesting study. Concepts and basic principles can be applied.]

(NOTE.—Gosta Bergkvist is one of the fastest all-time milers. He ran 1,500 metres in 3 mins. 46.6 secs. in 1947, better than a 4 mins. 05 secs. mile. In 1949, he ran 3 mins. 47.4 secs., and a mile in 4 mins. 05.4 secs. He was Swedish cross-country champion in 1947 and 1948, and was 5th in the Olympic 1,500 metre run).

I promised to tell you how I and the other boys here in Gavle were training, and here I am. I hope you understand my "English." And I hope that something can be worth the while to practice for you. Everything is individually, and what is good for one may be wrong for the other, but this is the best for me. I am sure many of you say, after reading this, that we are training too much in the woods. Maybe they are right, but they can never convince me and get me to change methods. My team-mates in our club, Gefle I.F., are training just like me, and have done: Henry Erickson, 3 mins. 44 secs., Olle Aberg, 3 mins. 48.4 secs. and 4 mins. 05.4 secs., Ingvar Bengtsson, 3 mins. 48.6 secs. We all prefer the woods and grass.

Before talking about training I will tell you when, where, and how. Our season is finished in October. In April, cross-country races are beginning, and in June we start the track races. Out training is meant to give us the best results from the last week of July, over August and September, after that the weather is too cold for good results out-doors. We don't have any indoor tracks yet, but we hope to get some.

When the season is finished in October we take it easy to December. To "take it easy" I mean that I'm practicing 4 or 5 times a week, in the woods. That's

running just mixed up with long walkings. Every time will take me at most one or one and a half hours. That kind of training is better to take very easy and over a long period, instead of hard and short. The tempo is just easy running at half speed. You see, it's very difficult to say how fast it will be when you run in the woods. There are ups and downs and if I say 70 secs. in 400 metres, which is slow on the track, maybe it's full speed in the woods. This training is to relax the muscles and the body, from the hard previous racing season and give them a little rest. And last, but not least, you have a chance to brush up and to repair your mind and fighter-will. With other words, you have your whole body, psychology and physique, fit for fighting again. That's the purpose of those months.

Then in December the snow, my best help, begins to come. Then, I begin to train a little harder. I use the snow as much as possible both for running and walking, and, of course, to go by skis and skating. You know why I use the snow: I will describe how. To protect our feet and legs we use boots (going over the ankle) with hard leather sole and spikes. For running it's best with about 1½ feet deep snow, if it is deeper I only walk. It's very important to warm up enough, because here, it is so cold.

The first mile we take easy running where there is no snow. After I am warm, I run a mile in moderate tempo in the snow. I don't think about the speed but only building up my strength, and I run along in an easy speed. I do a half mile of walking, a half mile of running, and there I stop and return, doing the same mixture of run and walk back to the start. Another day I go by skis for 10 to 15 miles and sometimes I skate. The walk will take me about 2½ hours and I alternate between snow-covered and snowless paths. The steps are sometimes long and sometimes short and fast. I go up high on the toes in pushing off.

In January and February, I use the same schedule as in December, but every-day is a little harder. The practice makes you stronger and stronger, and you run the way you feel, that's the point. Notice that I never follow the schedule exactly. It is always my body and how I feel that leads me. There is no use to go out and try to run hard if you have an off-day, if you dislike it and must force your body. You must like it. To go against your will is a dangerous technique. Practice after a method, but listen to your body. But, of course, it's necessary to be hard with yourself. Don't misunderstand me and think that I am staying home and not training for the smallest reason.

In March, I'm doing the same but the snow is slowly melting away, and in April we begin to run more and faster. First, a warming up for 10 minutes, and then directly to 2 miles in half speed, easy running for ten minutes and then 2 miles in half speed. Take a little rest by walking before a half mile in ¾ speed (almost full speed), easy running, and a half mile in ¾ speed again. After all this, reduce your fatigue with easy running and go on until you are rested again. Another day, instead of 2 miles in half speed, I run 3 to 4 miles like this: almost full speed for 300 yards, then easy running to regain my breath again, then 300 yards in almost full speed, easy again and so on—finishing with 2 miles in half speed and feel well. This month, April, I train in the wood and in spikes. To this you can add 40 minutes hard gymnastics 4 days a week, which is the beginning of a fireman's day.

In May, I do the same as in April but twice a week I'm first going to the woods as usual, but I finish my training by running on the track for 20 minutes. On the track, I run a lap fast, a lap slow, and so on—and finish with 4, 5, 6, 7, 8 sprints for 100 yards. That's enough for a 1,500 metre runner; he doesn't need to know the track better. For him, good condition is of more importance. The speed he needs, he gets on the grass. This is how I see it. A newcomer perhaps must train more on the track, but when he has done a season of racing there is no need for him to train on the track.

At the end of April and in May we have the cross-country season, I'm taking part in 4 to 5 races, but no longer ones than 4,000 metres.

June, the track season is beginning with races every Sunday, I am training as usual, except the day before a meeting.

July, I am taking the training more easy because the races ordinarily are so hard and I'm racing at least two times a week. August and September are the same with hard races and easy training, and so we are in October and I have told you a year around. Notice I am training on the track only in May and the first weeks in June.

Since S.A.A.A. rules have been completely revised every official must and every athlete and reader should possess the new rule-book. Price 2/- post free from J. GILBERT, Hon. Secy., S.A.A.A. 17 Pearce Ave., Edinburgh, 12, or from "The Scots Athlete."

1 HOUR RECORD DISTANCE

The 1 hour running record by J. E. Farrell referred to last month was officially passed by the S.A.A.A. at 11 miles 287 yds. after the track distance was measured and certified to be further than at first estimated. The distance first given and published was 11 miles 241 yds.

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.

SPORTS DIARY.

- July.
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. 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. Carluke 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.

IMRE NEMETH.

Recently Imre Nemeth made a new hammer throwing record with 196 ft. 5½ ins. His progress and remarkable consistency from year to year makes amazing reading and the following compilation (condensed) by Zoltan Subert merits our study to give Nemeth our greatest admiration. Last season he competed in 22 meets and his average was 184 ft. 11½ ins. His lowest effort was made half-way through the season being 171 ft. 10½ ins. Here are his yearly records:—

Year	Best Mark	Average
1940	151 ft. 4½ ins.	128 ft. 9½ ins.
1941	161 ft. 11½ ins.	155 ft. 1½ ins.
1942	174 ft. 0½ ins.	169 ft. 5½ ins.
1943	182 ft. 0½ ins.	173 ft. 0½ ins.
1944	181 ft. 6½ ins.	171 ft. 10½ ins.
1945	163 ft. 10½ ins.	159 ft. 10½ ins.
1946	180 ft. 6½ ins.	168 ft. 5½ ins.
1947	188 ft. 11½ ins.	177 ft. 7½ ins.
1948	193 ft. 7½ ins.	184 ft. 10½ ins.
1949	195 ft. 5½ ins.	184 ft. 11½ ins.

Incidentally Nemeth began as a middle distance runner and later turned his attention to discus throwing. He first tried with a ball and chain in 1940. His last defeat was by Bo Erickson of Sweden away back in 1946. In the first meeting of the 1950 season he defeated the great Russian hammer thrower, Aleksandr Kanaki with 192 ft. 11½ ins. He must be ranked as one of the finest figures that has graced the athletic arena.

His latest world record (this is the third time his name goes into the record book) made at Budapest on Friday 19th May was 1 ft. 0½ ins. better than his standing world record and completed in a wonderful series thus:—181 ft. 5½ ins.; 195 ft. 4½ ins.; 195 ft. 1 in.; 194 ft. 1½ ins.; 196 ft. 5½ ins.; last throw foul.

VALE OF LEVEN A.A.C.

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.

SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



WEEKLY ATHLETIC NOTES BY

JOE BINKS

Unrivalled World-wide Reputation
60 Years of Athletics Ex-Holder Mile Record

AND

DOUGLAS WILSON

British Olympic Runner

THE BEST SURVEY OF ALL SPORTS

Sales exceed 8,000,000 copies per issue

MAKE SURE OF YOUR COPY.

If you are not already a regular reader or a subscriber to this magazine and yet you share our desire for the promotion and development of Amateur Athletics, you should fill in this form immediately and link up in this great work. DO IT TO-DAY!

The free receipt of this Magazine is an invitation to become a subscriber.

Our SUBSCRIPTION RATES are:—

6 months—3/6 (post free); 12 months—6/6 (post free).

To "THE SCOTS ATHLETE,"
69 ST. VINCENT STREET,
GLASGOW, C.2.

Please send "THE SCOTS ATHLETE" starting with.....issue.

Name,.....

Club (if any),.....

Address,.....

I enclose.....being 6 months/12 months' subscription.