

SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



WEEKLY ATHLETIC NOTES BY

JOE BINKS

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

DOUG WILSON

British Olympic Runner

THE BEST SURVEY OF ALL SPORTS

Sales exceed 8,000,000 copies per issue

MAKE SURE OF YOUR COPY.

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

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

Our SUBSCRIPTION RATES are:—

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

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

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

Name,.....

Club (if any),.....

Address,.....

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

DECEMBER, 1950

Vol. 5 No. 9

THE SCOTS ATHLETE

PRICE
6^D



SYMBOLIZING THE YEAR OF 1950 as a momentous one for British Athletes, we see here on the dais of honour, our successful women's team in the 400 metres relay at the European Games. Netherlands (2nd) are in front and U.S.S.R. (3rd) in the rear. (Names on Page 2.)

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
EDINBURGH—GLASGOW RELAY.
DETAILS—THE WINNING EIGHT—A GRAPH STUDY
SELF RELIANCE IS ESSENTIAL.
AN EVENT OF THE YEAR. PICK THE TEAM NOW.

RENFREWSHIRE A.A.A. RELAY, Saturday, 28th October, 1950.

DETAILS—

1. Bellahouston H.—W. McAuslan, 14.10; R. C. Smith, 14.21; J. Christie, 14.29; H. Fenion, 14.19—57 mins. 19 secs.
2. Greenock Wellpark H.—G. King, 14.18; J. Walker, 15.15; T. Stevenson, 14.00; F. Sinclair, 14.17—57 mins. 50 secs.
3. Greenock Glenpark H.—S. Williamson, 14.25; A. McLean, 14.32; J. Grant, 14.43; W. Williamson, 14.16—57 mins. 56 secs.
4. Bellahouston H. "B."—H. Kennedy, 14.21; C. Kirk, 14.40; G. Bell, 14.45; J. Kelly, 15.02—58 mins. 48 secs.
5. Plebeian Harriers.—J. McCann, 14.47; A. Smith, 14.25; C. Heany, 15.17; D. Barclay, 14.48—59 mins. 17 secs.
6. Bellahouston H. "C."—59 mins. 31 secs.
7. Greenock Glenpark "B."—59 mins. 32 secs.
8. Greenock Glenpark "C."—60 mins. 57 secs.
9. Glasgow Police A.A.—61 mins. 23 secs.
10. Auchmountain H.—61 mins. 23 secs.
11. Paisley H.—61 mins. 44 secs.
12. Plebeian H. "B."—62 mins. 07 secs.
13. Kilbarchan A.A.C.—62 mins. 33 secs.
14. Greenock Wellpark "B."—63 mins. 21 secs.
15. Plebeian H. "C."—63 mins. 53 secs.
16. Johnstone Y.M.C.A. H.—64 mins. 12 secs.
17. Paisley H. "B."—64 mins. 30 secs.
18. Glasgow Police A.A. "B."—66 mins. 10 secs.
19. Babcock & Wilcox A.A.C.—68 mins. 50 secs.
20. Teams started and Kilbarchan "B." failed to finish.

FASTEST TIMES.

1. T. Stevenson, Greenock Wellpark H. 14.00
2. W. McAuslan, Bellahouston H. 14.10
3. W. Williamson, Greenock Glenpark H. 14.16
4. F. Sinclair, Greenock Wellpark H. 14.17
5. G. King, Greenock Wellpark H. 14.18
6. H. Fenion, Bellahouston H. 14.19
7. W. Lindsay, Auchmountain H. 14.19

SOUTH-WESTERN DISTRICT RELAY, Saturday, 4th November, 1950.

1. West Kilbride A.S.C.—T. Coleman, 14.17; J. Robertson, 14.38; J. Reid, 14.13; G. Adamson, 13.51—56 mins. 59 secs.
2. Irvine Y.M.C.A. H.—T. McNeish, 14.15; E. Allan, 14.41; J. Lawson, 14.59; S. Cuthbert, 14.07—58 mins. 02 secs.
3. Greenock Wellpark H.—T. Walker, 15.20; G. King, 14; T. Stevenson, 14.18; F. Sinclair, 14.12—58 mins. 13 secs.
4. Greenock Glenpark H.—S. Williamson, 14.34; A. McLean, 14.45; J. Grant, 14.31; W. Williamson, 14.27—58 mins. 18 secs.
5. Kilmaronock A.A.C.—J. McPheely, 14.56; D. Smith, 14.45; G. Martin, 14.46; W. Morton, 14.30—58 mins. 57 secs.
6. Greenock Glenpark "B."—59 mins. 39 secs.
7. West Kilbride "B."—60 mins. 34 secs.
8. Kilmaronock "B."—60 mins. 45 secs.
9. Greenock Glenpark "C."—61 mins. 26 secs.
10. Beith Harriers.—61 mins. 43 secs.
11. Paisley Harriers.—62 mins. 20 secs.
12. Irvine Y.M.C.A. "B."—62 mins. 22 secs.

Sixteen Teams started and the following failed to finish:—Ayr A.A.C., Auchmountain Harriers, to finish:—Ayr A.A.C., Auchmountain Harriers, Kilbarchan A.A.C., Paisley H., "B."

FASTEST TIMES.

1. G. Adamson, West Kilbride A.S.C. 13.51
2. S. Cuthbert, Irvine Y.M.C.A. 14.07
3. F. Sinclair, Greenock Wellpark H. 14.12
4. J. Reid, West Kilbride A.S.C. 14.13
5. T. McNeish, Irvine Y.M.C.A. H. 14.15
6. T. Coleman, West Kilbride A.S.C. 14.17
7. T. Stevenson, Greenock Wellpark H. 14.18

EASTERN DISTRICT C.C. LEAGUE—2nd RACE Kirkcaldy, 25th November, 1950.

1. Edinburgh Univ.—1. R. J. Sherwin; 3. D. Hunt; 6. G. Walker; 8. J. P. MacRobert; 9. J. Bridie; 10. A. C. Ross.—37 Points.
2. Edinburgh Southern H.—2. W. L. Brown; 4. H. Robertson; 5. D. Webster; 7. W. Grant; 12. G. C. Mitchell; 15. G. Reid.—45 Points.
3. Kirkcaldy Y.M.C.A. H.—11. G. Mortimer; 13. J. Duncan; 18. P. Husband; 24. I. Bell; 25. W. Caroon; 34. R. Hewson.—125 Points.
4. Edinburgh Rover Scouts.—17. J. Crawford; 20. R. Pearson; 21. D. Dunn; 22. D. Fordyce; 29. D. MacKenzie; 30. R. Crawford.—139 Points.
5. Edinburgh Eastern H.—14. J. Rollo; 19. R. Stark; 28. W. Ramage; 31. A. Thom; 35. Ruthven; 36. T. Sargeant.—163 Points.
6. H.M.S. Caledonia.—26. Marshall; 27. H. Furnidge; 32. Farrant; 33. Faulkner; 37. Daly; 38. Briggs.—193 Points.
7. Edinburgh Northern H.—16. J. Wilkinson; 23. G. McGowan; 39. D. Dick; 40. G. Parley; 41; 42.—201 Points.

FASTEST TIMES.

1. R. J. Sherwin, Edinburgh Univ. H. & H. 24.55
 2. & 3.—W. L. Brown, Edinburgh Southern H. and D. Hunt, Edinburgh Univ. H. & H. (equal)—25.04.
- Position of League to date.—1. Edinburgh Southern Harriers, 85 points; 2. Edinburgh Univ. H. & H., 108 points; 3. Edinburgh Rover Scouts, 257 points; 4. Kirkcaldy Y.M.C.A. H., 284 points; 5. Edinburgh Eastern H., 307 points; 6. H.M.S. Caledonia, 362 points; 7. Edinburgh Northern Harriers, 201 points.

Front page photograph—

Gl. Britain (L. to R.)—June Foulds, Dorothy Hall, Jean Desforges, Elspeth Hay. Netherlands—Fanny Blankers-Koen, G. de Jongh, P. Brouwer, X. Stad-de-Jongh. U.S.S.R.—S. Malshina. (Next to Elspeth Hay) Lord Burghley.

Advertisers Announcement

The Best Food for Athletes

In 1922 J. P. Clarke, of Belfast, was lacking in stamina and almost unknown in the athletic world. But early in 1923 he overheard a crack runner commending Orzone Emulsion for stamina, so he began taking it. A month later he became the half-mile and mile champion of Ireland. Next year he repeated his principal 1923 victories. During those two seasons he carried off 160 prizes.

A most interesting article about Clarke and his method of training will be found in a little book entitled "The Easy Road to Health," 9d. post free from The Orzone Shop, 72 St. Vincent St., Glasgow, C.2.

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

DECEMBER, 1950. Vol. 5, No. 9.

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

JOHN EMMET
FARRELL'S



DESPITE the fact that we are practically half-way through the cross-country season it might still be appropriate to cast our eyes back to some sterling performances that took place in the very late stages of the track season. The fall of the leaf did indeed see the fall of 2 world records.

LaBeach Climaxes Great Season with World Record.

Of particularly outstanding merit was Lloyd LaBeach's 100 metres in 10.1 secs. at Ecuador on Oct. 7th. This time is likely to be recognised as apparently atmospheric and track conditions were in order. The lanky "Panama Flash" who does most of his running in the U.S.A. was one of four to hold the record jointly at 10.2 secs. Jesse Owens achieved this time in 1936, Hal Davis in 1941 and La Beach and Barney Ewell both in 1948. This season La Beach has been definitely burning up the cinders having run 100 metres once in 10.2 3 times in 10.3 and

5 times in 10.4, the type of consistency which reveals coming events.

Italian P.T. Instructor Lowers 440 Hurdles Record.

The next day at Milan on the occasion of the first post-war Germany v. Italy match a 15,000 crowd witnessed 27-year-old P.T. Instructor Armando Filiput clock 51.9 secs. for 440 yds. hurdles which lops 3/10 of a second off the figures standing to the credit of Roy Cochran (1942) and Dick Ault made in Oslo 1949.

At 400 metres, Filiput clocked 51.6 secs., a time which equals the European record of the late T. W. Holling of Germany and J. C. Arifon of France. Filiput's new world record for 440 yards hurdles is not so outstanding as the world mark for 400 metres. Nevertheless it represents an excellent bit of running. Like La Beach, Filiput has demonstrated commendable consistency throughout the season clocking over 400 metres hurdles

the following remarkable times, 51.6, 51.8, 51.9, 52, 52.4, 52.5 and 52.9.

Intimation of Retirals.

Two athletes of world repute have intimated their retirals. Marcel Hansenne of France for the third time, Lennart Strand of Sweden for the first. But athletic retirals correspond closely to those of the stage and thus may not be final. Strand who holds the 1,500 metres world record jointly with his famous compatriot Gundar Haegg at 3 mins. 43 secs. was confidently expected to don the mantle of Haegg and Anderssen but has hardly fulfilled these expectations. Slightly built and highly-strung Lennart lacks the robust make-up of his giant countryman. Nevertheless his ability is of a high order. Haegg has indeed declared that potentially he was the greatest of all milers.

Nemeth Still Going Strong.

Olympic champion Imre Nemeth of Hungary who was unable to compete in the European championships owing to travel difficulties of the Hungarian team continues to reveal distinguished form. At Bucharest he threw the hammer 192 ft. 8½ ins. Nemeth, however, has close rivals, Sverre Strandli, the European champion has been showing consistent form, whilst Tesco Taddia of Italy has reached a distance of 194 ft. 1½ ins.—perilously near to Nemeth's world record.

Russian Marathon Champion's Brilliant Speed.

Not long after his splendid 3rd in the European Marathon championship at Brussels Feodosi Vanin demonstrated his amazing versatility by capturing 2nd place in the U.S.S.R. 10,000 metres championship with a brilliant time of 30 mins. 9.6 secs. against Semyonov's winning time of 30 mins. 7 secs. Next to Zatopek's wonder times those are the best times returned in Europe during 1950 for this distance. Vanin's time beats his own previous record and considering that he is now regarded primarily as a marathon specialist and is a veteran to boot his feat surely provides food for thought. Marathon racing and training far from having blunted his brilliant speed has apparently enhanced it. In defeating such an opponent Holden revealed his own real class.

Classic Struggle for News of World Trophy.

After one of the most engrossing struggles ever, Victoria Park narrowly defeated the holders Shettleston Harriers and maintained their amazing unbeaten record of the present season. Shettleston Harriers were magnificent in defeat and Joe Binks is probably correct in his inference that both these teams will not be out of their class when they pit their resources against such leading clubs as Thames Valley, Blackheath, Birchfield and Sutton, etc., in the unofficial British road relay championship next April over the classic London to Brighton course. Greenock Glenpark and Edinburgh Southern deserve their inclusion because of their magnificently even team running; although Springburn Harriers deserve sympathy for their plucky and courageous fight back after the mishap to their first and incidentally one of their best runners. This team spirit will surely pay dividends in the near future.

In what is essentially a team contest it may appear a trifle unfair to mention individuals. Nevertheless certain runners have always stamped their individuality on this race in the past and this time was no exception.

Jimmy Ellis, Man of the Race.

F. Bradley of Monkland showed that the fashionable clubs have no monopoly when it comes to individual runners by a splendid first lap. J. Grant of Glenpark again excelled in the long testing 2nd lap, whilst over the short tough hilly Dechmont, R. Quigley of H.M.S. Caledonia, runner-up in last season's youths' cross-country championship, was out on his own. Fastest over the last lap strong-going S. McFadden of Springburn impressed with his strength and courage. Nevertheless two men stand out pre-eminently in this race and both from Victoria Park. Honours are shared by Andrew Forbes and Jimmy Ellis. The latter gets my vote as the star of the race because he surpassed himself. His 29 mins. 09 secs. lap was not only the fastest of his sector but was only a few seconds outside record. This was the turning point of the race for Ben Bickerton of Shettleston, despite running a grand lap about half-a-minute faster

than last year, could not shake off his Victoria Park shadow.

It is perhaps too early to speak of International jerseys but a continuance of such running must put Ellis well in the running for this honour.

Thanks "News of the World!"

Tom Tracey of Springburn excelled in the long 7 miles sector. Geo. Craig fitter than usual for this time of the year also ran a stuffy judicious race and was perhaps the man of the Shettleston team, though Clark Wallace and Eddie Bannon had fastest in their respective sectors. And a word to young McNeil who carried the responsibility of running last lap for Shettleston. Although on this occasion he could not quite hold his more experienced opponent he has the appearance and mien of a great prospect of the future. Yes it was a grand sporting contest fought out in the best traditions of the race and the "News of the World" promoters again excelled themselves in their organisation of the race and of course in their very generous catering arrangements.

New Year Road Races.

On New Year's day take place the traditional Morpeth to Newcastle race over approximately 13½ miles and last year's new venture over 16 miles run this year from Clydebank to Helensburgh.

Howard Tuning Up for Morpeth.

Scottish Marathon champion Harry Howard is training hard for Morpeth and with the possibility of Ben Bickerton accompanying him Shettleston have the nucleus of a strong team (3 to count). Although Howard may nowadays be stronger over the longer stretches he is still no slouch at the shorter distances, and with his special training for the event should give a good account of himself and should at least get a place if he does not win outright. Much the same can be said of Charlie Robertson's chances should he decide to run at Morpeth. At the moment I feel that the Dundee man's best distance is around 13 to 14 miles and could he show last year's record-breaking form when it took a Holden specially trained for his epic 1950 season to beat him he would indeed be a hard nut to crack. Should Holden not run I feel that our Scottish duo could take care of their Northern rivals, grand runners as the

latter are. Even if Holden does compete the veteran possibly suffering from the reaction of his magnificent recent efforts might find the going far from easy.

Paterson for Helensburgh Race.

Interest is also growing for the Helensburgh race and the promoters are hoping for an increased entry over last year. An interesting entry is that of ex-Scottish marathon champion Jackie Paterson all the way from London. It will be interesting to see if the enthusiastic Poly. man is succeeding in his quest for his former fitness. Entries are not to hand at the moment of writing but if Charlie Robertson decides not to go to Morpeth he could be a probably winner. It will be interesting to see if Alex. McLean of Greenock Glenpark, last year's winner, decides to defend.

The team race should be close with Monkland, Kirkcaldy Y.M.C.A., Garscube and Maryhill fighting out the issue.

Forbes—Tracey Duel?

Beith Harriers have their seasonal open cross-country (ballot team) race on New Year's day.

The race organised to maintain the real cross-country spirit may turn out to be a real thriller with several Internationals likely to take part.

The individual struggle may be the high-light with Forbes and Tracey setting a merry pace in front of the others. Both men have been within seconds of each other for fastest lap times this season with honours fairly easy except in the "News of the World" race where Forbes had the edge. This however will be the first time this season they will have met in actual scratch competition, and fit and well they should provide an epic race with the winner anybody's choice. For myself I have a feeling that Forbes' experience will still prevail against the Springburn crack's youth.

The popular Nigel Barge memorial race from Maryhill's headquarters takes place on the first Saturday of the New Year over a fairly tough 4½ miles trail and there should be the usual keen struggle for individual and team positions. A repeat individual duel is likely.

EDINBURGH-GLASGOW ROAD RELAY

VICTORIA PARK beat holders SHETTLESTON in thrilling

"NEWS OF THE WORLD" RACE.

Lead gained in last stage of fastest post-war race.

FIRST STAGE—5½ MILES.

Record—
R. B. McIntosh, G'nock G.H. 26m. 5s. (1936)

	H. M. S.
1. Monkland Harriers.—F. Bradley ...	27.35
2. Edinburgh Southern H.—W. L. Brown ...	27.40
3. Shettleston Harriers.—J. Eadie ...	27.44
4. Victoria Park A.A.C.—J. Binnie ...	27.45
5. Greenock Glenpark H.—S. Williamson ...	28.05
6. Motherwell Y.M.C.A.—A. Brown, Jr. ...	28.06
7. Edinburgh Univ. H. & H.—D. Hunt ...	28.11
8. Garscube Harriers.—D. Coupland ...	28.16
9. Bellahouston Harriers.—H. Fenton ...	28.25
10. Dundee Thistle H.—J. Miller ...	28.48
11. St. Modan's A.A.C.—A. McHugh ...	28.53
12. Vale of Leven A.A.C.—D. McPherson ...	28.54
13. Kirkcaldy Y.M.C.A.—W. Corron ...	29.23
14. Clydesdale Harriers.—A. Doneghy ...	29.24
15. Irvine Y.M.C.A.—D. Andrews ...	29.25
16. Glasgow Y.M.C.A.—S. H. Mowbray ...	29.32
17. Maryhill Harriers.—H. B. Morrison ...	29.44
18. Springburn Harriers.—R. F. McLean ...	29.51
19. Plebeian Harriers.—D. Barclay ...	30.01
20. H.M.S. Caledonia.—M. Limbrick ...	30.08

SECOND STAGE—6 MILES.

Record—
J. C. Flockhart, Shett. H. 30m. 26s. (1936)

	H. M. S.
1. G. Glenpark.—J. Grant 31.43 ...	0 59 48
2. Shettleston H.—H. Howard 32.28 ...	1 0 12
3. Edin. So. H.—T. G. Logan 32.38 ...	1 0 18
4. V. Park.—A. Breckenridge 32.43 ...	1 0 28
5. V. of Leven.—W. Gallacher 32.02 ...	1 0 56
6. Edin. Un.—G. T. Walker 32.48 ...	1 0 29
7. Monkland H.—A. Arbuckle 33.39 ...	1 1 14
8. Clydesdale H.—P. Younger 32.38 ...	1 2 02
9. St. Modan's.—J. McGhee 33.13 ...	1 2 06
10. Irvine Y.M.—T. Lawson 32.44 ...	1 2 09
11. Garscube H.—J. J. Duffy 34.13 ...	1 2 29
12. Springburn H.—T. Stevenson 32.52 ...	1 2 43
13. Plebeian H.—A. Smith 32.43 ...	1 2 44
14. M'well Y.M.—B. Gordon 34.59 ...	1 3 05
15. Maryhill H.—J. K. Wilson 33.42 ...	1 3 26
16. Kirkcaldy Y.M.—G. Duncan 34.05 ...	1 3 28
17. Glas. Y.M.—J. Weatherston 34.07 ...	1 3 39
18. Bellahouston H.—J. Christie 35.20 ...	1 3 02
19. H.M.S. Caledonia.—E. Berry 33.53 ...	1 4 01
20. Dundee Thistle.—C. Lamb 36.33 ...	1 5 21

THIRD STAGE—4 MILES.

Record—
P. McNab, Springburn H. 21m. 56s. (1936)

	H. M. S.
1. G. Glenpark.—I. Osborne 23.12 ...	1 23 0
2. Edin. So. H.—J. Smart 22.54 ...	1 23 12
3. Shettleston H.—J. Barton 23.01 ...	1 23 13
4. V. Park.—D. McFarlane 23.06 ...	1 23 34
5. Edin. Un.—R. Paul 23.45 ...	1 24 44
6. Vale of Leven.—H. Coll 24.03 ...	1 24 59
7. Monkland H.—R. W. Kelly 24.55 ...	1 26 09
8. Garscube H.—A. R. Warton 23.54 ...	1 26 23
9. S'burn H.—D. S. Wallace 23.42 ...	1 26 25
10. Plebeian H.—T. McQuade 23.45 ...	1 26 29
11. H.M.S. C'donia.—R. Quigley 22.29 ...	1 26 30
12. St. Modan's.—J. Wilson 23.28 ...	1 26 34
13. Clydesdale H.—A. Doneghy 24.35 ...	1 26 37
14. K'caldy Y.M.—W. Duncan 23.20 ...	1 26 48
15. Maryhill H.—T. Harrison 23.59 ...	1 27 25
16. Bellahouston H.—C. Kirk 23.46 ...	1 27 31
17. Irvine Y.M.—L. Jermond 25.37 ...	1 27 46
18. Glas. Y.M.—C. Forbes 25.08 ...	1 28 47
19. M'well Y.M.—A. Brown 26.18 ...	1 29 23
20. Dundee Thistle.—A. Wilkie 24.17 ...	1 29 38

FOURTH STAGE—5½ MILES.

Record—
A. T. Whitecross, Dundee T.H., 30m. 24s. (1937)

	H. M. S.
1. Shettleston H.—C. Wallace 31.13 ...	1 54 26
2. V. Park.—D. Henson 31.46 ...	1 55 20
3. Edin. So. H.—D. Webster 32.22 ...	1 55 34
4. G. Glenpark.—W. Williamson 32.37 ...	1 55 37
5. V. of Leven.—A. McDougall 31.48 ...	1 56 47
6. Edin. Un.—J. McRoberts 32.55 ...	1 57 39
7. Springburn H.—J. C. Morton 31.49 ...	1 58 14
8. Garscube H.—J. Gunn 32.18 ...	1 58 41
9. Plebeian H.—A. Robertson 33.06 ...	1 59 35
10. Bellahouston H.—D. Muir 32.08 ...	1 59 39
11. H.M.S. Cal.—M. Marshall 33.34 ...	2 0 04
12. Maryhill H.—G. Porteous 32.41 ...	2 0 06
13. St. Modan's.—A. Galbraith 33.40 ...	2 0 14
14. Irvine Y.M.—H. Kennedy 32.31 ...	2 0 17
15. Monkland H.—C. Ballantyne 34.44 ...	2 0 53
16. Clydesdale H.—A. Divers 34.40 ...	2 1 17
17. K'caldy Y.M.—D. Taylor 35.10 ...	2 1 58
18. Dundee Thistle.—P. Taylor 33.37 ...	2 3 15
19. Glas. Y.M.—D. Dunachie 34.55 ...	2 3 42
20. M'well Y.M.—J. Moir 35.02 ...	2 4 25

FIFTH STAGE—5½ MILES.

Record—
J. Campbell, Bellahouston H., 27m. 57s. (1938)

	H. M. S.
1. Shettleston H.—E. Bannan 28.31 ...	2 22 57
2. Vic. Park.—C. Forbes 28.34 ...	2 23 54
3. Edin. So. H.—W. Grant 30.02 ...	2 25 36
4. G. Glenpark.—W. McLean 30.17 ...	2 25 54
5. Vale of Leven.—F. Lacey 29.07 ...	2 25 54
6. Springburn H.—J. Wallace 30.24 ...	2 28 38
7. Bella. H.—H. Kennedy 29.35 ...	2 29 14
8. Edin. Un.—J. R. Birkett 32.04 ...	2 29 43
9. Plebeian H.—F. Cassells 30.09 ...	2 29 44
10. Maryhill H.—R. McDonald 29.48 ...	2 29 54
11. Irvine Y.M.—E. Allan 29.05 ...	2 30 22
12. Monkland H.—I. McKenzie 30.39 ...	2 31 32
13. Clydesdale H.—F. Clarke 30.33 ...	2 31 50
14. K'caldy Y.M.—P. Husband 30.25 ...	2 32 23
15. H.M.S. Caledonia.—R. Bates 32.33 ...	2 32 37
16. G'cube H.—F. J. Robertson 34.49 ...	2 33 30
17. St. Modan's.—P. Donnelly 34.55 ...	2 35 09
18. Dundee Th.—A. M. McIntosh 32.49 ...	2 36 04
19. Glas. Y.M.—D. McLean 32.34 ...	2 36 13

SIXTH STAGE—7 MILES.

Record—
J. C. Flockhart Shettleston H., 33m. 32s. (1937)

	H. M. S.
1. Shettleston H.—G. Craig 34.56 ...	2 57 53
2. Vic. Park.—A. Forbes 34.13 ...	2 58 07
3. G. Glenpark.—A. McLean 35.53 ...	3 01 47
4. Edin. So. H.—H. Robertson 36.44 ...	3 02 20
5. Springburn H.—T. Tracey 34.38 ...	3 03 16
6. V. of Leven.—J. McNabb 38.40 ...	3 04 34
7. Bellahouston H.—R. Clime 36.37 ...	3 05 51
8. Maryhill H.—J. E. Farrell 36.09 ...	3 06 03
9. Edin. Un.—R. J. Sherwin 36.26 ...	3 06 19
10. Irvine Y.M.—T. McNeish 36.50 ...	3 07 12
11. Plebeian H.—J. McCann 37.28 ...	3 07 12
12. Monkland H.—A. McPherson 37.26 ...	3 08 58
13. K'caldy Y.M.—G. R. Mortimer 36.50 ...	3 09 15
14. H.M.S. Cal.—C. Howarth 37.06 ...	3 09 43
15. Clydesdale H.—P. Reynolds 38.04 ...	3 09 54
16. Garscube H.—A. Kidd 36.45 ...	3 10 15
17. St. Modan's.—D. Clelland 36.22 ...	3 11 31
18. Dundee T.—C. D. Robertson 35.28 ...	3 11 32
19. Glas. Y.M.—D. McFarlane 36.36 ...	3 12 52

"THE WINNING EIGHT"

I HAVE been asked to furnish a summary on the Victoria Park A.A.C.'s team members who succeeded in annexing the handsome "News of the World" trophy awarded annually to the winning "eight" in their Edinburgh to Glasgow Relay Race which was held on 18th November last.

As the Editor cannot be "put off," here then is a line or two, and in their order of running:—

IAN BINNIE

One of the up-and-coming youngsters in the team, and one who has shown distinct promise over country, road, and on the track. Joining the club just last

SEVENTH STAGE—5½ MILES.

Record—
D. Urquhart, Garscube Harriers, 29m. 3s. (1937)

	H. M. S.
1. Shettleston H.—B. Bickerton 29.20 ...	3 27 13
2. Victoria P.—J. Ellis 29.09 ...	3 27 16
3. Edin. S.H.—G. C. Mitchell 30.32 ...	3 32 52
4. G. Glenpark.—W. Elder 31.10 ...	3 32 57
5. Springburn H.—A. Stevenson 30.58 ...	3 44 14
6. Vale of Leven.—M. Connelly 31.49 ...	3 36 23
7. Bella. H.—W. McAuslan 30.58 ...	3 36 49
8. Edin. Un.—J. Brydie 31.23 ...	3 37 42
9. Maryhill H.—J. Wilkie 32.11 ...	3 38 14
10. Plebeian H.—W. Cook 32.26 ...	3 39 18
11. Irvine Y.M.—T. Garry 33.55 ...	3 41 07
12. Monkland H.—R. Muir 32.39 ...	3 41 37
13. Garscube H.—F. Russell 31.28 ...	3 41 43
14. Clydesdale H.—G. White 31.58 ...	3 41 52
15. St. Modan's.—M. Kany 30.19 ...	3 42 09
16. K'caldy Y.M.—R. C. Hewson 33.52 ...	3 43 05
17. Dundee T.—J. Fitzpatrick 33.48 ...	3 45 20
18. Glas. Y.M.—I. Cameron 33.30 ...	3 46 22

EIGHTH STAGE—5 MILES.

Record—
A. Austin, Bellahouston Harriers, 24m. 23s. (1938)

	H. M. S.
1. Victoria P.—J. Stirling 25.27 ...	3 52 43
2. Shettleston H.—J. McNeil 26.02 ...	3 53 15
3. G. Glenpark.—J. W. Armstrong 26.03 ...	3 59 0
(Prev. best 4m. 3m. 51s., Nov. 1949).	
4. Ed. S.H.—W. A. Robertson 26.35 ...	3 59 27
(Prev. best 4m. 6m. 6s., Nov. 1949).	
5. S'burn H.—S. McPadden 25.17 ...	3 59 31
6. Bella. H.—A. Dunwoody 25.53 ...	4 02 42
7. Vale of Leven.—W. Crowe 27.01 ...	4 03 24
(Prev. best 4m. 5m. 37s., Nov. 1949).	
8. Maryhill H.—R. Brymner 25.47 ...	4 04 01
9. Edin. Un.—A. C. Ross 25.53 ...	4 04 02
(Prev. best 4m. 4m. 11s., Nov. 1949).	
10. Plebeian H.—C. Heaney 26.43 ...	4 06 21
11. Garscube H.—R. Smith 25.53 ...	4 07 36
12. Clydesdale H.—R. Boyd 26.12 ...	4 08 04
(Prev. best 4m. 12m. 31s., Nov. 1938).	
13. Monkland H.—A. Farmer 26.36 ...	4 08 13
(Prev. best 4m. 15m. 13s., Nov. 1949).	
14. Irvine Y.M.—F. Muir 27.37 ...	4 08 44
(Prev. best 4m. 22m. 29s., Nov. 1949).	
15. K'caldy Y.M.—G. Gordon 27.42 ...	4 10 47
(Prev. best 4m. 15m. 50s., Nov. 1949).	
16. H.M.S. C'donia.—A. Telfer 28.46 ...	4 10 55
(Prev. best 4m. 21m. 15s., Nov. 1949).	
17. St. Modan's.—J. Walker 29.19 ...	4 12 09
18. Dundee T.—J. Montague 27.50 ...	4 13 10
19. Glas. Y.M.—R. Donald 28.30 ...	4 14 52

winter he is one of this year's winning "four" in the "McAndrew" and "Kingsway" Relays. A "leading" member of the club's successful 2 miles track team last summer. Keen and conscientious in training, Ian will go far in the sport.

ALEC BRECKENRIDGE

Another of our youthful members, dubbed by the press "The Third Man," by reason of his 9—3rd place awards in the 1 mile event last track season. Second in the 1950 Junior 1 mile Scottish Championship, Club "880" and 1 mile Junior Track Champion. Has run with success, on the track, over the 2 and 3 miles distances. Possessor of this year's Midland District Relay Championship plaque, and a member of the "B." team which ran so well at Dundee in the "Kingsway" Relay.

"DUNKY" MACFARLANE

Of whom it can be said, and sincerely, "an old horse for a hard road" if he will forgive me saying "old," by which I mean, "experience." It is this experience which makes him a valuable asset to a team such as is required for this race. Got his team off to a good start in this event in April 1949 by running a grand opening lap.

His successes have been connected with "team" running, on track, road, and country.

DONALD HENSON

The third "baby" in the team, and like the other two, full of promise, as shown by results. He holds the 1 mile record of his famous school "Loretto." In winning team Midland District Relay Championship this year, and an important unit of the "B." team at Dundee, where, in the opening lap he was first runner home, in a time that, excepting Andy Forbes and Tommy Tracey, has not been equalled. Last summer he competed in only two handicap 1 mile track events, and won both.

Full of youthful enthusiasm, has a care-free approach to running that will pay dividends.

"CHIC" FORBES

Brother of "Andy." A reliable team member, who in this event last November, ran an excellent race over this fifth leg, and clocked the fastest time, but just to show us what can be accomplished, by steady application, he knocked off 76 seconds this time!

Has had track successes, individual and team, but like his brother prefers the winter programme, Cross-Country International Reserve, 1950.

ANDY FORBES

What can one say, as he appears to be fairly well-known! "Skipped" his team to victory in this season's four major events, namely, "McAndrew" Relay, "Kingsway" Relay, "Midland District" Relay, and this Edinburgh—Glasgow Relay. An inspiration to his clubmates, an honoured and respected leader, and popular with all connected with athletics. He is the only pre-war member of the team and has had many successes on road, country and track, for Great Britain, Scotland, and Club. Scottish 3 miles record-holder and runner-up 1950 Empire Games 6 miles Scottish Cross-Country champion 1947.

JIMMY ELLIS

"Guid gear gangs intae sma' bulk." Small in stature, but big in "heart." A grand feeling to have him on your side. His excellent running in this race (only 6 secs. outside the lap record) was typical of him, when his team at this stage needed it most. Excepting the "Midland," has been in this season's winning teams, and most of the previous team successes, since joining the club.

Any success gained has been accomplished by honest endeavour, as "lucky breaks" do not associate with him! Misfortune in this year's National C.C. Championship, and Scottish 6 miles Track Championship were examples.

Jimmy knows these "breaks" come to others, so he just keeps on running. Holds Standard Medal for 6 miles Scottish Championship, 1949.

JOHNNY STIRLING

Last on the list, last to run in the race, but in the end could say "the last shall be first!" Like his "Slipper," has participated in all four winning teams. Consistent, and reliable, imbued like his

clubmates with a highly developed "team spirit." Johnny is an indispensable part of the whole and a popular vice-captain.

Has as a miler a "4 mins. 25 secs." to his credit. Scottish Y.M.C.A. 880 yards champion, 1949. 3rd, Scottish 3 miles championship, 1950. Since joining the club has had numerous 2 miles team race and individual 1 mile successes.

As a point of general interest, the average age of team is just under 26 years and they all look forward to challenging "Britain's Best" for the "Blue Riband" in the London—Brighton Relay next April.

Proud to be the—

HON. SEC.

Continued from Page 9.

How they Scored:		Bob Mathias	
Event			
100 metres	10.9s.	(872)	
Broad Jump	23 ft. 3½ ins.	(828)	
Shot	47 ft. 6½ ins.	(866)	
High Jump	6 ft. ¾ ins.	(846)	
400 metres	51.0s.	(818)	
High Hurdles	14.7s.	(982)	
Discus	146 ft. 5 ins.	(854)	
Pole Vault	13 ft. ¾ ins.	(898)	
Javelin	182 ft. 4½ ins.	(693)	
1,500 metres	5m. 05.1s.	(385)	
		(8,042)	

Event	Bill Albans
100 metres	10.6s.
Broad Jump	24 ft. 6½ ins.
Shot	39 ft. 1 in.
High Jump	6 ft. 2½ ins.
400 metres	49.5s.
High Hurdles	14.1s.
Discus	114 ft. 11 ins.
Pole Vault	11 ft. 6 ins.
Javelin	134 ft. 1 in.
1,500 metres	5m. 35.1s.

FINAL SCORES.

Bob Mathias	8042
Bill Albans	7361
Otey Scruggs	7094
Floyd Simmons	6861

Under the revised (1950) Points Table, the scoring of Mathias would be 7,444.1 pts. Morris's previous world-record figures for the Decathlon totalling 7,900 pts. can be consulted in our Oct.-Nov. 1947, and Sept., 1949 issue.—W. J. R.

AN EVENT OF THE YEAR

STORY OF THRILLING RECORD-BREAKING DECATHLON CONTEST.

AT this time, as the year draws to a close, it is a common feature to look back and consider the greatest deed or most outstanding achievement of the past twelve months. Now we have just concluded probably the greatest year in the history of the athletic world as far as top standard goes and several new world records were established. Yet we doubt if there was a greater achievement than that of "wonder" Bob Mathias when setting a new Decathlon world record in the American A.A.U. Championship held at Tulare, California, in one of the most thrilling contests ever held. And there was hardly a whisper of it in the British press! This makes recalling it double timely and no way better to record it than from the excellent report as published in "Track and Field News," July, 1950:—

Tulare, California, June 28 and 29—Spurred on by the strongest competition of his career, the 19-year-old veteran, Bob Mathias, set a new world's record of 8,042 points in the decathlon. Performing at night in heat up to 14 degrees, Mathias thrilled 6,500 home town fans as he had to come from behind Bill Albans' best-on-record score for the first six events.

Amazing as it may seem, Mathias was in great danger of losing when the event was two-thirds over. But he came through as few athletes ever do, breaking his own personal record in the pole vault and javelin in clutch, not only his third straight A.A.U. championship, but the world's record as well.

Mathias started well, too, bettering his own personal record in the first two events. But Albans, a 25-year-old sophomore at North Carolina, was even better. Mathias ran the 100 metres in 10.9 secs., but Albans ran 10.6 secs., gaining 94 points. Mathias broad jumped 23 ft. ¾ ins., but Albans, one of the nation's best jumpers, sailed 24 ft. 6½ ins. to take a 199 point lead.

Mathias took the lead with a shot putt of 47 ft. 6½ ins., but Albans immediately

regained it by high jumping two inches higher than Mathias. In the first day's final event, the 400 metres, Albans gained another 86 points for a 93 point lead.

Albans' first-day score was the best ever recorded, and that of Mathias, 259 points better than his own previous best, is high up on the all-time list.

World Best-Ever First-Day Totals.

Bill Albans	4,331
William Watson	4,291
Glenn Morris	4,265
Hans Sievert	4,247
Bob Mathias	4,230
Bob Clark	4,206
Glenn Morris	4,192

Albans started the second day with a 14.1 clocking in the 110 meter high hurdles. Adding the best hurdle time ever run in a decathlon race to the highest first-day score of all time, Albans was well on his way to a new record, 259 points ahead of Mathias.

Even after Albans fell off in the discus and Mathias took a 76 point lead, Albans still had a chance, based on his superior performance in the 100 metres. But Mathias crashed through in the pole vault and javelin, and Albans was finished. He merely went through the motions in the 1500 metres. Even so, his 7361 point total has been bettered by only eight men.

World Best-Ever Second-Day Totals.

Heino Lipp	3,869
Bob Mathias	3,812
Glenn Morris	3,708
Jim Bausch	3,655
Bob Mathias	3,615
Glenn Morris	3,577
Hans Sievert	

Only a weak 1500 meter run, in that extreme heat, kept Mathias from running up the highest second-day total of all time.

(Continued on Page 8.)

SELF-RELIANCE IS ESSENTIAL

By ARTHUR F. H. NEWTON,

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

I SOMETIMES think our young athletes are advised—in fact I know they're often taught—to rely too much on what they are told, and consequently they often fail to apply their own judgment.

There is of course a lot to be said in favour of this conduct, for we all benefit directly and indirectly from the experience of others. But there is much more than that in it if you sum it all up, for as soon as you begin to analyse things for yourself you find out how much can be missed. For instance, from whom do the rank and file get the bulk of their athletic knowledge? Nineteen times out of twenty from other young men with little more—very likely no more—in the way of experience than themselves. We have become quite inured to this sort of thing, as well as to the fact that competent coaches are few and far between: consequently Tom, Dick and Harry have a slender chance of getting hold of useful advice, apart from the athletic press, unless they happen to be living near one of the larger cities where up-to-date tuition is obtainable.

Well, that's a pretty fearsome snag, but all the same it's comforting to note that most youngsters are live enough to persist with their enquiries, and then keen to see what they can make of the information. Yet all this leads as you can see to a somewhat second-hand, three-halfpence-for-twopence sort of experience. Every young athlete worth his salt wants to be out-and-away more successful than the majority of his rivals; as a rule that's his basic reason for taking to the game; yet his only chance of becoming so is to widen his outlook in every direction, and quite possibly even to avoid the well-beaten track of the many. Personal experience is nearly always of more significant value than second-hand.

How far you will get in any proposed direction depends on your incentive, for that's what does the pushing. If you allow this to be weakened by overmuch ready-made advice your interest is pretty certain to flag sooner or later, because

there's an unattractive lack of novelty in such an outlook. On the other hand, when you're always doing a bit of experimenting for yourself, interest in results is constantly being called into play, thus adding to incentive; and remember, it's only this latter that will eventually bring home the bacon.

Do I seem to be putting too much emphasis on "incentive?" I don't think it is possible to do so. Every single man who ever made a first class job of his work or play relied, even if he didn't know it, on the driving power behind his action. Your success or mediocrity depends entirely on how much interest you can find in what you're doing, and unless you can nourish and develop that you have no hope at any time of leaving your rivals where you want them—behind. Boredom or indifference will steadily undermine any project you have in mind, and you must therefore make it your job to banish the possibility of such things as far as you possibly can. There is only one way to eliminate them and that is by bringing to light new points of outlook and following them while they develop yet other hitherto unsuspected ones. Once you get that idea into your head it's only a matter of time before you realise its potential value, and you won't need much in the way of encouragement when you've reached that stage.

Initiative in sport and in training is as essential as in any other way of life: the men who stand out above the masses are always those who recognised this and gave full play to their instinctive innate tendencies. Hence, if you're to reach your goal in athletics, you must adopt the same principle, for we know of no better. Ruminant over every bit of advice you receive and, if you think there's any possibility of its being useful, put it to the test. Sometimes of course you'll find it's mere eyewash, but as often as not there'll be some underlying idea involved that will prove it to have been worthwhile, and your business is to root

PICK THE TEAM NOW!

by G. S. Barber.

AT this stage of our cross-country season it behoves us to consider our requirements. Do we wish good Club runners? Do we want to win District races? Do we want to win the National or do we want a sound team to run for International honours?

Firstly, you can't have everything, some item must be dispensed with. In planning anything in life, first a purpose must be considered. If you want good hardy team men always in the first six in any race—well you will have to cut out International honours. From what I have seen in athletics you can only take out of life the energy you put into it. Everyone has only a certain amount of running in his frame and whether you take it out in training or racing depends on yourself, but I am positive that our athletes are not now training as they should do.

I am convinced that if the N.C.C.U. wish to have a good team for International honours NOW is the time to select that team—not from the result of the National race only a few weeks before the International race. Twenty men should be selected NOW. It must be fairly easy to pick twenty, and from the New Year these should train as a team—no races outside their training. This

select number would be the N.C.C.U. team to represent Scotland and the real team would be picked from that number.

They could—if necessary—race in the National as individuals or for their clubs, but all their training should be completed together so that there would be a team spirit amongst them. I am sure that any athlete would consider it an honour to be named in this select few. The International jersey is the goal that all runners look forward to and by this means you will get a team that from the New Year will BE a team.

How many times have we tried to run a few men as a team a few weeks before the National—time and time again and then found that the National race has run them out so that there is nothing left in them for the International. We KNOW now the date of the International race and we KNOW the probabilities for that race, we'll get them together at once and cut out all those small races. Admittedly there are some practical measures to be faced, but if the will is there these can be overcome. Let us try something new and I am convinced that we can produce a team that will put up a good show in this—the last and most important—race of the season.

Continued from Page 10.

out the live kernel and discard the husk.

You've always got time to do this if you want to: if you reckon you haven't, then make time. If your inclinations are always going to boss you, it's your funeral: your mind is as capable as the next man's, and it's up to you to use it to prove as much, for others can't and won't do it for you.

Am I making too much of a song about this? Definitely no! In my time I worked on these lines for all I was worth, and they brought me not only to the goal I was after but even better than I originally expected. Stick it out and they will do exactly the same for you. Admitted there are, and have been, super-athletes, but the very great majority were those who used their minds to make themselves such.

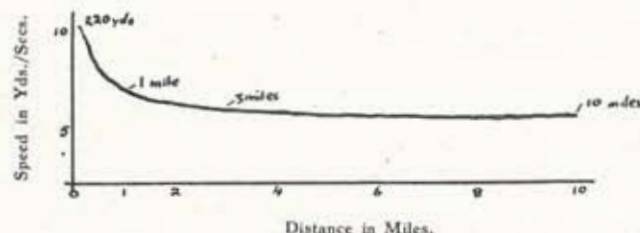
Ten to one you're not, at the moment anyway, in the same class as the "born athlete," but that needn't discourage you at all: your mind is perfectly capable of building you up to his standard no matter how impossibly good he may appear to be. So far as physique goes he may obviously be your superior, but you'll never allow yourself to believe he is mentally so as well, and it's mentality that rules the roost in the long run.

Because others beat you is a mighty good reason why you should persevere until you reverse the process, and your mind can do that for you, and do it better than you ever really expected, just as it has done for thousands of others. You know you've actually got it in you to be as good as any. Right! Carry on till you've proved it.

COMPARING STANDARDS OF THE RELAY STAGES

A STUDY WITH GRAPHS

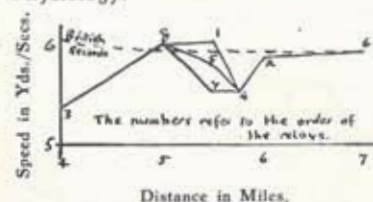
By D. V. ELLIS.



[The first major part of this study was written, as will be observed, before this year's event. —Editor.]

THE Edinburgh—Glasgow Road Relay Race is notable for some extremely fine running by Scottish Athletes. Recent examples have been R. Wilby (Edin. Univ. A.C.) in Nov. 1949 and A. Forbes (Vic. Park A.A.C.) in April and Nov. 1949. The record times for several of the relays are run at a faster average speed than the equivalent British Records or Best Performances.

This graph plots the average speed for British Running Records and Best Performances against the distance run. It shows a curve, typical for any like series of records (World, Olympic, Country or Club etc.). A high average speed for 100 yds. a maximum at about 250 yds., a rapid fall, followed by an increasingly gradual descent, is normal for this type of graph. Why it should be so, is beyond the scope of this article but is explained in almost any book on Physiology.



The above graph shows the various relay records in comparison with British Records. Relays 1, 2, 6 and 8 are approximately of British Record standard, but relays 7 and 4 are considerably slower and relay 3 is much slower than the standard.

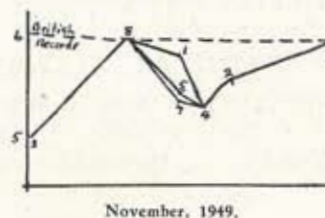
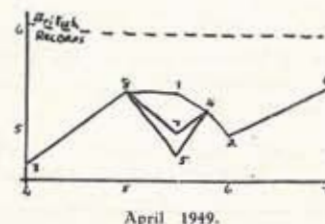
These facts may have two explanations. The best runners from the competing clubs are usually given the first or last relays and occasionally the sixth (the longest). The second relay is also given to one of the club's best athletes. Therefore these records will be of a high standard. The other explanation is dependent on the nature of the relays. The excellent times recorded indicate that these relays have easy gradients, are not excessively exposed and have surfaces comparable to a good running track. This of course presupposes that the athletes concerned are not capable of performances better than existing British Records. These explanations are confirmed by the two further graphs shown below.

Relay 3 is run at a comparatively slow rate. This is all the more surprising due to its shortness which should allow it to be run at the fastest average speed. Presumably this relay has bad gradients, is very exposed etc. Because it is third in order and is the shortest it is likely to be delegated to a weak member of the team and thus the performances will be of a lower standard. Similar factors, to a lesser extent have probably affected relays 5 and 7, but no. 7 being next to the

[Our contributor, D. V. Ellis, to whom the sport is in debt for this study invited the Editor to make comments particularly on the recent race. There is much we could say, but at the moment, lack of space forbids. Many of our readers with the practical experience of following the race for some years should be moved to comment with this study as a basis. They are welcome to do so—it should prove interesting and valuable.—Editor.]

last, a good man will be given this stretch and therefore it is probable that relay 7 is more arduous than relay 5.

These last two paragraphs are the result of pure conjecture on the part of one who has never been over the course. It will be very interesting to see how well they agree with practical observation.



These two graphs superimpose the Best Performances for the two post-war races upon the British Records curve. It is immediately noticeable how relays 1, 6 and 8 consistently show the fastest average speed and relay 3 the slowest. The standard of running in relay 2 is relatively poor and clubs should note that this relay ought to be given to one of their best athletes. An initial advantage is of great importance in a relay race.

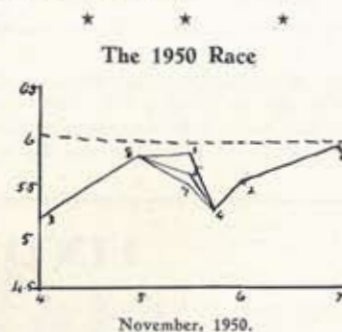
The generally slower times for the April race may be due either to a poor quality of competing athletes or more probably, adverse weather conditions.

Relays 5 and 7 exhibit inconsistent results. One might, with some levity, suggest that an industrious City Council had been altering the road surfaces, but this hypothesis can scarcely be taken seriously. Undoubtedly the main explanation is to be found in the excellent running of R. Black (Garscube H.) in April 1949, who recorded a considerably better time than any other competitor in the seventh relay.

Finally we reach the point of this article. Many variations on the first graph have been used to indicate to would-be

pot-hunters which distance is of a low standard. This method is applicable, with reservations, in this case. Relays 3, 4, 5 and 7 are those for consideration. Because the average speed of relay 3 is so slow it is probably a very exhausting stretch. Nevertheless for the athlete who is favoured by hills, there is an easy record waiting to be broken. For the runner who prefers a less difficult race, relays 4 and 7 are the most suitable.

Many clubs who have no possibility of producing a good team performance have one or two excellent athletes who may be capable of bettering some of the existing records. It is better to have the club name inscribed on the Roll of Glory as the result of an individual than not at all. The individual has received his training through the club which will therefore receive some credit and gain advertisement at the same time. Morale within the club will also benefit. It is for these clubs that this article is written, so that they may select the order of running, carefully and give their outstanding runners an opportunity for an exceptional performance.



BRIEF OBSERVATIONS:

1. General similarity with other graphs.
2. Relays 1, 6 and 8 good, but no outstanding performances, mainly because general standard high.
3. Relay 3—better than in the last two races.
4. This graph approaches very closely to the "typical" shape as provided by that for the record performances, it is of course, of a lower standard.

Glasgow Y.M.C.A. Athletic Club hold their Annual Dance in St. Andrews Halls, Berkeley Suite, on Friday, 29th Dec., 1950, at 7.30 till 11.30 p.m. Harriers and friends welcome. Ticket, 3/-

FAIR PLAY FOR OFFICIALS.

Dear Walter,

I should like, if space permits, to comment briefly on G. S. Barber's article "Credit where credit is due" which appeared in the October-November issue.

I am, like the writer, a keen follower of athletics and fully aware of the important part played by the fellow who, in a race is not "up in front." However, I do think that one is justified in taking exception to some of the subject matter contained in the article.

He refers to the runner, who finishing last "doubts very much when he arrives at his journey's end if there will be any officials to greet him as THEY ARE INTERESTED ONLY IN THE WINNER."

Surely he does not expect such a tactless remark to go unheeded? As one who has officiated at such events for a number of years I am unable to recollect this happening or such an attitude having been adopted.

Is it not unfair to those many enthusiastic and often rain-soaked officials who are still at their post when the last man "clocks in?"

The writer, then referring to the obstacle race at Rangers F.C. Sports has this to say of the last competitor to finish "there wasn't an official at the finishing

post to meet him, it didn't seem important." As a judge at this event, I was present when this runner completed his lap, gave him the handshake I thought he so richly deserved remarking at the same time "I like to see a sticker."

As your contributor is on the official list of S.A.A.A. Judges, I do sincerely hope that he will make a point of being present at the meetings throughout the season so that he may see for himself the number of officials awaiting the arrival of the "last man" and so give—"Credit where credit is due."

Yours, etc.,

WILLIAM C. ARMOUR.

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.

FIXTURE LIST

Jan.

- | | | | |
|--|-----|-----|-----------|
| 1—Clydebank—Helensburgh 16 Miles Road Race. | ... | ... | ... |
| 1—Beith Harriers 4 Miles Cross-Country Ballot Team Race | ... | ... | Beith |
| 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 |

ROUND THE CLUBHOUSES

Bellahouston Harriers.—A very enjoyable afternoon was held when Kilmarnock Harriers were in town. About 30 lads made the journey, and with the home lads about 90 went out in 3 Packs, Fast Slows and Mediums, over 7 miles through Pollok Estate and the adjoining countryside. Afterwards, that much maligned section, "The Ladies," bless 'em made their presence felt at the serving of tea, under Convener "Sandy" Forrester.

A runner out regular these days is Jackie Campbell and still enjoying it.

Beith Harriers Annual Open Ballot Team Race, 4 Mile C.C. will be held on New Year's Day, Monday, 1st January, 1951, from Gateside Road, Beith, at 3 o'clock prompt. Entry Fee, 1/-. Entries taken until 2.30. Teas after Race. 2 Team Prizes, 2 Individual. The prizes are Furniture made in Beith.

Olympic Harriers held their 5 Miles Handicap on Saturday, 9th December. 1st—J. Harris (2m. 45s.) 39m. 50s.; 2nd—T. Scally (2m. 30s.); 3rd—R. Houston (Scratch) 37m. 55s. (Fastest).

JUST OUT!

A NEW BOOK
RACES & TRAINING
(ILLUSTRATED)

By

ARTHUR F. H. NEWTON

CLOTH BOUND

6/6

post free from

**THE PUBLISHER,
9 COTTINGHAM CHASE,
RUISLIP MANOR,
MIDDLESEX**

or from "THE SCOTS ATHLETE."

Midland District Cross-Country Championship, approximately 7 miles and Youths' Race, approximately 3 miles, will be held at Mossbank Approved School, Millerston, on Saturday, 3rd February, 1951. Starting Times, Youths 3 p.m., Championship 3.30 p.m. Entries close 23rd January, 1951. It is hoped there will be a large entry and turnout of spectators.

HAVE YOU SEEN THE AUTUMN NUMBER

THE *Athlete*

THE NEW OFFICIAL A.A.A. MAGAZINE

If not, please post
this coupon today >

TO: The Athlete, 1 Trebeck St.

London, W.1.

PLEASE SEND ME
PROSPECTUS A 2

Name

Address