

SPORTS REPORTS & TALKS

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WEEKLY ATHLETIC NOTES BY

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OCT — NOV., 1950

Vol 5 Nos 7 & 8

THE SCOTS ATHLETE

PRICE

1/-



WM. GALLAGHER (Vale of Leven A.A.C.) won 5 road races during the summer. Also a grand cross-country runner, he had fastest time in the Dumbartonshire Relay Championship.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
A—Z OF 10,000 METRES.

BALANCE by Arthur Newton.
ROAD AND CROSS-COUNTRY DETAILS.
THIS COACHING. BEST PERFORMANCES.

DUNDEE KINGSWAY ROAD RELAY.

Ideal weather conditions favoured the 10th Annual Kingsway Road Relay promoted by Dundee Hawkhill Harriers and held on Saturday 21st October 1950.

It was a dull day yet the atmosphere was clear and cool and absolutely windless. The effect on times was startling as shown by first lap returns where the first five men home all beat last years first lap leading time.

Henson of Victoria Park "B" led McLean of Springburn and V.P.'s first string Binnie in 14.03, 14.06 and 14.07 respecting while Alex Black Hawkhill recently home from overseas army service registered the best Dundee time since Jim Brannen's 14.14 in 1944. Fifth man was Smart of Edinburgh Southern in 14.25. The second lap saw V.P. "A" making good the four seconds deficit from their "B" team but just failing to gain the lead. Springburn had now dropped to third place. In the third lap however the V.P. "A" team gained a decisive lead through Ellis and Andrew Forbes clinched the matter on the final circuit by breaking his own last years individual course record of 13.48 by four seconds. Tom Tracey was not far away for the individual honour being only three seconds slower than Forbes which time of course was also inside the former record.

The first three teams were all inside the old team record.

A. MUDIE.

DETAILS:—

1. Victoria Park A.A.C.—J. Binnie, 14.07; J. D. Stirling, 14.16; J. Ellis, 14.24; A. Forbes, 13.44—56 mins, 31 secs.
2. Springburn Harriers.—R. McLean, 14.06; J. Stevenson, 14.50; J. Morton, 14.31; T. Tracey—57 mins, 14 secs.
3. Victoria Park A.A.C. "B."—D. Henson, 14.03; A. Breckenridge, 14.20; R. Calderwood, 14.31; C. Forbes, 14.28—57 mins, 22 secs.
4. Edinburgh Southern H.—J. Smart, 14.25; W. Brown, 14.27; W. Grant, 14.48; G. Mitchell, 14.42—58 mins, 22 secs.
5. Kirkcaldy Y.M.C.A. H.—D. Beveridge, 14.35; G. Mortimer, 14.48; J. Duncan, 14.49; W. Duncan, 14.54—58 mins, 36 secs.
6. Dundee Thistle H.—J. Miller, 14.49; C. D. Robertson, 14.35; A. Wilkie, 15.17; H. Irvine, 15.17—59 mins, 58 secs.
7. Dundee Hawkhill H.—A. Black, 14.18; A. Coogan, 15.25; J. S. McKenzie, 15.32; G. Crichton, 15.08—60 mins, 20 secs.
8. H.M.S. Caledonia.—Howarth, 14.49; Barry, 15.15; Furnidge, 15.34; Quigley, 14.31—60 mins, 29 secs.

9. Perth Strathitay H.—R. Pickard, 14.55; P. Boyle, 15.07; D. McIntosh, 15.08; I. Morton, 15.26—60 mins, 36 secs.
10. H.M.S. Condon.—P. J. Cook, 15.48; A. Donaldson, 16.19; P. W. O'Brien, 15.57; W. Hunter, 14.52—62 mins, 56 secs.
11. Perth Strathitay H. "B."—J. Smillie, 15.41; N. Campbell, 15.44; M. King, 16.04; P. Dobbie, 15.43—63 mins, 12 secs.
12. Dundee Thistle H. "B."—P. Taylor, 15.16; A. McIntosh, 16.26; J. Fitzpatrick, 16.52; J. Montague, 16.08—64 mins, 42 secs.
13. Kirkcaldy Y.M.C.A. H. "B."—R. Hewson, 15.39; D. Taylor, 16.09; F. Herning, 16.31; A. Thomson, 16.36—64 mins, 55 secs.
14. Dundee Hawkhill H. "B."—A. Blyth, 15.27; W. Townsend, 16.27; J. F. McPherson, 16.19; J. Bickerstaff, 16.57—65 mins, 10 secs.
15. H.M.S. Condon "B."—G. Pitman, 15.42; R. Sturgeon, 16.21; P. R. Cox, 17.11; J. James, 16.44—65 mins, 58 secs.
16. H.M.S. Caledonia "B."—Warden, 16.26; Montague, 16.19; Daly, 16.23; Holden, 16.56—66 mins, 04 secs.
17. H.M.S. Caledonia "C."—Faulkner, 16.26; Bates, 16.21; Briers, 16.34; Yandell, 17.21—66 mins, 42 secs.
18. Dundee Thistle H. "C."—P. G. McMahon, 17.02; A. Courcha, 16.38; J. Chalmers, 16.36; D. High, 17.12—67 mins, 28 secs.
19. H.M.S. Caledonia "D."—Valvo, 17.12; Bennett, 16.59; Bean, 17.04; Hammond, 17.13—68 mins, 37 secs.
- Dundee Hawkhill "C."—Did not finish.

FASTEST INDIVIDUAL TIMES.

1. A. Forbes, Victoria Park A.A.C. ... 13.44
2. T. Tracey, Springburn Harriers ... 13.47
3. D. F. Henson, Victoria Park "B." ... 14.03
4. R. McLean, Springburn Harriers ... 14.06
5. I. Binnie, Victoria Park A.A.C. ... 14.07
6. J. D. Stirling, Victoria Park A.A.C. ... 14.16
7. A. Black, Dundee Hawkhill Harriers ... 14.18

EASTERN DISTRICT CROSS-COUNTRY LEAGUE, EDINBURGH, 28th October.

1st Race—4 Miles.

1. Edinburgh Southern H.—W. L. Brown, 1; G. C. Mitchell, 2; W. Grant, 5; T. Logan, 6; D. Webster, 9; H. Robertson, 15—38 Points.
2. Edinburgh University A.C.—G. Walker, 4; R. J. Sherwin, 8; B. Paul, 11; D. Hunt, 12; J. Bridie, 17; A. C. Cross, 19—71 Points.
3. Edinburgh Rover Scouts A.C.—C. R. Jones, 3; R. Pearson, 7; D. Hall, 16; W. Henderson, 21; J. Crawford, 22; D. Dunn, 29—98 Points.
4. Edinburgh Eastern H.—J. Hamilton, 14; J. Rollo, 20; R. Stark, 23; A. Thom, 25; W. Ramage, 30; T. Sargeant, 32—144 Points.
5. Kirkcaldy Y.M.C.A. H.—D. Beveridge, 10; G. Mortimer, 13; J. Renton, 27; R. C. Hewson, 34; G. Millar, 37; D. Taylor, 38—159 Points.
6. H.M.S. Caledonia.—Howarth, 18; Marshall, 24; Limbrick, 28; Furnidge, 31; Faulkner, 33; Bates, 35—169 Points.
7. Edinburgh Northern H.—G. McGowan, 26; J. Wilkinson, 36; T. Parley, 39; G. Parley, 40; A. Broadfoot, 41; N. McLean, 42—224 Points.

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



THOUGH we are now in the throes of another cross-country season we can pause for a moment to regard the track season now past with legitimate pride and satisfaction. Britain in its International meetings has surpassed the forecasts of even the optimistic to such an extent that it is felt that we can face almost any nation with at least an equal chance. The performance of our Athletes at Brussels in the European championships was a distinct eye-opener. Their 6 individual victories, 2 relay wins and many places thrilled thousands of enthusiasts. It was indeed an amazing British come-back. Their defeat of France on their own home territory after a keen tense match also gave great satisfaction.

From a comparative point of view perhaps the most interesting feature of the European Games was the levelling up and down of the various competing

nations. No one nation dominated to the exclusion of another though Britain and Russia had most first places and though the Scandinavian nations of Sweden, Finland and Norway kept their end up in a general sense their lack of success particularly Sweden's, in the distance events was unusual.

The Season's Greatest Event.

Yet despite the colour, the brilliance, the pageantry of the athletic season just past I venture to suggest that one of the most important single events of the summer was a short statement issued from Helsinki on Sunday 9th July by Mr. Erick Von Franckell chairman of the Olympic Committee to the effect that Finland intended to invite all nations without exception to the 1952 Olympic Games. "We want to have the whole world here, irrespective of language, colour or political views," he simply said. These words are to be commended.

They appropriate to the hopes of the founder, Pierre de Coubertin, whose dream was to make the Games an all-embracing display of world brotherhood. Again if these Games are to be regarded as world championships in the real sense of the word no nation can be excluded.

It is good to see the hand of friendship extended so comprehensively from the organising nation, and since Japan and Germany (though the position of Germany is a bit obscure being divided at present) has recently been re-admitted to the I.A.A.F. the way seems made for their participation.

Cross-Country Running, What of its Future?

Officially cross-country running starts in October and finishes in late March, two of the most delightful seasons of the year, Autumn and Spring. However we have nowadays many athletic meetings and International engagements well on in September almost encroaching on the cross-country season. Now we have on October 4th the very successful Birchfield flood-lit gala which attracted a crowd of 14,000 to their mid-week venture. Granted they had present athletes of world renown, such as McDonald Bailey, Arthur Wint and Fanny Blankers-Koen, but the fact remains the meeting was a most enjoyable and successful one.

This type of meeting might only be a stepping stone to a programme of indoor meetings like those prevalent in U.S.A. and a further encroachment on the cross-country season.

Despite these rival attractions I feel that there will always be a cross-country season. For there is something in field and fen, something natural and big and free which can combat the artificial attractions of the enclosed arena, if not for the spectator then at least for the runner himself.

Inter-Club Runs must be Maintained.

The chief danger to the cross-country spirit, however, lies, I feel, within the cross-country programme itself. With the various additional races now added the season is now saturated. Races and trials must now tend to edge out the inter club fixtures. If that happens it will mean the end of the real cross-country spirit, the fun, the fellowship, the change of scenery, the bun and cake fights, and

instead we must have the parochial spirit of club first and to hang with the rest. Not that the enthusiasm of club is a bad thing in itself, so long as it is remembered that the sport is bigger than any club and that fun and fitness are better than many victories and trophies admirable as they are.

Care Is Needed.

Even from the racing point of view there is danger from too many fixtures. Although many moderns discount the peak theory of fitness and compare it rather to a plateau where a long level of high performance is maintained. I feel that the former theory is not without merit and that too much racing can take the edge of one's fitness and enthusiasm. In any case training should, I feel, be balanced and progressive, and a building-up process can be seriously interfered with, not by racing, but by too many races.

Scottish Cross-Country Prospects.

The Scottish season has at least got off to an interesting start though some of the immediate races are road relays rather than cross-country ones.

Andrew Forbes Back to Form.

The chief feature of the season's start has been the return to form of 3 mile record-holder Andy Forbes after his enforced absence due to injury. His grand running in the Whiteinch relay and his breaking of his own record in the Kingsway relay form a grand pointer and I feel sure that Forbes, late in maturing, can around his mid-thirties reveal form equal to if not superior to anything he has ever shown.

Tom Tracey the present 3 mile track champion is going great guns showing form equal to Forbes himself and is proving himself a grand leader of a splendid Springburn team.

The Forbes-Tracey duels throughout the season should be real needle affairs.

Club Service.

It was remarkable in the Whiteinch relay to find such old members as Andy Robertson of Plebeian, Johnny Lindsay (Bellahouston), Dave Morrison (Shettleston) and R. Hutchison of Olympic H. all running away for their clubs. A grand example of club spirit and love of the sport for these members were prominent for their clubs well before the

start of the last world war. It was also gratifying to find Bellahouston running 6 teams. At present the highest quality may not be there but numbers and enthusiasm are and that is the starting-off point.

Victoria Park's Serious Challenge to Shettleston?

While Victoria Park's first team have earned the lime-light with their grand relay wins, perhaps equally significant has been the form shown by their "B" and "C" team colts. For their "B" team to gain respectively 4th and 3rd places in Whiteinch and Kingsway relays represents all-round strength. Particularly significant in view of the coming Edinburgh to Glasgow "News of the World" relay where formerly Victoria Park were hard pressed to muster 8 men of class for this type of race and had to depend on the brilliance of 2 or 3 to earn them a forward position. Now they appear even more formidable challengers to holders Shettleston Harriers. Last year it will be recalled they were in the lead with 2 stages to go but they had shot their bolt and Shettleston's all-round strength earned them a substantial win.

Newcomer I. Binnie, of a fine-athletic build, is particularly classy, while D. Henson, R. D. Calderwood and A. D. Brackenridge are more than useful assets to add to the strength of their better-known senior colleagues.

Veteran Flockhart May Answer Call.

Semi-retired Jim Flockhart, grand club man that he is, may offer his services if required, and there is little doubt that the wily veteran could be still capable of pulling his weight and running a good team race. With a fit George Craig and others of their team more tuned up Shettleston will be all out to repel all-comers and we could look for a classic contest. But theory and practice do not always fit in this race where one man having a real bad day can upset the whole apple-cart and vice-versa.

Other Relay Race Features.

Grand running has also taken place in some of the other relay races to give form pointers for the "News of the World" race. In the recent Kilbarchan race Greenock Glenpark with Alex. McLean back in their team impressed

with a beautiful display of even team running, their quartette having practically equal times over the 4 laps. Internationalist Tom Stevenson of Wellpark had, however, the fastest individual time.

Irvine Win Scottish Y.M.C.A. Title.

S. Cuthbert, J. Lawson, D. Andrews, and T. McNeish, representing Irvine Y.M.C.A., had an easy win in the Scottish Y.M.C.A. relay championship, but stocky David Nelson of Motherwell Y.M.C.A. clocked fastest individual time of 13 mins. 13 secs.

In the youths' race won by Motherwell Y.M.C.A. particularly noteworthy was the time set up by A. Brown of the winning team of 13 mins. 21 secs., only 8 secs. slower than fastest senior D. Nelson. With men of the calibre of Internationalist Tom McNeish in the field it must surely be agreed that this represents grand running from a youth.

The various district cross-country championship relays have been held and in the Midland race Victoria Park have continued merrily on their winning way and again showed their great all round strength to mark their superiority. The holders, Shettleston, dropped to 3rd place having to give best also to Springburn who greatly assisted by Tom Tracey with an amazing run in the 3rd leg handed over a lead at the last change-over, finished runners-up.

Edinburgh Southern look the team of the East this year. They have already won the first league race and their district relay. Perhaps it would be too much to look for a repeat of the last year's sensational running of Edinburgh University again this season and no doubt they are feeling the loss of key-men of their great team.

Incidentally the recently revived and enthusiastic Falkirk Victoria Harriers have reason to feel proud with their young member G. W. Jackson returning the best individual time in the Eastern relay—a sterling performance indeed.

Internationalist Jim Reid played a major part in West Kilbride's winning the South Western race. His club-mate Scottish junior champion Gilbert Adamson running the last leg made certain by returning the fastest time of the race.

[Continued on Page 11.]

RANKING OUR ROAD RUNNERS

Since it was not possible in previous issues to cover the many interesting road races during the summer season we make the following short review based on a ranking list we have made out with the co-operation of the popular and veteran Marathon Club-Captain, Jim McNamara.

Pride of place must go to Harry Howard (Shettleston) who won convincingly the two Scottish marathons (Championship and City of Edinburgh) and was a brilliant 3rd in the British. He had one other win—at a shorter distance (Milton A.C. race).

Charlie Robertson (Dundee Thistle) may rank below, but his record was good. Runner-up to Harry in the Scottish he won against him in other events, Stirling 16 miles and Drymen 14 miles, the latter being a close race. He also won at West Calder, 15 miles. For interest value it was unfortunate they did not meet in another race, apart from the Edinburgh marathon, later in the season when Harry seemed at his best. In the Edinburgh race, Charlie retired—forgivable after his probable season's best when winning his great Perth—Dundee (22 miles) record-making run. He also broke the course record in the Carlisle (12 miles) race.

Veteran J. E. Farrell (Maryhill H.) had a mixed season. After a weak start at Stirling he hit a bright patch. Furthering the Scottish record (1 hrs. run) standing to his own name he was ahead of Harry Howard and Alec McLean. He followed with a grand win in the Gourrock—Ibrox 20 miles from one of the biggest fields for distance running in Scotland for years (easily the season's best with appr. 50 starters) which included Howard 2nd and Robertson (unplaced). Unimpressive mid-season he had a consolation finish. As runner-up to Howard at Edinburgh he was otherwise ahead of the classiest field of the season. He also won the Bute Games (10 miles) race.

Being younger in years and experience than the fore-mentioned campaigners, Willie Gallagher (Vale of Leven) seemed most promising. He took a spotlight with 4 straight wins (Largs 13 miles

Shotts, Helensburgh 14 miles and Milngavie 10 miles) had fastest time in the open handicap race at his own club's sports (14 miles). In the Milngavie race he had a neck and neck struggle with the coming young J. Miller (Dundee Thistle). Despite these meritorious wins he tended to be shaded when competing against our top three though he had a victory over Harry Howard at Largs on the week following the Shettleston man's Scottish triumph and a week previous to his memorable British race.

A. Arbuckle (Monkland H.) takes award not by individual wins but by being a most tenacious place-getter. Johnny Lindsay (Bellahouston) another veteran, on occasion showed a glimpse of his road running prowess of a few years back. Another old-timer Peter Taylor (Dundee Thistle) gives inspiration. A few seasons past he was struggling to regain his fitness and was invariably at the tail. This season he was up in the van with real dogged displays.

Here is our ranking:—

1. H. Howard, Shettleston Harriers.
2. C. D. Robertson, Dundee Thistle.
3. J. E. Farrell, Maryhill Harriers.
4. W. Gallagher, Vale of Leven.
5. A. Arbuckle, Monkland Harriers.
6. J. Lindsay, Bellahouston Harriers.
7. H. Haughie, Springburn Harriers.
8. T. McGinlay, Garscube Harriers.
9. P. Taylor, Dundee Thistle.
10. J. Paterson, Polytechnic Harriers.
11. G. H. Taylor, Shettleston Harriers.
12. J. Bell, Kirkcaldy Y.M.

SHETTLESTON HARRIERS.

33RD ANNUAL DANCE

In SHETTLESTON PUBLIC HALLS
(Wellshot Road)

TUESDAY, 2nd JANUARY, 1950

7.45 p.m.—1 a.m.

Buffet :: Cabaret

All athletes and friends welcome to be present. Tickets 10/6 from club members or Convener, H. Bowman, 556 Edinburgh Road, Glasgow.

SCOTTISH MARATHON CHAMPION'S CAREER

[A fortnight after the Scottish Marathon Championship was won by Harry Howard (Shettleston Harriers), the following interesting letter appeared in the "Kilmarnock Standard" on 22nd July, 1950.—Editor.]

A Tribute to Harry Howard.

TWO weeks ago a Kilmarnock man achieved a personal triumph which stirred the athletic fraternity of Scotland and in particular the Ayrshire enthusiasts, by winning the most coveted honour in long distance racing. In romping home first after having covered 26 miles 385 yards, Harry Howard beat his rivals to prove that ability and tactics can upset the more experienced marathon competitors. Considering that there were two former champions in C. D. Robertson, Dundee, and J. Paterson, Polytechnic Harriers, this was no mean performance. After 10 years racing over roads and cross-country both in the army and with the Shettleston club, Harry has gained many honours in distances from 1 mile upwards, but never has he been crowned with such personal success.

When I first met this sturdily built man from my home town he had just finished winning an Army cross-country race of 5 miles, which had at least 500 competitors. As it happened Harry was late for the start of this race, but undaunted, and typical of his courage and tenacity, he was determined to catch up with the leaders and did to win comfortably. That was in 1940 at Berwick-on-Tweed. Since then I have trained with him, won and lost races against him, argued with him about his unusual training methods and finally watched him racing on the road and cross-country to gain many successes.

At this stage it is appropriate to record some of his more memorable races which illustrate the all-round ability of this 36-year-old athlete. This season, on the road, Harry has competed in five races of 13 miles, 15 miles, 16 miles, 20 miles and 26 miles respectively. From these he has taken two first and three second prizes. On the recent successful attempt by J. E. Farrell, Maryhill, to break the Scottish one hours' running record, Howard covered 11 miles 220 yards which was only 61 yards less than

Farrell's new record and a better distance than the old record. Road racing has always been Harry's first love and this is proved by the record times standing to his name. Some of these are:—Glasgow to Hamilton 13 miles in 1945, Kilbarchan course 14 miles in 1945, Carlisle to Lanark and return 12 miles. At this time when Dunky Wright (ex-British and Empire Marathon Champion) had staged a "come-back," Harry beat Dunky on more than one occasion.

Versatile Howard won his Scottish jersey at Ayr racecourse in the 9-miles cross-country championship in 1946. This year as a member of the Shettleston club's Scottish championship winners he gained a third team medal in the English cross-country championship when one point separated the second and third teams. This was indeed a meritorious performance.

All these experiences indicate that Howard has one all-powerful interest in life and that is his athletic career because only by constant training and perseverance could he have won such honours for himself and his town. To-day it is expected that he will compete in the British Marathon Championship at Reading and our club's good wishes go with him. May he have many more victories in the future.

PEG O' WAY.
(Kilmarnock Harriers).

A.A.A. INSTRUCTIONAL BOOKLETS

HIGH JUMPING

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(A.A.A. Chief National Coach)

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By A. R. MALCOLM
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THE TECHNIQUE OF JUDGING TRACK EVENTS

By WALTER C. JEWELL.
(Hon. Treasurer A.A.A.)

A.A.A. OFFICES, 118 CHANCERY LANE, W.C.2.

Price 1/6 each. Post Free.

"THIS COACHING"

by T. Montgomery (Hon. Sen. Coach)

THIS Coaching? To many, far too many in my opinion, this aspect of athletics in Scotland, is still a word with little meaning or application.

Before going further, let us review the position to date. Since the S.A.A.A. launched their coaching scheme, some may say that little has been done, and coaching in general has been conspicuous by its absence, but it must be kept in mind, that any scheme introduced on a national scale, must be slow to develop and grow, and old traditions and ideas die hard. Further the coaching of the coaches is being, through force of circumstances, done by our one and only professional Coach (H. A. L. Chapman), and as he has the whole country to cover progress will therefore be slow, unless greater numbers of our older athletes volunteer right away to undertake the necessary courses. At present we have in Scotland 15 Hon. Intermediate Coaches and 4 Hon. Sen. Coaches, a mere drop in the ocean, but if the effort is made, they can, like the ripples caused by the drop, expand in ever widening circles until the whole country is covered. To those who attempted the Coaches exams, and failed, I say, try again and as hard as you tried to win your first race. Your services are required if we are to improve our National Standards. Results from what coaching HAS been done, have not yet had time to become apparent, but I believe that the need for coaching is generally gradually being realised.

The future for our young athletes can be very bright if the coaching schemes organised by the S.A.A.A. are fully attended and supported. In this respect, the Eastern District Coaching Committee are to be commended for having arranged a full winter's course for coaches and athletes (I'm sorry I'm not in a position to say what goes on in the West).

More and more prospective coaches should attend and present themselves for examination at the end of the session and be ready to start coaching at the start of the new track season and I would say to all young athletes attend as many lectures

as you possibly can, and get to know your event thoroughly, a bigger job than most realise. The Eastern District Committee have also arranged a weekly class for athletes, where they can put the knowledge gained at the lectures into practice under the guidance of the Hon. Coaches. (Ask your club secretaries for details).

I am convinced that only by coaching by qualified coaches, can we hope to raise our national standard in athletics, so that we can compete on equal terms against the other nations of Europe and the world.

It must be pretty obvious that the boy or girl who is taught his or her athletics at an early age by the best known methods, based on the proved theories of mechanics etc. etc., has a distinct advantage over the boy or girl who have to depend solely on their own ability. (The old adage, "Learn young, learn fair" holds good as well in athletics as in any other sphere). Hon. Coaches appointed by the S.A.A.A. are taught these methods and principles, and having passed the examinations pass these on in their coaching. In other professions etc., study and qualifications are necessary (we would soon complain if our children were taught at school by unqualified teachers) so why not in athletics, but alas, as athletics have no state support in this country, nor any funds of sufficient size on which to draw to make that possible, we must help ourselves by doing it voluntarily.

I feel it is the duty of every club committee to do their utmost to get a sufficient number of coaches to cover their membership. I fancy I hear a rumble—"I was never coached,—nobody showed me what to do," but, should we let the youngsters blunder along as we did, when we can so easily give them the benefit of our knowledge and experience? I think not, surely let them start where we left off. I realise of course that some qualities cannot be given but must be acquired, but how much sooner they will be acquired if we older athletes will only show the way.

When I recall my early days in athletics, I realise just how far behind we were, and still are. We tried to find the answer for, height, distance or time but how long it took to show improvement and then it was mostly by copying some foreign athlete of repute and without really understanding the whys and wherefores. The result of course was that performances were seldom of any great standard.

What is required, and how long does it take to become a coach, and having become a coach what is expected of a coach?

These, no doubt, are questions which will arise in the minds of the prospective coaches. To the first, a full syllabus is issued by National Coaching Committee (apply S.A.A.A. Secy. or C.C.P.R.) to the second, I would say from my experience that an athlete of some years experience will get through the lower grades with a winter's course of lectures and study. As to what is expected from a coach, well, well, what I would expect and what some people would be prepared to do, are poles apart. I am of the opinion that the coach, to do his job properly, must attend oftener than the athlete. I am also of the opinion that all training should be supervised by the coach in person or at the least witnessed by some knowledgeable person to watch for faults etc. Another question, how often should training be done? At the peak period, four times a week plus competition. Now I agree, that not all, who are anxious to coach have that amount of time to spare, but less would still help. For all this what are the compensations? Financially NONE, but every inch gained, every foot covered, and every second saved by your pupils in their events, gives you about as much of a kick as if you had accomplished it yourself.

To the athletes about to hang up their spikes, I say put back into athletics a little of what you have had from it by coaching.

While on requirements, what is required of a youngster by a coach? Well, I would say, he must be keen and must be regular at training with an earnest desire to learn and finally he must be a trier, but not try, "to tell his father how to suck eggs."

When should coaching and training start? In years, as early possible, in seasons after a short rest from the previous season. That is my opinion and may seem a bit exacting but that is the way, all the champions have come. A study of schedules carried out by the world-beaters all show the need for hard work and technique. So athletes make a start by the end of October on general conditioning work.

So much for an introduction to "This Coaching," and I'm certain that the views I have expressed will not be accepted by some, but what is to prevent the expression of other views, or a discussion on mine, through the medium of this paper. I intend to follow up this article with others, detailing coaching, methods, technique and training etc, and I will willingly discuss points with anyone who cares to raise them so that the youngsters may benefit from the arguments for and against the various points under review.

DUMBARTONSHIRE A.A.A. 10 Miles Cross-Country Relay Championship

Jamestown, 21st October, 1950.

RESULTS:—

1. Garscube Harriers.—F. Russell, 14.26; J. J. Duffy, 13.51; D. Coupland, 14.4; A. Kidd, 13.52.—56 mins. 23 secs.
2. Vale of Leven A.A.C.—D. McPherson, 13.56; W. Gallacher, 13.41; A. McDougall, 14.26; F. Lacey, 14.37.—56 mins. 40 secs.
3. Vale of Leven A.A.C. "B."—H. Coll, 14.43; R. Steel, 14.23; J. Ferguson, 14.39; J. McNab, 15.17.—59 mins. 02 secs.
4. Garscube Harriers "B."—J. Gunn, 14.15; H. Hatrick, 15.02; A. Gold, 15.18; A. Warton, 14.53.—59 mins. 28 secs.
5. Garscube Harriers "C."—F. Jewell, 14.44; J. McDonald, 14.24; R. Murray, 15.31; D. Causon, 14.50.—59 mins. 29 secs.
6. Vale of Leven A.A.C. "C."—W. Crowe, 14.48; T. Wilson, 15.19; M. Connell, 14.52; J. McCrimmon, 15.29.—60 mins. 28 secs.
7. Helensburgh A.A.C.—J. Cowie, 15.59; J. Handyside, 15.10; J. Arroll, 15.04; E. Hansen, 15.01.—61 mins. 14 secs.
8. Dumbarton A.A.C.—J. Walker, 14.31; J. Timmons, 16.35; T. Sinclair, 15.09; J. Walker, 15.01.—61 mins. 16 secs.
9. Vale of Leven A.A.C. "D."—M. Lacey, 15.42; B. Turner, 15.52; I. Young, 16.19; P. McConnachie, 16.56.—64 mins. 49 secs.

FASTEST LAP TIMES.

1. W. Gallacher (Vale of Leven A.A.C.) 13m. 41s.
2. J. J. Duffy (Garscube Harriers) 13m. 51s.
3. A. Kidd (Garscube Harriers) 13m. 52s.
4. D. McPherson (Vale of Leven A.A.C.) 13m. 56s.

BALANCE

By ARTHUR F. H. NEWTON,

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

MATTERS of physical and mental balance in athletics are, as you probably recognise, entirely new ground in the science, and, although a comparative novice at this sort of thing, I'll give you some of my ideas and leave you to work on them.

Perhaps it is only in a small way—occasionally of course quite the reverse—that a fellow means to make his mark in athletics; he wouldn't indulge if he had no hope of success. I am referring to the younger man who demands competition as a natural outlet for his physical exuberance, not to the small band of middle-aged veterans who carry on for the sake of keeping themselves thoroughly fit.

The broad outlines that lead to athletic success are already well understood, though it is surprising how sketchily they are put into practice by the rank and file. What is not so well realised is that a combination of a whole host of trivialities, not merely one or two major traits, must be mastered before anything above the ordinary in the way of achievement can be expected.

Action, relaxation, diet and so on have already been thrashed out times out of number, but it's a difficult job to find reference to physical and mental balance in spite of the fact that they're just as essential as rhythm or anything else. Probably they have escaped attention because, like the actual running, we learnt their main points in early years, and the need for a refresher course at a later date wasn't appreciated, even though an obvious fault in the built-up structure, such as clumsy action, would suggest the necessity.

If it interests you to know how far the average individual is from reasonable stability with regard to his physical balance just take notice of what goes on in any street, provided it is not too crowded, in which you happen to find yourself. Not one person in fifty moves unswervingly in the direction in which he or she is going: people "jay-walk,"

especially if they happen to be alone, almost from one side of the pavement to the other. Indeed, it has become so natural to the bulk of them that they're not aware they're doing it.

There can be no doubt that their physical balance is being continually upset either for want of mental direction or by lack of rhythm in their action. Could you follow their mental activities at the same time it's pretty certain you'd find them even more chaotic, for our bodies were well developed and partially under control before our minds had reached the primitive stage: even today they are far more manageable than our minds. You can use your strength to stop anyone doing injury to another, but although you can control your own mental excursions to a great extent you're quite helpless when it comes to preventing someone else's anger—you've just got to leave it until the other man's reason gets the upper hand once more.

Yet whatever the cause, a whole lot of squandered physical effort can be salvaged by careful supervision, and if this is applied frequently it soon develops into a habit of mental economy. Habits of this sort need a fair amount of trouble to establish—anything that's really worthwhile generally does. Not that you'll ever become perfect or anywhere near it: you won't. But if you can make yourself distinctly better than your rivals in any single point you've taken a substantial stride in the right direction, and it needs only renewed application with many other sidelines to place you ahead of the majority of them. This may seem to be driving somewhat into the meta-physical, but if you'll give it a moment's thought you'll agree there's more in it than meets the eye. You already admit it CAN lead to improvement, so it must be worthwhile.

But that's only making a start. Some of your rivals are sure to adventure along similar lines and unless you're prepared to put more effort and work into it than they do you are likely to find your-

BEST SCOTTISH PERFORMANCES, 1950.

THROWING EVENTS.

Compiled by

I. H. DRUMMOND.

The following are the Best Performances by Scottish Athletes in Scotland:—

SHOT.

- | | |
|--------------------|-------------------------------|
| 1. 45 ft. 4½ ins. | J. Drummond, Heriot A.C. |
| 2. 44 ft. 6½ ins. | D. McD. Clark, R.U.C. |
| 3. 42 ft. 9 ins. | K. Maksimczyk, Edin. E.H. |
| 4. 41 ft. 10½ ins. | W. McNeish, Glasgow Univ. |
| 5. 41 ft. 8 ins. | H. Duguid, Edin. Univ. |
| 6. 40 ft. 3½ ins. | A. Herdman, St. Andrew's U. |
| 7. 38 ft. 5½ ins. | J. D. Gordon, Stirling Const. |
| 8. 38 ft. 2½ ins. | G. Hawthorn, Lanark Const. |
| 9. 38 ft. 2½ ins. | L. Velecky, Glasgow Univ. |
| 10. 38 ft. 2 ins. | G. Brown, Heriot A.C. |
| 11. 37 ft. 11 ins. | J. L. Donnelly, Hamilton H. |
| 12. 37 ft. 10 ins. | W. Woods, Lanark Const. |
| 13. 37 ft. 10 ins. | I. H. Drummond, Edin. H. |
| 14. 37 ft. 8 ins. | E. C. K. Douglas, Atalanta. |
| 15. 37 ft. 6 ins. | A. C. McDonald, Vict. P. |
| 16. 37 ft. 5 ins. | A. Hay, Glasgow Police. |

DISCUS.

- | | |
|---------------------|------------------------------|
| 1. 145 ft. 7½ ins. | H. Duguid, Edin. Univ. |
| 2. 142 ft. 0 ins. | J. Drummond, Heriot A.C. |
| 3. 136 ft. 6 ins. | D. Young, Shettleston H. |
| 4. 134 ft. 8½ ins. | K. Maksimczyk, Edin. E.H. |
| 5. 131 ft. 5 ins. | E. C. K. Douglas, Atalanta. |
| 6. 130 ft. 2½ ins. | D. Milne, Oxford Univ. |
| 7. 124 ft. 9½ ins. | A. A. Bendy, Edin. S.H. |
| 8. 121 ft. 4 ins. | W. McNeish, Glasgow Univ. |
| 9. 118 ft. 3½ ins. | L. Velecky, Glasgow Univ. |
| 10. 112 ft. 9 ins. | A. Herdman, St. Andrew's U. |
| 11. 110 ft. 3 ins. | I. H. Drummond, Edin. H. |
| 12. 109 ft. 3½ ins. | F. McLaughlin, Edin. S.H. |
| 13. 107 ft. 11 ins. | M. Skibisz, Edin. E.H. |
| 14. 107 ft. 6 ins. | T. Montgomery, Edin. H. |
| 15. 104 ft. 4 ins. | J. Diack, Edin. City Police. |

JAVELIN.

- | | |
|---------------------|-------------------------------|
| 1. 174 ft. 11 ins. | G. A. Bell, Heriot A.C. |
| 2. 173 ft. 0½ ins. | G. N. M. Fisher, C. bridge U. |
| 3. 170 ft. 0 ins. | C. Riach, Jordanhill T.C. |
| 4. 167 ft. 3 ins. | I. H. Drummond, Edin. H. |
| 5. 166 ft. 4½ ins. | P. G. Skea, Heriot A.C. |
| 6. 165 ft. 5 ins. | I. Gordon, Edin. H. |
| 7. 164 ft. 6½ ins. | G. Simpson, Aberdeen U. |
| 8. 160 ft. 11½ ins. | J. E. F. Clark, Glasgow Univ. |
| 9. 159 ft. 8 ins. | M. Derrington, St. And. U. |
| 10. 154 ft. 9 ins. | D. Leith, Robt. Gordon's C. |
| 11. 153 ft. 5 ins. | D. W. R. Mackenzie, Ed. U. |
| 12. 153 ft. 0 ins. | T. Ramsay, Edin. E.H. |
| 13. 152 ft. 0 ins. | J. Jackson, Edin. N.H. |
| 14. 151 ft. 9 ins. | J. L. Donnelly, Hamilton H. |
| 15. 150 ft. 8 ins. | J. Cullen, Hamilton H. |

HAMMER.

- | | |
|--------------------|-----------------------------|
| 1. 175 ft. 11 ins. | D. McD. Clark, R.U.C. |
| 2. 171 ft. 8½ ins. | E. C. K. Douglas, Atalanta. |
| 3. 150 ft. 1 in. | W. McNeish, Glasgow Univ. |
| 4. 135 ft. 8½ ins. | D. Boyd, Edin. City Police. |
| 5. 129 ft. 8 ins. | H. Duguid, Edin. Univ. |
| 6. 122 ft. 4 ins. | J. Drummond, Heriot A.C. |
| 7. 121 ft. 9 ins. | F. Corbett, Lanark Const. |

self still among the second-raters. Mental balance wants adjusting and steadying just as much as physical, and you must set your mind to work at the problem and keep it on the job until you have gathered in your coveted laurels.

The mind, being a higher and later development, will always prove to be top dog even against all your inclinations, provided there's sufficient incentive to drive it. Doesn't it make you "get up in the morning" when "it's nicer to lie in bed"? And that's where the chance of the man-in-the-street comes in for he can, if he is really determined, outclass even the born athlete. It is just a case of being able to discriminate nicely between almost imperceptible differences of method and action and then putting the finer principles derived into permanent practice. That statement covers a wide field of action and it'll pay you to ruminate over it and ravel out for yourself how much it really amounts to.

Admitted a man has got to be an absolute glutton for hard work before he can hope to realise an out-and-out championship, but each of us knows "it can be done" and knows too that he can be the one to do it if he chooses.

Add this idea of balance, then, to your many other problems: it will help to occupy your mind while you travel over your training jaunts and will therefore, if it does nothing else, keep you so interested that you'll get over a lot of ground almost without noticing the effort. If you can run like that—and you'll admit practically all your walking is of that nature—you're well on the way to achieving well-judged physical balance. And remember, the mental and physical counterparts evolve and grow together.

[Continued from Page 5.]

Several Internationalists took part including popular Frank Sinclair back running with his home-club, Greenock Wellpark.

The "News of the World" relay, held on top of these events will give a pointer to our National championships and the composition of our International team. So far, with new names cropping up it looks as if we've entered an interesting era.

VICTORIA PARK A.A.C. ROAD RELAY RACE

7th October, 1950.

1. Victoria Park A.A.C.—G. Binnie, 16.06; J. D. Stirling, 16.27; J. Ellis, 16.28; A. Forbes, 15.45—64 mins. 46 secs.
2. Shettleston Harriers.—T. Eadie, 16.18; H. Howard, 16.30; E. Bannan, 16.12; B. Bickerton, 16.08—65 mins. 08 secs.
3. Springburn Harriers.—R. McLean, 16.08; J. Stevenson, 17.04; J. Morton, 16.32; T. Tracey, 15.42—65 mins. 26 secs.
4. Victoria Park A.A.C. ("B.")—D. Henson, 16.24; A. D. Breckenridge, 16.32; D. Macfarlane, 16.50; C. Forbes, 16.33—66 mins. 19 secs.
5. Garscube Harriers.—F. Russell, 16.27; J. J. Duffy, 16.30; D. Coupland, 16.53; A. Kidd, 16.38—66 mins. 38 secs.
6. Shettleston Harriers ("B.")—A. Maxwell, 16.33; C. Wallace, 16.42; J. McNeil, 16.51; J. Burton, 16.49—66 mins. 55 secs.
7. Bellahouston Harriers.—J. Christie, 16.44; W. McAuslan, 16.40; D. Muir, 17.07; R. Clime, 16.29—67 mins.
8. St. Modan's A.A.C.—A. McHugh, 16.28; M. Kane, 16.43; J. McGhee, 16.56; D. Clelland, 17.04—67 mins. 11 secs.
9. Vale of Leven A.A.C.—A. Macdougall, 16.41; D. Macpherson, 17.11; R. Steel, 17.08; W. Gallacher, 16.25—67 mins. 25 secs.
10. Springburn Harriers ("B.")—T. Lambert, 16.34; J. Bissell, 17.24; J. Rankine, 17.03; S. McFadden, 16.47—67 mins. 48 secs.
11. Irvine Y.M.C.A. Harriers.—S. Cuthbert, 16.35; H. Kennedy, 17.25; D. Andrews, 17.22; J. Lawson, 16.52—68 mins. 14 secs.
12. West Kilbride A.S.C.—J. Butcher, 17.34; J. Reid, 16.37; T. Coleman, 17.52; G. Adamson, 16.12—68 mins. 15 secs.
13. Victoria Park A.A.C. ("C.")—R. C. Calderwood, 16.38; R. Kane, 16.56; S. Ellis, 17.21; R. Gibson, 17.25—68 mins. 20 secs.
14. Plebeian Harriers.—A. Smith, 17.01; A. Robertson, 17.08; F. Cassels, 17.20; D. Barclay, 16.52—68 mins. 21 secs.
15. Bellahouston Harriers ("B.")—A. Dunwoody, 17.12; C. Kirk, 17.08; H. Fenion, 16.57; J. Kelly, 17.12—68 mins. 29 secs.
16. Hamilton Harriers.—J. Jarvis, 16.48; A. Gibson, 16.49; G. Craig, 16.41; D. Wilson, 18.20—68 mins. 38 secs.
17. Clydesdale Harriers.—G. White, 17.07; R. Boyd, 17.20; P. Reynolds, 17.16; P. Younger, 17.01—68 mins. 44 secs.
18. Shettleston Harriers ("C.")—D. Morrison, 17.02; J. B. Miller, 17.14; E. Dolan, 17.38; T. Ruth, 17.28—69 mins. 06 secs.
19. Falkirk Victoria Harriers.—G. W. Jackson, 16.25; S. Laurie, 18.09; T. Blackhall, 17.38; A. J. Crawford, 17.02—69 mins. 14 secs.
20. Maryhill Harriers.—R. McDonald, 17.39; T. K. Wilson, 17.28; T. McBride, 17.08; R. Brynmor, 17.00—69 mins. 15 secs.
21. Greenock Wellpark Harriers.—G. King, 16.47; J. Lobban, 18.26; J. Walker, 17.43; T. Stevenson, 16.25—69 mins. 21 secs.
22. H.M.S. Caledonia.—C. Howarth, 17.15; M. Limbrick, 18.10; E. Berry, 17.33; R. Quigley, 16.55—69 mins. 53 secs.
23. Beith Harriers.—G. Lightbody, 17.31; M. Walker, 17.28; H. Walker, 17.45; K. Phillips, 17.19—70 mins. 03 secs.
24. Vale of Leven A.A.C. ("B.")—F. Lacey, 17.08; W. Crowe, 17.45; M. Connell, 17.45; J. McNab, 17.27—70 mins. 05 secs.

25. Dunder Hawkhill Harriers.—A. Black, 17.03; J. McKenzie, 17.55; A. Blyth, 17.56; T. Crichton, 17.15—70 mins. 09 secs.
26. Glasgow Y.M.C.A. Harriers.—J. R. Weatherstone, 17.38; S. Mowbray, 17.39; D. Macfarlane, 16.52; I. Cameron, 18.02—70 mins. 11 secs.
27. Garscube Harriers ("C.")—F. Robertson, 17.18; A. Gold, 17.28; R. Murray, 18.11; J. Gunn, 17.15—70 mins. 12 secs.
28. Bellahouston Harriers ("C.")—D. Robertson, 17.47; J. Allan, 17.13; A. McLean, 17.33; J. Barr, 17.43—70 mins. 16 secs.
29. Victoria Park A.A.C. ("D.")—D. Shuttleworth, 17.29; W. Duncan, 17.43; A. Brodie, 17.58; J. Simpson, 17.35—70 mins. 36 secs.
30. Maryhill Harriers ("B.")—H. Morrison, 18.11; J. Wilkie, 17.16; S. Lawson, 17.48; T. Harrison, 17.36—70 mins. 51 secs.
31. Shettleston Harriers ("D.")—D. Campbell, 17.10; T. Fletcher, 17.54; W. Lating, 17.41; A. Hill, 18.15—71 mins.
32. Clydesdale Harriers ("B.")—J. Young, 17.46; I. Cowie, 17.35; A. Hylan, 18.05; A. Donaghey, 17.51—71 mins. 17 secs.
33. Auchmountain Harriers.—J. Morrison, 17.48; J. Macfarlane, 18.13; I. Wilson, 18.40; W. Lindsay, 17.02—71 mins. 43 secs.
34. Garscube Harriers ("B.")—F. Jewell, 17.52; A. Warton, 17.39; D. Causon, 17.59; W. Ross, 18.15—71 mins. 45 secs.
35. Clydesdale Harriers ("C.")—J. Hume, 18.15; T. Tait, 18.04; D. Bowman, 17.54; J. Duffy, 17.40—71 mins. 53 secs.
36. Bellahouston Harriers ("D.")—W. McKinlay, 18.14; J. McAllister, 17.45; J. Wilson, 18.44; H. Kennedy, 17.16—71 mins. 59 secs.
37. Plebeian Harriers ("B.")—L. Howitt, 17.54; C. Heaney, 17.31; W. Cook, 18.23; T. Monaghan, 18.17—72 mins. 05 secs.
38. Vale of Leven A.A.C. ("C.")—T. Wilson, 18.18; J. Ferguson, 17.17; I. Young, 18.53; H. Coll, 17.40—72 mins. 08 secs.
39. Bellahouston Harriers ("B.")—G. Bell, 17.21; S. Bennie, 18.27; E. Oxburgh, 18.20; G. Hunter, 18.10—72 mins. 18 secs.
40. Clydesdale Harriers ("D.")—F. Mackay, 19.12; D. Clark, 17.45; A. Younger, 17.57; A. Divers, 18.05—72 mins. 59 secs.
41. Falkirk Victoria Harriers ("B.")—D. Mackie, 19.16; S. Robertson, 17.58; T. Nicol, 18.03; J. Rae, 17.48—73 mins. 05 secs.
42. St. Modan's A.A.C. ("B.")—J. S. Petty, 18.00; A. Galbraith, 17.41; P. Donnelly, 17.48; C. Girvan, 19.50—73 mins. 19 secs.
43. Maryhill Harriers ("C.")—R. McKinnon, 18.51; J. Brynmor, 18.21; G. Porteous, 17.57; J. Clarke, 18.11—73 mins. 20 secs.
44. Cambuslang Harriers.—J. Drew, 18.13; A. Fleming, 18.35; I. Ballantyne, 17.57; R. McKendrick, 19.02—73 mins. 47 secs.
45. Garscube Harriers ("D.")—G. Dunn, 19.13; I. MacDonald, 18.06; T. Daily, 17.52; F. Murray, 18.59—74 mins. 10 secs.
46. Olympic Harriers.—R. Houston, 18.35; A. Sellar, 17.08; R. Hutchison, 19.05; J. Harris, 19.34—74 mins. 22 secs.
47. Plebeian Harriers ("C.")—T. McQuade, 17.37; J. Girvan, 18.03; D. Ferguson, 19.42; A. Girvan, 19.43—75 mins. 05 secs.
48. Helensburgh A.A.C.—E. Hanson, 19.11; J. Handyside, 17.50; D. Campbell, 19.02; J. Arol, 19.20—75 mins. 23 secs.
49. Bellahouston Harriers ("F.")—J. Lindsay, 17.25; R. Whitecross, 19.19; W. Sorrell, 18.16; A. Secular, 20.23—76 mins. 23 secs.

CREDIT WHERE CREDIT IS DUE

By G. S. Barber.

AS a keen follower of athletics, especially marathon running, I am not particularly interested in the winners of these events, they are nearly always known before the race. There are very few road races in Scotland that anyone who is interested in could not name the first three. My interest lies in the number competing and who finish the course. One of my grouses with sports writers is that when giving results, often the winners name alone is published which does not give any information regarding the quality of the runners in the race.

I admit the winner richly deserves all the praise given him but it is the second man that gives the winner glory or otherwise because it is HE who forces the leader along.

Records are made through the second man's attempts to get into the lead, so his name is always of interest.

We as a nation are trying hard to interest the youth in athletics of any kind. In any race there is only one winner but there are scores of others trying their best—others who are never considered in the scheme of things. We always give great praise to the loser in boxing contests, so why not to losers in races. One should always remember that it is the last man who makes the race. He is very conveniently forgotten but if each man on finding himself last—gave up and so on throughout the event, the race would be a farce. If the last man stopped no one would miss him, he has nothing to run for but the love of

the sport and the knowledge that he is keeping himself fit. The creed of the Olympic Games says "Its not the winning but the taking part" even so the last man is taking part. He has trained as hard and as long as the leaders, he has run as far—but finds it harder going.

It is the easiest thing in the world to stop running in a race, but it takes guts to continue when he knows in his own heart he has not the ghost of a chance of getting a prize. In fact he doubts very much when he arrives at his journey's end if there will be any officials to greet him—they are interested only in the winner.

I saw an example of this at the recent Rangers' Sports. One competitor determined to finish the course in the obstacle race despite set-backs, so he scrambled through the race—last and although the crowd applauded his stout effort—there wasn't an official at the finishing post to meet him, it didn't seem important.

When I am officiating at a marathon race I always make it a point to remain at the finishing post to meet the last man to assure him that he has in no small measure contributed to making the race a success—in the hard way. So in these days of encouraging lads to keep fit remember the last man who is doing his best—one can't do more—and give him a little credit.

When one remembers the long lonely grinding miles he has pounded along empty roads—no cheers to bring him along, with even the officials up in front with the leaders—one must applaud his valiant efforts when at last he makes an appearance at the ground.

Sometimes he meets with a cold indifference and shouts of "get off the track, you are in the way of the half mile" or some such race. So let us give credit to a stout hearted runner whoever he may be. We all know the usual winners but let us recognise the last man and if we show that we appreciate the efforts he has made, he may not be last man next time.

FAILED TO FINISH.

- Maryhill Harriers ("D.")—
J. Gibson, 18.37; G. Taylor, 17.32; C. Forrester, 19.28; G. Anderson, —.
Irvine Y.M.C.A. Harriers ("B.")—
E. Allan, 17.24; R. B. Spence, 21.29; I. Jermond, 19.33; G. Leggatt, —.

FASTEST TIMES.

1. T. Tracey, Springburn Harriers ... 15.42
2. A. Forbes, Victoria Park A.A.C. ... 15.45
3. I. Binnie, Victoria Park A.A.C. ... 16.06
4. B. Bickerton, Shettleston Harriers ... 16.08
5. R. McLean, Springburn H. (equal) ... 16.08
6. G. Adamson, West Kilbride A.S.C. ... 16.12
7. E. Bannan, Shettleston H. (equal) ... 16.12

PITY THE POOR SECRETARY !!!

Dear Mr. G.

I wonder if you could help me on a problem and if possible give an official verdict. This problem deals with the running of a Half-Mile.

The runners had been told to run three laps of the track and the loud-speaker would announce when they were on their last lap. Now, the race started and the judge at the loud-speaker watched the start, then he was distracted for a moment by someone speaking to him, thus he lost count of the number of times the runners had circled the track. But he was informed that they were approaching their 3rd lap. So he informed the speaker at the "mike," who in turn broadcast over the loud-speaker that the runners were now in their last lap.

Now, the boy in the lead (say No. 3) started his sprint with another boy (No. 4) close at his heels, and No. 7 close on his heels, with the rest of the pack about 20-30 yards behind these three.

The judges had been forewarned for one judge to pick out who was first and give him a ticket signifying this, another to pick out the second, and so on.

Now, No. 3 sprinted and crossed the line, but the judges had not put the tape

up, so No. 3 continued running, thus attempting to complete a fourth lap. Then No. 4 and No. 7 crossed the line. But a judge, not knowing the tape was not up, jumped out and grabbed No. 7 and pronounced him third in the race. But then he saw that there was no tape up, and he had pulled No. 7 off the track altogether, thus stopping this boy from running.

Well No. 3 and No. 4 carried on with some of the pack still behind them and completed the fourth lap. This time the judges had the tape up and were looking for the winner. No. 3 won with No. 4 second. But a boy (No. 9) who was in the pack about 30 yards behind No. 7 at the completion of the third lap, ran up and was handed a ticket for being third.

Now, when should the race have finished? At the end of the third lap or the fourth, regardless of the judge's verdict? Who then was third?

Hoping you can understand this. I know it is complicated—but here's hoping!

Yours, etc.,

Answer:—There should be plenty of tape left to hang all the Officials !!!

N.B.—No prizes are offered for any other answer!

FIXTURE LIST

Nov.	25—Eastern District League. 5 Miles C.C.	Kirkcaldy
Dec.	16—Inter-Counties C.C. Championship	Larkhall
Jan.	1—Clydebank—Helensburgh 16 Miles Road Race	
	7—Maryhill Harriers 5 Miles Open Road Race	Maryhill
	7—Dumbartonshire 7 Miles C.C. Championships (Youths' 2½ Miles)	Dumbarton
	20—Eastern District League 6 Miles C.C.	Edinburgh
	20—Renfrewshire C.C. Championships	
Feb.	3—Eastern District 7 Miles Championship	
	3—Midland District 7 Miles Championship (Youths' 3 Miles)	
	3—South Western District 7 Miles Championship (Youths' 3 Miles)	
Mar.	3—Scottish C.C. Championships (Seniors, Juniors and Youths)	
	10—English National C.C. Championships	Richmond
	31—INTERNATIONAL C.C. CHAMPIONSHIP	Newport, Wales
Apr.	14—England, Ireland, Scotland, Wales match	Sheffield
	28—Dumbartonshire Road Championship	Balloch—Clydebank

A-Z OF THE 10,000 METRES

By I. WITNESS.

FRANK EMILE AARON

Great Britain, Northern Counties A.A.A.
and Leeds St. Marks Harriers.

Born	30. 3. 1920,
Occupation	Pathologist.
Height	5 ft. 10 ins.
Weight	140 lbs.

EMIL ZATOPEK

(Czecho-Slovakia).

Koprivnice, 19. 9. 22.
Soldier.
5 ft. 8½ ins.
147 lbs.

Introducing EMIL ZATOPEK

Prior to the advent of Emil Zatopek the only distance athlete seriously to challenge the Finns on their favourite preserve—the 10,000 metres—was Kusocinski, of Poland, who annexed the 1932 Olympic title in 30 mins. 11.4 secs.

In 1947 Zatopek, who up to that time had confined his energies mainly to the 3,000 metres and 5,000 metres, and in doing so had collected the scalps of practically all the first-class Finnish and Swedish distance runners, decided to try the longer distance.

His target—the 1948 Olympic title.

At Wembley on the evening of Friday 30th July, 1948, thousands had their first glimpse of this great Czech runner in the Final of the Olympic 10,000 metres.

Many for the first time saw, in this same event, Heino of Finland, the then World Record holder, and Mimoun of France, another of the World's greatest distance runners, whose names appear often in this story.

Zatopek made his decisive effort at the 5,000 metres mark, with Heino and the rest of the field tailed off, and, as though pursued by a thousand Furies, went on to win in the new Olympic time of 29 mins. 59.6 secs., beating Mimoun by some 300 metres.

The first Czecho-Slovakian to win Olympic glory for his native country in an athletic event.

First impressions of Zatopek—a great athlete, a great artist, and a jolly sort of fellow with a tremendous zest for fast and furious running—to coin a phrase—the "Zatopek zest"—and a style all his own.

Thousands of athletic fans asked one question. Will Zatopek also win the Olympic 5,000 metres title and achieve the double, thus emulating the 1912 Olympic performances of Hannes Kolehmainen, the great Finnish runner?

The question was partially answered the following day. After a great duel with Ahliden of Sweden, in the second heat of the 5,000 metres, Zatopek was beaten by a yard to qualify for the final, in which he was to start a very hot favourite.

This race resolved itself into a dour duel between Gaston Reiff of Belgium, Slijkhuis of Holland, and Zatopek, who failed to win a race he should never have lost, beaten two yards by Reiff in 14 mins. 17.6 secs., a new Olympic record. The ovation accorded to both athletes will live long in the memory of all those present.

Further impressions of Zatopek. The greatest distance runner of his generation. Also something of an actor, given to playing to the gallery and a little clowning (the downfall of many good actors—and athletes).

A month later. Paris. The International Match, France versus Czecho-Slovakia at Colombes.

A minor reproduction of the Olympic 5,000 metres Final, but in a different setting, was anticipated.

Again Zatopek and Mimoun—the rest nowhere, the Czech winning by half a lap.

In retrospect, a dismal afternoon. Too much rain, too many French bands, too few spectators. However, Zatopek with his inspired running had once again thrilled all those present.

A few months later news of fresh World Records at 10,000 metres was flashed to the corners of the earth—Zatopek, 29 mins. 28.2 secs., Heino 29 mins. 27.2 secs., Zatopek 29 mins. 21.2 secs.

Introducing FRANK AARON.

On July 10th, 1936, J. A. Burns, of Elswick Harriers, running in the A.A.A. Six Miles Championship, finished second to Jozef Noji, of Poland, and in doing so established a new English Native Record of 29 mins. 45 secs.

A month later at Berlin he finished fifth in the Olympic 10,000 metres in 30 mins. 58.2 secs., the fastest time ever by an athlete born in the United Kingdom.

In the same year Burns was achieving these prodigious feats, a youth at Roundhay School, Leeds, was showing athletic ability in long distance cross-country races.

Name—Frank Aaron. As youth and junior he swept all before him, competing intensively each season until 20 years of age, and terminating a brilliant junior career by winning a Junior International Cross-Country race in Paris in 1940. (Incidentally, Gaston Reiff, the London Olympic 5,000 metres champion competed in this same race as a junior and was unplaced).

Came the war years. Captain in the R.A.M.C.—Parachute Field Ambulance—then India for three years.

Home again in 1947. A little track work in the summer months, some easy cross-country during the winter. Main purpose to regain athletic fitness—all the time handicapped by catarrh and stomach trouble.

Spring, 1949; York and Birmingham.—The road back. Northern cross-country champion; English cross-country champion.

March, 1950; Aylesbury, Bucks.—The English Cross-Country Championship. Favourite for the title, Frank Aaron of Leeds, now the established cross-country idol of the North of England, slams a field of 500 and wins by 150 yards.

First impressions of Aaron. Tremendous courage. In his running—delightful abandon above the hips, perfect rhythm below.

Something else so seldom seen in British long-distance athletes—the zest—the "Zatopek zest" for fast and furious running—the magic touch.

A fortnight later. The International Cross-Country Championship in Brussels. Aaron, England, 4th; ten seconds behind Mimoun of France, over eight miles—a sound tactical race—and a good "feeler" for the European Championships in August 1950.

June, 1950: Dublin. Four miles (6,437 metres) in 19 mins. 14.3 secs. on a grass track five laps to the mile—the fastest time for the distance ever recorded in the British Isles (including Ireland) (but still twenty-five seconds slower than Zatopek over the distance).

14th July, White C. Stadium, London. A.A.A. Six Miles Championship. 1st, F. E. Aaron, 29 mins. 33.6 secs. (= 30 mins. 40 secs. for 10,000 metres—6 miles 376 yards).

A new British (National) and English Native Record, only 11.2 secs. outside the great Heino's British (All-Comers) Amateur Record for 6 Miles, 29 mins. 22.4 secs. established in May, 1947, and 23 secs. better than J. A. Burns' record of 1936.

Comments during the race. "He cannot last the pace." "The Belgian, Van de Wattyne, will beat him." "He is rolling over the place." "Aaron is finished," etc., etc., etc.

No classic style here. Yes! He was rolling all over the place (above the hips). "The Victory roll"—the Zatopek roll." Below—a fast and powerful leg action, beautiful, tireless and rhythmic. So many strides to the lap, and—despite fatigue—the continual effort to get in one or two extra each lap.

The result meant just one thing. Aaron ranked in the first twelve 10,000 metres runners in Europe and IN THE WORLD (U.S.A. hasn't one in the first 20).

In Olympic history (one of the surest guides to measure the stresses and strains of first-class athletic performance) only nine athletes have beaten 30 mins. 40 secs. for the distance and among these are the Finnish immortals. Here they are recorded:—

1948	EMIL ZATOPEK, Czech-Slovakia	29 mins. 59.6 secs.
1932	JANVSZ KUSOCINSKI, Poland	30 mins. 11.4 secs.
1932	VOLMARI ISO-HOLLO, Finland	30 mins. 12.6 secs.
1936	ILMARI SALMINEN, Finland	30 mins. 15.4 secs.
1936	ARVO ASKOLA, Finland	30 mins. 15.6 secs.
1928	PAAVO NURMI, Finland	30 mins. 18.8 secs.
1928	VILLE RITOLA, Finland	30 mins. 19.4 secs.
1936	KOHEI MURAKOSO, Japan	30 mins. 25 secs.
1932	LAURI JOHANNES VIRTANEN, Finland	30 mins. 35 secs.

Three weeks later, just prior to the European Championships, news of another World Record.

10,000 metres. Emil Zatopek. 29 mins. 02.6 secs. (an average of 2 mins. 54 secs. for each 1,000 metres).

Frank Aaron Meets Emil Zatopek— Heysel Stadium, Brussels. 23rd August, 1950.

The most optimistic British hope prior to the race—"Frank Aaron may get into the first six placings in the 10,000 metres."

Rumour had it that Zatopek was to go out for a new World Record.

(Table 1 (b) and (c) shows that at 5,000 metres he was running dead level with his World Record performance).

All wait patiently for the anticipated race of the decade. Floodlighting is switched on—twelve athletes line up for the start. Then away—Zatopek in the lead from start to finish—a devastating demon, pursued hopelessly by mere mortals for the first 5,000 metres, and chasing the field in devil-take-the-hindmost fashion in the second 5,000 metres.

The real battle is for second place. 1,500 metres to go, Frank Aaron in second position (some 300 yards behind Zatopek). All British hearts beat faster. Can the Yorkshireman hold the pace and maintain his position in front of a bunch of six athletes—apart from Zatopek—the best six in the world at the distance.

Then the bell for Zatopek who is chasing this little bunch of runners like a devil possessed; Zatopek watched by thousands, yet unseen by these six athletes (who were not to be lapped). Suddenly, confusion on the part of the lap recorders. All six athletes are given to understand they are commencing the last lap and speed up, but there are still two laps to cover by all—excepting Zatopek.

It can be said without prejudice that after this fiasco the competitors filling 2nd—6th positions broke rhythm and stride-beat, lost pace and struggled home completely exhausted.

Under different circumstances it is probable that Frank Aaron would have resisted all challenges and gone through to second position, but in the general melee, Mimoun of France, and Koskela of Finland, ran into the places, with Aaron fourth in 30 mins. 31.6 secs., the fastest time ever by a British athlete for the distance (by some 25 secs.).

This gallant athlete had carried his country's colours against the best in Europe. Greater in defeat than ever in victory he had run himself right out, and at the finish collapsed in the arena.

So ended the 10,000 metres at the European Championships—a disappointing finish to a great race.

(Two hours later Frank was his old self, in the company of his father, in the lounge of the Hotel Splendide, H.Q. of the British team).

Can one surmise what would have happened had Aaron decided to chase Zatopek from the beginning of the race and not worried about the rest of the field?

Some consider that he had the speed and the strength to have been with Zatopek at 3,000 metres, and could therefore have held the pace for the complete race. It is most doubtful. Both athletes have so much in common, including what is most important—the same tempo or stride-beat, and the ability to maintain it throughout a long and gruelling race, but Zatopek has the much greater experience in first-class international competition—a tremendous asset—experience.

Analysing the European Championship 10,000 metres one finds there is a time difference of 8 secs. per 1,000 metres between the two athletes, Zatopek 2 mins. 55 secs., Aaron 3 mins. 3 secs. (every one of Zatopek's 1,000 metres staged being inside 2 mins. 58 secs.). Seconds per lap can be saved by "wind-screening," close negotiation of bends, a clear run through, lap after lap, behind a first-class pacemaker, but 8 secs. per 1,000 metres is, in first-class competition, a margin impossible to cut down to any appreciable extent.

* * *

Has Zatopek reached the zenith of his career?

Will he beat 29 mins. for the 10,000 metres?

Will Aaron improve and beat 30 mins. for the distance?

Zatopek should have plenty of good racing left in him, as he did not start serious running until he was 19 years of age.

Aaron is practically a novice at cinder track racing (he has had less than a dozen "hard" track distance races).

When he has as many 1,500 metres and 5,000 metres races to his credit as Zatopek he will undoubtedly have acquired the speed to show a minute faster over 10,000 metres (29 mins. 30 secs.) and this will bring him within striking distance of the Czech phenomenon.

A scrutiny of the records of the nine best Olympic athletes (on page 20) at the distance shows every one to have been of world class at 5,000 metres and in many cases at shorter distances.

Aaron's performances at intermediate distances will have to be of world class standard if he is seriously to challenge Zatopek (and the rest of the world) in 1952. These intermediate performances will be the yardstick with which we shall measure his chances at Helsinki.

Given good health, good fortune and careful preparation, Frank Aaron is capable of going very close in the 1952 Olympic 10,000 metres.

We shall watch his progress towards Helsinki with great pride and interest.

* * *

NOTES on (b). (1) It is interesting to observe from (b) that the time in the aggregate is faster than the two indiv-

TABLE No. 1.

An analysis of Zatopek's three best performances at 10,000 metres.

	(a) 22/10/49. Ostrava, Czecho-Slovakia.	(b) 4/8/50. Turku, Finland.	(c) 23/8/50. Heysel, Belgium.
1,000 metres	2m. 55s.	S. 2m. 58s.	S. 2m. 58s.
2,000 metres	2m. 55.9s.	2m. 53.8s.	2m. 51s.
3,000 metres	2m. 54.1s.	2m. 54.2s.	2m. 56s.
4,000 metres	2m. 57s.	2m. 55.5s.	2m. 56s.
5,000 metres	2m. 56s.	2m. 55.5s.	2m. 56s.
5,000 metres Time	14m. 38s.	14m. 37s.	14m. 37s.
6,000 metres	2m. 58s.	2m. 54s.	S. 2m. 58s.
7,000 metres	2m. 57.5s.	2m. 53s.	2m. 56s.
8,000 metres	S. 2m. 59.5s.	2m. 56s.	2m. 56s.
9,000 metres	2m. 57.5s.	2m. 55s.	2m. 57s.
10,000 metres	F. 2m. 50.7s.	2m. 47.6s.	2m. 48s.
10,000 metres Time	29m. 21.2s.	29m. 02.6s.	29m. 12s.
1st 5,000 metres	14m. 38s.	14m. 37s.	14m. 37s.
2nd 5,000 metres	14m. 43.2s.	14m. 25.6s.	14m. 35s.

idual records established for the first two World Records for 5,000 metres by two great Finnish runners—

14m. 36.6s. H. Kolehmainen (Finland)
at Stockholm, 10/7/1912.

14m. 28.2s. P. Nurmi (Finland) at
Helsinki, 19/6/1924.

29m. 04.8s.

(2) 29m. 02.6s. for 10,000 metres =
2m. 54s. per 1,000 metres; 17.42s. per
100 metres.

(3) It is not known from available reports whether the Finnish authorities at Turku made arrangements for the time to be taken at the Six Miles mark (= 9,656 metres), but it is considered that as the present World's Record at this distance is held by their compatriot, Heino, it should have been normal procedure. Zatopek's 29 mins. 02.6 secs. for 10,000 metres (6 miles 376 yards) resolves into 26 mins. 15 secs. for 9,000 metres; 27 mins. 38 secs. for 9,500 metres. On this basis Zatopek would have passed the Six Miles mark in 28 mins. or at least 20 secs. faster than Heino's present world record (28 mins. 30.8 secs.).

Let us try to read the story behind Table 1. The greatest time variations for eight of the ten 1,000 metres stages are as follows:—

	(a)	(b)	(c)
Fastest	2m. 55s.	2m. 53s.	2m. 56s.
Slowest	2m. 59.5s.	2m. 56s.	2m. 58s.

Greatest
Time

Variation 4.5s. 3s. 2s.

In all three performances the final 1,000 metre stage is the fastest, and it may be assumed that on each occasion Zatopek made full use of the "pacemaking" of lapped competitors during the second half of the race.

In two of the three performances, the first 1,000 metres stage is the slowest—possibly accounted for by the temperament of Zatopek—his desire to measure the pace of the opposition in the early stages, before applying the coup de grace—even though he knew perfectly his own pace and had no great anxiety; also to the reluctance of his opponents to free

the pace. In (a) there is considerable disparity in the even time running in the third and eighth 1,000 metres stages.

In (b) (the World Record performance) the greatest time variation is in the initial and final 1,000 metres stages. In (c) (the Heysel performance) the second 1,000 metres stage spoils the even-timing of the 10 stages. In this race it is possible that at the 2,000 metres mark Zatopek intended to quicken his pace for a new World Record, but being without pacemakers "lapped" or otherwise, at that particular stage, decided to reserve his energies for the 5,000 metres title, due to take place the following day (and thus attain the "double" which he so narrowly lost in the 1948 Olympics).

An analysis of the three performances reveals one point—Zatopek's intention and ability to equal or better his previous best for the half-distance (5,000 metres) on each successive occasion.

(b) Shows that the 6th and 7th 1,000 metres stages were the deciding phases of the performance. Can we surmise, therefore, that when attempting a record Zatopek makes his maximum effort (that is his best ever) to the half distance, then depends on training and fitness to take him along to the lapped competitors whom he uses in turn as pacemakers or second-half distance "targets"? This may be part of the technique.

Different minds will read in a variety of ways the figures given in Table No. 1, and will undoubtedly arrive at equally varied conclusions.

Another factor which must contribute to the successful running technique of both Zatopek and Aaron is the rapidity of the leg action—to the average athlete abnormal rapidity—the abnormal speed of the stride-beat—call it what you will! Once in top-gear—stop there—no let up—no moving into a lower gear—but always to a higher one. This technique must give a good average time per mile or per lap, as losses due to natural exhaustion are made good by the extra abnormal effort made every so often. If an opponent, lapped or otherwise, challenges, extra and faster stride-beats are introduced until he is worn down—there is no question of giving away any ground. Even pace achieved by uneven

output of energy. Such tactics call for superb courage, tremendous nervous energy, fine judgment and strong recuperative power.

This is one observation on the Zatopek-Aaron running technique as applied to the 10,000 metres, and to a lesser degree by other athletes in events 400 metres—5,000 metres.

It may be acknowledged that the same technique obtained to some extent in the following instances:—

(a) Eric Liddell—440 yards and 400 metres.

(b) Harry Payne—Marathon.

(c) F. R. Hunter—440 Hurdles. certainly with Sydney Wooderson. Once in top gear he did not come down again—not in first class competition.

Malvin Whitfield's 880 yards this season against Arthur Wint. Top gear right away, and no relaxation before the tape.

The days of the long slow-striding natural runner may be numbered so far as international long distance running is concerned. There were plenty of examples at home in first-class competition

this season to lend some substance to the surmise.

Possibly, in future, distance runners in order to attain success will have to adopt a method of progression as *un-natural* to the normal man or to the normal runner as the walking of Churcher, Hardy and Allen. As a last point, it would be interesting to know the ratio of stride-beats over 10,000 metres, Zatopek running—Churcher walking.

Many other factors, of course, do come into play when considering this subject—these could form the basis for an enlargement on the theme "Why are Zatopek and Aaron—so similar in style and technique—such fine distance runners?"

Partly due to our desire to accommodate the full and excellent contribution "The A-Z of the 10,000 metres" we have made this a double number. The study makes a valuable and stimulating follow-on of the well received "Zatopek" essay by J. E. Farrell last month. The writer, a prominent official has preferred to write anonymously.

TABLE No. 2.

Progression Table—World Records at 10,000 metres, 1911—1950.

Venue.	Name	Country	Time	Date	Slowest Kilom.	Fastest Kilom.
			m. s.		m. s.	m. s.
PARIS	JEAN BOUIN	FRANCE	30 58.8	16/11/11		
STOCKHOLM	PAAVO NURMI	FINLAND	30 40.2	22/6/21		
HELSINKI	VILLE RITOLA	FINLAND	30 35.4	25/5/24		
PARIS (Olympic Performance)	VILLE RITOLA	FINLAND	30 23.2	6/7/24		
KUOPIO, Finland	PAAVO NURMI	FINLAND	30 06.2	31/8/24		
KOUVOLA, Finland	ILMARI SALMINEN	FINLAND	30 05.6	18/7/37	(7) 3 05	(2) 2 55
TAMPERE, Finland	TAISTO MAKI	FINLAND	30 02	29/9/38	(9) 3 04	(10) 2 57
HELSINKI	TAISTO MAKI	FINLAND	29 52.6	17/9/39	(7) 3 04	(8) 2 54
HELSINKI	VILJO AKSELI HEINO	FINLAND	29 35.4	25/8/44	(3) 3 01	(1) 2 53.2
OSTRAVA, Czecho-Slovakia	EMIL ZATPEK	CZECHO-SLOVAKIA	29 28.2	11/6/49	(8) 3 00	(10) 2 52.2
KOUVOLA, Finland	VILJO AKSELI HEINO	FINLAND	29 27.2	1/9/49	(5) 3 00	(10) 2 50.8
OSTRAVA, Czecho-Slovakia	EMIL ZATPEK	CZECHO-SLOVAKIA	29 21.2	22/10/49	(8) 2 59	(10) 2 50.7
TURKU, Finland	EMIL ZATPEK	CZECHO-SLOVAKIA	29 02.6	4/8/50	(1) 2 58	(10) 2 47.6

ATHLETIC ASSOCIATIONS

We rather enjoyed the following light piece of reading by Harold Abrahams in "The Sunday Times" of 4th June, 1950, and gladly reproduce it with acknowledgements for pleasure of all our readers:—

"Recently I had to have an anaesthetic. Perhaps it was the similarity between the drug pentothal and the ancient five-event pentathlon which prompted me to ask the dentist to time my period of unconsciousness on my stop-watch. Immediately I came round I asked, "Time, please?" and when told "4 mins. 10 secs.," murmured drowsily. "Quite a good mile—beaten by only two Englishmen ever in this country."

It is perhaps inevitable that a life-long interest in a particular subject should result in almost everything being orientated to it. When I read that the finalists in the Amateur Golf Championship took 1 hr. 52 mins. to play the first nine holes, I thought at once of the time G. Crossland took some 56 years ago to run 20 miles—1 hr. 51 mins. 54 secs., which still remains an English native record.

The score of golfers in a stroke competition reminds me of the Finns running three miles, for a three-mile run in exactly 14 minutes (Sydney Wooderson is the

only Englishman to have done so) means an average lap of 70 secs.; and no golfer yet has averaged "70" in the British Open.

When I watch boxers being counted out, I think of an even-time sprint—though 10 seconds at the ringside seems much longer than 10 seconds at the White City. And how many people would believe that not a single rally in the Men's Singles final at Wimbledon last year lasted as long as McDonald Bailey's recent British 220 yards record of 21.2 secs.?

Nevertheless my athletic associations met with failure some seven years ago, when my wife and I were discussing names for our small son. We had agreed on Alan, and I was in favour of Arthur or Andrew to accompany it. Before I could say "Jack Robinson" (which by the way, takes me 61/100ths of a second) I was told decisively that I could associate as much as I liked with the Three "A.s" outside the home, but that this particular proposal was a non-starter, or intally barred."

[Since this was first published, the South African golfer Bobby Locke won the "Open" with his series of rounds, totalling 269—an average of 1 under "70."—Editor.]

EASTERN DISTRICT 10 MILES RELAY CHAMPIONSHIP, Hawick, 4th November, 1950.

DETAILS:—

1. Edinburgh Southern H.—J. Smart, 13.15; G. Mitchell, 13.34; W. Grant, 13.42; W. Brown, 13.26.—23 mins. 55 secs.
2. Edinburgh Varsity.—G. Walker, 13.11; R. Paul, 14.03; D. Hunt, 13.31; R. Sherwin, 13.18.—54 mins. 01 secs.
3. Edinburgh Southern H. "B."—T. Logan, 13.30; J. Logan, 13.45; H. Robertson, 13.33; D. Webster, 13.45.—54 mins. 33 secs.
4. Dundee Thistle H.—C. Robertson, 13.12; J. Miller, 13.36; H. Irvine, 14.09; A. Wilkie, 14.14.—55 mins. 11 secs.
5. Edinburgh Rover & Scouts.—C. Jones, 13.10; R. Pearson, 13.39; D. Hall, 14.30; W. Henderson, 14.00.—55 mins. 19 secs.
6. Edinburgh Harriers.—R. Stewart, 13.27; T. Stenton, 13.54; G. Hermiston, 14.04; R. Blanie, 13.55.—55 mins. 20 secs.
7. Perth Strathay Harriers.—R. Pickard, 13.34; P. Boyle, 13.36; J. Smillie, 14.17; I. Newton, 14.03.—55 mins. 30 secs.
8. Edinburgh Southern H. "C."—T. Henderson, 13.53; E. Boyle, 14.16; W. Robertson, 13.42; G. Reid, 13.44.—55 mins. 35 secs.

9. Edinburgh Eastern H.—J. Rollo, 13.20; W. Ramage, 14.46; J. Hamilton, 13.39; R. Stark, 13.52.—55 mins. 37 secs.
10. Edinburgh Varsity "B."—J. Brydie, 13.41; W. Henderson, 14.01; S. Bamber, 14.05; J. McRoberts, 13.58.—55 mins. 45 secs.
11. Falkirk Victoria H.—G. Jackson, 13.05; D. Nicoll, 14.31; G. Laurie, 14.11; T. Blackhall, 13.59.—55 mins. 46 secs.
12. Kirkcaldy Y.M.C.A. H.—R. Hewson, 14.38; W. Duncan, 13.55; G. Duvean, 13.44; G. Mortimer, 13.39.—55 mins. 56 secs.
13. H.M.S. Caledonia.—C. Howarth, 13.45; M. Marshall, 14.17; M. Limbrick, 14.18; R. Quigley, 14.49.—57 mins. 09 secs.
14. Teviotdale Harriers.—A. Campbell, 13.51; J. Hogg, 14.04; G. Brunton, 14.10; K. Borthwick, 16.59.—59 mins. 04 secs.
15. Gala Harriers.—G. Wintrop, 13.36; J. Dalgleish, 15.41; W. Scott, 14.50; S. Boyle, 14.58.—59 mins. 05 secs.
16. Edinburgh Eastern H. "B."—A. Thom, 14.04; R. Irving, 15.23; T. Sergeant, 14.45; G. Dyer, 15.31.—59 mins. 43 secs.
17. H.M.S. Caledonia "C."—J. Faulkner, 14.30; P. Brien, 15.00; A. Teller, 15.20; V. Daly, 15.06.—60 mins. 05 secs.
18. H.M.S. Caledonia "B."—E. Montague, 15.27; R. Bates, 14.46; R. Warden, 15.48; A. Furnidge, 14.32.—60 mins. 33 secs.
19. H.M.S. Caledonia "D."—D. Holden, 15.06; T. Bean, 15.37; G. Valvo, 16.07; D. Bennett, 15.06.—61 mins. 56 secs.

MIDLAND DISTRICT CROSS-COUNTRY RELAY CHAMPIONSHIP.

MARSHALL PARK, STEPPS,
4th October, 1950.

1. Victoria Park A.A.C.—A. Breckenridge, 11.52;
J. D. Stirling, 11.47; D. F. Henson,
11.38; A. Forbes, 11.33.—46 mins.
50 secs.
2. Springburn Harriers.—R. McLean, 11.53; J.
Stevenson, 11.58; T. Tracey, 11.15; J.
Morton, 12.10.—47 mins. 16 secs.
3. Shettleston Harriers.—B. Eickerton, 11.46;
C. Wallace, 11.59; J. Eadie, 11.48; E.
Bannon, 11.48.—47 mins. 34 secs.
4. Victoria Park A.A.C. "B."—R. C. Calder-
wood, 12.07; C. D. Forbes, 12.09; J.
Elfis, 11.57; I. Binnie, 12.06.—48 mins.
19 secs.
5. Vale of Leven A.A.C.—D. McPherson, 12.22;
W. Gallagher, 11.48; R. Steel, 12.29;
A. McDougall, 18.08.—48 mins. 47 secs.
6. Garscube Harriers.—F. Russell, 12.26; J. J.
Duffy, 11.59; D. Coupland, 12.22; A.
Kidd, 12.02.—48 mins. 49 secs.
7. Bellahouston Harriers.—H. Fenion, 12.15;
R. Clime, 11.47; J. Christie, 12.10; J.
Kelly, 12.50.—49 mins. 02 secs.
8. Clydesdale Harriers.—G. White, 11.51; R.
Boyd, 12.24; E. Reynolds, 12.20; P.
Younger, 12.32.—49 mins. 07 secs.
9. Shettleston Harriers "B."—J. C. Ross, 12.27;
G. B. Craig, 12.08; J. Burton, 12.20;
A. Maxwell, 12.14.—49 mins. 09 secs.
10. Bellahouston Harriers "B."—A. Dunwoody,
12.25; C. Kirk, 12.01; H. Kennedy,
12.23; G. Bell, 12.22.—49 mins. 11 secs.
11. Hamilton Harriers.—A. C. Gibson, 12.03;
J. Jarvis, 12.08; G. Craig, 12.41; H.
Gibson, 12.25.—49 mins. 17 secs.
12. Springburn Harriers "C."—D. Wallace,
12.19; J. Rankin, 12.14; N. McGowan,
12.32; S. McFadden, 12.18.—49 mins.
23 secs.
13. Maryhill Harriers.—R. Breyner, 12.09; R.
McDonald, 12.13; T. Harrison, 12.34;
T. K. Wilson, 12.28.—49 mins. 24 secs.
14. Shettleston Harriers "C."—J. McNeil, 12.02;
D. Morrison, 12.41; J. B. Miller, 12.26;
J. Turnbull, 12.24.—49 mins. 33 secs.
14. Monkland Harriers.—R. Muir, 12.19; F.
Bradley, 11.57; C. Ballantyne, 12.38; I.
McKenzie, 12.42.—49 mins. 36 secs.
16. St. Modan's A.A.C.—A. McHugh, 12.21;
A. Galbraith, 12.36; M. Kanev, 12.38;
D. Clelland, 12.13.—49 mins. 45 secs.
17. Victoria Park "C."—D. Shuttleworth, 12.33;
J. Walls, 12.41; D. McFarlane, 12.22; R.
Kane, 12.22.—49 mins. 58 secs.
18. Vale of Leven "B."—F. Lacey, 12.30; J.
Ferguson, 12.26; H. Coll, 13.37; W.
Crowe, 13.14.—50 mins. 47 secs.
19. Springburn Harriers "B."—J. Wallace,
12.43; J. Bissell, 12.59; A. Stevenson,
13.33; P. McFadden, 12.33.—50 mins.
48 secs.
20. Plebeian Harriers.—D. Barclay, 12.29; A.
Smith, 12.07; F. Cassells, 12.53; C.
Heney, 13.19.—50 mins. 48 secs.
21. Garscube Harriers "B."—J. Gunn, 12.18;
J. McDonald, 12.33; F. G. Jewell, 13.09;
F. Robertson, 12.54.—50 mins. 54 secs.
22. Victoria Park "D."—A. Bell, 12.35; W.
N. Ritchie, 12.58; R. Gibson, 12.44; J.
Simpson, 12.52.—51 mins. 09 secs.
23. Shettleston Harriers "D."—W. Laing, 12.40;
T. Ruth, 12.36; E. Doleen, 12.48; G.
Martin, 13.13.—51 mins. 17 secs.
24. Glasgow Y.M.C.A. Harriers.—S. H. Mow-
bray, 12.42; I. Cameron, 13.32; J.
Weatherstone, 12.55; D. McFarlane,
12.11.—51 mins. 20 secs.

25. Garscube Harriers "C."—R. Smith, 12.46;
D. G. Causon, 13.01; G. A. Dunn, 12.47;
A. W. Warton, 12.48.—51 mins. 22 secs.
26. Clydesdale Harriers "B."—J. Young, 12.34;
D. Clark, 13.08; A. Hyland, 12.53; J.
Duffy, 12.54.—51 mins. 29 secs.
27. Bellahouston Harriers "C."—J. McLean,
12.29; G. Hunter, 13.34; J. W. Allan,
12.38; D. Robertson, 13.04.—51 mins.
45 secs.
28. Clydesdale Harriers "C."—A. Donaghy,
12.41; D. Bowman, 13.17; A. Younger,
13.00; A. Divers, 12.56.—51 mins.
54 secs.
29. Glasgow University A.C.—J. Barbour, 12.58;
H. C. Garvin, 13.21; P. Endicott, 13.14;
D. R. Paterson, 12.25.—51 mins. 58 secs.
30. Maryhill Harriers "B."—H. B. Morrison,
12.51; A. Bald, 13.03; S. Lawson, 13.07;
J. Wilkie, 13.18.—52 mins. 19 secs.
31. Cambuslang Harriers—And Fleming, 12.23;
J. Brew, 12.46; A. Fleming, 13.44; I.
Ballantyne, 13.32.—52 mins. 25 secs.
32. Glasgow Police A.A.—A. McGregor, 12.24;
K. Sigrist, 12.20; S. Martin, 13.49; H.
Stephens, 13.57.—52 mins. 30 secs.
33. Olympic Harriers.—R. Houston, 12.48; A.
Sellar, 12.38; R. Hutchison, 14.11; J.
Harris, 13.26.—53 mins. 03 secs.
34. Plebeian Harriers "B."—W. Cook, 12.53;
J. Girvin, 13.23; T. Monaghan, 13.24;
A. Girvin, 13.30.—53 mins. 10 secs.
35. Vale of Leven "C."—M. Connell, 12.55;
T. Wilson, 13.59; M. Lacey, —; B.
Turner, —.—53 mins. 25 secs.

FASTEST TIMES.

1. T. Tracey, Springburn Harriers ... 11.15
2. A. Forbes, Victoria Park A.A.C. ... 11.33
3. D. Henson, Victoria Park A.A.C. ... 11.38
4. B. Eickerton, Shettleston Harriers ... 11.46
5. & 6. R. Clime, Bellahouston Harriers
J. Stirling, Victoria Park A.A.C. 11.47

DUMBARTONSHIRE A.A.A. "To All Distance Runners."

The Association are holding the 2nd
Annual Road Race from Clydebank to
Helensburgh on Monday, 1st January,
1951.

The race starts at 1 p.m. from Barns
Street, Clydebank and finishes at the
open-air swimming pool, Helensburgh, a
distance of 16 miles.

Prizes will be awarded to the first 3 to
finish and, the first 3 in the handicap,
also, to the 1st team in the Inter club
team contest.

Special Challenge Trophies have been
very kindly donated by two Helensburgh
gentlemen Mr. P. McLaren and Mr. J.
McLeod Williamson and, these will go to
the Individual and Team winners.

Entry forms can be had from—

W. STEVENSON,

59 Wilson Street, Alexandria,
Dumbartonshire.

Entries close on Sat., 16th Dec., 1950.

Details of the South Western C.C.
relay have been held over to the
December issue, which will also contain
full details of the "News of the World"
Edinburgh—Glasgow road relay.

* * *

Following a successful session last
year the Western District Hon. Sec. D.
McL. Wright has announced that a
similar coaching course, under H. A. L.
Chapman, will resume in January in
Glasgow. We hope to make a detailed
announcement in the December issue.

* * *

We have received letters on various
aspects which we have been compelled
to hold over another month. Other letters
are invited—this is your paper—make it
a lively open forum of thoughts and
suggestions, however cross-current, for
the furthering of our sport.

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