

BRITISH AMATEUR ATHLETIC BOARD

TRIANGULAR
INTERNATIONAL ATHLETIC
TOURNAMENT

RECREATION PARK
DUNOON

SATURDAY, JULY 28TH

ORGANISED BY
SCOTTISH AMATEUR ATHLETIC
ASSOCIATION

AND SPONSORED BY THE

NEWS CHRONICLE

JULY, 1951

Vol 6 No. 4

THE SCOTS ATHLETE

PRICE
6^D



Photo by H. W. Neale.
BRITAIN'S MOST TALKED-OF ATHLETE, R. G. BANNISTER adopting a crouch start (an unusual study of him). He is expected to compete in the mile race at the Triangular International, Dunoon.

SCOTTISH SENIOR,
JUNIOR AND SCHOOLS' CHAMPIONSHIPS.
THROWING THE DISCUS.

ATHLETICS A SCIENCE. SPORTS PUBLICITY.

COWAL HIGHLAND GATHERING

**RECREATION PARK,
DUNOON,
FRIDAY AND SATURDAY,
24TH & 25TH AUGUST, 1951**

**RUNNING, JUMPING, FIELD EVENTS, CYCLING,
PIPING AND HIGHLAND DANCING
SEVEN PIPE BAND CONTESTS, INCLUDING
COWAL OPEN CHAMPIONSHIP.**

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

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

ALL ENTRIES CLOSE, Saturday, 11th August, 1951.

CITY AND ROYAL BURGH OF EDINBURGH HIGHLAND GAMES

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

AT

**MURRAYFIELD
RUGBY GROUND**

(By kind permission of the Scottish Rugby Union)

**ON SATURDAY, 8TH SEPT., 1951
AT 2 P.M.**

CEREMONIAL OPENING AT 1.50 P.M.

Coinciding with the final day of the
EDINBURGH INTERNATIONAL FESTIVAL OF MUSIC & DRAMA

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**SPECTACULAR MASSED PIPE BAND'S DISPLAY
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**ENTRIES CLOSE FIRST POST, SATURDAY, 25th AUGUST,
with Mr. William Carmichael, 38 Royal Park Terrace,
Edinburgh, 8. (Tel : House, 75165 ; Office, CEN. 6217).**

BUTE HIGHLAND GAMES

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

PROMOTED BY BUTE SHINTY CLUB.

AT THE PUBLIC PARK,
ROTHESAY,

SATURDAY, 4TH AUGUST, 1951

AT 2 P.M.

HANDICAP EVENTS :

Open 100 Yards, 220 Yards, 880 Yards, One Mile, High Jump, Pole Vault, Putting 16-lb. Ball, Wire Hammer, 28-lb. Weight, Throwing 16-lb. Hammer, Tossing the Caber, Throwing the Discus, 100 Yards and 880 Yards (Youths), Medley Relay, and Road Race.

Ladies' Events include 100 Yards and 220 Yards Handicap and Medley Relay Race.

Catch-as-Catch-Can Wrestling and
Heavy-Weight Cumberland Style Wrestling
(Scottish Championship)

VALUABLE PRIZE LIST.

Entries Close on MONDAY, 24th JULY, 1951, with Messrs.
LUMLEY'S and RUSSELL MORELAND'S.

Entry Forms and further particulars from the Hon. Secretary,
T. B. McMILLAN, 5 Hinshelwood Drive, Glasgow, S.W.1.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

EDITORIAL OFFICES—69 ST. VINCENT STREET, GLASGOW, C.2

TEL-CENTRAL 8443

July, 1951. Volume 6, No. 4.

Annual Subscription, 7/- (U.S.A., 1\$).

SCOTTISH SENIOR CHAMPIONSHIPS

THE sprint double of Victoria Park's Bill Jack, a thrilling and exacting double in the 440 flat and hurdles by Dave Gracie (Glasgow Univ. A.C.) and a new Scottish record in the Javelin by D. W. McKenzie (Edinburgh Univ. A.C.) with 181 ft. 4 ins. breaking by 3 ft. 5½ ins. the record standing to the name of J. Jackson (Edinburgh Northern H.) established at Helenvale in 1938, were the main highlights of the 59th Annual S.A.A.A. Championships held at Hampden Park, Glasgow, on 22nd and 23rd June, 1951.

It was a warm day with a slight breeze but the public attendance was most disappointing.

In the "100" the strong finishing power of Jack carried him through from several times finalist J. McLachlan (Maryhill H.) who was incidentally 10 years the senior of the winner. Stepping up from the scholastic sphere slim framed A. S. Dunbar (Stranraer H.) showed great promise in taking 3rd.

W. Henderson (Watsonians) bid a strong early challenge in the "220" but the power of Jack made him the master all the way.

Rivalry was renewed when the holder Jim Hamilton (Victoria P. A.A.C.) met former holder and last year's runner-up David Gracie who had previously been out in the distance hurdles heats, in the final of the "440" flat. A bit short of training and lacking last year's strength up the straight the V.P. man had to give best to a worthy winner in Gracie in the creditable time of 50.2 secs.

The half-mile was perhaps the best race of the day. The first lap was covered in 58 secs., 300 yards to go it was anybody's race but Hugh Hatrick the young Glasgow

Varsity and Inter-Varsity champion was moving up to take the initiative from the "220" mark. He forced it all the way but could not shake his rivals completely off. Up the home straight he was strongly challenged particularly by former holder Jim Smart the popular Edinburgh Southern man but Hugh held off pluckily to break the tape ahead of surprise man W. Messer (Edinburgh Northern) who nipped Smart on the tape. 1st and 2nd were returned (wrongly in our opinion) as having the same time of 1 min. 57.8 secs. This victory for Hatrick more than atoned for his disappointment at being the main victim of the bumping scene in last year's final.

The surprise of the Championship was the failure of holder Frank Sinclair (Greenock Wellpark) to come through his heat of the mile. "Lack of training" in his own words was the reason. Diminutive Walter Lennie (Vale of Leven) now resident in Colchester showed his best piece of running to date. He was in grand form and after finally shaking off Tom Stevenson the young C.C. Internationalist club-mate of Sinclair, he went out on his own to win easily in 4 mins. 22.7 secs. the fastest championship time in the post war period.

The 3 miles did not turn out the race it promised to be. Holder Tom Tracey of Springburn H. who seemed off form a bit, could not match the pace of the machine-like Andrew Forbes (Victoria P. A.A.C.) who won in the second fastest time of the series—and his own second best in Scotland with the time of 14 mins. 28 secs. Andy complained of the track being slow and heavy and credited Walter Lennie's time as worth much better.

The 6 miles race held on the Friday evening was also a grand race. To the halfway stage a small bunch including J. Christie (Bellahouston H.), former holder Alex. McLean (Greenock Wellpark), Charlie Robertson (Dundee Th.), Jim Ellis (Victoria P. A.A.C.), and David Nelson (Motherwell Y.M.) were to the fore and the lead constantly changed hands.

Nelson looked the more settled and eventually went strongly to the fore but Jim Ellis took up the challenge and went ahead at the 19th lap never to be headed. At the end a tiring Nelson was passed by Robertson finishing strongly.

The high hurdles was won by Scottish record holder J. G. Hart, who retained his title for the 6th successive year, the only athlete who has done so since the resumption of the Championship since the war.

D. K. Gracie who at one time considered withdrawing from the "440" hurdles after qualifying, showed great power in the final—his 6th testing race in 2 days and won in the best Championship time of 56.7 secs.

Bob Climie (Bellahouston H.) a sporting athlete who is game for a race from anything from a "220" to 10 miles cross-country was a popular winner of the Steeplechase. He was just too strong for another game runner in Dave Clelland (St. Modan's) who made the running most of the way. The St. Modan's boy was runner-up also last year.

The three established men Alan Paterson, S. O. Williams and W. N. Laing, won their respective events but Alan recorded his lowest this season with 6 ft. 2 ins. though it was a change to find second and third men clearing 6 ft. A height which just a few years back could well have earned International selection for Britain at this event.

The Pole-Vault went to a real "trier" in young Pat Milligan (Victoria P. A.C.) with his best to date of 11 ft.

Harry Duguid won with a good throw of 149 ft. 4 ins., the second best throw of the Championship series in the discus event.

Details:—

100 Yards—1, W. Jack (V.P. A.A.C.), 10.1s.; 2, J. McLachlan (Maryhill H.), 10.2s.; 3, A. S. Dunbar (Stranraer H.), 10.3s. Other Finalists—R. Quinn (V.P. A.A.C.), O. Hardmeier (Edinburgh S.), K. H. Haddow (Glasgow Univ. A.C.).

220 Yards—1, W. Jack (V.P. A.A.C.), (holder), 22.4s.; 2, O. Hardmeier (Edinburgh S.), 22.6s.; 3, W. Henderson (Watsonian A.C.), 22.7s. Other Finalist—G. McDonald (V.P. A.A.C.).

440 Yards—1, D. K. Gracie (Glasgow Univ.), 50.2s.; 2, J. S. Hamilton (V.P. A.A.C.), 50.5s.; 3, J. Crowe (Edinburgh S.), 50.5s. Finalist and Standard (52 secs.)—R. Mill (V.P. A.A.C.). Standard, D. McDonald (Garscube H.).

880 Yards—1, H. Hatrick (Glasgow Un.), 1m. 57.8s.; 2, W. Messer (Edinburgh N.), 1m. 57.8s.; 3, J. Smart (Edinburgh S.). Other Finalists gained Standard (2 mins.), C. D. G. Hillary (Edinburgh Univ.), W. J. Speirs (Shettleston H.), F. Sime (V.P. A.A.C.).

One Mile—1, W. A. Lennie (Colchester), 4m. 22.7s.; 2, T. Stevenson (Greenock W. H.), 4m. 25s.; 3, J. D. Stirling (V.P. A.A.C.), 4m. 26.6s. Standard (4m. 30s.), E. Bannon (Shettleston H.).

Three Miles—1, A. Forbes (V.P. A.A.C.), 14m. 28.8s.; 2, T. Tracey (Springburn H.), 14m. 47.1s.; 3, I. Binnie (V.P. A.A.C.), 15m. 5.6s.

Marathon—1, J. Paterson (Poly. H.), 2h. 43m. 21s.; 2, A. Arbuckle (Monkland H.), 2h. 47m. 42s.; 3, J. Bell (Kirkcaldy Y.M.), 2h. 50m. 38s.; 4, H. Haughie (Springburn H.), 2h. 50m. 46s.; 5, G. Porteous (Maryhill H.), 2h. 51m. 11s.; 6, G. H. Taylor (Shett. H.), 2h. 53m. 40s.; 7, D. Bowman (Clydesdale H.), 2h. 55m. 57s.; 8, N. M. Ross (Garscube H.), 3h. 2m. 3s. Also finished—J. G. Glass-Watson (Metropolitan Police A.A.). Standard 3 hrs. 5 mins.

Two Miles Steeplechase—R. Climie (Bellahouston H.), 11m. 2.2s.; 2, L. Clelland (St. Modan's), 11m. 5.4s.; 3, J. H. Stevenson (Springburn H.), 11m. 11s.

120 Yards Hurdles—1, J. G. M. Hart (R.A.F. & Atalanta) (holder), 15.8s.; 2, W. H. Clephan (Watsonian), 15.8s.; 3, C. A. Dennis (Edinburgh Univ.), 16.6s. Other Finalist—J. P. McAslan (Trinity A.A.C.).

440 Yards Hurdles—1, D. K. Gracie (Glasgow Un.), 56.7s.; 2, W. H. Clephan (Watsonian), 57.9s.; 3, D. A. Stewart (Edinburgh Un.), (holder), 60.6s. Other Finalist and Standard—(61 secs.)—J. G. M. Hart. Standards—C. A. R. Dennis, G. L. J. Mackie (Jordanhill T.C.), J. McLean (Glasgow Univ.).

High Jump—1, A. S. Paterson (V.P. A.A.C.) (holder), 6 ft. 2 ins.; 2, A. G. Ramsay (Glasgow Univ.), 6 ft.; 3, K. S. Cunningham (V.P. A.A.C.), 6 ft. Standard (5 ft. 9 ins.), S. O. Williams (Glasgow Univ.), J. L. Hamilton (W. of S. H.).

Long Jump—1, S. O. Williams (Glasgow Univ.) (holder), 22 ft. 7 ins.; 2, W. H. Clephan (Watsonian), 20 ft. 8 ins.; 3, G. L. Mackie (Jordanhill T.C.), 20 ft. 6½ ins.

Pole Vault—1, P. W. Milligan (V.P. A.A.C.), 11 ft.; 2, D. Hastie (Heriot's A.C.), 10 ft. 6 ins.; 3, J. M. Gibson

and J. Urquhart (Jordanhill T.C.), 9 ft. 9 ins. (equal).

Hop, Step and Jump—1, W. N. Laing (St. Andrew's Univ.) (holder), 46 ft. 2, D. A. Stewart (Edinburgh Univ.), 42 ft. 3½ ins.; 3, G. L. T. Mackie (Jordanhill T.C.), 41 ft. 10½ ins.

Javelin—1, D. W. Mackenzie (Edinburgh Univ.), 181 ft. 4 ins. (Scottish native record); 2, G. A. Bell (Heriot's A.C.), 172 ft. 5½ ins.; 3, C. F. Riach (Jordanhill T.C.), 168 ft. 9 ins. Standard (150 ft.), I. Gordon (Edinburgh H.), W. Bisland (Bellahouston H.), I. H. Drummond (Edinburgh H.).

Discus—1, H. I. Duguid (Edinburgh Un.), (holder), 149 ft. 4 ins.; 2, J. Drummond (Heriot's A.C.), 134 ft. 10 ins.; 3, L. Velecky (Glasgow Un.), 123 ft. 10 ins.

JUNIOR.

Relay (4 x 110 Yards)—1, Shettleston H. (D. Marshall, R. Stephen, W. McIntosh, W. Kinnis), 45.9s.; 2, Victoria Park A.A.C., 46.2s.; 3, Bellahouston H., 47.2s.

Relay (440, 220, 220, 440 yards)—1, George Heriot's School (holders) (A. Pawlowski, A. Hope, I. Keppie, H. A. Cumming); 2, Victoria Park A.A.C.; 3, Bellahouston H., 2m. 34.4s.

FALKIRK FESTIVAL YEAR SPORTS, 1951

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

Promoted by Falkirk Football and Athletic Club Ltd.
and Falkirk Victoria Harriers.

BROCKVILLE PARK, FALKIRK,
(By kind permission of Falkirk F.C.)

SATURDAY, 28th JULY, 1951, at 2.30 p.m.

SENIOR FIVE-A-SIDE FOOTBALL.

ATHLETIC EVENTS—Open Handicaps, Broad Jump, 100 Yards, 220 Yards, 880 Yards, 1 Mile, 880 Yards (Junior), 100 Yards (Junior), 100 Yards (Women); Road Race (Approx. 10 Miles).

ALSO INVITATION AND CONFINED RACES.

Entry forms from WM. B. CAMPBELL, 12 Argyll Avenue, Falkirk.

THROWING THE DISCUS

By T. MONTGOMERY (Hon. Senior Coach).

THROWING the Discus is a colourful and fascinating event and requires much more than a little skill to execute it really well.

Why should the number in Scotland who can beat 140 feet (only Harry Duguid, of whom we have the highest hopes did this in the recent championships) a very modest effort by European or World standards be so small? Well as in Putting the Shot, probably it is that apart from lack of interest and opportunity in the past, lack of knowledge and technique of the event is the main reason for our poor general standard. It is certainly not that we do not have athletes with the necessary physique. What type is required for this event? Naturally the small chap is at a disadvantage in the shot and discus, and the type likely to do well in discus throwing is the big, tall, rangy athlete with long limbs and big hands, with the ability to relax. As we all know the discus is a disc with its surface tapering to its rim, and being a flat missile will go further if kept flat when thrown. You will no doubt have proved that for yourself as a small boy, when you picked up small flat stones and threw them, especially when you tried to make them skiff over water. The same applies to the discus except that it is too big and heavy to be thrown as we threw the stones. Big hands are an asset as they make control, and keeping the discus flat much easier. Then, how should we throw it? As the discus is thrown from a circle 8 ft. $2\frac{1}{2}$ ins. dia., a forward whirling movement of the body with the arm striking, or throwing, at the very last moment has proved best. Let us then go through this movement in detail, dealing with the jump turn, generally accepted as being most effective, and deal with it for a right-handed thrower.

Grip or Hold.

The Discus should be held in the first joints of the four fingers spread round the rim, and the ball of the thumb on the centre plate with thumb square to the wrist, with more than half of the discus

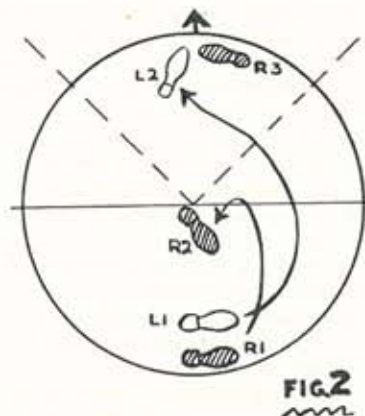
in front of the hand, and the rim of the discus touching the inside of the wrist. Fig. (1.). The position of the fingers will depend on the size of the hand and individual. Some experts keep the first two fingers together for more power. The reason for this grip will become apparent when we come to the release.



FIG.1

Initial Stance and Preliminary Swing.

The initial stance is taken up at the rear of the circle with both feet on and square to the directional line (This line is not marked in a competition circle, but should be used in preliminary work) Fig. 2. The preliminary swing is not a process of winding up, but merely a means to get settled for the throw and to make sure of the hand hold, etc., and there should be no necessity to repeat it more than three times. The swing should be made by swinging the throwing arm to the front then to the rear with complete relaxation as found most suitable to the individual.



Pivot or Commencement of Turn.

The turn commences when the throwing arm is at the limit of its backward swing, where it should remain until the strike is made. The centrifugal force created by the turn will keep the discus in your grasp, don't think about it.

The turn commences by pivoting on the balls of both feet, with both knees slightly flexed. Although the throwing arm kept well back, the head is turned in the direction of the turn (looking over leading shoulder) and the left arm is used as a balance. The pivot should commence slowly with as much relaxation as possible. The vital point of this phase is to leave the rear foot in contact with the ground as long as possible. As the pivot finishes the legs will be momentarily crossed scissor fashion. The trunk and throwing arm should still be well back and relaxed.

The Jump Turn.

By using a jump turn the thrower can get his feet moving ahead of his trunk and shoulders, this is necessary for the whip like action of throwing. When the pivoting movement has reached the point when the rear foot must leave the ground, the body weight is on the front foot and the jump turn is now made keeping the feet as low as possible. The left leg should be fully extended driving the body forward across the circle, immediately before and after in conjunction with the jump. This is seldom done by our throwers but should receive close attention. On landing the feet should be splayed outwards at 45 degrees with the right foot on the directional line and the left

4, 5 or 6 ins. to the left of the line, with both knees slightly flexed. Fig. (2). The 4-6 ins. to the left of the line will depend on the width of the throwers hips and will therefore vary for each individual. On no account should the shoulders be allowed to lead the feet in the turn, also if the legs are allowed to fly too high in the turn the left foot will land too far to the left upsetting the throwing position. On landing at the finish of the jump turn the trunk should be facing the rear of the circle, shoulders square to the line of direction with the throwing arm still behind the body with the trunk bent forward. Leg Drive.

Immediately on landing the right or rear leg commences to drive the right hip forward by extending, and rotating the knee inwards, also driving the body weight forward over the front foot (principle of the hinged moment).

Trunk Rotation and Strike.

As the hip is driven forward the trunk commences to rotate to the front but the throwing arm is still left as far back as possible. The trunk is vigorously rotated to the front and upwards till the shoulders are square to the front and the trunk upright, the balancing arm assisting the rotation by being bent and brought round sharply into the side. If brought round fully extended it will be slower being a longer lever, and of less assistance. As the shoulders come square to the front the throwing arm now starts to pull or whip the discus round to the side and front, rising to slightly above shoulder level with the arm fully extended. If the arm is allowed to flex full power will not be applied. The body weight should now pass to and over the front foot combining the work over and rotation, i.e., making full use of the principle of the hinged movement and axis of rotation. Beginners need not worry about going into the mechanics of this, but get the body going forward and turning together. The discus should be kept between hip and shoulder level during the turn and whipped round with explosive effort in the strike with the back of the hand uppermost.

Release.

The discus should be released from the front of the hand. Until quite recently, releasing the discus from the back of the hand was taught in some quarters, but a study of this will soon discount any

advantage claimed, real or otherwise. Now, remember our flat stones, they left from the front of the hand, they left lying flat, they left spinning, and they left our forefinger last. That is exactly what is wanted for the release of the discus. The discus is released at a flat angle, and the thumb is the controlling factor in this, hence the reason for it being square to wrist. The tendency is to release the discus too steeply. As the discus is whipped forward and released out of the front of the hand, power can be applied until it has gone off at a tangent to the arc, made by the arm and leaves the forefinger last of all, with a spinning motion which stabilises the flight of the discus. Some experts can put a tremendous spin on the discus, but let that develop as you become expert in the other movements.

Reverse.

Lastly as it always should be comes the reverse. As in the shot we must keep inside the circle, and we do so by bringing the rear foot forward after and not before the discus has been released and bringing the front foot backwards and upwards bending then forward knee as required.

The Line of Action should always pass through the centre of the circle so that

maximum distance over which to apply power is used, even though the line of action is not directly to the front as may be when endeavouring to gain assistance from the wind (head wind).

Summed up the vital points are:—

Hand hold, first joints of fingers, more of the discus in front of hand.

Be as relaxed as possible until final effort.

Drive body forward with front leg as jump commences.

Lead jump turn with feet.

Feet splayed outwards, knees flexed on landing.

Drive hip forward before rotation begins.

Rock over and rotate over front foot. Release discus from front of hand.

Keep discus between hip and shoulder levels.

Reverse only after discus is released.

Sart slowly, and accelerate to final explosive effort.

Preparation should follow the lines I indicated for the shot putters (May 1951 issue). Master the event step by step, always strive for perfection in technique before attempting to get distance.

T. MONTGOMERY.

Scottish Schools' Athletic Championships

By Dr. WALTER McFARLANE (Hon. Secy.)

THE Annual Championships of the S.S.A.A. were held in Edinburgh on June 16th in conditions that could not have been bettered; the track was in grand condition and it was not surprising that some remarkably fine performances were set up by the schoolboy athletes.

A record entry was received from 85 schools, ranging from Stranraer, Kirkcudbright and Galashiels in the South, to Huntly, Elgin, Inverness and Aberdeen in the North. Altogether, 590 boys descended on Goldenacre on the Saturday morning to take part in what proved to be one of the most successful meetings of the Association. These boys took part in 31 events and when we consider that the preliminary rounds were completed inside 2½ hours, there is justification for the remark by the Chief Coach, Mr. Chapman, that it was one of the best organised meetings he had attended.

Great credit is due to the Edinburgh Committee responsible for all the arrangements.

One point of interest in connection with the meeting is that the Association, through the kindness of Edinburgh Education Committee, were able to provide billets for about 100 competitors who had to travel long distances, so that they could avoid a very early departure on the Saturday morning.

With regard to the performances at the meeting the high standard set in previous years was fully maintained and in some cases surpassed. It is difficult not to discuss every event in detail because there were so many grand performances. In the Senior 100 yards, S. McLeod of Govan Secondary School retained his title won last year, showing a consistency as a sprinter which has been noteworthy since his early days in

the Secondary School. A second place in the Under 14 year Group in 1947, was followed by a win in 1949 in the Under 16 year Group. Then came his two senior wins, the second in 10.3 secs.

The measure of McLeod's ability can be gauged from the fact that his runner-up at Goldenacre, A. S. Dunbar of Stranraer High School was placed 3rd in the 100 yards at the Scottish Championships a week later.

In the 440 yards, J. D. Clark of Irvine Royal High, last year's runner-up and 1948 winner of the Under 16, 880 yards, made no mistake this time, taking first place in 52.3 secs., .1 sec. outside the previous record.

The 880 yards for the 17-19 years group is a new event, but the figures of 1 min. 59.6 secs. put up by H. A. Cumming, George Heriot's, the 1950 Junior Champion, look as if they should stand as a record for many a year, but when one considers what happened in the Mile, it is not safe to prophesy with these amazing schoolboys.

Last year J. Hendry of Elgin Academy, pushed Kenneth Coutts of Aberdeen Grammar School to a yard in the record time of 4 mins. 33.8 secs. This year he came South determined to have that first place, but he received stout opposition from J. Finlayson of Hamilton Academy, who had already made his name in cross-country running. From the gun Finlayson made the pace and completed the first lap in 60 secs., realising probably that his best hope of success was to get an early lead on Hendry. The latter, however, was watching him closely and in the second lap he moved up to his shoulder and remained there until the last straight was reached. Then Hendry drew away and won by a narrow margin in 4 mins. 26.2 secs., a time which was beaten by only 2 competitors in the Senior title at Hampden. Hendry was awarded the Eric Liddell Memorial Trophy which is presented for the most meritorious performance of the day. It was hard luck for Finlayson that he should run such a fine race and yet only gain second place.

Other notable performances included the Hop, Step and Jump of R. M. Stephen of Allan Glen's who added 4 ft. 0½ ins. to the old record of 40 ft. 5 ins. In this event the first three all beat the old

record. In the Javelin D. Leith of Robert Gordon's broke his own record of 185 ft. 5½ ins., set up in 1949, with a throw of 191 ft. 2½ ins.

W. E. Nicol of George Watson's ran very well in the 120 yards Hurdles to equal J. McAslan's 2 year old record of 15.5 secs.

In the other age groups, 13-15 years, and 15-17 years it is not possible to compare the performances with those of previous years, because the groups were changed this year from Under 14 and Under 16 years. Nevertheless it is interesting to note that A. F. Wood of Hutcheson's Boys' School, ran the 220 yards in 23.3 secs., .7 secs. faster than the winner in the Senior Group. D. Barr of John Neilson Institution ran 880 yards in 2 mins. 4.4 secs., another fine performance for a boy under 17. In the High Jump J. Johnstone of Ardrossan Academy cleared 5 ft. 6 ins. which equalled Hurdler Nicol's effort in the older age group. Incidentally, Johnstone never once knocked the bar down.

Mention could be made of other performances, but perhaps enough has been given to show that Athletics in Scottish Schools is in a very healthy condition. Since the war, the standard has been rising steadily and great credit must be given to the teachers in all parts of Scotland for the care and time they are devoting to these young Athletes. It is difficult to say what influence these boys will have on Senior Athletics in the future, as many of them, unfortunately, find it difficult to continue in training once they leave school. It is to be hoped that as many as possible will endeavour to look for Harriers in Senior Circles, and so help to keep up the standard of Scottish Athletics.

The article on Discus-throwing is the third of a valuable series by T. Montgomery. "Putting the Weight" appeared in the May 1951 issue and "Sprinting" was covered in two parts in the June and Mid-Summer issues. He will deal with the other various events in the coming months. Every wise coach and athlete will keep these on hand as a unique and cheap collection for study and reference.

ATHLETICS A SCIENCE

By Arthur F. H. Newton

(Author of "Commonsense Athletics"; "Races and Training" etc.)

I DON'T like to trot out an unpalatable truth, but if I don't tell you now someone else will sooner or later, anybody can't learn it too soon. It's high time we realised that athletics is far and away behind all other sciences: it has just been left to dither along as best it could without intensive research and largely without teachers.

It's not difficult to understand why this should be so when you remember that 90% of athletes have been youths, or at any rate quite young, and that nearly all dropped out by the time they reached early middle age. It's not for me to blame them: I did so myself, and then took it up again in my 40th year. I merely point to the fact.

Can you imagine any other science where a student, after four or five years' part-time tuition, could be regarded for a moment as an expert? In athletics a man might be, and often is, expert on the physical plane because exuberant energy and youth are synonymous; but his experience and learning cannot be adequate from the teaching point of view. The American Pat Dengis discovered this when he admitted there were methods of training beyond anything he had ever dreamed of: he set to work on the new lines and within a year they had brought him the championship of North and South America. That was before the war.

As a result of immature experience in the great majority of our teachers, for we've been obliged until quite recently to accept any that came forward whether they had qualifications or not, the growth of athletic knowledge has been absolutely stunted for want of nourishment. Men have just "gone through the mill" and retired immediately afterwards never dreaming that, like everything else in this naughty world, athletics can be enhanced and improved almost beyond belief once we have discovered how to set about it.

I say we have failed to realise how behindhand our teaching really is. Here's a single point—there are scores of others—to show you how misapplied some of our efforts are. Those who intend to get into championship class are religiously

taught to learn all they can about their rivals' ability and methods; not, mark you, with the object of improving on them, but in order to turn any weaknesses to their own advantage. Yes, and they're even taught that it's clever to do so!

To my mind such an idea is wrong from one end to the other. You take to athletics because you want to see if you can beat your fellows in competition and there's only one sporting way of doing that—by superior ability: never should you use your wits to beat him through some discovered weak point in his methods. Say what you like, there's only one word for that sort of thing and that's "trickery," and it doesn't mix with sport any more than does oil with water.

Your object must be to enhance your training to such a degree that nothing, except temporary indisposition which you can't always guard against, will prevent you from winning. It has been done before and can be done again, provided you've the incentive to make you stick to the work.

Well, that was one reason why you should ignore everything except your own business. Here's another—I told you there were scores but I'm not going to parade them all—and a very sound one too. No matter what your stage of training, and this applies to all athletes just as to prospective champions, there is always a certain speed or output of energy which will ensure a better result than any other, and it's for you to discover by trial and experiment just where this "economic best" of yours lies. You'll never find out exactly because it's always changing with weather conditions, local geography, your digestion and many other things: in fact it's so complicated a problem that you've no hope of knowing what exactly is your best at any given moment. But you can discover quite a workable average across which you swing one way or the other, and it's up to you to study your symptoms until you've learnt this.

Suppose you were in for a race over a certain distance: you should learn, using this race to add to your experience, just what pace you will do best to start at

THE TRIANGULAR AT DUNOON.

Scotland is this year the fortunate country to stage the International Triangular. The England-Wales, Ireland, Scotland match to be sponsored by the "News Chronicle" will be held at the Recreation Park, Dunoon, on 28th July, and we can look for some outstanding performances and perhaps not just a few new records from athletes that will include, British, Empire, European and Olympic champions on the modern laid-out track and field.

With a star studded English (meaning Wales as well) team, Scotland and Ireland will find it difficult in picking up points. Scotland's brightest hopes for full points will be from a grand pair in record-holder Ewan Douglas and former holder Duncan Clark. It is bright to think too that we can possibly take the full share in

the High Jump with Alan Paterson taking the first place.

W. S. Laing and S. O. Williams will be against stout opposition in the Hop, Step and Long Jump but possible wins, as with Harry Duguid in the Discus, would build Scotland's total. With such as E. McDonald Bailey and Arthur Wint competing in the short track events Scotlands representatives will do exceedingly well to pick up place points.

Our milers will hardly be able to cope with England's select as they have several, including Nankeville, Eannister, Parlett and Eyre capable of beating 4 mins. 12 secs., to chose from.

It may not be a victory—time will tell—but in the 3 miles event we can expect Andrew Forbes in his home country to put up a terrific fight and it won't be surprising to see the Victoria Park stalwart break his own record.

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and what to sustain in order to complete the course in the shortest possible time. There aren't several ways of doing this: there's only one "best."

Logic compels you right away to admit that any deviation from that "best" must mean a loss of time and energy: alteration, either faster or slower, will spoil the result. That is so and you know it. You know also that the moment you decide to "hang on" to another fellow you're making such an alteration and thus actually handicapping yourself. Does the other fellow know better than you what your pace should be? If he does, by all means hang on to him and let him regulate it. But it's 999 chances to 1 that he doesn't, since he's only got his own experience to draw on, not yours.

So all this talk of leading or following, or in fact meddling in any way with others on the track or road, is a mistake: it has only had an innings because we've been so lacking in competent teachers that the practice has been continued without being questioned. There's little hope of curing such faults until men spend the best part of their lives at the work as they must at every science if they want to make good.

MILNGAVIE HIGHLAND GAMES

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

The Committee of above regret to announce that owing to circumstances outwith their control they have decided to cancel the Games arranged for 18th August next.

The Committee wish to take this opportunity of tendering their thanks to all Clubs and Athletes who have supported the Games in past years and look forward to having their continued support in 1952.

On behalf of the Committee of Milngavie Highland Games Assoc.

JOHN McDUGALL, President.

JOHN McPHERSON, Hon. Secy.

July, 1951.

SCOTTISH JUNIOR CHAMPIONSHIPS.

Heavy rain tended to spoil the Junior Championships held at New Meadowbank on Saturday, 7th July. However, there were some brilliant performances and the meeting was well up to standard. For his mile victory over rival J. Finlayson, John Hendry (Elgin Academy) was awarded the Glegg Trophy. He set a new championship record, erasing John Muir's 1936 record from the book. Championship records were also made in the Javelin, Discus and Weight.

Most excitement came from the Senior relays. An electric finish by Scottish champion Willie Jack on the last stage took his club by Garscube Harriers to give Victoria Park the dash relay.

It was an all-round pulling of weight by a fighting Edinburgh Southern team that gave them a narrow victory over Victoria Park in the medley relay in the best championship time of 3 mins. 31.7 secs.

DETAILS:—

100 YARDS—

1. A. S. Dunbar (Stranraer H.), 10.5 secs.
2. S. McLeod (Bellahouston H.), 10.6 secs.
3. R. Whitelock (Victoria P. A.C.), 10.8 secs.

220 YARDS—

1. R. G. Carlisle (Lochwinnoch.), 23.7 secs.
2. D. F. Marshall (Shettleston H.), 24.0 secs.
3. W. K. B. Kinnis (Shettleston H.), 24.2 secs.

440 YARDS—

1. J. D. Clark (Victoria P. A.A.C.), 51.6 secs.
2. R. A. Cairney (Bellahouston H.),
3. C. N. Campbell (Royal High School).

880 YARDS—

1. H. A. Cumming (Heriot's), 2m. 1.7s.
2. P. A. Mitchell (Dollar Academy), 2m. 3.2s.
3. R. A. Steel (Vale of Leven A.C.), 2m. 3.5s.

ONE MILE—

1. J. S. Hendry (Elgin Academy), 4m. 30.2s.
2. J. Findlayson (Hamilton H.), 4m. 34.9s.
3. J. McPheely (Kilmarnock H.), 4m. 43s.

120 YARDS HURDLES—

1. N. R. Buist ("Q" Club), 17.5 secs.
2. A. R. Britee (Royal H.S.), 17.5 secs.
3. J. A. Cochrane (Royal H.S. F.P.),

HIGH JUMP—

1. G. Turner (Victoria Park), 5 ft. 7 ins.
2. H. J. Scrimgeour (Dollar Acad.), 5 ft. 6 ins.
3. N. R. Buist ("Q" Club), 5 ft. 6 ins.

LONG JUMP—

1. G. W. Murdoch (Heriot's), 20 ft. 0 ins.
2. J. N. Jamieson (Springburn), 19 ft. 6½ ins.
3. J. E. G. Allison (Fettes), 19 ft. 5 ins.

POLE VAULT—

1. A. M. Drysdale (Dollar Acad.), 9 ft. 6 ins.
2. F. Rue (Dollar Academy), 9 ft. 6 ins.

PUTTING THE WEIGHT—

1. H. K. McLachlan (Glasgow Un.), 44 ft. 8½ ins.
2. T. Smith (St. Medan's), 41 ft. 9½ ins.
3. D. Leith (Gordon's College), 39 ft. 8 ins.

THROWING THE DISCUS—

1. W. S. Knox (Ayr A.C.), 122 ft. 2½ ins.
2. P. J. Hyalop (Fettes), 117 ft. 7 ins.
3. A. Imrie (Heriot's School), 114 ft. 5½ ins.

THROWING THE JAVELIN—

1. D. Leith (Gordon's College), 178 ft. 2½ ins.
2. J. M. Jamieson (Springburn H.),
3. G. W. Murdoch (Heriot's).

YOUTHS.

100 YARDS—

1. J. H. Stevenson (Bo'gate), 10.9 secs.
2. R. G. Brown (Linlithgow),
3. R. Prentice (Shettleston H.),

880 YARDS—

1. E. Ferguson (Shettleston H.), 2m. 8.1s.
2. D. Robertson (Maryhill H.), 2m. 9.1s.
3. A. Sidey (Airdrie H.),

SENIOR RELAYS.

4 x 110 YARDS—

1. Victoria Park A.A.C. (W. Kennedy, R. Quinn, W. Christie, W. Jack), 43.9 secs.
2. Garscube H. (J. Weir, D. McDonald, D. Clark, W. O'Kane), 44.2 secs.
3. Edinburgh University A.C.

MILE MEDLEY—

1. Edinburgh Southern H. (J. Smart, J. Pearson, O. Hardmeier, J. Crow), 3m. 31.7s.
2. Victoria Park A.A.C., 3m. 32.5s.
3. Glasgow University A.C.

NEW BRITISH (NATIONAL) HAMMER RECORD FOR DOUGLAS AT SCOTTISH CHAMPIONSHIPS

Three titles were decided at New Meadowbank on 16th June. Bare-footed ("to get a better grip") Dr. Douglas, in second throw, set a new record in a grand duel with the holder, D. McD. Clark.

DETAILS:—

HAMMER—

1. Dr. E. C. K. Douglas (Penicuik A.A.), 179 ft. 10 ins.
2. D. McD. Clark (R.U.C.), 175 ft. 7 ins.
3. G. R. Valentine (R.N.), 136 ft. 9 ins.

WEIGHT—

1. J. Drummond (Heriot's), 45 ft. 2 ins.
2. D. McD. Clark (R.U.C.), 42 ft. 6½ ins.
3. J. Donnelly (Hamilton H.), 37 ft. 8½ ins.

ENJOY PLEASANT SURROUNDINGS & HIGH CLASS COMPETITION

CARLUKE CHARITIES' WEEK, 1951

SPORTS MEETING

(UNDER S.A.A.A. & S.N.C.U. RULES)

AT LOCH PARK, CARLUKE, ON
SATURDAY, 11th AUGUST, 1951, at 3 p.m.

Usual Flat Events, Cycling, High Jump, Pole Vault, and
12 Miles Road Race. Valuable Prizes.

ENTRIES close on SATURDAY, 4th AUGUST, with Messrs. Lumley's
Ltd., or Mr. James Watson, Secretary, 1 Law Road End, Carlisle.

TRAIN SERVICE:

Leave GLASGOW (Central)—12.40, 1.25, 2.15. Arrive CARLUKE—
1.34, 2.12, 3.3.

LANARK BUSES FROM WATERLOO STREET
PASS THE FIELD.

SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



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