

SPORTS REPORTS & TALKS

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WEEKLY ATHLETIC NOTES BY

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THE SCOTS ATHLETE

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Photo by G. S. Barber.

THE EVENTUAL WINNER, E. BANNON (Sheffield H.) leads early on in the Midland 7 Miles C.C. Championship.

JOHN EMMET FARRELL'S RUNNING COMMENTARY.

A TRAINING GUIDE FOR COACHES AND
ATHLETES by H. A. L. CHAPMAN.

THE INTERNATIONAL—CONTINENTAL REVIEW.
ANDREW FORBES. RACE DETAILS. OUR POST.

SOUTH-WESTERN DISTRICT YOUTHS' 3 MILES AND SENIORS 7 MILES CHAMPIONSHIPS

Paisley, 2nd February, 1952.

Individuals:

- 1.—D. Lapsley, West Kilbirde, 17m. 44s.
- 2.—K. Alexander, Irvine Y.M., 17m. 58s.
- 3.—L. Jermond, Irvine Y.M., 18m. 38s.

YOUTHS' 3 MILES.

Team Details:

1. West Kilbride A.A.C.—(D. Lapsley 1, I. McKay 4, B. McCreadie 6)—12 points....
2. Irvine Y.M.C.A. H.—(K. Alexander 2, L. Jermond 3, J. Kyle 10)—15 points.
3. Paisley H.—(J. Pearson 4, J. McIntyre 9, J. Quigley 11)—24 points.
4. Beith H.—(A. Hayes 8, W. Prasher 7, W. McLelland 15)—30 points.

SENIOR 7 MILES.

Individuals:

- 1.—T. Stevenson, G'nock W.H., 37m. 02s.
- 2.—H. Kennedy, Irvine Y.M., 38m. 04s.
- 3.—G. King, Greenock W.H., 38m. 19s.

Team Details:

1. Irvine Y.M.C.A. H.—(H. Kennedy 1, T. McNeish 2, S. Cuthbert 3, D. Andrew 10, E. Allan 13, M. Butler 15)—44 points. F. Muir 31, J. Lawson 35.
2. Plebeian H.—(A. Smith 9, F. Cassels 12, D. Barclay 18, A. Robertson 22, T. Monaghan 25, J. McCann 27)—113 points. E. Latham 30, E. Vally 38, G. Woods 40, J. Jamieson 44, J. McEwan 45.
3. Greenock Glen. H.—(J. Armstrong 5, A. McLean 7, H. Coll 20, I. Osborne 21, J. Fraser 34, H. Beaton 36)—123 points.
4. Kilmarnock A.A.C.—(W. Morton 6, G. Martin 8, R. Hamilton 19, T. Todd 23, J. Burns 29, J. Hamilton 39)—124 points. D. Richardson 48.
5. Paisley H.—(A. Napier 11, J. Campbell 16, W. McNeil 24, A. Duncan 26, J. McCallum 28, L. Crossan 32)—137 points. A. McGinn 37, G. Duncan 33, J. McFadden 42, D. Anderson 43, W. Miller 46, J. Sellar 47.
6. West Kilbride A.A.C.—(J. Reid 4, T. Coleman 14, C. Roberts 17, J. Butcher, H. Dick, J. Palmer—Failed to finish.

MIDLAND DISTRICT C.C. CHAMPIONSHIPS

Lenzie, 2nd February, 1952.

The "Midlands" were this year held at Woodilee Mental Hospital, Lenzie, where the first class facilities in the way of hot baths, etc., made up for the atrocious running conditions.

The Youths, 10 teams and 15 individuals, set off over 9 ins. to 12 ins. of snow, encountering a sleet blizzard en route, led by J. Stevenson of Larkhall Y.M.C.A. who ran out the winner, but challenged closely by R. Campbell, Vale of Leven, with C. Meldrum, St. Modan's, 3rd, times being 20 mins. 15 secs., 20 mins. 17 secs., and 20 mins. 33 secs. respectively. 8 teams and 11 individuals finished the course as shown below, the team result being 1st Cambuslang Hrs. 24 pts. 2nd Bellahouston Hrs. 25 pts. 3rd St. Modan's A.A.C. 27 pt.

The Seniors followed the Youth trail for 2 laps, 14 teams and 20 individuals starting. E. Bannon, Shettleston Hrs., jumped early into the lead and was never challenged, running out winner in 37 mins. 51 secs. followed by D. Nelson, Motherwell, 38 mins. 19 secs., A. Forbes, Victoria Park 38 mins. 50 secs., R. Climie, Bellahouston, 39 mins. 38 secs. T. Tracey, Springburn 39 mins. 54 secs., J. McGhee, St. Modan's 40 mins. 03 secs. 11 teams and 16 individuals finished, the team award being surprisingly taken by Shettleston Hrs. 81 pts., Victoria Park and Springburn tied with 105 pts. each, and on being recounted on the basis of being the only 2 teams in the race, they again tied with 39 pts. each, but Victoria Park took 2nd place as their sixth man finished 27th as against Springburn's 35th.

SENIOR RACE.

Individuals:

- 1.—E. Bannon (Shettleston H.) 37m. 51s.
- 2.—D. Nelson (M'well Y.M.), 38m. 19s.
- 3.—A. Forbes (Vict. Park), 38m. 50s.
- 4.—R. Climie (B'houston H.), 39m. 38s.
- 5.—T. Tracey (S'burn H.), 39m. 54s.
- 6.—J. McGhee (St. Modan's), 40m. 03s.

[Continued on pages 18 and 19.]

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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JOHN EMMET
FARRELL'S



THE exceptionally severe conditions of fog, frost and snow since the NEW YEAR have curtailed and hampered our cross-country training just when our runners were hoping to get into top gear for the big races. Once again the advantage of an early back-ground is demonstrated. To be well forward in condition by the NEW YEAR is the best kind of insurance against possible disadvantages after the turn.

This year of course Scotland has the honour of holding the International Cross-Country race at Hamilton Race-Course. Before that our own National takes place over the same course but before trying to assess the chances in that race let me say a brief word about form revealed in recent events and district championships.

Long White Trails.

Tom Stevenson of Greenock Wellpark was a comfortable winner of the South-Western but with Charlie Robertson a

non-starter in the Eastern District these two improving runners G. Reid of Edinburgh Southern and R. Irvine, Dundee Thistle fought out the issue with the former prevailing.

Hero Of Midland Race.

Well over a hundred runners left their foot-prints in the snow in the heavy Midland trials but a few also left their mark on the race itself. Eddie Bannon who won the race in impeccable fashion. Dave Nelson, Motherwell's wonderful junior who raced relentlessly to take 2nd place Bob Climie's surprising 4th place and Joe McGhee of St. Modan's whose 6th place underlined once more that he is one of Scotland's most improved runners.

Yet I feel that veteran J. C. Ross's 12th position merits consideration as individual high-light of the day. It will be recalled that Ross won the Midland title in 1932 twenty years ago. Now at 40 years of age he finishes second man home for his club and helps them to gain a surprising but well-deserved victory.

Grand Ayrshire Veteran.

Mention of Jimmy Ross's grand running leads us to news of the remarkable consistency of Matt Butler ex-Kilmarnock and now of Irvine Y.M.C.A., who finished 8th in this year's Ayrshire championship and was a member of the winning team, his 6th first team honour. His previous awards were all with Kilmarnock Harriers A.C. as follows, 1931-32, 1932-33, 1946-47, 1948-1949, and 1949-50. Again there is a period of 20 years between first and recent success; and while Matt Butler did not reach the heights of Jim Ross his is also a remarkable feat of consistency and clever training.

Youth's Puzzle.

Now we come to the National championships, Youths, Junior and Senior. The form of Youths can be disconcerting in its changeability, very often lacking in consistency. Moreover some develop more rapidly than others and form very often goes haywire. But surely D. Lapsley of West Kilbride must be a remarkable youth to win the Ayrshire individual Senior title recently? Then there is well set-up J. Stevenson of Larkhall, compact little J. Campbell of Vale of Leven. R. Wotherspoon of Glasgow Y.M.C.A., D. Dunn of Edinburgh Rover Scouts who should all run prominently.

Nelson, The Form Horse.

Dave Nelson of Motherwell who has been competing so successful against Senior opposition all season should be out on his own in the Junior title over approximately 6 miles. Others who should figure prominently include A. Brown (Motherwell) J. Finlayson (Hamilton) last years youths champion, J. McNeil (Shettleston) J. Gibson (Maryhill) H. Kennedy (Bellahouston) and his namesake of Irvine Y.M.

Victoria should be well in the running for the team title with men of the class of W. Duncan, R. Calderwood, S. Ellis R. Breckenridge and D. Henson.

"Grand" National.

There are prospects of a very keen race in the senior championship both for the individual honour and International places. The individual race may resolve itself into a contest between Eddie Bannon of Shettleston and the grand Anglo-Scot Andrew Ferguson of Highgate Harriers with odds on the former pulling it off.

My First Six.

With some trepidation I select the following as my first six home in the Senior National. And in this order. 1. E. Bannon (Shettleston) 2. A. Ferguson (Highgate). 3. A. Forbes (Victoria Park) 4. T. Tracey (S'burn) 5. T. Stevenson (Greenock Wellpark) 6. C. D. Robertson (Dundee Thistle).

Tracey And Robertson Doubts?

Tom Tracey seems to have fallen off a shade however and news of his retiral feeling unwell during his club championship was somewhat disquieting. This causes us to regard his prospects as somewhat obscure. But fit and well he has the class to make the first six. Robertson's fitness is not in doubt but training specifically for the marathon heavy conditions would weigh against his chances.

So Many For So Few.

The scramble for the last few International places promises to be as engrossing as that for the leading places. The following may fight it out among themselves. R. Climie (Bellahouston), J. McGhee (St. Modan's), A. Kidd (Garscube), A. Gibson (Hamilton), W. Gallacher (Vale of Leven), C. Forbes (Victoria Park), H. Fenion (Bellahouston), G. King (Greenock Wellpark), J. Stevenson (Springburn), I. Binnie (Victoria Park). The last mentioned could be the surprise of the race. He has the ability to finish in the first half-dozen. With equal facility he could fail to get inside the first 60.

There is a whisper that George Craig, who threatened retiral last season and is at present resident in Ireland, has resumed the sport and if this report is correct and he enters—well George would still have to be watched.

Bobby Reid, if he does not come up for our race, will probably be judged on his English form, and will be doubly keen to do well. Firstly to try for yet another jersey, and secondly because the race is run over his familiar home course at Brum. Bobby has not yet revealed his form but assures me that he has been quite pleased with his running. He is sure to make a bold bid. With Nelson's name certain to come up for consideration, the selection of our International nine is sure to be an intriguing one.



Photo by Andrew Pryde.

TAKE YOUR CHOICE.

Here is the first six in last year's National, reading L. to R.—C. D. Robertson (3), T. Tracey (2), A. Forbes (1), J. E. Farrell (4), A. Kidd (5), J. Ellis (6). What changes will 1952 bring? The first six are likely to be automatic selections for the International team. J. E. Farrell, himself one of that select group since 1937 nominates his fancies in "Running Commentary."

Too Many Birthdays?

Some may expect me to comment on my own prospects, I'm afraid on the face of it they appear slim. The age factor is of course not in my favour, and recent form has been far from encouraging though there has been some slight improvement in that respect. A few weeks ago I should have said my chances were impossible. Now I should say they are just improbable. Yet I have always considered the National my lucky race. And here is a thing that may surprise some people. Any slim chance that I have would be enhanced if conditions were firm and dry. My two Nationals were won in dry spring-like conditions. And contrary to established opinion I'm now not so sure that speed is lost before stamina. I sometimes think that the natural speed is always there, but the ability to hold and maintain it is difficult. The National is a severe speed-stamina test.

Gordon Pirie for English National?

Gordon Pirie will be a pronounced favourite to win the English cross-country title, although men of the calibre of Hesketh and Saunders, should press him. What of the chances of our Eddie Bannon. He could be the sensation of the race, but if he does as well as last

year's magnificent 4th we shall be satisfied. Late in training due to leg trouble, Frank Aaron may be hard pressed to make his place, but every day is getting him fitter and his fighting qualities should see him through. Best wishes will go to Shettleston and Victoria Park in their bid for the English open team title. Shettleston's 2nd position last year was as delightful as it was surprising.

Return of Steve McCooke?

Ireland's new cross-country star, 23 year old Charlie Owens, continues his triumphant march. His recent success was in the Northern Ireland championship where he was followed home by that very capable runner J. Marshall (Ballydrum). Of perhaps greater interest if reports are correct was the 3rd place of Steve McCooke who was reported to be giving up the game through leg trouble and indifferent health. It would be good news to hear that the veteran was able to resume the game he loves so much. Cross-country runners are like Grand National horses in many respects especially in their ability to oppose the onslaughts of Anno Domini. Steve McCooke will be long remembered for his courageous race in the Dublin International of 1949!

A TRAINING GUIDE FOR COACHES AND ATHLETES

SUGGESTIONS FOR FORMULATING SCHEDULES

By H. A. L. CHAPMAN

(Chief Athletic Coach for Scotland).

[This is a continuation. The first part of the study appeared last month.—Editor.]

WARMING UP.

Explanations—

Shacking: A correct shack is difficult, but it is a necessary preliminary to warming up and should be continued for anything up to 440 yards which should be so slow as to occupy 4 minutes. Hands should hang loosely like pieces of wet rag on the end of a string. Shoulders should flop and head must be carried loosely. Hips, and the whole body, with the exception of those muscles directly in use, should be very relaxed. This is necessary to loosen the body and to bring about the relaxation which is so essential. The foot action is heel-ball-toe.

Winders: It has already become apparent to me that runners in many cases do not understand the immense value of winders as a means of warming up and building up stamina and wind. Many men and women athletes put in long and faithful work on the track running or jogging around at a monotonous, regular speed. In doing so they are certainly building up stamina, but only set groups of muscles involved in a certain regular stride length are being called upon.

By using "winders" an athlete is covering the full range of leg movement involved, from shacking up to full-striding sprinting, and by graduating the duration of the sprinting bursts as the season progresses he is making the necessary foundation for covering the specific distance of competition at a regular optimum speed. Field event men are building up all round fitness, and essential leg speed and strength. The use of "winders" in the "warm up" should extend for two to four laps, with two to four bursts per lap.

Loosening and Strengthening Exercises: These are designed to loosen up joints and muscles, to help in teaching relaxa-

tion, and to strengthen and develop all parts of the body. Their order in the scheme of a schedule is immediately after warming up. They are general all-round exercises that can apply to track and field event men alike. Try to take every joint through its complete range of movement.

Example Table:

1. Astride standing: trunk turning with arms loosely bent.
2. Standing: shoulder circling—one alone and both together (arms relaxed).
3. Standing: arm circling forwards and arm circling backwards. Loosely and relaxed. Working up to fast and then to slow circles.
4. Astride standing: wood chopping action—well down between legs and well up above head. Also sideways.
5. Front support position on hands with one leg stretched and one foot forward as far as possible: legs change with bounding jump and continue as smoothly as possible. After every 4 jumps do 2 press-ups in front support position.
6. Astride standing: relaxed trunk circling (as wide a sweep as possible).
7. Standing: knee bending with full flat of feet on ground and knees together (10 times).
8. Standing: leg swinging forwards and upwards (loosely). Foot must reach at least the height of forehead.
9. Standing: leg swinging backwards with shoulders backward and with arm swinging up above the head.
10. Back lying with arms above the head: trunk raising to touch toes with hands (knee stretched). Lowering slowly.
11. Back lying: legs and hips raising, right up to toes down above the head: stretching first one leg up-

wards (the other remains down) and then lowering hips and legs slowly down to start position.

12. Back lying arms stretched sideways: leg circling (both legs together and stretched). Getting as wide a sweep as possible.
13. Astride standing trunk relaxed forward: trunk swinging to left and right (arms also relaxed).

Form Building Exercises: Must be dealt with as part of each specific event. Hurdlers must stretch and supple specific parts, jumpers must emphasise bounding; throwers must sort out specific trunk turning, shoulder and arm strengthening exercise, and runners must build abdominal strength, shoulder and arm action forms, striding, etc.

Examples of Form Building Exercises for Running.

1. Standing: alternate leg swinging forward and upward loosely. Foot should reach at least height of forehead.
2. Standing: lifting alternate knees to chest and then with a jump both knees together.
3. Standing: alternate leg swinging forward and backward, rhythmically and relaxed.
4. Standing: alternate leg swinging like a figure 8.
5. Standing: kicking the heels backward against buttocks with upper leg motionless. The same in the prone lying position. Also gripping the foot with hand and pulling it against buttocks.
6. Deep knee bending and stretching standing on the whole foot.
7. Back lying: cycling movement with legs.
8. Walking on toes and high kicking with alternate legs on each third step.
9. Standing: practise correct arm and shoulder action in running. Elbows loosely flexed close to body—fingers relaxed and palms open—drive slightly across front of body and backwards. Work slowly at first and gradually speed up.

Note.—In all leg exercises take care to see that feet point directly ahead.

Examples of Form Building Exercises for Jumping.

1. Standing: alternate leg swinging forward and upward, loosely.
2. Walking on toes and high kicking with alternate legs.
3. Standing: knee-bending with weights (shots, etc.) in hand or on shoulders.
4. Skipping with rope.
5. Skip-jumping and every 4th or 5th time jump up, lifting both knees to chest.
6. Three steps forwards and jump up, swinging one leg forwards and upwards.
7. Deep forward lunge position: bounding up and down with rear leg fully stretched.
8. Back lying: large leg circles (feet together and arms extended sideways).
9. Back lying: leg raising and trunk lifting; alternately and also both at once.
10. Tumbling, handstands and walking on hands is recommended, especially for high jumpers.

Examples of Form Building Exercises for Throwing.

1. Throwing of medicine ball as in shot putt or discus throw.
2. Throwing of medicine ball with both hands from different positions (above the head, from side, etc.).
3. Throwing and catching of a light shot.
4. Front support position with hips raised (trunk and legs right angle) arm bending and stretching.
5. All types of press-ups and pull-ups.
6. Arm circling in various directions.
7. Standing or astride: strong trunk bending forwards, backwards and sideways. Also trunk circling and turning (with weights if possible).
8. Tumbling, handstands.
9. Skipping with rope.
10. Wood-chopping exercises (with discus or shot in hands).

Finishing Part, or Limber Down: This is an important part which is almost always ignored by the inexperienced. Much stiffness can be avoided if it is

faithfully carried out. In the relaxed "shacking" it entails, muscles are loosened off, the jerky motions shake and massage naturally and the blood is kept flowing freely through relaxed muscles with a consequent clearance of the waste products that strenuous work have accumulated. In this way the need for massage may be avoided.

Note.—Training should never be so strenuous as to be exhausting, especially in early season and an athlete should always finish a session feeling refreshed.

The Main Part of Training Schedules (Early Season).

This is the part that varies most each training session for each event and for each individual. No coach can lay down anything set that would suit all athletes and much common sense and care must be exercised in sorting items.

In all cases the hardest work comes in the early-middle part of week.

At end of week compete, or conduct trials under competition conditions not forgetting to warm up half an hour before each event, after which body must be kept warm with blanket until event.

Do not accept any of the following as fully comprehensive. They are only examples that may be included in any outing. Only three to six items each session:—

Sprinters. Practise starting, baton changing, and at least one field event at each session. Sort out your own schedule from the following, take care to include items that will eradicate weaknesses:—

1. Starting with or without the use of blocks. Four to five trials without gun, driving 15 to 20 yards and emphasising uppercutting arm action. Pay meticulous care to position of hands, feet, angle of body, and balance, in every starting position. Do not use full effort it is difficult to produce good form in the early stages.
2. Practise non-visual safety method baton changes. Four or five trials.
3. Three starts with gun or clap. 30 yards full speed. Concentrate on particular points of technique.

4. Practise run-up and adjust check marks for long jump. Three or four easy trials, but not from board.
5. Three low hurdles. Three times for style, three times for speed.
6. Set starting blocks and take three starts without gun and three with gun or clap. First 50 yards full effort—last 150 seven-eighths effort, 200 yards in all.
7. Join hurdlers and perform hurdle "form building" exercises.
8. Set blocks and take three starts without and three with gun or clap. 40 yards at top, 5 yards coast and 10 yards at top.
9. Relay practise under competition conditions once a week. Non-visual safety method for all changes where the incoming runner does 300 yards or under (Receiver starts using both arms for business of running for 5 strides, when incoming runner hits mark about $6\frac{1}{2}$ yards behind. He then cups hand upward with fingers firmly on top of hip bone. Passer passes with downward thrust).
10. Run 75 yards at $\frac{3}{4}$ speed, walk 10 yards and repeat two or three times.
11. Use plenty of winders here as well as in warm up.

Try to relax before each start or trial start by shacking muscles loose or "shimmying." Long walks and skipping are recommended whenever possible.

Middle Distance Runners: Work on pace judgment, stamina and style. Sort items from the following:—

1. Work on some items of the sprinter's schedule at all outings. Especially starting.
2. Run on a line at $\frac{3}{4}$ speed for purpose of developing a parallel heel and toe action. Repeat over 100 yards several times.
3. Run 300 yards at $\frac{3}{4}$ speed to try out different body angles. Repeat several times.
4. Practise visual and non-visual methods of baton passing.
5. Run seven-eighths effort over 300 yards emphasising length of stride.
6. Use "winders" extensively. Especially rounding bends.

7. With flags or pegs at each 110 yds. practise pace judgment over varying distances. The help of a friend standing in centre of track with stop watch and whistle is necessary. The desired time for each 110 yards must first be worked out, and holder of stop watch blows whistle at specified times. Runners should pass each flag as whistle blows.

Example.—If 60 secs. lap is the aim, whistle must blow at 15 secs., 30 secs., 45 secs., and 60 secs. (Actually first parts should be slightly faster, but I will deal with that aspect in Middle Season schedules).

8. Run 880 yards with each alternate 110 yards at seven-eighths and $\frac{1}{2}$ effort respectively.
9. Run several 100 yards bursts at seven-eighths effort experimenting with different arm actions and angles of carry.
10. Practise over intermediate hurdles. Apart from the fact that this is good training the intermediate hurdle event is often a "sitter" for a good middle distance runner who has practised hurdle technique regularly.
11. Use "winders" extensively, working with short fast bursts if speed is weakness and on longer, steadier bursts if stamina is weakness.

Distance Runners: Stamina must be carefully built up at this part of the season, and no better way of doing this can be employed than "winders," which must comprise the bulk of a distance runner's work.

Pace judgment is also an important factor and the same type of work as for the middle-distance athlete should be employed with this aim. Effort must be evenly distributed over whole distance of race and this is a distance runner's most difficult task. Relaxation must be aimed for, and in early season training athletes must consciously relax as much as is possible without destroying rhythm and technique.

Here are other work-outs a distance runner should select after his preliminary warm up, etc.—

1. Run over several 100 yard distances with walk between. Experiment with body angles, arm carries and heel, ball, toe landings. Total distance probably 2 miles.
2. Run $\frac{1}{4}$ mile, 220 yards at seven-eighths effort and 220 yards at $\frac{3}{4}$ effort. Repeat twice after rest between.
3. Starting practice with sprinters is recommended at all work outs.
4. Practise "visual" method of baton exchange.
5. Stride $\frac{3}{4}$ to 1 mile at optional pace.
6. Extensive use of "Fartlek" during runs of any distance.

Hurdlers: High and low hurdlers must be first class sprinters and it is essential for intermediate hurdlers to be good middle distance men. Remember — **HURDLING IS SPRINTING**—and that good hurdlers do not jump, but clear hurdles in their stride.

Hurdlers need extra suppling and form building exercises after the warming up part of their work-out.

Here is some of the type of work to operate on—

1. With two 30 inch hurdles placed each side of your lane, with yarn or lath across and 15 yards from start practise starting and clearing yarn or lath. Change dominant foot at start if it does not coincide with your 7, 8 or 9 strides to get your correct lead-leg over obstacle. Try to sprint over and not jump.
2. Add a second similar barrier 10 yards further on and sprint over both. Try for three strides between both barriers. Later add more similar barriers at 10 yard intervals, until full 120 yard course is covered. Raise height to 36 inches or 42 inches as proficiency advances.
3. Plenty of sprinting.
4. Jogging along a flight of hurdles and stepping over them. Emphasising quick lift of lead-leg, body dip and counter forward thrust of opposite arm to lead-leg.

Much individual coaching is necessary and the above is only the most elementary guide to be used if no coach is available.

(TO BE CONTINUED)

THE INTERNATIONAL—A CONTINENTAL REVIEW

By A. A. VAN DER BRECHT.

BRITISH Athletes and Officials are always amazed at the great popularity of cross-country running in France and Belgium. Thousands of people turn up for big International races and the space reserved to newspapers for this kind of athletics must be seen to be believed.

It is indeed even more amazing that continental athletes do not perform better at the "International." For this I think there are three main reasons, first of which I would place the distance over which the International is run, the time of the year and the conditions prevailing on the day of the race. Continentals never run up to 9 miles, which is the approximate distance of the International; they never run in conditions which prevail only too often in Britain. One has only to remember the "waterpool" of Caerlon.

Trackmen who also take part in cross-country running are not allowed by their trainers to extend their season in April. So it follows that many of the best athletes, of which Gaston Reiff is the best example are never seen at the International.

I understand that at the next Congress of the International Cross-Country Union, Belgium's delegates will once more try to induce the home country to agree in reducing the distance and allowing the International to be run in the beginning of March. Some have even spoken of a break-away of the continental nations if their views are not accepted, while I hear that the English C.C.U. will not hear of any change.

Whatever is decided I am sure that under the tactful guidance of Mr. Richardson, the International Secretary, commonsense will prevail and agreement will be reached.

Continental meetings have been more numerous than ever and as the International will be run at Hamilton Racecourse, on 22nd March, I think Scottish readers will want to know a few facts on the athletes coming from abroad. I shall only

deal with French and Belgian men, as other nations will only play a very minor role, except perhaps for Spain whose champion Coll might well finish amongst the first 10 at Hamilton.

Both French and Belgian teams will be handicapped by the absence of prominent athletes who prefer to abstain from further C.C. racing, as they were selected as "possibles" for the Olympic Games. At the moment of writing, for example, it seems that Belgium will be worst off, for such men as Reiff, Theys, Herman, Nevens, etc., are unlikely to be seen. Mimoun, undoubtedly the best Frenchman, has taken the same course but there is still a slight chance that he may reconsider his decision.

Man of the Season.

Of the remaining men, I think that Van de Wattyne of Belgium has been the "man of the season." Insufficiently prepared he was beaten last December in Brussels by Both Theys and Pirie but has since beaten all-comers. It is true he was beaten by Mimoun at Chartres (France) but everybody agreed the Frenchman definitely barred him in the sprint finish. The Belgian was as affirmative, as Beckett last summer at White City, that Mimoun had pushed him and made him lose his balance. Anyway Van de Wattyne proved all he is worth at Hannut, where he beat Gordon Pirie, Van Laere, Driss (the best French "hope"), Saunders and Hesketh.

Since this victory, Belgian and French experts alike have hailed him as the probable winner in the International. As for myself, I wish it were true, but I have observed Van de Wattyne in two or three Internationals and have come to the conclusion that he will never win it.

He gets far too worked up at the prospect of the race and starts it as a sick man. A great pity, but there it is. The fact that he starts as favourite will not help matters. Of the other Belgians only the small Van Laere, of the White Star club of Brussels, will be of danger to the favourites.



Photo by G. S. Barber.

EDDIE BANNON.

Our friend, A. A. van der Brecht, the well-known Belgian correspondent very sportingly says, "What about it, Eddie?"

Even without Mimoun, France will have a great team. Lucas, Allix, Driss, Cerou, Furie, Prat, Petitjean, and many others are likely to be called upon to defend French colours. Lucas especially might do extremely well. All the same I do not consider that without Mimoun the French will win the individual title, but as a team they might well just finish ahead of England.

Pirie will be favourite for many and without doubt he belongs to a great class of athletes, but I prefer to see him on the track. Saunders, winner last year, is gradually coming to the fore, building up to attain the form to win at Hamilton. He will be with Pirie, my favourite. But is it not time for Scotland to win the International? What about it, "wee" Eddie Bannon?

PRINCIPAL RESULTS OF CONTINENTAL RACES.

Cross of the "Soir" Brussels (Belgium), 19/12/51.

(1) Lucien Theys (Belgium); (2) Gordon Pirie (G.B.) at 11 secs.; (3) V. de Wattyne (B.); (4) W. Hesketh (G.B.); (5) Leon Nevens (B.); (6) L. Hardy (G.B.); (7) Driss (Fr.); (8) Petitjean (Fr.); (14) G. Saunders (G.B.), etc.

Cross de Meridon (France), 13/1/52.

(1) Gordon Pirie (England); (2) Driss (Fr.) btn. 35 secs.; (4) W. Hesketh (G.B.); (8) G. Saunders (G.B.).

Cross de Chartres (France), 20/1/52.

(1) Mimoun (Fr.), 3,000 metres, 30 mins. 34 1/5ths secs.; (2) V. de Wattyne (B.) btn. 2/5ths secs.; (3) Prat (Fr.), 31 mins. 16 secs.; (4) Someours (Fr.); (5) Allix (Fr.); (6) Cerou (Fr.); (7) Furic (Fr.); (8) De Riemaesen (B.); (9) Billas (Fr.), etc.

Cross de Hannut (Belgium), 3/2/52.

(1) Van de Wattyne (B.), 9,700 metres in 35 mins. 23 secs.; (2) Pirie (G.B.), 35 mins. 41 secs.; (3) Van Laere (B.), 36 mins. 15 secs.; (4) Driss (Fr.), 36 mins. 21 secs.; (5) Saunders (G.B.), 36 mins. 29 secs.; (6) Hesketh (G.B.), 36 mins. 51 secs.; (7) Deschacht (B.), 36 mins. 56 secs.; (8) Petitjean (Fr.), 36 mins. 56 secs.; (9) Aberlenc (Fr.), 37 mins. 20 secs.; (10) Hardy (G.B.), 37 mins. 25 secs.; (11) Leblond (B.), 37 mins. 27 secs.; (12) Doms (B.), 37 mins. 32 secs.; (21) Van der Veerdonck (Holland), 38 mins. 21 secs.

Cross of Ghien (France), 3/2/52.

(1) Mimoun (Fr.), 37 mins. 18 4/5ths secs.; (2) Lucas (Fr.), 38 mins. 3 secs.; (3) Coll (Spain), 38 mins. 17 secs.; (4) Allix (Fr.); (5) Niay; (6) Cerou; (7) Abd El Krim; (8) Com; (9) Ben Chaeia; (10) Villuendos, etc. (All French).

Cross de la Forstaise (Brussels), 13/1/52.

(1) Henry Lucas (Fr.), 5 1/2 miles, 25 mins. 48 secs.; (2) Eric Hardy (G.B.), 26 mins. 3 secs.; (10) Ted Dalton (G.B.).

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ANDREW FORBES

(Victoria Park A.A.C.)

By G. S. BARBER.

DURING an inter-club run I had a good chat with Andrew Forbes, the present cross-country champion and 3 miles champion and record holder. Andy—I must say now—is a very modest man and it was with the greatest difficulty that I got him to say anything about himself. He first started running in 1935 with Victoria Park and fancied shorter events when they took him across country and during the following few years ran unobtrusively winning a few track handicap races. Then came the war and in the Services he did little or nothing in the competitive side until 1944-45 when he won the B.A.O.R. 1,500 metres championship in 4 mins. 10 secs.

His reaction to his services days was interesting. He thought that the open air life, the regular meals and the training really did him good. He mentioned the many opportunities he had of using tracks which did not exist outside the services and it was an illuminating thought with so many of our younger boys having to do their National Service training that they may improve instead of otherwise.

On his return to civilian life Andy took to the country and was the Midland District C.C. Champion, 1946-47, and also the Scottish National C.C. Champion—Junior and Senior the same year.

In 1947 he won the Scottish 3 miles championship and in the following Triangular match finished a very close 2nd to Alec Olney (England) in the 3 miles creating a new native record of 14 mins. 32 secs. at New Meadowbank. In 1948 an unfortunate foot injury interrupted and spoiled his chances of Olympic selection but as the 3 mile Scottish champion he ran second at Manchester in the Triangular match in the 5,000 metres when he and Alec Olney again raced for it and Andy was beaten by 12 yards in 14 mins. 48.4 secs. finishing ahead of two of the newly selected Olympic team runners. The same year he ran for Great Britain v. Denmark at Copenhagen.



Photo by G. S. Barber.

ANDREW FORBES winning last year's Scottish cross-country championship from Tom Tracey (Springburn H.).

In a thrilling race against John Joe Barry, he was second only in the 1949 Scottish 3 miles but put up a new native record of 14 mins. 18 2/5ths secs. and ran for Great Britain v. France at White City, London. Over and above at almost every open sports meeting in Scotland, large or small, Andy would appear and the result was a splendid race.

Other track achievements were British 3 mile standard medals in 1947-48-49 and 51 and his record to date of best performances are—1 mile, 4 mins. 19 secs., 2 miles 9 mins. 14 secs., 3 miles 14 mins. 15 secs. and 6 miles 30.31 9/10 quite an impressive total.

He won International honours over the country in 1947-49-50 and 51 and was the first Scot home in 1949 and 1950.

We had quite a long talk about his likes and dislikes of diet but Andy has no dislikes and can take any kind of food. He likes to drink glucose before a race but is not quite sure whether it is not just psychological in its effect or not. He trains hard and often, does not mind training on the road because he has a light step, but does not like running alone during training. Andy feels that company is desirable and is certain that cross country RUNNING is excellent training



Photo by Andrew Pryde.

The memorable finish to the 1949 Scottish 3 miles championship in which ANDREW FORBES was runner-up to the famous Irish Olympic runner, J. J. BARRY, in the new native record of 14 mins. 18 2/5ths secs.

for strenuous track work despite what the A.A.A. officials say to the contrary. His proof is that after a hard continuous C.C. season in 1949-50 he ran so well in New Zealand.

We discussed whether there are too many races during the winter season and he agreed that even a minor event could take as much out of you as a major one and that no matter how you feel before a race, the actual race had to be started before you know exactly your condition. So many factors come into it. The wind, conditions underfoot, reckless running of men with no chance in the actual race so that as well as the physical trials during the race there is certainly a mental stress that draws from the reserves.

Andy has always listened to what older runners have had to say and studied carefully any information regarding previous races.

During a race he likes his time to be given to him as a check against himself and others in the race.

Andy is now aged 35 and has a strenuous job as a Commercial Traveller, out all weathers, which suits him. He feels at the moment he is at his best, he

weighs about 9 st. 8 lbs. and likes to have a bit in hand to shed when he wishes.

He is looking forward after this full cross-country season to the following track season with an eye on Olympic honours at Helsinki.

Excellent Photographs of recent events, particularly the Midland Championships, are available from G. S. Barber, at modest cost.

HAVE YOU READ COMMONSENSE ATHLETICS

4/6

POST FREE

By

ARTHUR F. H. NEWTON
From "THE SCOTS ATHLETE."

THE CLASSICAL BODY-LEAN-A CRITICISM

By R. W. ADAMS.

[Bellahouston Harriers' sprinting brothers, Bob and Ian Adams, who left Britain for Accra on the Gold Coast two or three years ago are maintaining their interest in athletics in their new surroundings. Ian, it will be remembered, reached the final of the "100" in the Scottish Championships. This article was sent by Bob for publication in the "Blue Cross," Bellahouston Harriers' Club magazine, but Gavin Bell, the "Blue Cross" editor, kindly thought it worthy of the wider readership of "The Scots Athlete." With the track season almost upon us this controversial article on Sprinting technique should be of particular interest.—Editor.]

IN every department of sport there are fundamental principles — principles which are not disputed or subjected to any scrutiny as they are so obviously correct.

In sprinting, in Britain, we have the correct body lean. Two eminent authorities, Jack Crump and Harold Abrahams, in their recent book have shown us again just how it should be done by drawings in the chapter on sprinting by C. B. Holmes—and very fine drawings they are. The figures are in a position very similar to the classical Grecian statues.

In this country, Gold Coast, W. Africa, sprinters leave school capable of doing the 100 yards in about 10.2 secs. It is, therefore, an ideal country in which to study sprinters and a country which will benefit greatly from some good coaching. These potential champions in their untutored state run with upright bodies. Our coaches rub their hands, correct the obvious fault, and wait for their wards to break 10 secs. They never do.

However, I have noticed that a few unfortunates who do not have coaching facilities offered to them or who cannot break themselves of their bad style are, in fact, covering the distance in 9.9 secs.

Won Army Titles.

I took a personal interest in this as it made me think of the time my brother, Ian, came out of the Army with an impressive list of Army Championships to his credit. He was hailed as a fine athlete and congratulated on being able to run so well in spite of his glaring fault—an upright carriage.

The opinions of all the coaches he came into contact with were unanimous on this point, therefore, Ian did try to alter his style—but without success. He never again did the 100 in evens. We blamed the Army watches at the time.

The obvious similarity of these cases made me start thinking on the theory of the leg action. After a time I reached the conclusion that a sprinter running at full speed—that is, not accelerating—is most ideally placed to make full use of his legs when he is perfectly balanced above them. To be so balanced his body must be absolutely perpendicular. He does not then have to apply any upward thrust to counteract the law of gravity as does the forward leaning athlete.

"Telescopic" Legs.

The athlete who has an upright carriage uses that movement of the muscles which does half of the work when walking normally—that is the movement in which the leg is bent back from the body.

By the forward leaning athlete that movement is not used as the leg is restricted to coming back into line with the body. Even the finest athletes who lean forward must "bounce" a bit while running unless they have legs which recede telescopically into their bodies.

Athletes and athletic coaches however do not attach a great deal of importance to theory but prefer practical examples and the benefit of experience.

I was, therefore, delighted when McDonald Bailey visited the Gold Coast in the Spring of this year. I watched his action very carefully and was gratified to notice that when he was travelling at full speed his body was absolutely bolt upright.

Tremendous Thrust.

He does of course lean well forward at the start of a race when overcoming inertia and accelerating and he is inclined to dip his body a little in the last five yards.

EASTERN DISTRICT C.C. CHAMPIONSHIP SENIOR SEVEN MILES. (Fraser Memorial Trophy).

Edinburgh University gained their 3rd successive win in the Eastern District Championship at Kirkcaldy. The course was of 2 laps over icy roads and frozen fields. As in the past three years Edinburgh Southern were runners-up. The individual race was keenly contested between 3 runners. At the half way mark J. Brydie (E.U.H. & H.) was closely followed by R. Irvine (Dundee T.H.) and G. Reid (Edin. S.H.). However in the last stretch of the road it became a two man race, with Reid waiting until the last quarter of a mile, to race past Irvine a confident winner. He thus became the second Southern runner to gain this title.

Individual :

- 1.—G. Reid (Edinburgh S. H.) 47m. 39s.
- 2.—R. Irvine (Dundee T. H.), 47m. 42s.
- 3.—J. W. Brydie (Edin Un.), 47m. 58s.
- 4.—D. V. Ellis (Edin. Un.), 48m. 17s.
- 5.—J. P. McRoberts (Ed. Un.), 48m. 20s.
- 6.—J. Rollo (Edinburgh E.H.), 48m. 32s.

Continued from previous page.

The tremendous thrust which this great athlete generates in each stride seems to me to be directly related to the distance between his back foot when the leg is fully extended and still touching the ground. This is, of course, the very movement which cannot be made when the body is leaning forward.

I have studied photographs of the very best sprinters, using only photographs taken in the middle of a race. Andy Stanfield and Mel Patton appear also to run with perfectly upright bodies whilst at full speed.

For Old Ladies!

We are told that rigid rules as to running style cannot be laid down as different styles suit different types of persons. I personally feel that the body lean as taught in Britain to-day is eminently suitable for an elderly lady who has a bus to catch—particularly if she is chasing it uphill.

Team Details :

1. Edinburgh Univ. H. & H.—(J. W. Brydie 3, D. V. Ellis 4, J. P. McRoberts 5, D. T. Hunt 7, J. D. M. Robertson 12, O. A. Cleary 19) —50 points. D. George 29, D. J. Oakley 32, J. S. Barr 39, L. W. Athenden 44.
2. Edinburgh Southern H.—(G. Reid 1, W. A. Robertson 8, J. Smart 9, W. J. Sanderson 10, H. Robertson 14, I. Gourlay 15) —57 points. W. Grant 18, C. Black 26, R. Mitchell 34, D. S. Miller 35, L. G. Kapelle 42, J. Robertson 57.
3. Dundee Thistle H.—(R. Irvine 2, J. Miller 13, S. Cunningham 17, D. Millar 24, P. Taylor 25, J. Fitzpatrick 27) —108 points. A. McIntosh 31, J. Chalmers 47.
4. Falkirk Victoria H.—(W. Gardner 16, D. G. Nicoll 22, G. W. Jackson 23, A. Cook 28, P. Rae 30, S. Laurie 36) —155 points. R. Sinclair 37, D. M. Mackie 50, J. Kane 53.
5. Edinburgh Eastern H.—(R. Rollo 6, R. J. Stark 20, H. R. Phillip 21, R. Irvine 33, A. Y. Thom 43, W. Ness 49) —172 points. P. Brown 52.
6. Teviotdale H.—(J. Hogg 38, R. Wilkinson 41, J. March 45, J. Elliot 46, S. Reid 47, R. Scott 48) —265 points. W. Reid 51, G. P. Turnbull 60.
7. Gala Harriers.—(A. Hency 11, D. Yule 40, W. H. Murray 54, W. Brydon 55, D. Murray 56, J. Dalgleish) —274 points. A. Murray 59.

Individual Entrants :

- 14.—P. Husband (K. Y.M.C.A. Y.)
- 18.—R. Stewart (Edinburgh H.).
- 32.—W. Henderson (Edin. Rover & S.)
- 35.—J. Dick (Straththay H.).
- 44.—J. Peacock (K. Y.M.C.A. H.).
- 65.—A. Gibson (K. Y.M.C.A. H.).

Even with keeping to an absolute MINIMUM the matter we wished published this month, we were forced to exceed our normal 16 pages. It would simply have been impractical to price it other than 1/6, though this we regret. It does seem reasonable that in these days of heavy publishing costs the whole sport should shoulder the extra with a few coppers from each, rather than POUNDS from one person—your Editor, as usual is the case.

THE SWEAT-SUIT ARGUMENT

OPEN LETTER TO LAURIE WEATHERILL FROM
ARTHUR NEWTON.

Sir, to you,

And many of them:—I refer to your kindly eulogies at the start of your recent condemnation (Scots Athlete, January 1952) of my ideas re sweat-suits. My own opinion is that no man is entirely right, but if the man-in-the-street is given a chance to judge both (or several) sides of a controversial subject, he will be in a position (though mighty few make use of it) to decide for himself in which direction the ultimate truth lies.

Now Mr. Weatherill, I put it to you: bodily warmth is by no means a major item to be worried over by an athlete because, if you happen to feel uncomfortably cold, a moderate sprint over 300 yards will result in your being quite comfortable within a minute or two. Next, although you "feel chilly," if your temperature is taken, you find that it is absolutely normal; i.e., it is only the surface of your anatomy that is shouting for additional heat. Exercise doesn't make you appreciably hotter—perspiration sees to it that your temperature is kept at about normal, and when it fails through overwork you are apt to get a stroke of some sort: exercise merely augments the circulation and thereby hastens heat to the parts which are lacking warmth.

That makes it evident that the only thing that really matters to a fellow about to compete is that his circulation should be prematurely boosted to its racing speed. If he races without this boosting he's got to do the boost at the same time as the racing—accomplish two events in the time allotted to one. If he "warms up" beforehand he can then race without such a handicap, in which case he is apt to achieve better time. Can you refute that in ANY way?

Another point in your article. You must know that every time you "assist" any natural function you are doing part of its job for it; that if you persist, the function will not work at 100% because you are slowly forming a habit of ensuring that it doesn't have to do so. Consequently every atom of unnecessary

"assistance" is merely weakening the ability of your system to carry on its normal and natural functions. Every time you put on extra clothing to keep warm you are "assisting" your system to perform its natural work: if you took a trifle of exercise instead you would get just as warm and wouldn't need the "assistance." As you would then be letting nature see to its own work you would not be weakening your resistance to changes of temperature, whereas if you "help" her to achieve her ends, you are accusing her of inability without giving her a reasonable chance, and then adopting a compromise to make up for the deficiency you have imposed. Isn't that just plain fact?

Another point. Nature makes you sweat profusely only when she wants to get rid of a surplus of heat in a hurry. If you cover up all the pores of your skin—from every point of view a most unhealthy practice—with a sweat suit you are preventing the outside air from removing the moisture carrying the heat; in other words you are deliberately impeding nature in her work, and she can never be at her best while being openly flouted and frustrated.

I've driven various motors all of 100,000 miles and would say that these engines work at their best when heated only to a moderate stage: as soon as they show signs of an overdose of heat—that's what perspiration is—their efficiency is reduced. The "warming up" of motors is, to my way of thinking, only a means of boosting up the engine-and-system circulation to workable efficiency, and as soon as this point is attained the motor is perfectly capable of being driven "all out."

So you see that because of the reasons I've given you above, I'm still convinced that in this country a sweat-suit should NEVER be used to train in. Give us reasonable proof that such things are suited for such a purpose and I'll alter my views at once.

Yours, etc.,

ARTHUR F. H. NEWTON.

OUR POST.

Sir,

With regard to the most outstanding question in Mr. Montgomery's recent stricture on my ideas, the question "can they all be wrong but one?" Mr. Editor, they not only can, but of necessity must be, if the advice of the one happens to be an advance on contemporary knowledge. When the world was stated to be round and not flat wasn't everybody wrong but the man who made the new statement? Where I disagree with the bulk of the coaches is that they disregard new knowledge either because they're not prepared to let their followers think they could ever have been mistaken, or because, if they adopted such a progressive course, those in authority might give them the cold shoulder.

So far as long-distance runners go, practically every single one of our present record-holders follow the same lines as I did in training, methods promulgated before Mr. Montgomery started his athletic career but still ignored by the majority of coaches. These record-breakers have consistently trained all the year round regardless of seasons, have cut their speed to slightly less-than-racing, and have left entirely alone all such things as stretching and suppling antics. Which does Mr. Montgomery think are better informed, the record holders or the coaches who still drum into us the necessity for exercises instead of natural training?

ARTHUR F. H. NEWTON.

Ruslip.

MUCH THE SAME THEME.

Dear Sir,

If, as Mr. Montgomery states, the coaches DO think so carefully over our problems before they offer advice, how is it that the distance runners in this country who have done so much better in their events than ever the coaches did—Holden, Tom Richards, Aaron, Pirie, Hesketh, etc.—discard nearly all the chief practices advised by most of the coaches?

They disregarded "seasons," train all the year round, practise more frequently and don't stick to any "set" daily schedule, nor go in for suppling, stretch-

ing and other unnecessary exercises such as are still being stressed as essential by most of the coaches.

In spite of their ignoring all the stuff they are supposed to have been taught, these men, using commonsense and the methods Arthur Newton has been advocating for some 25 years, all put up new British records.

Would Mr. Montgomery kindly explain this?

W. E. CARTER.

Southend-on-Sea,
Essex.

EASTERN YOUTHS' RACE.

The Rovers proved very good and clever winners of this and kept up their good record since this series of races started. They also supplied the winner of the individual title in D. Dunn who was never troubled to win. Strathtay Harriers, however, have unearthed a good youngster in G. Boyle. A very keen struggle was witnessed between Clark, (Southern) and Brown (H.M.S. Caledonia) with the former just holding on to take 3rd place.

Individuals:

- 1.—D. Dunn (Edin. Rover), 23m. 38s.
- 2.—G. Boyle (Strathtay H.), 23m. 41s.
- 3.—A. S. Clarke (Edin. S. H.), 24m. 25s.
- 4.—Brown (H.M.S. Caledonia), 24m. 26s.

Team Details:

1. Edinburgh Rover A.C.—(D. Dunn 1, J. M. Hamilton 5, D. Nisbet 6)—12 points. I. F. Rae 16, D. Saunders 17, R. Crawford 19.
2. H.M.S. Caledonia—(Brown 3, Kendrick 8, Goodman 11)—22 points. Anwar 14, Fields 18, Day 23.
3. Edinburgh S. H.—(A. S. Clark 2, B. Chalcraft 9, R. G. Reid 15)—26 points. W. Smart 22, L. Watt 33.
4. Dundee Thistle H.—(E. Nicol 7, R. Spalding 12, J. Lewis 21)—40 points. R. Leslie 24.
5. Edinburgh E. H.—(I. Thomson 4, J. Marshall 14, A. Breby 27)—44 points.
6. Teviotdale H.—(I. Anderson 10, J. McDavid 20, J. Hogarth 25)—55 points. D. M. Richardson 26, A. Michie 28.
7. Gala Harriers.—(T. Fairbairn 29, D. Ronaldson 30, W. Noble 31)—90 points. A. Mathieson 32.

Continued from page 2.

MIDLAND DETAILS.**Team Details:**

1. Shettleston H.—(E. Bannon 1, J. C. Ross 12, R. C. Wallace 15, W. Laing 16, J. Eadie 17, D. Bridges 20)—81 points. J. McNeill 33, P. Fitzpatrick 42, T. Clark 43, T. Waters 49, T. Short 76.
2. Victoria P. A.A.C.—(A. Forbes 3, C. D. Forbes 9, R. C. Calderwood 18, R. Kane 22, J. Ellis 26, A. D. Breckenridge 27)—105 points. J. S. Stirling 34, D. Facfarlane 50, I. G. Walls 55, I. Binnie 64, F. McKay 82.
3. Springburn H.—(T. Tracey 5, J. Rankin 6, J. Stevenson 8, J. Morton 21, D. Wallace 30, N. McGowan 35)—105 points. J. Wallace 40, A. Stevenson 47, T. O'Reilly 52, G. Feeney 84, D. McCulloch 105.
4. Maryhill H.—(W. Hannah 11, J. Wright 14, J. E. Farrell 24, R. A. McDonald 37, R. Wright 39, J. Campbell 41)—166 points. J. Gibson 45, T. Harrison 57, J. Hoskins 62, G. Porteous 68, R. Brymner 71.
5. Hamilton H.—(J. Finlayson 23, A. C. Gibson 28, G. McGill 29, H. Gibson 32, J. Hepburn 44, J. Stewart 70)—226 points. D. Wilson 72, D. Jeffrey 77, J. Craig 85.
6. Bellahouston H.—(R. Climie 4, J. Christie 10, H. Fenion 19, C. Kirk 59, A. Dunwoody 67, J. McLean 81)—240 points.
7. Glasgow Un. A.C.—(G. Bowes 25, P. Endicott 46, M. Ryall 56, R. Paterson 60, A. Jack 65, J. Davis 66)—318 points. D. Saul 69, J. Jardine 78, A. Galbraith 79, A. Lockhart 83, G. McCall 106.
8. Clydesdale H.—(J. Higginson 36, F. Clark 38, J. Hume 58, D. Bowman 61, D. Stewart 63, W. Howie 93)—349 points. J. Young 96, J. Duffy 98.
9. Garscube H.—(A. Kidd 13, R. Black 31, J. Gunn 54, T. Gourlay 80, M. McGunnigle 88, N. M. Ross 91)—357 points. D. G. Causon 100, W. J. Ross 104.

10. Motherwell Y.M. H.—(D. Nelson 2, A. H. Brown 51, I. McColl 89, A. Morrow 94, A. Brown 102, R. Devon 110)—448 points.
11. Glasgow Police A.A.—(W. Armour 53, H. Stephen 74, R. McMurray 75, K. Sigrist 87, W. Slicer 92, J. McInnes 103)—484 points. J. Girdwood 109.
- Cambuslang H.—(W. Green 73, J. Ballantyne 90, E. Reilly 97, S. Fleming 101, M. Carnduff 107)—Failed to finish.
- Monkland H.—(A. Arbuckle 48, A. Farmer 71, J. Brown 86, J. Geddes 95, J. Glen 99)—Failed to finish.
- Vale of Leven A.C.—(W. Gallacher 7, J. McNab 108)—Failed to finish.

Individual Entrants:

46. D. Brown, Larkhall Y.M.C.A. H.
56. J. Hamilton, Shettleston Harriers.
59. J. Walker, Dumbarton A.A.C.
74. P. Corrigan, Larkhall Y.M. H.
77. H. Simpson, Shettleston Harriers.
81. D. Clelland, St. Modan's A.A.C.
83. D. McFarlane, Glasgow Y.M. A.C.
89. P. Ewing, Shettleston Harriers.
92. J. McClure, Victoria Park A.A.C.
106. J. Crawford, Glasgow Y.M. A.C.
107. J. Simpson, Victoria Park A.A.C.
113. J. Timmins, Dumbarton A.A.C.
117. R. Donald, Glasgow Y.M. A.C.
122. J. Cascarina, Victoria Park A.A.C.
123. P. Rintoul, Glasgow Y.M. A.C.

YOUTHS' RACE.**Individuals:**

- 1.—J. Stevenson, Larkhall Y.M., 20m. 15s.
- 2.—R. Campbell, Vale of Leven, 20m. 17s.
- 3.—C. Meldrum, St. Modan's, 20m. 33s.
- 4.—R. Wotherspoon, Gl. Y.M., 20m. 37s.

Team Details:

1. Cambuslang H.—(J. Lyle 4, C. Docherty 9, I. Tierney 11)—24 points. F. Farrell 31, W. Mulrooney 33, G. Eadie 30.
2. Bellahouston H.—(R. Nelson 7, R. Penman 8, S. McLean 10)—25 points. G. Nelson 20, J. Connolly 23.
3. St. Modan's A.A.C.—(C. Meldrum 2, D. Kaney 6, C. Gray 19)—27 points.
4. Dumbarton A.A.C.—(A. McIntyre 5, A. Dennet 14, R. Hainey 15)—34 points. R. D. Ballantyne 26.

5. Vale of Leven A.A.C.—(R. Campbell 1, W. Paterson 21, J. Ferguson 22)—44 points. J. McLeod 24.
6. Victoria Park A.A.C.—(D. Woods 12, J. McBeth 13, A. McKenzie 28)—53 points. A. Todd 32.
7. Glasgow Y.M.—(R. Wotherspoon 3, T. Lockhart 18, A. McGown 33)—54 points.
8. Shettleston H.—(R. Potts 16, D. Boyle 17, R. Barr 25)—58 points. I. Richardson 27, J. Miller 29.

Individual Entrants:

1. J. Stevenson, Larkhall Y.M.C.A. H.
5. R. Williams, Glasgow Univ. A.C.
7. C. Sharp, Victoria Park A.A.C.
14. J. Scott, Motherwell Y.M.C.A. H.
15. A. Kirkwood, Motherwell Y.M. H.
18. N. Duncan, Larkhall Y.M.C.A. H.
29. H. Laidlaw, Cambuslang H.
34. J. Todd, Glasgow Univ. A.C.
35. W. McIntyre, Monkland H.
36. G. Penrice, Maryhill Harriers.
37. D. McKinney, Cambuslang Harriers.



Photo by H. W. Neale.

INTERNATIONAL HOLDER.

G. B. SAUNDERS (England) won last year's International by 200 yards over a "sea of mud" course at Caerlon, Wales. Can he retain this coveted individual title over the firmer and faster Hamilton Race-course turf?

National Cross-Country Union of Scotland.

INTERNATIONAL CROSS-COUNTRY CHAMPIONSHIP

BELGIUM :: FRANCE :: HOLLAND :: SPAIN
 ENGLAND :: IRELAND :: WALES :: SCOTLAND
 AT HAMILTON RACECOURSE,
 ON SATURDAY, 22nd MARCH, 1952,
 at 3 p.m.

GROUND, 2/-.

STAND, 4/-.