

HELENSBURGH HIGHLAND GAMES

(Under S.A.A.A. Rules)

CAMIS-ESKAN PARK, HELENSBURGH,
SATURDAY, 21st JULY, 1951, AT 2.30 P.M.

OPEN EVENTS INCLUDE—

	VALUE OF PRIZES		
	1st	2nd	3rd
100 Yards Flat Race Handicap - - -	£6	£4	£2
220 Yards Flat Race Handicap - - -	£5	£3	£2
880 Yards Flat Race Handicap - - -	£5	£3	£2
1 Mile Flat Race Handicap - - -	£5	£3	£2
880 Yards Flat Race Handicap (Youths) -	£4	£2	£1 10/-
Ladies' 100 Yards Flat Race Handicap -	£3	£2	£1 10/-
Ladies' 220 Yards Flat Race Handicap -	£3	£2	£1
14 Miles Road Race - - - (Scratch)	£5	£4	—
(H'cap)	£5	£4	—
Hill Race - - - - -	£5	£3	£2
2 Miles Team Race (4 to run 3 to count)	1st Indiv. £5 ; 1st		
(Cameron Challenge Trophy for	Team 3 at £4 ; 2nd		
Winning Team).	Team 3 at £3.		

FIELD EVENTS INCLUDE—

Putting 16-lbs. Ball, Throwing 16-lbs. and 28-lbs. Hammers,
Tossing the Caber, High Jump, Long Jump, Hop, Step and
Jump Handicap, Pole Vault Handicap.

GRASS TRACK. · COMPETITORS' GATE.

ENTRY FEE, 1/- each Event ; Two Mile Team Race, 2/6.

Full Particulars and Entry Forms from—

Mr. J. KERR, 167 Old Luss Road, Helensburgh.

ENTRIES CLOSE—10th JULY, 1951.

Route No. 134 S.M.T. Buses from Waterloo Street, Glasgow,
to Field (Colgrain Bus Stop). Trains from Glasgow (Queen
St.) and from West Highland Line Stations stop Craigendoran,
five minutes' walk from Field.

MID-SUMMER ISSUE, 1951

Vol. 6

THE SCOTS ATHLETE

PRICE
6^d



HAPPY SMILES from Scottish champions—and
championship rivals, Moira Carmichael, Bellahouston
H. (220y), and Elspeth Hay, "Q" Club (100y).

SCOTTISH WOMEN'S CHAMPIONSHIPS.
RUNNERS AND RUNNING.
FUNDAMENTALS OF SPRINTING
ACTION PHOTOS by H. W. NEALE.
SPORTS PUBLICITY.

LARGS THISTLE F.C.
AND
WEST KILBRIDE AMATEUR SPORTS CLUB

SPORTS

(UNDER S.A.A.A. LAWS)

AT BARRFIELDS, LARGS
ON SATURDAY, 14th JULY, 1951
at 2.15 p.m.

OPEN EVENTS:—

100 Yards Youths' Handicap; 100 Yards Ladies' Handicap; 100, 220, 880 Yards, One Mile Open Handicaps, High Jump, and 13 Miles Road Race.

Special Invitation Events. Senior Five-A-Side Football.

ENTRIES CLOSE, SATURDAY, 7th JULY, 1951.

Entries must include stamped addressed envelope for competitor's ticket to—
J. CLARKSON, Alton Street, West Kilbride.
LUMLEY'S STORES, 82 Sauchiehall Street, Glasgow.
RUSSELL MORELAND, 231 Argyle Street, Glasgow.

WEST CALDER AMATEUR ATHLETIC SPORTS ASSOCIATION.

OPEN SPORTS MEETING

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

AT BURNGRANGE PARK, WEST CALDER
ON SATURDAY, 28th JULY, 1951
At 2.40 p.m. prompt.

15 Miles Road Race, Individual and Team (Edinburgh to West Calder) 100, 220, 440, 880 Yds., 1 Mile, 2 Miles, High Jump, Discus, Javelin, Putting 16-lb. Ball, Throwing 56-lb. Weight over the Bar, Tossing the Caber, Invitation Medley Relay Race, Youths 100 Yds., Junior 880 Yds., and Medley Relay Race.

LADIES EVENTS—

80, 100, 220 Yards., Javelin, Invitation Medley Relay Race.

ENTRY FORMS can be had at the following SPORTS EMPORIUMS—
Messrs. LUMLEY'S and RUSSELL MORELAND'S of Glasgow; Messrs. MACKENZIE'S and THORNTON'S, Edinburgh; or from the Hon. Secy., DAVID WILSON, Maybank Cottage, West Calder.

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

Mid-Summer Issue. Vol. 6.

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

SCOTTISH WOMEN'S A.A.A. CHAMPIONSHIPS

NEW MEADOWBANK, EDINBURGH,
SATURDAY, 9th JUNE, 1951.

THE Ladies were fortunate in having a bright sunny day for their championships, but unfortunate in having a strong easterly breeze, with a cool atmosphere, which may have assisted the sprinters but certainly did not assist in the other events. Those who have competed at New Meadowbank with an "easter" blowing will certainly know its effects. Despite the adverse wind and rather poor track (of which more later) the standard of performance was I think higher this year taken on the general performance, with the high lights of the meeting coming from Miss Mary Davies's new Shot record, the tightest of finishes in the sprint and a sterling performance of a first year runner in Miss Betty Moffat in the half mile, winning as she liked in good time for the prevailing conditions.

Miss Davies's putt of 33 ft. 11 ins. was a beauty, and I'm sure Mary will improve on this in the very near future. I believe I'm correct in saying this is Mary's second season, and here is an example of what coaching can do, and some of the proof I've been suggesting would be forthcoming. The Chief Coach I believe laid the foundation and the good work was carried on by big Jim (Drummond) the new men's champion. I thought Mary's technique was very good, and with a bit more polish and a little extra devil who knows the British record might soon be marked down to her.

Turning now to card let's run through it. As stated earlier the breeze assisted the sprinters so that no records could have been made, but the times returned although slow, did not reflect on the keenness of the sprinting. Miss E. Hay, "Q" Club, gained the narrowest of verdicts from Miss M. Carmichael, Bellahouston, but I feel from what I have seen that Elspeth has yet to find her best form this season. Miss P. Devine also of "Q" Club was a very good third in a really thrilling final. Misses S. Burns, E.S.H., A. McKee, Ardeer R.C. and S. Plenderleath, E.H., gained standard medals. Miss Plenderleath is another first year runner who I think will soon make her mark. A notable absentee, Mrs. Anna Herman, E.S.H., absent through injury, would I think, if fit and well, have had to be reckoned with at the finish, as would also Miss Shivas, Aberdeen, who was unfortunately unable to compete. The winning time of 11.6 secs. was I thought poor but the powdery state of the track probably accounted for this. In this event we had the crowd disputing the judges decision, but as I was not in any position to judge and as the race was extremely close, the judges decision was to me as always, final. I would point out here to any spectator who may read this, that to judge a race as close as this one was, one must be exactly in line and above the finishing line to be able to judge who actually

crossed the line first and how many, if any, of the those who voiced their opinion were in that position?

The 220 yards produced a clear cut winner in Miss M. Carmichael who had so narrowly lost the 100, finishing very strongly to head the holder, Miss S. Burns, who seemed to have lost some of her old dash. A grand race with little Miss A. McKie, Ardeer R.C., filling third place. The 440 yards was I thought the poorest race of the day but maybe the strong breeze which had to be faced in the back straight had its effect, as both heat times were faster than that of the final of 67.1 secs. The winner Miss I. Stewart, Bellahouston Harriers, was the only competitor to get standard time of 65 secs, which she did in winning her heat. I felt that in this race that the runners were short of training or had used the wrong type of training as they all appeared to tire in the last 100 or so.

The half mile was the easiest of wins for Miss Moffat, E.H., in the very sound time of 2 mins. 29.5 secs., under the conditions and here we have another example of coaching. Betty showed a remarkable evenness of pace, with a conservation of energy that her opponents could not match. I feel sure we can look forward to much faster times from Betty under better conditions. Miss E. Young, Unattached, second, and Miss B. Miller, E.U.W.A.C., were game but had expended too much effort maintaining the pace to have any real finishing effort.

The Hurdles title changed hands through the holder, Miss Shivas, Aberdeen, being unable to compete. The winner, Miss M. Fischbacher, Unattached, equalled the record held by Miss Thomson Dumfries L.A.C., both in her heat and final but of course this cannot, because of the strong following wind, be reckoned as equalling the record. (Miss Shivas has a new time of 12.2 secs. awaiting ratification) Miss Thomson was actually leading coming to the last flight and unluckily for her, hit it, allowing Miss Fischbacher to finish a couple of yards ahead with Miss Unkles, G.U.W.A.C., third half a yard behind Miss Thomson. I am of the opinion that until we use proper international type hurdles we will not get the best from our girls, as they are so scared at hitting the iron con-

traptions in use, that they cannot bring themselves to hurdle with an economic clearance. This was very apparent and must be altered.

The wind had very adverse effects on the jumps. In the "high" it was dead against the jumpers and in fact was so strong at times that it dislodged the bar and must have upset the long jumpers considerably as it blew square across the pit. But what I think was worse was the powdery dry, and lifeless state of the take offs. These were really shocking and could so easily have been bettered with a water cart. However, Miss D. Walby, G.U.W.A.C., had a very creditable performance of 4 ft. 10 ins. to win the high with Miss M. Henderson, E.S.H., second at 4 ft. 7 ins., and Miss J. Logan, Ardeer, third at 4 ft. 5 ins. Miss Walby showed quite good technique in her roll but was inclined to speed up her approach as the height increased, also did not pick up her jumping leg quick enough (hope you don't mind the crit. Miss Walby). The other two would be well advised to change to roll or straddle. In the long jump Miss P. Devine, "Q" Club, got home with a best jump of 16 ft. 7 ins. to win from Miss I. Todd, Jordanhill T.C., and Miss S. Laidlaw, E.U.W.A.C.

In the throwing events, the best as already mentioned was Miss M. Davies's putt record of 33 ft. 11 ins. Second to Miss Davies was Miss J. Pringle, Aberdeen U.W.A.C., who also beat standard, and veteran Miss M. Storrar, E.H., third (a very creditable effort). Miss E. McInnes, G.U.W.A.C., the holder of the Javelin and Discus titles, lost both to Miss E. Anderson, Dumfries L.A.C., who I thought had the better technique and in both events pipped Miss McInnes with her last throws. Miss McInnes was second in both events, gaining standards in both, with Miss Pringle, Aberdeen, third in the Javelin and Miss M. Storrar, Edinburgh, third in the Discus.

Taken overall I think that the S.W.A.A. can be pleased with this year's championships with its healthy competition and good sportsmanship: and with a better public support can make the Ladies' Day a date on any sportsman's card. BUT:—

The Ladies' championships deserve and demand the same conditions and exact-

ness as the men's. This must always be the target (not that the men's conditions are perfect). The track as already stated was very dry and powdery, not conducive to fast running, the high jump take off was terrible due to the dry spell but this could easily have been remedied with a water cart and roller, and the circles used were the same as were used for the men's East of Scotland championship held the previous Tuesday and Thursday. Apart from being badly cut up these were inaccurate. Surely any championship demands fresh circles for each event! Maybe the powers that be will take note and make up for the defects next year?

T. MONTGOMERY.

100 Yards—

1. Miss E. Hay, "Q" Club.
2. Miss M. Carmichael, Bellahouston.
3. Miss P. Devine, "Q" Club.

Time 11.6 secs.

220 Yards—

1. Miss M. Carmichael, Bellahouston.
2. Miss M. Burns, E.S.H.
3. Miss A. McKee, Ardeer R.C.

Time 26.7 secs.

440 Yards—

1. Miss I. Stewart, Bellahouston H.
2. Miss J. McGowan, Glasgow Un.
3. Miss B. Fowler, Edinburgh Un.

Time 67.1 secs.

880 Yards—

1. Miss B. Moffat, Edinburgh H.
2. Miss E. Young, Unattached.
3. Miss B. Miller, Edinburgh Un.

Time 2 mins. 29.5 secs.

80 Metres Hurdles—

1. Miss M. Fischbacher, Unattached.
2. Miss J. Thomson, Dumfries L.A.C.
3. Miss E. Unkles, Glasgow Un.

Time 12.5 secs.

High Jump—

1. Miss D. Walby, Glasgow Un.
2. Miss M. Henderson, E.S.H.
3. Miss J. Logan, Ardeer R.C.

Height 4 ft. 10 ins.

Long Jump—

1. Miss P. Devine, "Q" Club.
2. Miss I. Todd, Jordanhill T.C.
3. Miss S. Laidlaw, Edinburgh Un.

Distance 16 ft. 7 ins.

Shot Putt—

1. Miss M. Davies, E.S.H.
2. Miss J. Pringle, Aberdeen Un.
3. Miss M. Storrar, E.H.

Distance 33 ft. 11 ins. (record).

Discus—

1. Miss M. Anderson, Dumfries L.A.C.
2. Miss E. McInnes, Glasgow Un.
3. Miss M. Storrar, E.H.

Distance 100 ft. 7 ins.

Javelin—

1. Miss M. Anderson, Dumfries L.A.C.
2. Miss E. McInnes, Glasgow Un.
3. Miss J. Pringle, Aberdeen Un.

Distance 105 ft. 9½ ins.

RELAY CHAMPIONSHIP

New Meadowbank,
16th June, 1951.

Conditions were very much improved from the championship proper but there was still a strong breeze but this time from the west but with much warmer atmosphere and track conditions very much improved.

The holders, Edinburgh Southern H., still without their star, Mrs. A. Herman, won the first heat in the impressive time of 51.5 secs., and Miss Burns showing a return to her old form. Newcomers, Edinburgh Harriers, won the second heat in the much slower time of 52.1 secs. The third heat was won by Edinburgh University in 52 secs, and "Q" Club, Dundee, went into the final as fastest loser.

The final proved a thrilling race, Edinburgh Harriers showing improved running were just ahead at the last change over with Edinburgh Southern and "Q" Club close up but the superior finishing power of S. Burns proved too much for Edinburgh Harriers who finished a yard behind the holders with "Q" Club third, 3 yards away and Edinburgh University fourth in the excellent time of 51.4 secs.

1. Edinburgh Southern Harriers—
M. Taylor, M. Davies, N. Fairfull and S. Burns.
2. Edinburgh Harriers—
S. Plenderleath, I. A. Henderson, M. Martin and K. Dunlop.
3. "Q" Club, Dundee—
P. Devine, I. Smith, A. Smart and E. Hay.

MID-SUMMER ISSUE.

Due to an amazing quick-fire sell-out of the "June" issue and also to an over-pressure of matter in this hectic athletic period we have published this special "Mid-Summer" issue. The July issue will be on sale as usual.

Correspondents kindly note, the Editor is under pressure at present and there may be some delay in reply.

International Athletes at Glasgow Police Sports

Photos Specially by H. W. NEALE.



BILL NANKEVILLE, the British champion, has a grand mile victory and shows the "road home" to Sture Landqvist & Ingvar Eriksson (Sweden) & Curtis Stone (U.S.A.)



(Rev.) BOB RICHARDS (U.S.A.) clears 14 ft. 8 ins. for a new British all-comers record. He actually crossed the bar at 15 ft. 0 ins. but as he landed he watched it gradually topple and fall. Hard luck! But an amazing vaulting display.

In a drawn-out sprint finish, European champion, J. PARLETT got the judges' verdict over Roscoe Browne (U.S.A.). Many spectators disagreed. What does it look like to you? Yes, a very close decision.



THE ED. CONWELL START. The famous U.S. "flier" beat McDonald Bailey in the "100" but had to retire in the "220."



FUNDAMENTALS OF SPRINTING

By T. MONTGOMERY (Hon. Senior Coach).

[Continued from previous issue.]

Faults To Look For.

What has been observed in our trial starts? Probably one or all of the following:—The trunk rose vertically from the ground before any forward movement took place, first step too long, swerved to the right, steps uneven, feet turned out, head strained back, or ducked forward, arms not vigorous enough and coming across body, and probably lots more. Before going into corrections a word to coaches (other than qualified), do not try to watch everything at once but concentrate on one thing at a time, it's the only way. The finest medium is of course the cine camera, but still pictures taken with a high speed camera can be very helpful provided that exact moment of the shot is known. Now what is required of our sprinters? We want him to move forward the instant the gun is fired, with maximum drive, arms and legs, straight up the track with everything moving in a dead straight line and with progressive and even acceleration. The reason for the trunk rising before any forward movement was probably that he did not have sufficient weight forward over his hands. If sufficient weight is kept forward over the hands the sprinter will find that he must drive forward or fall on his face when his hands leave the ground. Also the quick rise of the trunk would account for the long first step. Power and acceleration can only come when the feet are in contact with the ground so he must get his feet to the ground as quickly as possible hence the reason for short first steps. The runner must be trained to move his hands directly backwards and forwards, on no account allow him to bring his hands off the ground then move backwards and forward. To assist him in this place small pieces of wood or any suitable object immediately in front and behind his hands, and if his hands are moving correctly he will move the objects. To begin with the objects will probably not be moved at all but persevere. The arm movement must be vigorous and get

the arms into the running position as quickly as possible, a fixed angle at the elbow of about 90 degrees. Do not clench the hands as this will set up tension in arms and shoulders. The reason he went to the right was probably due to bad weight distribution over the feet. In this case, too much weight on the left foot preventing drive from the right, may be corrected by bringing the feet closer together, more of a bullet start. This may also be the cause of the uneven steps, due to being unbalanced and requiring to get a foot quicker to the ground to regain balance or on the other hand it may be due to a physical weakness, maybe due to his occupation. One leg may be stronger than the other, remedy this by exercises. Make sure that, when on the mark, feet are straight in line with legs, hips, and shoulders, otherwise power will be lost. If there is a tendency to splay a foot try to bring the knee together at the start. Always have arms straight to provide maximum space between ground and chest to allow leg to come through.

Use a measuring tape to check stride increase by measuring foot prints on cinders and aim at a uniform increase.

Emphasis On Starting.

I think it will now be realised that a tremendous amount of work requires to be worked in at starting practice. Starting positions must be worked out for each individual there is no fixed distance the front foot must be from the line, no fixed width for the hands, only patient work and application will ensure a good starting position. I may have appeared to labour the start but it is the most vital part of a sprint and on the average there is a difference of 1 second between a standing and a flying start over 100 yds.

The Body Of The Race.

Sprinting action follows from what has been said about the start, everything must be moving in a straight line. Arms with fixed angle at the elbows of roughly 90 degrees, the hands coming roughly to shoulder level in front and level with the

hip at the rear, with the minimum of swing across the body. Body angle is not fixed at any given angle from the vertical or anything else but is fixed by acceleration and wind resistance. Acceleration being greatest at the start so will the forward lean be greatest at the start gradually decreasing as the speed increases, and it will be found that the runner should not reach his normal sprinting angle until 30 or 40 yards have been covered. The cycle of the leg movement should be, drive from the ball of the foot on to the toe with full extension of ankle and knee joints with the hip at its maximum extension (this should receive a lot of attention). Remember the foot should point straight up the track, the foot must be brought up high under the seat so that the sparest lever is formed and the quickest recovery (i.e., leg coming through to front) is made, with a high knee lift in front, without high knee lift the foot cannot be driven to the ground with real force, drive the foot down hard. As the foot makes contact with the track there will be a short clawing phase followed by an equally short supporting phase as the body weight passes over the foot. The sprinter should ultimately run his 100 yards with the same number of steps and his or her feet falling in the same place

each time. This isn't wishful thinking I have actually trained a runner who does.

The Finish.

Except for the very expert I do not advocate anything except running through the tape. Do not throw up your arms or lunge in a vain hope of getting the verdict as you will more than likely have slowed yourself down fractionally. Maintain your running form right through the tape. What may help, if you can master it, is a momentarily relaxation at about the 80 yards mark to gather for your final effort, but that only comes in the advanced stages. Strive for as much relaxation as possible through your race.

Breathing.

A good plan is to take a few deep breaths before going to the marks, then as you get set take a deep breath, exhale a little of it and hold your breath until the gun is fired (as you would with firing a rifle) and during the race breathe naturally. If you feel you need one or two breaths during the race take them.

Running on Bends.

So far I have been thinking in terms of the dash but 220 yards is also a sprint normally run round a bend. What has been said about starts, leg action, etc., apply equally to the 220 and 440 yards, except that on the bends we

DUNOON SPORTS GALA

Promoted by MARYHILL HARRIERS
(Under S.A.A.A. Rules)

AT COWAL PARK, DUNOON,
ON MONDAY, 16th JULY, 1951.

OPEN EVENTS:

100 Yards, 220 Yards, 880 Yards and
One Mile Handicaps, Relay Race, 12
Miles Road Race, Youths' 880 Yards
Handicap.

Ladies' Events and Relay.

HIGHLAND DANCING COMPETITION.

Entry Forms from usual Sports Shops, or
from Hon. Secy., F. Graham, 52 Laidlaw
Street, Glasgow, C.5.

VALE OF LEVEN A.A.C.

OPEN SPORTS MEETING

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

MILLBURN PARK, ALEXANDRIA,
SATURDAY, 14th JULY, 1951,
at 2.45 p.m.

HANDICAP EVENTS.—Open 100, 220,
880 Yards, 1 Mile, High Jump, 15 Miles
Road Race. Ladies' 100 and 220 yards;
Junior 300 yards; Youths 220 yards.

INVITATION EVENTS.—2 Miles Team
Race, Five-a-Side Football.

Entries close MONDAY, 2nd JULY, with Hon.
Secy., W. STEVENSON, 57 Wilson Street,
Alexandria, or usual Sports Agencies.

have to compensate for the centrifugal pull (i.e., the tendency to run wide). This is compensated for by leaning towards the inside by that I mean a true body lean, not merely leaning the head over, slightly toeing in with the outside foot and working the outside arm more vigorously. Some imagine they do this but what they really do is to inhibit the movement of the inner arm. Try to maintain the inner arm movement and increase the outer.

Training.

Space does not allow lengthy lists schedules, but in any case I am not prepared to suggest schedules until I know the runner, and I really mean know the runner, having seen him run two or three times is not sufficient. Always keep a record of the amount of training done, number of starts, number of runs through, etc., etc., and if possible a weight chart, these records will prove invaluable to you when making up future schedules. However, briefly and generally, I would

expect a sprinter to train four times a week, with a competition on the Saturdays. Each session would commence with a warm-up, and short rest. The work of early season would be mainly devoted to technique gradually concentrating on speed as the season moved on. Starting practice would take up a big part of the time in early season, not less than 18 or 20 starts per session each one done correctly, with the track brushed, and steps measured, etc., each time with every little fault corrected, as it appeared. As well as starting running form would be checked and a number of runs through would be done. The stamina would come from the number of repetitions and the intervals between the repetitions. The schedule would be as varied as possible, but perseverance is needed as a great variety of training is not possible. There are no secrets in training sprinters, only hard work and a continual striving for perfection in starting and running form will get results.

RUNNERS AND RUNNING

By Arthur F. H. Newton

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

"SHE has a cruising speed of twelve knots and a maximum of fifteen."

You must have seen something of this sort time and again about ships in the daily papers. What they generally fail to tell you is that the maximum speed will call for fuel consumption to the tune of something like 50% above normal. Anyway, 15 knots is the limit and, short of taking serious risks, the boat cannot be pushed beyond that mark.

You can apply all this in principle to a runner. If there is a difference it is only that a man can alter some of his structural build to fit in with conditions other than those of his present ones, though when he has done so he is once more approximately in the same position: the only real change has been in his relative range of speed and distance.

All runners belong to one of three categories—sprinters, middle distance and long distance men. You can merge the

first and second, or the second and third, but no man has yet succeeded in combining the lot while still remaining absolutely first class at one. For a start, then, it's for you to decide which of the three is to be your choice.

The sprinter is, as a rule, early aware of his embryo ability and shows his aptitude even at school. Evidently his physical and mental make-up are suited to that sort of thing. He could change to distance work if he wished, but is not likely to until increasing age warns him that it is a case of Hobson's choice—that or nothing at all.

The great majority must of necessity belong to the middle category—the general average. They wouldn't be quite first-class sprinters though they'd have respectable speed; nor would they, until they had trained for it, have precisely the staying qualities of the long distance or marathon merchant. Yet their top form

would probably outlast that of any sprinter, whose championship abilities won't run to much more than some half dozen years. Middle distance men begin their best period at about the same time as sprinters, but can hold on to their form till early middle age.

The third section, the long distance brigade, are like the sprinters so far as numbers go, though even if you add the two together they might still be short of the total number of middle-distance runners, but that of course is to be expected. This class, the five milers and upwards, don't generally show up as early as the rest, but that is because practically nothing but sprinting is encouraged at our schools. Provided it is reasonable and properly supervised, distance work is just as suitable for schoolboys as sprinting, and actually less risky, though most of our teachers have yet to learn this lesson. It doesn't seem to strike them that boys are just like men in this respect—there are those who are cut out for the second and third categories as well as the first one. We shall accept this before long, no doubt, and teaching will be adjusted accordingly—when the teachers themselves have learnt.

Experience has proved that when tackled cautiously distance work is as good for youngsters as for men, though naturally it should be on a somewhat reduced scale. There are plenty of examples to demonstrate this. In the American Transcontinental Footraces, a boy of 16-17 averaged over 40 miles a day for two and half months without hurting himself in any way. Yes, he'd had a good deal of preliminary training or he couldn't have done it. There were many others in the 19-20 class: the winner of the first race was one. Then there was Hardy Ballington, a South African, who ran a hundred miles in world record time when little more than 20. Yet none of these were what you would have called a "born runner": they were just young men who had done considerably more training than the average.

These examples should prove that there is nothing abnormal in such a form of sport. We ought to assist those who prefer this type of running rather than discourage them as we have done up till

now. Why is it that nearly all the text books stress the necessity of prohibiting anything over half a mile at our schools? When you study the problem you're bound to raise the query, especially when you note that all these books have been written by men who never at any time went in for long distances themselves.

Youth and enthusiasm are inseparable. In many cases boys quite fancy their chances at everything from a hundred yards to a mile, and even more. Nothing wrong about that perhaps, but it would enhance their enthusiasm if they were gently and almost unconsciously directed to stick to a single event because progress would be so much more evident, and youths as a rule are not overburdened with patience. Besides, with only a single event on their programme its suitability or otherwise would be quickly established. Few of us when young knew what was our best category at the time.

Perhaps I seem to be over-emphatic with regard to the importance of confining training to a single event, though I admit it is advisable to compete at others—not too far removed—every now and again, even without specialised training at them. A man's chief aim at any sport is to make it clear to himself as well as others that he has it in him to excel at his chosen event, and he can't even begin to do that unless he specialises. Besides, it's quite possible that the experience gained in other races will show that he is more likely to do well if he makes a change. In any event such experience is worthwhile: if it has taught you nothing else it would convince you that distance racing should not become a weekly programme as is so often the case.

ROUND THE CLUBHOUSES.

Maryhill Harriers.—The green turf and pleasant surroundings of Balgray have attracted large numbers there to train. In recent weeks Club Championship events have been run off. R. McDonald won the senior mile and R. Brynmor the senior 2 miles. S. Russell won the youth half mile. The Ladies' Section have been training at the College of Domestic Science ground. Recently re-formed, this section already has a membership of 30.

GLASGOW POLICE SPORTS

Hampden Park, Glasgow
9th June, 1951

INVITATION EVENTS.**Details:—**

100 yards (Sc.)—1, E. Conwell (U.S.);
2, E. McDonald Bailey (A.A.A.); 3,
J. C. Wilkinson (A.A.A.). Time 9.9s.
Won by 1 yard.

220 yards—1, E. McDonald Bailey
(A.A.A.); 2, J. C. M. Wilkinson (A.A.A.)
3, W. Jack (Victoria Park). 21.1s.

440 yards (Sc.)—1, H. Maiocco (U.S.);
2, R. L. Brown (U.S.); 3, A. W. Scott
(A.A.A.). 48.7s. 5 yards.

880 yards (Sc.)—1, H. J. Parlett
(A.A.A.); 2, R. L. Browne (U.S.); 3,
I. Gurney (A.A.A.). 1m. 55s. Inches.

1 Mile—1, G. W. Nankeville (A.A.A.);
2, F. Landqvist (Sweden); 3, Ingvar
Eriksson (Sweden). 4m. 16.5s. 2 yds.

Pole Vault—1, R. E. Richards (U.S.);
(14 ft. 8 ins.) (British and Scottish all-
comers' record); 2, Erling Kaas (Nor-

way) (13 ft.); 3, N. A. Gregor (A.A.A.)
(13 ft.) (Scottish native record).

Putting the Weight—1, J. Savidge
(A.A.A.) (49 ft. 10 ins.), Scottish all-
comers' record; 2, J. A. Giles (A.A.A.)
(48 ft. 3 ins.); 3, J. Drummond (Heriot's
F.P.) 44 ft. 8 ins.).

High Jump Open Handicap—1, K.
Cunningham (Victoria Park) (7½ ins.),
height 6 ft. 9 ins.; 2, R. Robertson
(Lochwinnoch A.C.) (9½ ins.), 6 ft. 6½
ins.; 3, A. S. Paterson (Victoria Park)
(Sc.), 6 ft. 6 ins.

Women:—

80 metres hurdles (Sc.)—1, F. Blankers
Koen (Holland); 2, J. Thomson (Dum-
fries); 3, E. Unkles (Glasgow Univ.).
12.2 secs.

100 yards (Sc.)—1, F. Blankers-Koen
(Holland); 2, J. Foulds (Spartan Ladies)
3, M. Carmichael (Bellahouston H.).
11.4 secs.

There were some real sterling per-
formances at the Scottish Schools' cham-
pionships at Goldenacre. These will be
covered in our July issue.

SPORTS DIARY

June.
26.—Glasgow Corporation Transport A.C.—
Helenvale.
Watsonian A.C. v. Edinburgh Northern H.
v. Edinburgh Eastern H.—Myreside.
30.—Inverness Highland Games—Inverness.
H.M.S. "Caledonia" v. Watsonian A.C.—
Myreside.
Heriot A.C. v. Shettleston H.—Goldenacre.
Tillicoultry and Hillfoots A.C.—Tillicoultry.
Edinburgh City Police A.C.—New Meadow-
bank.
Braw Lads' Gathering—Galashiels.
Butlin's Highland Games—Ayr.
Stewarton Bonnet Guild—Stewarton.
Dalbeattie Town Council.
Scottish v. English Universities—Glasgow.

July.
5.—S.A.A.A. v. ATALANTA A.C.—NEW
MEADOWBANK.
7.—SCOTTISH JUNIOR CHAMPIONSHIPS &
SENIOR RELAY CHAMPIONSHIPS—
NEW MEADOWBANK.
Dundee North End F.C.—Dundee.
Women's A.A.A. Championships—White C.,
London.
Ardeer Recreation Club—Ardeer.
Hamilton Harriers—Hamilton.
11.—Teviotdale Harriers (Evening).
Broxburn Athletic F.C.—Broxburn.
14.—Edin. Waverley F.C.—New Meadowbank.
Tayport Town Council—Tayport.
Vale of Leven A.A.C.—Alexandria.
West Kilbride A.S.C.—Largs.
13/14—A.A.A. CHAMPIONSHIPS—WHITE C.,
LONDON.
14.—Forres Gala Sports—Forres.
16.—Maryhill Harriers—Dunoon.
19.—Press Charities Gala—Edinburgh.

21.—Aberdeen Town Council—Aberdeen.
Heart of Midlothian F.P. Club—New
Meadowbank.
Lalithgow Town Council—Lalithgow.
Helenburgh Highland Games—Cam-Eskan
Park.
24.—Blairgowrie Junior F.C.—Blairgowrie.
28.—BRITISH POLICE CHAMPIONSHIPS—
MURRAYFIELD.
West Calder A.A. Sports Association—West
Calder.
A.A.A. JUNIOR CHAMPIONSHIPS and
A.A.A. MARATHON CHAMPIONSHIP
—BIRMINGHAM.
Falkirk Festival Sports—Brockville Park.
TRIANGULAR MATCH (England/Wales—
Ireland—Scotland)—DUNOON.
Inverness Gathering—Inverness.

August.
4/6.—GREAT BRITAIN v. FRANCE—WHITE
CITY, LONDON.
4.—Rangers F.C.—Ibrox.
Bute Highland Games—Rothesay.
11.—British Games—White City, London.
Carlisle Charity Sports—Carlisle.
18.—Milngavie Highland Games—Milngavie.
Perth—Dundee Road Race.
23.—Edinburgh City Police A.C. Inter-Divisional
Sports—Edinburgh.
24/25.—Cowal Highland Games—Dunoon.
25.—Teviotdale Harriers—Hawick.
Jedforest A.A.C.—Jedforest.
25/26.—Great Britain v. Yugoslavia.
29/30.—Great Britain v. Greece.
September.
1/2.—Great Britain v. Turkey.
1.—Shotts Highland Games—Shotts.
8.—Edinburgh Highland Games—Murrayfield.

**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.

SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



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