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WEEKLY ATHLETIC NOTES BY

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JANUARY, 1957

Vol. 6 No. 9

THE SCOTS ATHLETE

PRICE

6^D



DELIGHTED INDEED! And no sign of distress from ANDY FERGUSON (Highgate Harriers) after having retained his Middlesex 7 Miles Cross-Country Championship title.

Photo by H. W. Neale.

JOHN EMMET FARRELL'S RUNNING COMMENTARY.

A TRAINING GUIDE FOR COACHES AND
ATHLETES by H. A. L. CHAPMAN.
KEEPING WARM—OTHER VIEWS.
RACE DETAILS. OUR POST.

RENFREWSHIRE CROSS-COUNTRY C'SHIPS. Pollok Estate, 19th Jan., 1952. **YOUTHS' 3 MILES.**

Details—

1. Bellahouston H. (R. Penman, 1; S. McLean, 2; C. Nelson, 3)—6 pts.
2. Paisley H. (J. Pearson, 4; J. McIntyre 7; J. Quigley, 3)—20 pts.
3. Greenock Wellpark H. (J. McGregor, 6; R. McSwein, 10; R. Campbell, 11)—27 pts.

Individual Details—

1. R. Penman, 15.30; 2. S. McLean, 15.37; 3. G. Nelson, 15.47.

SENIOR 7 MILES.

1. Bellahouston H. (R. Climie, 2; H. Fenion, 4; H. Kennedy, 7; J. Chrisite, 8; G. Bell, 10; J. Kelly, 14)—45 points. A. Dunwoody, 16; J. McLean, 21; C. Milligan, 25; R. Walsh, 32; A. Scoular, 50.

2. Greenock Glenpark H. (A. McLean, 5; I. Osborne, 9; J. Armstrong, 14; H. Coll, 15; S. Williamson, 19; J. Grant, 20)—82 points. H. Beaton, 34; J. Fraser, 36; J. Taft, 46; H. Soutar, 52.

3. Paisley H. (J. Campbell, 12; A. Napier, 17; Wm. McNeil, 22; J. Feeley, 27; L. Crossan, 29; A. Duncan, 30)—137 points. A. McGinn, 40; G. Duncan, 33; M. McFadden, 44; J. McCallum, 48; J. Sellars, 55; W. Miller, 57.

4. Plebeian H. (D. Barclay, 13; A. Smith, 18; C. Heaney, 23; F. Cassells, 26; A. Robertson, 28; E. Latham, 31)—139 points. T. Monahan, 37; E. Vallerley, 45; J. McEwan, 53; G. Jamieson, 55; J. Woods, 56.

5. Greenock Wellpark H. (T. Stevenson, 1; G. King, 3; J. Stevenson, 6; D. Anderson, 38; R. Beaton, 45; N. Campbell, 49)—142 points.

6. Glasgow P. A.A. (W. Armour, 24; K. Sigrist, 35; J. McInnes, 39; H. Stephen, 41; I. Halyburton, 42; W. Slicer, 47)—228 points.

Individual Details—

1. T. Stevenson, 36.02; 2. R. Climie, 36.09; 3. R. King, 36.22; 4. H. Fenion, 36.34; 5. A. McLean, 36.56; 6. J. Stevenson, 37.06.

INTER-COUNTIES CROSS-COUNTRY CONTEST. Westerton, 12th January, 1952.

Team Result—

Lanarkshire, ...	51 points.
Dumbartonshire ...	164 points.
1. T. Tracey (L.) ...	38m. 35s.
2. D. Nelson (L.) ...	39m. 01s.
3. A. C. Gibson (L.) ...	39m. 47s.
4. A. Kidd (D.) ...	39m. 48s.
5. A. H. Brown (L.) ...	40m. 16s.
6. J. Finlayson (L.) ...	40m. 37s.
7. J. Eadie (L.) ...	40m. 39s.
8. D. Brown (L.) ...	41m. 11s.
9. J. Stevenson (L.) ...	41m. 25s.
10. J. McNeil (L.) ...	41m. 36s.
11. C. Wallace (L.) ...	41m. 46s.
12. D. Coupland (D.) ...	42m. 08s.
13. T. Walters (L.) ...	42m. 16s.
14. G. McGill (L.) ...	42m. 30s.
15. D. Wallace (L.) ...	42m. 32s.
16. R. Black (D.) ...	42m. 36s.
17. J. Turnbull (L.) ...	42m. 51s.
18. J. Robertson (D.) ...	42m. 52s.
19. P. Corrigan (L.) ...	43m. 06s.
20. W. Crowe (D.) ...	44m. 17s.
21. N. McGowan (L.) ...	45m. 04s.
22. P. Ballance (D.) ...	45m. 18s.
23. J. McGonigal (D.) ...	45m. 45s.
24. H. Morris (D.) ...	51m. 16s.

MARYHILL HARRIERS

OPEN ROAD RACE.

5th January, 1952.

1. A. Forbes (Victoria Park) ... 24.48
2. I. Binnie (Victoria Park) ... 24.58
3. T. Tracey (Springburn H.) ... 25.13
4. T. Stevenson (Greenock W.) ... 25.15
5. W. Hunter (Edinburgh S.) ... 25.30
6. D. Nelson (Motherwell Y.M.) ... 25.47

Team Results—

1. Victoria P. A.A.C. (A. Forbes, 1, I. Binnie, 2, J. Stirling, 7, A. Kane, 16, C. Forbes, 553.—10 points.
2. Springburn H. (T. Tracey, 3, T. Lambert, 10, N. McGowan, 24)—37 points.
3. Edinburgh S.H. (W. Hunter, 5, D. Webster, 17, S. Millar, 18)—40 points.
4. Maryhill H. (J. E. Farrell, 12, W. Hannah, 19, J. Gibson, 25)—56 points.
5. St. Modan's A.A.C. (J. McGhee, 8, J. McCracken, 20, J. Lynn, 37)—65 points.
6. Greenock W.H. (T. Stevenson, 4, J. Stevenson, 9, G. C. King, 54)—67 points.

17 teams and 78 runners completed.

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 nearer we approach the more important cross country fixtures the more does form take shape. The canvas is by no means complete but the rough outlines are sharp and quite revealing.

A short resume of the NEW YEAR'S and recent events is therefore timely.

Eddie Rests From Racing.

First let us take those who braved the inclement weather on New Year's day. In the annual Beith event Eddie Bannon had a surprisingly easy journey against Andrew Forbes in atrocious underfoot conditions. Subsequently Eddie has eased off his racing programme probably in view of the big events looming ahead.

Newcomer's Grand Debut.

In the 16 miles Clydebank to Helensburgh road race young A. Fleming of Cambuslang proved a real dark horse by taking the lead at half distance and holding on to it till only 2 miles to go, where experience helped me to head the youngster

with little to spare. Carefully nursed this lad looks to have the makings of a real top-notch.

To finish ahead of Alex. Arbuckle runner-up in last season's marathon championship and the experienced Alex. McLean speaks for itself. Jim Kelly of Bellahouston and David Bowman of Clydesdale also showed improving form in the race.

Peters Again Out On His Own.

The Morpeth classic was also run in icy "slushy" conditions and considering the underfoot conditions especially Jim Peter's win in 1 hour 11 mins. 45 secs. was superb, and compares more than favourably with Holden's course record of 1 hr. 11 mins. 24 1/5 secs. made under much better conditions. Our Olympic hopes training partner Reg. Robins finished 2nd and helped Essex Beagles materially in their team victory.

Of interest was the tremendously fast starting of Peters after settling down and the race was practically won in the first 2 miles.

Peters who has been showing great form recently in this cross-country season over the shorter stages apparently bases his training on speed work. His stamina depends not so much on long runs as on plenty of running. He extends his brisk running over gradually longer distances much as Gaston Reiff is alleged to do in his track running. But Jim has been running a long time and thus has a good back-ground. Furthermore although training briskly when fit he conditions himself gradually. With his wiry frame and temperament for the big occasion he looks a great Olympic Marathon prospect.

Scots Run Well.

Dundee Thistle's Charlie Robertson ran well to finish 4th although his form has been so good that I was a trifle disappointed that he did not manage to finish runner-up to Peters. However he was fighting most of the way for that honour and it was only by a narrow margin that he failed to do so against equally resolute opponents.

Our other Scot, Clark Wallace of Shettleston Harriers ran a surprisingly good race to finish 9th in 1 hr. 15 mins. 30 secs. less than 2 mins. behind Robertson. The fact that Winfield and Hemsley were two of the opponents immediately in front of him underlines the merit of his performance.

Binnie, Stevenson And Hunter.

Victoria Park shone in the Nigel Barge road race over 4½ miles supplying as expected first man home in Andrew Forbes as well as winning the team race easily. But though it was the running of Binnie, Stevenson and Hunter that intrigued me, Binnie whose performance in beating Tracey was brilliant is perhaps reaping the dividend of his sustained consistent training.

Zatopek appears to be the model of the young Victoria Park man who runs often and long in the slow fast tempo popularised by the great Czech. At the moment Binnie does not relish cross-country regarding which he has a complex; but he is building up to have a real go at the 3 and 6 miles track distance later. It will be interesting to see how he comports himself in the summer.

Another Singlet For Tom Stevenson?

Three years ago when still a junior young Tom Stevenson of Greenock Well-

park represented Scotland at cross-country. Now just out of the junior ranks he has been showing grand form this season and this recent performance seems to suggest that he will be a live contender for International honours again in this his first season as a senior.

Off To Rhodesia.

When these notes appear Willie Hunter of Edinburgh Southern last season's Eastern District champion will probably be in sunnier climes. He has accepted a post in Rhodesia. His fifth place in the Nigel Barge was most meritorious. He ran well in last year's national and may have made the Scottish team this year. His club and running in general will miss this grand prospect. Good luck!

Renewed Rivalry.

Willie Gallacher and Alex. Kidd again renewed their old rivalry—this time in the Dumbartonshire championship. Gallacher beat Kidd but both were inside the course record. The Vale of Leven man usually has the edge on the Garscube lad—one exception was the occasion that mattered—the National where Kidd surpassed himself to finish 5th and gain International honours. But Gallacher will try hard to make amends this year.

District Championships—Final Big Test.

From now until the National Championships most harriers will be faced with a race every fortnight. The district championships will help to clarify form without being actually final.

Then come the final tuning-up with the club championships and then the National itself when competitors in the senior event not only face up to 9 miles country but that elusive quality we call atmosphere the intangible something not found in the other events.

National And International Course.

It is expected that Scottish athletes will enjoy the privilege of running in the "National" over the selected course for the International at Hamilton racecourse. The trail has been planned so that the runners pass the stand 8 times which will enable spectators to more or less follow the whole race.

Bobby Reid "Nursing" His Brother.

Bobby Reid of Birchfield has been fairly active this season but chiefly in the capacity of training the novices and juniors for their respective races.



We are proud to congratulate photographer H. W. NEALE, London, who for the photograph of ARTHUR WINT reproduced above, was awarded 2nd prize in "The Sports picture of the Year" for 1951, in the annual competition organised by the "Encyclopedia Britannica." Though the photo has since appeared in several newspapers, periodicals, etc. "The Scots Athlete" is most proud to have been the first to publish it. It appeared on our front cover of our June, 1951, issue which may be one good reason why the issue was completely sold out within a few days. It may be recalled that a number of photos by H. W. Neale, who is well known to Scottish athletes, were selected for "Festival of Britain" exhibits.

He now finds he is moving better than last season. He is racing nearly every week but wisely is not extending himself to the full but using them mainly as brisk training runs. The English National is practically in his back garden in "Brum," so we can expect to see him make a determined effort for a leading place once again and perhaps another Scottish Jersey. Young Jock Reid now out of the forces is responding well to his brother's coaching and is coming on by leaps and bounds.

Gordon Pirie Shines.

Just a week after having a comfortable victory in France in a special invitation race with several brilliant continentals participating, Gordon Pirie the young 6 mile British champion had a resounding win in the star-studded Inter-counties championship at York on 20th January, from a field of 238 runners.

He finished a full minute ahead of the next man, Len Eyre. International champion, G. B. Saunders was a close 3rd. Anglo-Scot Andy Ferguson was well up in 8th position though it has been

expressed he was capable of even better. Just 65 secs. behind Eyre came Scottish mile champion W. Lennie—but in 36th position, 2 places ahead of Jock Reid. Bobby was in 66th position.

Russia Competes At Helsinki.

Russia has finally accepted the invitation to compete in the Olympics. The more the merrier and the inclusion of such a large country should increase the status of the Games, making them more like representative and certainly like real world championship events.

The quality of prestige is tending to be unduly magnified these days. The organisers of the Games may have foreseen this tendency; that is why they decreed that no nation wins the Games, the victories being purely individual ones. America largely by virtue of their greater resources usually claim the lion's share of the spoils but compilations of national placings are purely unofficial. Some critics claim that the Games have outlived their ideals. There may be some

truth in this. Yet even when the element of national prestige is unduly stressed, I have faith in the human element and believe that in the last analysis the mingling of the world's athletes will do more good than harm.

Time To Train.

Athletics in common with other pursuits is becoming more and more specialised. New records are constantly being set, performances enhanced. This different approach to sport requires harder and more consistent training. The gap between amateur and professional sport is being narrowed. Thus the amateur athlete of class unless his private circumstances are very fortunate is finding it increasingly difficult to put in the required arduous training on top of his working day.

Some have endeavoured to meet this problem in most ingenious fashion.

Jim Peters would have preferred nine training sessions a week but the time factor allows him just five or six sessions. Very occasionally he has attempted a morning run before work.

Running Home.

Ex-Scottish 10 mile champion Alex. McLean apparently runs home from Glasgow to Greenock occasionally (over 20 miles) to help keep him in touch with his Marathon ambitions.

Similarly Andy Ferguson of Highgate Harriers who is going so well over the country at the moment has been running home from the office via the boulevard several times per week a distance of 10 miles. Incidentally he manages home faster than his transport service. This arrangement helps his training and allows him more time for study—as well as saves fares!

Dr. Aaron arranged his training schedule in the morning to fit in with his studies, while it is reported that Walter Hesketh has juggling ambitions, an activity that he feels would afford him the time for training he feels essential.

A Family Affair.

Most of us remember too the photograph of Charlie Robertson training for the Marathon with his wife and kiddy

accompanying him by bicycle and his dog trotting by his side, a truly domestic affair indeed.

Is Sport Disappearing from Athletics?

As has been already stated the standard of big time sport has developed to such an extent that specialisation has usurped the place of versatility.

Almost parallel with this trend is the increasing regard for prestige individual and national. With victory everything, sport for its own sake becomes little more than nothing. This may appeal to national prestige but does not encourage the Olympic ideal.

Of course I do not say that this stage has been reached but the trends are dangerous and ever present. Let us consider another aspect. As amateur sport approximates commercial sport (a somewhat paradoxical term by the way) the fun disappears. Only tremendous incentive sustains the ambitious athletic expert in his efforts to reach the top. Why does the amateur athlete unpaid for his efforts so often retain his enthusiasm longer than the professional paid for his services? Is it not simply because sport to the professional is primarily a job and therefore in some degree a task.

In golf we have the go-slow approach of experts Locke and Faulkner. In America football a coach exhorts his lads to "go out and murder those guys", an expression of the will to win at any cost.

Amateur sport must avoid this philosophy at all costs. Fun spontaneity, the lust of honest contest is the life-blood of real sport. The sheer exhilaration of fitness expressing itself in action.

Let us for a change desert the speedway, the football, the athletics with its crowded arenas. Let us for a moment watch two kittens or two puppies wrestle and frolic.

There is no trophy for the victor, no milling spectators. But who can deny that this is not real sport? Who can deny that the participants are having fun? And finally who can deny that the whole world of organised sport can learn something from their example.

A TRAINING GUIDE FOR COACHES AND ATHLETES

SUGGESTIONS FOR FORMULATING SCHEDULES

By H. A. L. CHAPMAN
(Chief Athletic Coach for Scotland).

[This valuable study by H. A. L. Chapman was originally written for Shettleston Harriers. If through these columns it reached only a few more students its re-presentation would be very much worthwhile. Due to its length we are compelled to divide it into parts and continue it over 4 or 5 months. Nevertheless, each part will be a thorough study though it must be remembered it is only part of a complete work.—Editor.]

DEAN CROMWELL, probably the greatest American athletic coach of all time, has made a very significant statement which athletes must bear in mind at all times if their efforts are to be rewarded with success. He said that instead of the word "training" we should substitute the word "moderation." Thus, in one word, he summed up the situation and tried to impress athletes who burn up the training track aimlessly, that their bodies are intricate, delicate pieces of mechanism from which the best results cannot be attained without carefully scheduled and graduated work, moderation and common-sense feeding, well regulated rest and general well-balanced consideration to health principles and bodily needs. An overdose of training at any one outing will destroy rather than build, and the whole aim of an athlete in training must be directed to building technique, strength, nervous energy, stamina, oxygen debt capacity and all the other assets which will improve and build up his peak performances.

There are certain fundamental principles involved in training, but no set rules can be laid down. An older athlete needs more work than a young one to become fit and some events require a different approach. Much also depends on the type of life and the nature of each athlete's normal daily environment and exercise. It is here that an individual coach can do so much by getting to know an athlete thoroughly. Whatever the circumstances, however, it is very important that a sound foundation of all round fitness be built up for all athletes, and it is my objective to

encourage the mixing of track and field athletics, at least for training.

All track athletes can profitably play around with field events to help the maintenance of upper body fitness and strength, which is so vital to their needs, just as all field athletes must practise sprinting and sprint starting to build up their very essential leg drive and explosive speed. An important aspect of this scheme is that latent ability in events other than an athlete's first choice can often be discovered.

To formulate any training schedules for individual events for individual athletes is impossible unless the Coach has an intimate knowledge of the athlete concerning his background, past history—Athletic ability—intelligence—ability or capacity for hard work—weaknesses—opportunities and facilities for training, etc., etc. Obviously, the material that follows is intended to be a guide to the important reasons and aspects of training to help you to formulate your own training schedules in the light of your own experience and conditions a lot of trouble and thought is necessary—and it will be made easier if a definite plan is made—and the athlete keeps a record in a small note book of the training he does throughout the season.

In the January, 1950, issue of "The Scots Athlete," I wrote on "general training" and reference should be made to this before commencing any training programme.

CONSIDERATIONS FOR FORMING A SCHEDULE.

1. General Health:

Periodic visits to doctor and dentist will ensure that an athlete is really well and fit for action suitable to his age and physical attributes. It is as well to have a doctor's certificate produced before the training commences.

2. General Physical Development :

(a) Good posture in normal sitting, standing and walking should be encouraged, e.g., emphasis on "sitting upright" in a chair avoids the weight of the body resting on the base of the spine and the resultant effects which, in view of the high percentage of time spent in the sitting position, adversely effect physical development.

(b) Counteraction, by suitable loosening exercises, of the tendency for the stiffening of joints due to their use being restricted to a range of movement which, in everyday life, is below maximum.

(c) Much attention should be given to the strengthening of the muscles of the abdominal wall in view of the importance of these muscles in the performance of athletic events.

3. Physical Attributes : as they effect efficiency of performance of the events.

(a) Sprinters are generally broad-shouldered, loose-limbed athletes. They must possess natural speed and be of an alert nature with rapid reflex (automatic) reactions.

(b) Middle and long distance runners are usually of a light and wiry build, of placid temperament and having the courage and endurance to continue running despite the fatiguing effects of high concentrations of waste products in the muscles.

(c) With hurdlers, natural speed, height, length of leg and suppleness in the lumbar regions are essential attributes.

(d) Jumping for height demands spring, physical height, length of leg and suppleness in the lumbar regions while jumping for distance also demands spring, but, in addition, speed and a high degree of co-ordination of movement. In contrast, a performer in the Hop, Step and Jump event should possess a well-proportioned body with short powerful thighs and strong muscles in each leg.

(e) In the throwing events, powerful physique and strength of the throwing shoulder are characteristic of successful performers.

4. Mental Attitude— Comprising :

(a) The extent to which the athlete is able to concentrate upon the study of details of technique and governing the

necessity for the introduction of varied and frequently changing interests.

(b) Temperament: whether of highly-strung, nervous or placid type.

(c) The ability of the athlete to maintain mental stability when subject to the stress and strain of competition.

5. General Environment :

Nature of employment (manual or sedentary) and mode of life will result in emphasis being placed upon appropriate sections of the schedule.

6. Previous Athletic Experience and Methods of Training :

In order that a schedule of training should be productive of successful results, consideration must be given to the part played by the Coach in its performance. The Coach must be responsible for :—

(1) Ensuring that the events are so chosen that fullest use of the athlete's physical attributes is made in their performance while, at the same time, experience in other events than those selected is recommended. Not only will such experience prove of value during one's athletic life but provide variety in training and breadth of vision in athletics generally.

(2) The provision of adequate athletic background knowledge of :—

(a) Mechanical principles governing the method of performance of the various phases of the technique.

(b) The principles of relaxation and reasons for their introduction.

(3) The teaching and illustration of athletic events by such methods as are available and most suited to the athlete concerned. Technique should be built up by gradual stages from low to performance speed and Coaches must recognise the existence of a wide range of instructional methods and select and use (either singly or in combination) accordingly, viz :—

(a) Orally: by explanation, either personally or by an experienced performer, to be followed by the Coach's or athlete's analysis and criticism of the efforts. Athletes of suitable type and experience should be recommended to study selected extracts from standard text books or magazines.

(b) By use of such static visual aids as pictures, diagrams and models.

(c) By demonstration, preferably at such speeds as to enable the athlete to follow and the Coach to subsequently analyse the movements. The slow-motion film is of inestimable value in this connection.

(d) Assistance can be given to athletes in their attempts to master the performance of a movement by "placing" them in good positions and/or dictating their movements. Use of this method with the more experienced athletes can be extended to the performance of experimental movements.

(4) The maintenance of interest and balance between the various types of athletic work and the degree of effort expended in them.

(5) The detection and correction of faults thereby ensuring reasonable constancy of style consequent upon the acquiring of automatic muscular habits. The Coach should be regarded as "the athlete's eyes outside his body," his observations at varying angles and distances together with inspection of "spike" marks on track, circle and run-up provide the clues leading to the discovery of the movements needing attention. Considered rather than immediate judgment, as a result of a general impression followed by observation of details, is preferable.

(6) Ensuring that the athlete receives the encouragement necessary to the maintenance of the progress that patient practice will produce.

CHARACTERISTICS OF A GOOD TRAINING SCHEDULE.

(1) The work prescribed must be suited to the athlete. It must allow for the application of the principles of technique to the athlete himself and result in the production of individuality of style: technique must be built on a foundation of speed, strength and stamina. There is, however, need for differentiation between movements fundamental to the technique and those peculiar to individual athletes.

(2) Organisation of a Training Schedule for a Season :

(a) It must be recognised that during the season there will be several occasions on which an athlete will wish to give his best performance (i.e., "peaks" of competition). Generally, a period of 2½ months training be necessary to ensure "specific fitness" (i.e., fit for the performance of several events) for the first of these "peaks." Such period is, of course, dependent upon the age and athletic experience of the athlete.

(b) For training purposes, time-divisions of Preliminary, Early, Middle and Late Seasons are used.

(c) Provision should be made for the regular recording of :—

(i) Performances.

(ii) Weight—before and after training.

sudden loss of weight indicates the need for immediate strict supervision.

(iii) In the case of middle and long distance runners, pulse rates. Such pulse rates should be taken at periods of 5 to 6 hours after exactly the same type of training. A low pulse rate (ideally below 56) provides useful indication as to the efficiency of the training schedule.

(3) General Lay-out of the Athletic Work :

(a) During the preliminary season, generally recognised as that period prior to the season proper, the training should consist of preparatory work suitable for all athletes and including exercises, sprinting, relay practise and various types of ball games involving running, throwing and catching.

(b) Training in the early season period should be organised individually or for groups of athletes according to their events. The aim of the main

body of the work is to perfect muscle skill and should thus result in a high degree of perfection of the technique. It will be evident that, based on the Coach's observations and records general schedules will need modification according to individual needs. This will be a period of hard and intensive training needing courage and building character in an athlete who can successfully complete it.

(c) **The Training of the middle season** is characteristic by the inclusion of time trials and races, weekly competition demanding maximum effort has been proved beneficial particularly in the sprint and field events. During such pre-competition training, the emphasis must be on speed and due consideration must be given to periods of rest.

(d) **During the late season**, the schedule must be arranged to preserve "peak" form reached during middle season, e.g., nursing the jumping leg, throwing arm, etc., but daily performance of suitable exercises should be continued. The danger of the adverse effects of monotony should be avoided by encouraging the athlete to practise leading-up stages of such other events as will make a contribution to the main event.

(e) **Finally, at the end of the season**, a period of light training will accustom the athlete to ease down to less strenuous efforts.

(4) Organisation of the Periods of Training:

A period of training should consist of three main sections, viz., "limbering-up" athletic work, "easing down," the quantity and degree of work prescribed in each section being dependent upon the needs of the individual.

(a) **"Limbering-up"**: During this section the body is prepared for athletic effort: depth and rate of breathing and heart beat are increased accompanied by a corresponding rise in body

temperature. To this end, the work of the section should follow a definite progressive plan, as follows:—

(i) **"Shacking,"** i.e., slow running on the flats of the feet with relaxed arm action.

(ii) **"Jogging,"** i.e., running on the balls of the feet with positive arm action at a speed 1 m.p.h. approx. faster than a brisk walk. The value of running at this speed is that such exercise encourages the gradual building-up of the muscles of the heart and lungs without subjecting them to undue strain.

(iii) Exercises fostering looseness and suppleness in the hip and shoulder joints.

(iv.) Stamina and speed should be fostered by the introduction of periods of running at gradually increasing and decreasing effort, e.g., 50 yds. "jogging"; 50 yds. striding; 15 yds. sprinting; 50 yds. striding; "Jogging," etc. Laps covered in such manner are often referred to as "Winders."

(v.) Exercises of a strengthening type particularly for the abdominal muscles.

(vi.) Form-building exercises appropriate to the events studied by the athlete.

(b) The body being suitably prepared, the athletic work of the period can now be commenced and should alternately stress style, stamina and speed by such method as is appropriate to the type of event.

(i) **Speed and Style in sprint starting** are fostered by practice starts followed by 30 to 50 yard sprints. For 100 and 220 yard men, mid-race form is

maintained by their covering furlongs at a fast "breazing" pace, but, with the quarter-miler, distance up to and including 330 yds. may be used. Stamina is fostered by the inclusion of "winders" although quarter-milers may find it beneficial to cover distances up to and including 660 yds. at good striding pace.

(ii) **Middle and long distance runners** will cover distances up to 1½ times that of their event in good style but the speed necessary at the start and finish of their races is cultivated by fast dashes (30 to 40 yds.) from starting positions. In addition, there must be training in the judgment of pace, the athlete being taught to run suitable distances in a time appropriate to his ability.

(iii) **Hurdlers** will study form over one, two or three flights of hurdles, but their sprinting speed must be maintained in short dashes from the crouch-starting position and stamina preserved by three-quarter speed work over 220 yards.

(iv) **In the jumping events**, there is need for practice in jumping for style in addition to height and distance. In the high jump, a height of 6 ins. below the athlete's best mark should be used while, in long jumping, three-quarter effort is an appropriate degree of performance. Speed dashes (30 to 50 yards) from crouch-starting positions and work over one or three low hurdles should also be included.

(v.) **Throwing** for form in addition to distance is necessary in catering for such events. Speed of performance is cultivated by use of fast starts and dashes (30 to 40 yards) while, it has been suggested that running over one or two hurdles is helpful in the fostering of right leg drive.

(c) **The period of training** should conclude with slow running at "jogging speed" thus decreasing the rate of body actions to their normal speed, gradually to remove waste products from muscles so stiffness will not develop.

The importance of careful planning in the preparation of season and period training schedules cannot be over-emphasised as, only from the performance of such schedules, are the best results obtained.

There are sound physiological reasons why this pattern must be followed with rigid regularity if a constructive effort is to be made to build up peak performances, but never lose sight of the fact that athletics are just fine healthy fun. Our distant ancestors had to run and throw well in the grim battle of survival and under the artificial conditions we live under to-day, we find a natural, inherited satisfaction from these forms of activity. We also find pleasure in mastering technique, in building our bodies to perform more efficiently, and in winning merit. Consequently, training schedules must never become a drudgery, and they must be fashioned with the introduction of much individual common-sense.

(TO BE CONTINUED)

[In the next part H. A. L. Chapman deals with "Warming Up" and "Form-building Exercises" —Editor.]

ATHLETES' DANCE CLUB.

EVERY SATURDAY, 7.30—10.30 p.m.
PARTICK LESSER BURGH HALL,
(off Peel Street)
CENTRAL FOR TRAMS, BUSES, & SUBWAY.

DON'T DEVIATE

By Arthur F. H. Newton

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

FOR years I've been decrying the many hours of time that—as I see it—are being wasted on sideshows instead of being spent solely on building up the actual structure you are aiming to complete. I refer, of course, to the galaxy of practices that are persistently advised by most of our coaches and trainers when they tell you to indulge in every imaginable form of stunt to make you more fit for a single purpose. Of late years the tendency has been to apply permutations and combinations to these—we've even been told that running backwards round a track is part of the syllabus—until sensible preparation has been almost submerged in an ocean of antics.

If you like to call my ideas on this subject mere empty theory, you're quite welcome, and you won't be alone; though I am by no means the only one who has already put them to practical proof. All the same, the fact remains that until a much larger proportion of our athletes are put in possession of the basic realities and encouraged to try out the upshot for themselves, we shall not be in a position to arrive at the enhanced results (if they are such) that we like to think we are looking for.

There is no getting away from the fact that we are always being taught to rely on others for advice—and thereafter to act on it—rather than to trust our own judgment. Certainly we need to take note of what others have to say, but should then apply our own commonsense to their dictates, and accept only what reason tells is the most simple and therefore, as it generally is in nature, the best of the lot.

You already know that if you specialise on a single subject to the exclusion of almost everything else for the time being, you learn more of it and become more efficient at it than you could ever manage in the same period by diverting your energies to several other themes: reason tells you it could not be otherwise, because any time you divert to sideshows means just that much less spent on your

particular hobby. As this applies in principle to everything in life, it's no use telling us that life is one thing and athletics something entirely different, though that seems to be the impression that has been—and still is being—compacently accepted by the athletic fraternity as a whole. I would suggest that those of you who are not afraid to do your own thinking get busy on this subject without delay, and it won't be long before you can show the world that either our teaching until now has been at fault in this respect, and that the new ideas are a decisive step forward, or that what I'm telling you now is no better than verbal garbage. You should remember that it's not always the "experts" who open up new worlds to conquer; quite frankly the impetus is given by the ordinary man-in-the-street who would, except for such momentary publicity, remain "unhonoured and unsung."

But to get back to the original subject: for those who have every intention of doing more than ordinarily well at their game—and this means practically every athlete who undertakes training—there should be only one thing to practise in their training time, viz., the game itself. I'll deal with running as an example because I've been a runner and write principally for runners; but the principle holds good for everything in life, and is therefore just as true for every branch of athletics as it is for running. Outside of your strict "training time" you can do anything you like: by all means take a stab at all the sports or exercises which appeal to you, for they will do you good. But all these sidelines will not help you in any way to become a better runner; all they do is to broaden your mind, boost sundry muscles beyond running requirements, and keep you well away from becoming a one-track addict, a type which is objectionable to everyone else.

You don't see pianists wagging their fingers and arms in the air to enable them to play their instrument with greater subtlety: they've learnt long since that nothing but constant keyboard practice

can keep them up to concert pitch. In like manner then, during training time the runner should stick to running. No other physical exercises of any kind can in any way or at any time add to his running ability. Provided you do enough of it in a sensible way at suitable intervals running will build up all the sinews, muscles, nerves and whatnots, including the stamina, that are needed for its performance. It won't miss anything out: it can't, because all are involved every time you go out for a spin. If you spend any of your training time on other exercises—stretching and suppling are essential according to nearly all our text-books—you are trying to learn running plus something else at the same moment; i.e., you are dividing your energies instead of concentrating them, and you don't need to be told that such divided attention is a definite mistake.

Do you find it hard work to persuade yourself that this is undoubtedly true? Very likely you will: it is always most difficult to give up ideas which have seemed perfectly right all through our lives and suddenly alter them to something entirely different: but if you let commonsense have a fair run and refuse to hobble it with restricted freedom, you can't come to any other conclusion but that what I have stated above is unquestionably correct, at any rate so far as we are able to see things at present.

I'll leave it to you to think it all out—if you reckon it's worth the trouble—and discover where I'm wrong: if you can point to no more than a single statement you'll be helping us all along.

EASTERN DISTRICT CROSS-COUNTRY LEAGUE.

The 3rd and final race of the season took place from Dr. Cuthbert's School on 19th January, 1952, over 6 miles of snow-covered country and ice-bound roads.

1. Edin. Sth. H. (D. Webster, 2, G. Reid, 4, S. Miller, 7, J. Smart, 9, H. Robertson, 12, T. Gourlay, 14)—48 points.
2. Edin. Univ. H. & H. (J. W. Brydie, 3, J. Robertson, 5, J. P. McRoberts, 10, D. T. Hunt, 11, D. V. Ellis, 13, A. C. Ross, 15)—57 Points.

3. Falkirk Victoria H. (G. W. Jackson, 8, W. Gardiner, 17, D. Nicoll, 18, S. Robertson, 20, H. Cook, 21, R. Sinclair, 30)—114 points.
4. Edin. Eastern H. (J. Rollo 1, R. Stark, 6, R. Irving, 24, J. Thomson, 26, P. Brown, 29, A. Y. Thom, 35)—121 points.
5. Edin. Rover Scouts (W. Henderson, 16, W. Hardie, 19, T. Henderson, 23, R. Pearson, 25, N. Donachie, 27, S. Crawford, 28)—138 points.
6. H.M.S. Caledonia.—188 points.
7. Edin. Northern H.—237 points.
8. Kirkcaldy Y.M.C.A.—273 points.

Individual Details—

1. J. Rollo (Edinburgh E.H.) ... 32.01
 2. D. Webster (Edinburgh S.H.) 32.07
 3. J. W. Brydie (Edinburgh Un.) 32.11
- J. Rollo made history by being the first Edinburgh Eastern harrier to win a League race.

At the conclusion of the race Mr. Wm. Carmichael, vice-President, S.A.A., presented the Sandilands Shield to the League winners, Edinburgh Southern Harriers.

Final Placings—

1. Edinburgh Southern H., 158 points;
2. Edinburgh Univ. H. & H., 163 points;
- Falkirk Victoria H., 385 points;
5. Edinburgh Rover Scouts, 436 points;
6. H.M.S. Caledonia, 616 points;
7. Kirkcaldy Y.M.C.A., 640 points;
8. Edinburgh Northern H., 756 points.

* * *

Ayrshire Harriers' Clubs Assoc. 7 MILES CROSS-COUNTRY CHAMPIONSHIP.

Ayr, 19th January, 1952.

1. D. Lapsley (W. Kilbride) 43m. 27s.
2. H. Kennedy (Irvine Y.M.) 43m. 28s.
3. T. Coleman (W. Kilbride) 43m. 58s.
4. G. Martin (K. H. & A.C.) 44m. 07s.
1. Irvine Y.M.C.A. H. (H. Kennedy, 2, T. McNeish, 5, D. Andrew, 6, M. Butler, 8, S. Cuthbert, 10, H. Alexander, 14)—45 points.
2. West Kilbride A.A.C. (D. Lapsley, 1, T. Coleman, 3, J. Reid, 7, C. Roberts, 11, J. Butcher, 16, H. Dick, 23)—61 points.
3. Kilmarnock H. & A.C. (G. Martin, 4, W. Morton, 9, G. B. Wilson, 15, R. Hamilton, 17, J. M. Burns, 18, J. McPheely, 19)—82 points.

KEEPING WARM—WHY I DON'T AGREE WITH ARTHUR NEWTON

By L. H. WEATHERILL.

IT is with reluctance, and trepidation, that I venture to express disagreement with that great runner and delightful man, my friend Arthur Newton. The almost legendary Walter George, who shared to a remarkable degree Newton's kindness, charm and modesty, described Newton as the most remarkable long-distance runner he had seen. But it was as a runner of very great distances that Newton excelled: and I believe the advice he gave in the December, 1951, issue of "The Scots Athlete" will be of use only to others who intend to perform at exceptional distances. Newton does not believe that a runner should ever wear more than the minimum of clothing and holds that no one in Britain need ever wear a sweat suit in training: I do not agree. Newton suggests, furthermore, that the idea of wearing a sweat suit could only have come from the reading of books written by those who did not know what they were writing about: he adds that he has just read four such books. Now, I will confess at once that I have only read three books on running in my life: one of these, which turned out to be pretty well useless for the poor, ordinary mortal, was by Alfred Shrubbs and the two others both by Newton himself! So I can assure him that I did not pick up my ideas about keeping warm from books. On the contrary, I was brought up in a hard school, and have altered by methods and notions only as the result of hard, bitter and somewhat varied experience.

I do agree in general with Newton that most male inhabitants of our Modern towns coddle themselves to a gross extent. I do not myself even possess an overcoat and wear the minimum of clothing in ordinary life. But experiments and experience have convinced me that the human body will not perform at anything like its best under pressure unless it is warm.

In 50-mile races I do not believe that the "pressure," or speed, is great enough for the muscles at the start to need to be warm. As it is obviously vitally important to conserve energy if one is going to run for five or six hours on end, Newton very rightly wishes to reduce loss of energy by sweating to the minimum. But most runners want to go fast, even if only for the first part of the way! To do this their muscles must be warm.

At one time I did quite a lot of very hard runs, of perhaps half a mile a time, in ordinary walking clothes: never did I find it did me any harm when I came to train, or race, in more orthodox attire. Again, before the war I made one or two experiments of running in a sweat suit fairly hard for from four to six miles on very warm days. To my astonishment I found I had lost less weight than would have been normal in the weather conditions without the sweat suit. Of course, I was a mass of sweat at the finish; but don't forget that not much of the sweat had been able to evaporate through the close-fitting suit, whereas normally one loses perspiration fast when running at any speed at all on a hot day. I have found, too, that one can climb hills faster by being too warm rather than too cold. In this one certainly can not judge by whether one feels more comfortable!

Perhaps I might mention that my more affluent friends tell me that they would not dream of starting off their motor cars on cold days without first warming up the engines. And, after all, the human body is a highly efficient machine. Animals, of course, do not race in the way that humans do: but a friend who is versed in such matters assures me that the horses and dogs which are raced by men are kept, so far as possible, warm before the start of a race: certainly I have myself in the early morning on downlands seen training horses which were wrapped up just as snugly as runners in sweat suits.

There are, let it be added, other, and at times, dominant reasons for keeping warm when running. It is, for instance, helpful to be well wrapped up if one has a stiff muscle. Even Newton will admit, I think that warmth loosens stiff muscles! I have also found out that, after I have run hard in a warm, perhaps rather unpleasantly warm, state, the next day I have not been so stiff as I otherwise would have been.

The "chilly feeling" which Newton likes to feel, I gather—I like it, too—is, surely, nature's way of telling you to get warmer, either by going along quickly or by putting on more clothes. Sometimes one does not want to have to hurry on a cold day—and most of us have not Newton's strength of mind to keep going slowly for a mile or two in the hope of getting warmer by then. By wearing a sweat suit one can trot along comfortably, with no undue exertion.

Newton's idea that considerable sweating is a bad thing is, to my mind, nonsense, except for very long runs. For those who are performing at less than half marathon distance, I should say that hard sweating is essential to a good performance. If one is fit one recovers the lost weight astonishingly quickly.

There is another point. On the average winter day in Britain a runner tends to start to cool down, if he is running hard lightly clad, long before the end of a seven-mile cross-country race. The benefit of wearing, say, an extra vest is, I contend, felt by him therefore, in the last two miles as well as in the first mile!

OUR POST.

Dear Walter,

A. F. H. Newton's article in the last issue of the "Scots Athlete" must have given a lot more than myself, a bit of a shock, and I cannot let it go unchallenged. I cannot agree in the first place that we Coaches, "simply pass on what we have been told, without ever giving a passing thought as to whether it was correct or not," quite the contrary is in fact the case. We are mostly ex-

athletes with lots of experience and a certain amount of intelligence and knowledge of the sciences (however small). I myself can go back over 20 years as an athlete, and some of us have spent more time than we care to think of, studying and assessing the values of the various techniques and training methods. Further, he may or may not be aware that the leading coaches of the world have pooled their knowledge and sought the opinions of the best-known experts in the various sciences connected with athletics in deciding on the best techniques and training methods (can they all be wrong but one), and to the active athletes I would point to the record books which show ever improving performances, and ask which they prefer, the present or those of the 1900's.

On reading his attempt to ridicule the use of the track suit, I immediately remembered seeing a photograph of A. F. H. Newton, enveloped almost to his knees in one of the biggest, oversized, heavy woollen sweaters I have seen. On checking up, I found it, Picture No. 5, Plate 12, opposite page 97, in "Athletics of To-day," by the late F. A. M. Webster. Whether this shot was taken during training or one of his road record runs I cannot check. From the same book we learn that on January 7th, 1928, Newton beat his own 100 miles record,—a high south-westerly wind blew against his right side all the way—it rained at times—at Reading where he was suffering severely from cramp, he had recourse to his own magic drink. Wouldn't a track suit have been a comfort then, and who can say that if one had been used or other protection worn, that the record would have been beaten by more than the 20 mins. 50 secs.

Unfortunately space does not allow for a full discussion on the subject, but Mr. Newton you can rest assured that our present day athletes are NOT sissies, and we coaches DO NOT molly-coddle them. Methinks the debunking is on the other side and Mr. Newton, "Let's Be Sensible" and let progress take its course without hindrance from the past.

T. MONTGOMERY.

Edinburgh.