

CITY AND ROYAL BURGH OF EDINBURGH

HIGHLAND GAMES

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

AT

MURRAYFIELD RUGBY GROUND

(By kind permission of the Scottish Rugby Union)

ON

SATURDAY, 2ND SEPTEMBER, 1950

AT 2 P.M.

(Doors open, 1 p.m., Military Bands from 1.30 until Ceremonial Opening at 1.50 p.m.).

ATHLETICS.

OPEN:—Junior One Mile H'cap., 100 Yards, 220 Yards, 880 Yards, One Mile, High Jump, Long Jump, Hop Step and Jump, Pole Vault.

MARATHON (26 Miles, 385 Yards)

Scratch Winner holds "Edinburgh" Trophy for One Year.

INVITATION:—100 Yards, 300 Yards, 880 Yards, One Mile, 3,000 Metres Flat Race (Individual and Team Awards), 80 Metres Hurdles Race (Women's), Putting the 16-lb. Ball, Throwing the 16-lb. Hammer (Scots Style), Tossing the Caber, Throwing the 56-lb. Weight over Bar, Inter-Schools (Senior Boys) Relay, 4 x 176 Yards, Inter City Relay, Inter-Association Relay.

ENTRIES close first post **MONDAY, 21st AUGUST**, with **Mr. WILLIAM CARMICHAEL**, 38 Royal Park Terrace, Edinburgh, 8. (Telephones : House, 75165 ; Office, Cen. 6217).

AUGUST, 1950

Vol. 5 No. 5

THE SCOTS ATHLETE

PRICE

6^D



Photo by P. S. Waldie.
J. S. HAMILTON (Victoria Park A.A.C.) winning the Scottish 440 yards Championship in the excellent time of 49.5 secs. He is followed by former holder D. K. GRACIE (Glasgow Univ. A.C.) (No. 4), W. C. O'KANE (Garscube H.) (No. 11) and J. ROBERTSON (Edinburgh Northern H.).

**JOHN EMMET FARRELL'S
RUNNING COMMENTARY.**

**SCOTTISH AND BRITISH CHAMPIONSHIPS.
BREATHING EXERCISES v. COMMONSENSE.**

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

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AT 2 P.M.

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Entry Forms and further particulars from the Hon. Secretary,
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THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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JOHN EMMET
FARRELL'S

THE
EUROPEAN GAMES



WITH the A.A.A. championships now over, attention is now focussed on the big International contests chief of which are the European championships to be held at the Stade du Heysel, Brussels from the 23rd to 27th August.

One Thing Is Certain

With the British team not yet selected (up to the moment of writing) and European form rather vague and shadowy any summing-up of our chances must be merely tentative and incomplete. One thing appears certain, however.

Those fortunate to be present will be treated to a veritable feast of sport, set out with colour and magnificence, while the comfort of the athletes will be well catered for. To consult the superb booklet on the arrangements so beautifully produced by the Belgium Board is to find oneself saying "They think of everything."

Can Wilkinson Emulate Archer?

Let us take the events in a roughly seriatim form as regards distance. So far as is known the sprinting in this hemisphere though sound cannot compare with the brilliance of the Americans. McDonald Bailey appears the best sprinter in Europe but is of course ineligible to compete and I believe J. C. Wilkinson is our best bet for either or both sprints. At his best he has an equal chance of beating Bally of France and the rest and thus emulating the gallant performance of J. Archer at Oslo in 1946. He should at least be placed in one or either event.

Lewis's Devastating Finish

What about our chances in the 400 metres?

Les Lewis's ace card is his brilliant finishing powers in a tight race. But he can stay the pace too as his brilliant 48.2 secs. to equal championship best amply demonstrates. With Derek Pugh as 2nd

string the gruelling quarter is one event where we definitely have a chance. Something extra will be needed to thwart this brilliant pair. We certainly won't be out-classed here. For the record book; the great A. G. K. Brown won a European title for Britain at Paris in 1938 in 47.7 while at Oslo in 1946 Derek Pugh finished 3rd in 48.9 secs. or 1 second behind Holst-Serensen of Denmark.

Bannister's 800 Metres Chance?

The form in Europe at this distance is rather obscure. Does Gustafsson of Sweden retain the form which made him the winner in 1946 in 1.51 dead! Hansenne of France who has apparently not yet fulfilled his promise to retire is still a dangerous competitor over 800 or 1,500 metres. On current form another Frenchman Clare is perhaps best of all (apart from Wint who is ineligible) according to his recent 1:51.4 secs. effort. But Bannister the miler temporarily turned half-miler has I feel an equal chance with any other European. While the brilliantly erratic Parlett if selected can never be entirely left out of the reckoning especially if he would not depend too much on that devastating late run of his.

Sweden Again

We have grand milers in 'Bill' Nankeville and Len Eyre and others but according to the book Sweden and others have even better still. But the big occasion often pokes fun at times and records and our men should at least give a good account of themselves.

Strictly according to the form book, Gaston Reiff is Europe's best at 1,500 metres and mile as his respective times of 3:46.6 and 4:6.2 head the list for this side of the "pond."

Reiff however is practically certain to go for the 5,000 metres at which distance he is of course Olympic champion and we must look elsewhere for the dangers. A Swedish trio of say, Strand, Eriksson and Landquist could supply the winner. Strand is of course the holder having won in 1946 in 3:48 with Eriksson runner-up. The latter is of course the Olympic champion of 1948 but seems to have shaded off since then Strand, joint world record holder with Haegg over 1,500 metres with 3:43 secs. is as well known for his alleged temperament as his undoubted ability.

As a concert pianist his strong but slender tapering fingers are worthy of heavy insurance but so also are his finely moulded legs and flying feet which recently covered a mile on an American track in a shade over 4:7.

France has an excellent contender in El Mabrouk, and more than useful ones in Jacques Vernier and Marcel Hansenne. Of course 2 representatives only are allowed from each country. Verdict, our men still have a chance and we should at least get a place.

Shades Of Wooderson

If the 5,000 metres race at Brussels is as interesting as the one at Oslo in 1946 it will be well worth watching. The epic race between Sydney Wooderson and Willie Slykies will always be a fragrant memory. Two men who ran in that historic race and ran well without getting into the first three may contest the issue this time namely Gaston Reiff and Emil Zatopek Olympic champions at respectively 5,000 and 10,000 metres.

Reiff was considered to have won the 5,000 metres at Wembley rather luckily but subsequent performances proved this judgment to be ill-founded. Now at the height of his powers Reiff is perhaps the best equipped middle long distance runner in the world. His feat of beating 8 mins. for 3,000 metres and smashing Haegg's world record for this distance is stupendous and Zatopek will have something to do to try to pull off such a double as 5,000 and 10,000 metres. Heino failed last time winning the 10,000 metres in impeccable fashion but fading out in the shorter event. Can the iron man of the track succeed where Heino failed? And what about the Finns? Will they show signs of a comeback to their former glory over the longer stretches partial or otherwise.

Despite the great running of consistent Alec Olney and that splendid young Anglo-Scot A. T. Ferguson and possibly Len Eyre if he is selected for this distance it would be sensational to find any of them in the first three. Still I feel that our contenders will be far from disgraced. One of our representatives should at least get into the scoring six; and considering the class at this distance even that would be something.

A Zatopek Defeat Would Be A Sensation

It is difficult to oppose the strong-going Zatopek in the 10,000 metres, even with Heino and Mimoun in the field. Should Heino have no recurrent attacks of sciatica and reach his best form this beautiful runner could still be quite a handful to the present world record-holder. At any rate the contrast in styles would of itself be a piquant spectacle. Where does Frank Aaron fit in? The Doctor who has an unorthodoxy of style worthy of Zatopek himself and the same relentless, driving manner may or may not manage a place but certainly won't be out of his class. The recent track form of the Leeds man has been a real eye-opener and his A.A.A. 6 miles triumph in the new British National record of 29 mins. 33.6 secs. a positively brilliant effort unsurpassed by anything else in the A.A.A. championships which is praise indeed, for the standard was exceptionally high.

Sheffield Walkers Also Keen

Sheffield is becoming almost as famous for walkers as for steel products. At any rate the Sheffield United pair Roland Hardy and Laurence Allen must surely have an excellent chance of filling the premier places in the 10,000 metres walk after their epic record-breaking contest in the A.A.A. 7 miles contest. Hardy is a comparative new-comer to the sport and must be a 'natural' to arrive so quickly. His 50 mins. 11.6 secs not only beat British National and English Native records of 50:28.2 secs. but also the Swede

Mikaelsson's all-comer's record of 50:19.2 secs. As the latter won at Oslo in 1946 let's hope this is a good omen. How strange it is to find world 5 mile record holder Harry Churcher likely to be a spectator, and how fortunate the A.A.A. are not to miss him.

In the long-distance walk over 50 kilometers our candidates are perhaps not so outstanding as in the shorter event, yet we have a great tradition here; and tradition dies hard. Whitlock won in 1938, and Forbes and Megnin finished 2nd and 3rd in 1946. Perhaps that other walker from Sheffield John Proctor may show something or the consistent A. H. Cotton from Woodford Green.

Great Experience for Disley

John Disley's magnificent performance in the A.A.A. 2 miles steeplechase in finishing only 3 secs. behind Peter Segedin of Yugo-Slavia reckoned by some to be the best in Europe at the moment (we shall know shortly) raises hopes as to what Disley will himself do at Brussels. It is perhaps too much to hope for a win but a place could be quite within the capabilities of the youngster who beat Iro-Hollo's time in this event.

Splendidly coached by Dyson he should be a great prospect for Helsinki in 1952. Irrespective of what he does at Brussels the experience should do him good. What of the others? The Swedes were outstanding in the Olympics but little has been heard recently of such as Sjöstrand and Elmsäter while the victor of Oslo in 1946 the great Raphael Pujazon of France though still a grand runner may



Photo by H. W. Neale.
Quita Shivas (Aberdeen Univ.) (No. 17) finishing 2nd to the 16 year-old sensational schoolgirl Jean Foulds in the 100 metres at the W.A.A.A. Championships at the White City, London.
Miss Shivas beat Miss Foulds into 2nd place in the 60 metres race.

be somewhat passé.

No Longer Cinderellas

In the field events we may have still a long way to go but nevertheless we have come a long way. In certain events we can challenge comparison with Europe and the world, particularly in the high jump and the hammer. While in the shot putt the trend is still upwards.

Scots In Record Form

Alan Paterson has the potential to beat anyone in the world of the present day in the high jump. All he requires is to capture the flair for the big occasion and to reach form at the right time. He has at least managed the latter. Alan's form in the A.A.A. championships (6 ft. 4 ins.) was sound but not (for him) brilliant. But his subsequent 6 ft. 7 ins. at Helensburgh Highland Games raises the hopes of his admirers that he can go one better than his runner-up for Britain at Oslo in 1946. Nicklen (Finland) who has shown 6 ft. 6½ ins. and the French star Damitio may be among his most serious rivals.

The lithe but formidable figure of Olympic champion Imre Nemeth of Hungary stands between Duncan Clark and a winners gold medal.

The comparatively slight Nemeth who recently set a new world record of 196 ft. 5½ ins. is compensated for lack of brawn with speed and flawless technique.

Clark's new British National record of 178 ft. 4½ ins. added to his defeat of

Yugo-Slavian, Gubijan leads hopes that he may at least improve on his 3rd place earned at Oslo.

Savidge Lacks Consistency

I cannot see us cutting much ice in either long jump, hop, step and jump, discus or pole vault but Savidge at his best would not be outclassed in the shot putt. Unfortunately he lacks consistency and has lost form recently but if he recovers the urge in time for Brussels—well one never knows.

Hurdles Must Show Improvement

Britain has splendid young hurdlers in P. Hildreth (Poly.) and R. C. Barkway (Achilles) but 15.2 secs. hardly suggests they are ripe enough to follow in the footsteps of Don Finlay who won the European title in Paris with a brilliant 14.3 secs. Nevertheless the European standard here does not appear to be particularly high in the short hurdle event.

In the 400 metres hurdles our contenders Harry Whittle and promising new-comer Angus Scott are both determined triers but both will have to show marked improvement to have any hope of a place.

That Improving runner—Jack Holden

This may appear a curious description of the veteran 43 years old Tipton Harrier with a long list of championships and vast wealth of experience behind him. Yet we are apt to forget that despite Holden's recent marathon monopoly he did not take up the marathon

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seriously till 1947. Even with his substantial back-ground it seems reasonable to suppose that Jack is still learning the why's and wherefore of this gruelling event; and believe me he is a fast learner in every sense of the term.

At any rate Holden continues from time to time to put faster times. His recent performance at Reading in clocking 2 hrs. 31 mins. 3.4 secs. over the 2 lap course was an admirable one. Admittedly the course appeared suitable for fast times and overhead conditions were reasonably good.

I Take Holden

Nevertheless Holden ran on unhurried and unruffled and could have substantially sliced the record British figures of 2 hrs. 30 mins. 57 secs. 6 set up in 1929 by Harry Payne. I had a distinct feeling that Holden performed within himself, keeping something in reserve for Brussels and the European Games. Because of that and the way he has weathered the New Zealand trip I take Holden to win the European title with a certain amount of confidence and break the Finnish monopoly (A Finn has won on each of the last 3 occasions). This despite the presence of a magnificent Finnish school of marathon runners, Leandersson of Sweden, Gailly of Belgium—and others. In the marathon that most unpredictable event, Holden's consistency is such as almost to earn him the name of Mr. Marathon, himself.

Howard Puts Scotland On The Map

There you have my estimation of Britains chances in the European Games. Before leaving the A.A.A. marathon however let me hasten to congratulate Harry Howard of Shettleston Harriers whose magnificent 3rd in this event showed that his Scottish marathon win was no fluke.

Since the palmy days of Duncan Wright and Donald Robertson Scotlands marathon tradition has drooped somewhat despite Charlie Robertson's heroic bid in 1948. But Howards 3rd place out of 103 starters in 2:37.15 only 15 secs. behind the second man is grand.

What a pity Harry competed in a hard 14 mile race only a week before the A.A.A. championships after competing so near the S.A.A.A. marathon race.

Despite the magnificent running and fast finish of E. W. Dennison of Milocarians. I feel that Howard might otherwise have finished runner-up to Holden and thus been considered for the British team for Brussels. Still for one who entered and ran merely to gain experience for next year it was a remarkable feat.

A.A.A. CHAMPIONSHIPS

DETAILS—

100 YARDS—1. E. McDonald Bailey (Poly.); 2. J. Wilkinson (Herne Hill); 3. A. Greive (S.L.H.); 4. J. Gregory (Bristol); 5. A. Pinnington (Achilles); 6. G. Acquash (Gold Coast); won by 3 yards; 1 yard; 9.9 secs.

220 YARDS—1. E. McDonald Bailey (Poly.); 2. J. Wilkinson (Herne Hill); 3. N. Stacey (Achilles); 4. B. Shenton (Doncaster); 5. C. Gibbs (Herne Hill); 6. J. Gregory (Bristol); 2 yards; 3 yards; 21.8 secs.

440 YARDS—1. L. C. Lewis (Walton), 48.2 secs. (equals record); 2. D. Pugh (S.L.H.), 48.5 secs.; 3. P. Dolan (Clonliffe), 49.1 secs.; 4. A. Scott (Achilles), 49.4 secs.; 5. M. Pike (Poly.), 49.6 secs.; 6. J. Hamilton (Victoria Park A.A.C.), 50.4 secs.; 2 yards; 5 yards.

880 YARDS—1. A. S. Wint (Poly.), 1 min. 51.6 secs. (equals record); 2. R. Bannister (Achilles), 1 min. 52.1 secs.; 3. H. Parlett (Dorking), 1 min. 53.1 secs.; 4. R. Morley (Southgate), 1 min. 53.3 secs.; 5. F. Evans (Manchester), 1 min. 54.1 secs.; 6. A. Webster (Sutton-in-Ashfield), 1 min. 54.2 secs.; 3 yards; 8 yards.

MILE—1. G. W. Nankeville (Walton), 4 mins. 12.2 secs.; 2. L. Eyre (Leeds Harehills), 4 mins. 13.2 secs.; 3. A. Parker (Christie), 4 mins. 14 secs.; 4. F. Herman (Belgium), 4 mins. 14.2 secs.; 5. D. Wilson (Poly.), 4 mins. 15.4 secs.; 6. W. Beckett (Hythe), 4 mins. 16 secs.; 6 yards; 5 yards.

THREE MILES—1. L. Theys (Belgium), 14 mins. 9 secs.; 2. H. A. Olney (Thames Valley), 14 mins. 11.2 secs.; 3. A. Ferguson (Highgate), 14 mins. 11.6 secs.; 4. W. E. Lucas (Belgrave), 14 mins. 11.6 secs.; 5. F. Green (Birchfield), 14 mins. 14.6 secs.; 6. D. Lee (Shaftsbury), 14 mins. 23.8 secs.; 12 yards; 3 yards.

120 HURDLES—1. P. B. Hildreth (Poly.); 2. R. Barkway (Achilles); 3. P. Braekman (Belgium); 4. F. Parker (S.L.H.); 5. F. Acquaye (Gold Coast); 6. J. Hart (Atalanta); inches; inches; 15.2 secs.

440 HURDLES—1. H. Whittle (Reading), 55.2 secs.; 2. A. Scott (Achilles), 55.2 secs.; 3. J. Davis (Ealing), 56.8 secs.; 4. G. Jarvis (Milocarians), 57.4 secs.; 5. M. Pope (L.A.C.), D. Woodford (Achilles), fell; inches; 5 yards.

2 MILES STEEPLECHASE—1. P. Segedin (Yugo-Slavia), 10 mins. 2.4 secs. (record); 2. J. Disley (L.A.C.), 10 mins. 5.4 secs.; 3. R. Schoonjans (Belgium), 10 mins. 20.8 secs.; 4. R. Howell (Poly.), 10 mins. 26.6 secs.; 5. G. Saunders (Bolton), 10 mins. 29.8 secs.; 6. T. Rowe (Herne Hill), 10 mins. 37.2 secs.; 20 yards; 50 yards.

SIX MILES—Final—1. F. Aaron (Leeds), 29 mins. 33.6 secs. (British record); 2. M. van de Wattyne (Belgium), 29 mins. 40.6 secs.; 3. F. Mihalic (Yugo-Slavia).

LONG JUMP—1. H. E. Askew (Achilles), 23 ft. 2½ ins.; 2. A. Cruttenden (Brighton), 23 ft. 1½ ins.; 3. M. Gourdin (U.S.A.), 22 ft. 11½ ins.; 4. H. Whittle (Reading), 22 ft. 6½ ins.; 5. G. Saul (Dorking), 22 ft. 1½ ins.; 6. R. Sleigh (Sutton), 21 ft. 6½ ins.

E. McDONALD BAILEY



Photo by H. W. Neale.
A striking study of the famous sprinter starting. At the A.A.A. Championships he had his 4th double win of the 100 and 220 yards. In his 100 yards heat he equalled the British National record of 9.6 Secs. At the Inverness Gathering he set a Scottish all-comers record of 9.7 secs. for 100 yards (Subject to ratification).

HIGH JUMP—1. A. S. Paterson (Scotland), 6 ft. 4 ins. (equals record); 2. R. Pavitt (Poly.), 6 ft 3 ins.; 3. C. Vandyck (Gold Coast), 6 ft 1 in.; 4. D. Atherton (Liverpool), 6 ft. 1 in.; 5. J. Alade (Nigeria), 6 ft 0 ins.; 6. L. Crossley (Poly.), 6 ft. 0 ins.

POLE VAULT—1. R. Stjernild (Denmark), 12 ft. 6 ins. (cleared 13 ft. in jump-off for first place); 2. T. Anderson (Achilles) and N. Gregor (Herne Hill), 12 ft. 6 ins.; 4. G. Elliott (Woodford Green) and H. Sigg (Poly.), 12 ft. 0 ins.; 6. N. Dear (L.A.C.) and R. Pettiejan (Manchester), 11 ft. 0 ins.

HOP, STEP AND JUMP—Final—1. S. Cross (Birchfield), 46 ft. 9½ ins.; 2. W. Laing (St. Andrews Univ.), 46 ft. 4½ ins.; 3. D. Field (Birchfield), 45 ft. 11½ ins.

JAVELIN—1. M. Denley (Thames Valley), 192 ft. 0½ ins.; 2. M. Dalrymple (L.A.C.), 187 ft. 6 ins.; 3. G. Fisher (Achilles), 181 ft. 3 ins.; 4. W. Wall (T.V.H.), 181 ft. 2½ ins.; 5. T. Ruane (Army), 176 ft. 9 ins.; 6. D. Tucker (Herne Hill), 172 ft. 2½ ins.

WEIGHT—1. P. Sarcevic (Yugo-Slavia), 49 ft. 11½ ins.; 2. J. Savidge (Navy), 48 ft. 6½ ins.; 3. J. Giles (Southgate), 46 ft. 6½ ins.; 4. T. Pukits (Lincoln), 46 ft. 4½ ins.; 5. R. Verhas (Belgium), 45 ft. 6 ins.; 6. H. Moody (S.L.H.), 42 ft. 10½ ins.

HAMMER—Final—1. Duncan McD. Clark (Scotland), 178 ft. 4½ ins. (British record); 2. I. Gubiyon (Yugo-Slavia), 173 ft. 5 ins.; 3. E. Douglas (Ldn. Ath.), 171 ft. 9½ ins.

DISCUS—1. R. Kintziger (Belgium), 153 ft. 4 ins.; 2. H. Duguid (Edinburgh Univ.), 147 ft. 7½ ins.; 3. A. Jansons (S.L.H.), 145 ft. 3 ins.; 4. E. Brewer (O. Rutlishians), 141 ft. 6½ ins.; 5. W. Land (Enfield), 136 ft. 11 ins.; 6. N. Schoeler (Denmark), 132 ft. 1½ ins.

SEVEN MILES' WALK—1. R. Hardy (Sheffield), 50 mins. 11.6 secs. (British all-comers' record); 2. L. Allen (Sheffield), 50 mins. 22.6 secs.; 3. A. Thureson (Sweden), 53 mins. 42.2 secs.; 4. G. Coleman (Highgate), 53 mins. 52 secs. (awarded style prize); 5. A. Readman (Belgrave), 56 mins. 18.6 secs.; 6. C. Shaw (Highgate), 56 mins. 28.4 secs.

TUG-OF-WAR (Catchweight) Final—Wimpey London Airport beat Royal Marines (Eastney) 2 pulls to nil.

TUG-OF-WAR (100 Stone) Final—R.A.O.C. (Feltham) beat "H" Div. Met. Police 2 pulls to nil.

4 x 110 YARDS JUNIOR RELAY—1. Portsmouth A.C. (P. Blenkinsop, R. Emery, M. Sweeney, C. Nethercott), 44.1 secs. (record); 2. Poly., 44.2 secs.; 3. Thames Valley, 44.6; half-yard; 3 yards.

Scottish Junior Championships

THERE was much to enthuse over and indeed many occasions which induced a sensation of thrill throughout the proceedings at Meadowbank, Edinburgh, where the S.A.A.A. carried through a programme of Junior Championship events including the Senior Championship items of Relay Races (Men and Women), also that of the Marathon Race on 8th July, 1950.

Fortunately the weather—that prime factor for success in any sports promotion—was sufficiently enticing to encourage an attendance of some 6,000 people, and their enterprise was well rewarded with a display of athletic prowess which at times attained to a high degree of achievement.

"Best Championship" performances were frequently accomplished—and curiously enough in all the Relay races, in one of which the members of the Glasgow University Athletic Club put the copestone on a particularly brilliant athletic season when winning the 1 Mile Medley Relay in time which ranks as a best championship performance. Even so, this time is not equal to their best effort of 3 mins. 31.7 secs. which has recently been ratified as a Scottish record.

New figures were also put on record by the Women's Section of the Edinburgh Southern Harriers in the 4 x 110 Relay Race. Since the team members are young there is every probability in the future of themselves lowering the present 50.2 secs. figures.

Outstanding among the Junior flat events were the 1 Mile, 880 yards and 440 yards races, whilst splendid efforts in the Discus and Javelin events aroused the admiration and interest of the spectators. In retaining his 1 Mile title T. C. Coleman ran with all the aplomb and judgment of a seasoned athlete. It is a common saying in athletic circles that trainers can do everything for their charges but run their races for them; but this Ayrshire schoolboy has got everything necessary to the attainment of success, and his conservation of energy in his preliminary heat and the perfect timing of its release in the final stage evokes the fullest admiration.

In like manner in the Half-Mile race Cumming's display of pace and consummate

judgment was beyond criticism. These virtues, added to that of a perfect body carriage and leg action—always maintained though running under pressure—stamp young Cumming with the hall-mark of athletic excellence. But this description has always been appropriate of the Heriot schoolboy during his short running experience.

In the Quarter-Mile a decided thrill was experienced even by the case-hardened sports follower during the decision of the final heat. Fastest up in the preliminaries was R. Stark, of Edinburgh Eastern Harriers with a time of 52.7 secs., with J. Johnston of the Dundee "Q" A.C. next best at 53 secs. In the final heat Johnston—making every post a winning post—strode out with his characteristic free-striding gait, Stark always keeping within striking distance. Turning into the home straight the race became a stern chase for the Edinburgh boy, yet he persevered most pluckily and only suffered defeat literally on the tape—indeed Stark's next stride took him past his opponent. It was impossible to separate the runners on the watch, and a "Best Performance" of 51.2 secs. should also be credited to gallant Robin Stark.

A curious feature of the Sprint races was the fact that the time returned for the Youths' 100 yards of 10.6 secs. was .1 better than that for the Junior 100 yards. This probably is due to the variation in the strength of the westerly head wind which prevailed throughout the afternoon. The final of the Junior event produced another of the very close finishes which occurred during the meeting, the decision of which in this instance aroused adverse comment.

One pleasing feature in the field events was the prominent position occupied by the boys from Fettes College, Edinburgh, in the Discus, Putting the Weight, and Javelin events, in which they gained 1st, 2nd, and 3rd places respectively. I. Gordon, Edinburgh Harriers, eclipsed a ten-years' old record in the Javelin Throw with a splendid effort of 175 ft. 6½ ins., but it is in such events that records must inevitably be bettered as the result of systematic coaching and the imparting of the "know how" by competent instructors.



Photo by Roy Robinson.

THE JUNIOR HALF-MILE
W. A. CUMMING (Geo. Heriot's) winning the Scottish Junior title from J. D. CLARK (Irvine Y.M.) and M. FORBES (Shettleston H.) in 2 mins. 2.2 secs.

DETAILS—

- 100 YARDS**—1. J. Clifford (St. Machan's); 2. J. R. Moorhouse (E.U.); 3. J. L. Price (V.P.) 10.7 secs.
220 YARDS—1. R. G. Carlisle (Ayr); 2. W. Cowan (Royal H.S.); 3. J. R. Moorhouse (E.U.)—23.5 secs.
440 YARDS—1. J. Johnston ("Q" A.C.); 2. R. J. Stark (Edin. E.H.); 3. J. Picken (Maryhill H.)—51.2 secs. (best championship performance).
880 YARDS—1. H. A. Cumming (Geo. Heriot's S.); 2. J. D. Clark (Irvine Y.M.); 3. M. Forbes (Shettleston H.)—2 mins. 2.2 secs.
MILE—1. T. C. Coleman (West Kilbride); 2. A. D. Breckenridge (V.P.); 3. A. C. Cross (E.U.)—4 mins. 38.4 secs.
120 HURDLES—1. A. R. Britton (Royal H.S.); 2. J. E. Allison (Fettes Coll.); 3. D. H. Mackenzie (Geo. Heriot's S.)—15.9 secs.
HIGH JUMP—1. J. L. Hamilton (West of Scot.); 5 ft. 8 ins.; 2. R. McAdam (Musselburgh A.A.C.); 5 ft. 4 ins.; 3. I. L. Mackie (Daniel Stewart's); 5 ft. 2 ins.
LONG JUMP—1. J. Douglas (Shettleston H.); 19 ft. 0 ins.; 2. M. J. Guthrie (Edin. Rover S.); 18 ft. 8½ ins.; 3. J. P. Paton (G.U.); 18 ft. 7 ins.
POLE VAULT—1. A. M. Hanlon (Shettleston); 10 ft. 6 ins. (equals champ. best); 2. B. Ferguson (V.P.) 9 ft 0 ins.
SHOT PUTT—1. J. L. Donnelly (Hamilton H.); 40 ft. 5 ins.; 2. A. B. Sharp (Fettes Coll.); 39 ft. 6½ ins.; 3. D. Leith (Gordon's Coll.); 39 ft. 1½ ins.
JAVELIN—1. I. Gordon (Edin. H.); 175 ft. 6½ ins. (best championship performance); 2. D. Leith (Gordon's Coll.); 152 ft. 11 ins.; 3. A. C. Sharp (Fettes Coll.); 142 ft. 6 ins.
DISCUS—1. W. S. Knox (Fettes Coll.); 121 ft. 9½ ins. (best championship performance); 2. I. McLachlan (Stonhouse); 117 ft. 4½ ins.; 3. J. E. Allison (Fettes Coll.); 110 ft. 11 ins.

- 100 YARDS**—1. S. McLeod (Bellahouston H.); 2. M. S. Hardy (Fettes Coll.); 3. J. Stevenson (Edin. S.H.)—10.6 secs.
880 YARDS—1. R. R. Alexander (Linthgow A.); 2. J. Finlayson (Hamilton H.); 3. S. Stewart (Hamilton H.); 2 mins. 6.2 secs.

SENIOR EVENTS—

- MARATHON**—1. H. Howard (Shettleston H.); 2 hrs. 43 mins. 56 secs.; 2. C. D. Robertson (Dundee T.); 2 hrs. 44 mins. 9 secs.; 3. J. E. Farrell (Maryhill H.); 2 hrs. 45 mins. 24 secs.; 4. J. M. Lindsay (B'ouston H.); 2 hrs. 51 mins. 10 secs.; 5. H. Haughe (S'burn H.); 2 hrs. 53 mins. 26 secs.; 6. J. Paterson (Poly. H.); 2 hrs. 57 mins. 01 secs.; 7. G. H. Taylor (Shettleston H.); 2 hrs. 57 mins. 25 secs.; 8. J. Bell (K'caldy Y.M.C.A. H.); 2 hrs. 59 mins. 50 secs.; 9. J. Wilkie (Maryhill H.); 3 hrs. 02 mins. 12 secs.; 10. D. M. Bowman (C'dale H.); 3 hrs. 02 mins. 51 secs.; 11. E. Farrell (Garscube H.); 3 hrs. 05 mins. 03 secs.; 12. N. McL. Ross (Garscube H.); 3 hrs. 05 mins. 14 secs.; 13. J. Allison (S'burn H.); 3 hrs 10 mins. 07 secs.
440 YARDS RELAY—1. Edinburgh Univ. A.C. (A. T. Bruce, S. Hynd, L. B. McKenzie, H. W. D. Mercer); 2. Garscube Harriers (D. McDonald, J. A. Weir, D. Y. Clark, W. C. O'Kane); 3. Victoria Park A.A.C. (J. Kennedy, W. Christie, G. McDonald, R. Quinn); 43.4 secs. (best championship performance).
MILE MEDLEY—1. Glasgow University A.C. (T. Begg, R. M. Ward, R. Bow, D. K. Gracie); 2. Victoria Park A.A.C. (J. Adam, W. Christie, J. Kennedy, J. S. Hamilton); 3. Edinburgh Southern Harriers; 3 mins. 32.4 secs. (best championship performance).
WOMEN—
440 YARDS RELAY—1. Edinburgh Southern H. (M. Taylor, J. Morrison, A. Herman, S. Burns); 2. Bellahouston H. (Y. Shaw, M. Sams, M. Russell, M. Carmichael); 3. Edinburgh Univ. A.C.; 50.2 secs.

Breathing Exercises versus Commonsense

By ARTHUR F. H. NEWTON,

Author of "Running"; "Running in Three Continents."

EVERY now and again I come across someone who considers that intentionally regulated rhythmic breathing is essential to good running. Flatly, and without any reservation, I think it isn't, at any rate not the kind of rhythm implied. The idea seems to be that you should make your breathing coincide with striding—so many steps to each intake and expiration—as was recommended by a well-known Everest climber some years ago.

I can't help thinking that we fail to grasp the fact that breathing is different to all other forms of physical action. As a child your arms and legs had to be taught and governed by reason, your brain in the meantime being in the process of development, and it took you a good few years to make efficient use of them. On the other hand, from the time you were born breathing didn't develop at all: it was one of the actual foundations of life like your heart and bloodstream, with both of which it is closely interconnected. Nature seems to be satisfied that heart, lungs and circulation are suitable for all normal requirements at birth, for they function perfectly while you are not only unaware of their existence but quite unable to attempt any control. To make sure you don't mess things unnecessarily by playing about with them at a later stage she safeguards her laws with heavy penalties. Stop breathing for only a few minutes and you'll probably stop living, and the warning against any approach to such an experiment is stressed by acute discomfort.

I gather therefore that, since even trifling interference causes discomfort and, if persisted in, such rapidly increasing discomfort, this is nature's way of impressing on us that it is a mistake to interfere at all. Before you were able to think or reason about it your system knew exactly how to accelerate or slow down the works as occasion required, and how to adjust itself to changes in output of energy. It has taught—and still goes on teaching—you not to meddle with perfectly efficient mechanism. When you

butt in with breathing exercises, then, you are only wasting time and misusing energy.

It might be different, perhaps, if we thoroughly understood breathing. Actually we know next to nothing as to how the lungs work, just why and in what manner the blood-stream collects certain gases and rejects others. All we know is that by doing so it supplies some of the requirements of different actions and processes going on. You may be able to work out pretty accurately how much energy would be needed to run a mile in a certain time, and if it was as simple as that it would be easy enough to assess the pace of rhythmic breathing to suit the task. But you don't know how much is needed to keep your heart beating, your digestion working and your senses alert while everything else is going on: you cannot know because they are not at any two moments the same. Even your thoughts will require more energy if they are hustled: don't you take a sudden deep breath after an unexpected mental shock? Then how can you assess the energy required to speed up heart, lungs and circulation from normal conditions to an unknown load of work?

It stands to reason then that if you are completely ignorant as to the rate of expenditure needed at any moment for the upkeep of your anatomy you must be just as ignorant as to the most economical rate of breathing for any period of its activities.

For more than a dozen years on end I was undergoing intensive training and during that time looked carefully into this subject. Everything pointed to the fact that the lungs managed their work efficiently only when you allowed them to carry on automatically: interference of any sort was a waste of time, or, to put it still more bluntly it was misusing time to achieve an inferior result.

But I noted that there WAS a case for rhythm in breathing, and that provided you took the necessary precautions your ability was enhanced. If it doesn't pay to try to control your lungs you certainly

can regulate other physical action, and I found that it paid me handsomely to supervise pace and stride from time to time to suit my breathing to changes in local conditions. In other words I used my "wind" as a gauge for determining the output of energy. So long as I kept the output at an appropriate level, consequent on the exigencies of the moment, breathing functioned rhythmically without my having to think about it. To arrive at this stage I found it best to arrange a fixed number of strides to the minute no matter what the country was like, shortening them considerably for uphill work and almost unconsciously taking longer ones when going down. This fixed number, in my case around 180-184 was merely a temporary affair: in real hot weather it might be no more than 180 for training run purposes while when racing it could get as high as 190.

Looked at in that way the position is simple enough. Instead of trying to make your breathing conform to your work you reverse the process and make the work conform to your breathing, taking particular care that the latter is never

over-hustled. Even then you are almost sure to make mistakes owing to misjudgment you'll soon find out when you're guilty: to drop out before the end of a race means that your lungs have been overtaxed and your output of energy greater than you could manage under the conditions.

There is this to be said for your wind: nothing else can give you such valuable and immediate information as to your condition at any given moment: if you're the least bit "off" you can't fail to notice that breathing is more laboured than it should be. You must be careful, of course, to allow the lungs sufficient time to adjust their work to whatever exercise you are doing, for just after the start they are almost certain to be a bit rattled while they put in overtime in their efforts to catch up and get into line with all the other organs which started a second or two earlier. But they'll always settle down again to steady service if you give them a chance. When you refuse to accommodate them, as you must in sprinting, the time available for effort can be counted in seconds.

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.

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Entries Close SATURDAY, 12th AUGUST, 1950 with Lumley's Ltd., 80-82
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Phone: MILNGAVIE 1338.



Photo by Andrew Pryde.

Last year when we published this photo of these three star athletes taken at Rangers Sports, 1949, how many of our readers realised that they were given the first three placings in the world-ranking of 1949? Our own Alan Paterson headed with a season's average of 6 ft. 5 ins., 2nd was Dick Phillips (U.S.A.) year. Irving "Moon" Mondschein (L.) was 3rd. He had previously been a (R.) who through injuries did not compete in the American championship this treble U.S.A. Decathlon champion. Prior to this year's Ranger's Sports Alan's average for 1950 is 6 ft. 4½ ins. and has highest jump (6 ft. 7 ins.) so far of all contenders for the European Games in Brussels. As a lad of 18 years he was a grand runner-up at Oslo in 1946.

EDINBURGH HIGHLAND GAMES

These Games have won for themselves a considerable niche in the Scottish sporting calendar. This year's meeting is to be held at Murrayfield Rugby Grounds on Saturday, 2nd September and every effort is being expended to maintain the variety and high quality presented at its three predecessors.

The quality of the athletic performances at these Games has hitherto been of an exceptionally high standard. Last year was almost a unique occasion as two Olympic champions, Fanny Blankers-Koen and Arthur Wint, were seen in action. Again this year international athletes will contest scratch races at 100, 300, 880 yards, mile and 3,000 metres and women's 80 metres hurdles. It is hoped that Maureen Gardiner (Mrs. Geoff Dyson) will be seen in the latter event. An inter city Edinburgh, Glasgow, Manchester, relay and an inter-association, S.A.A.A. v. A.A.A. relay are two new features which should provide great racing. The Edinburgh Marathon, run round the boundaries of the city proved a

popular introduction last year and is being again held over the same course. Jack Paterson, Polytechnic H., is coming up to have a go again. He won last year and holds the Edinburgh Trophy. J. Henning is coming over from Belfast. Charlie Robertson, Scotland's former marathon champion, saw the Games from the Stand last year. This time he contests the marathon.

It is unfortunate that the state of the turf coupled with the proximity of the rugby season, has necessitated some restrictions in the number of competitors in the field events. The throwing events will be by invitation and the jumps on a restricted handicap basis.

Being held as they are in the midst of Edinburgh's International Festival of Music and Drama, these Games attract quite a large number of foreign visitors but they are also well supported by residents in Edinburgh and around.

Tickets for the Stand are now on sale and obtainable at Thornton's & Mackenzie's Sports Shops, and other places of distribution in Edinburgh.

SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



WEEKLY ATHLETIC NOTES BY

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