

BUTE HIGHLAND GAMES

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

PROMOTED BY
BUTE SHINTY AND AMATEUR ATHLETIC CLUB

AT THE PUBLIC PARK,
ROTHESAY,

SATURDAY, 23RD AUGUST, 1952
AT 2.0 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 ; 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, 9th AUGUST, 1952, 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.

AUGUST, 1952

Vol. 7, No. 5

THE SCOTS ATHLETE

PRICE

6^D



Photo by H. W. Neale.
BILL JACK gains a grand Scottish victory in the 200 metres at the Triangular,
from fellow-Olympians, N. D. Stacey and Brian Shenton.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
THROWING THE JAVELIN.
SCOTTISH JUNIOR CHAMPIONSHIPS.

COWAL HIGHLAND GATHERING

**SPORTS STADIUM,
DUNOON,
FRIDAY AND SATURDAY,
29TH & 30TH AUGUST, 1952**

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

Piping and Dancing commences 10.30 a.m. each day.
Sports commences at 2.30 p.m. each day.
MARCH PAST OF 1,000 PIPERS.

**GENERAL ADMISSION TO GROUND :—
FRIDAY, 1/- SATURDAY, 2/-**

Reserved Seats on Grand Stand (10/- inc. Tax) Saturday can now be booked with :—

**JOINT SECRETARIES, 11 Hillfoot Street, Dunoon.
'Phone : Dunoon 37.**

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

ALL ENTRIES CLOSE, Saturday, 16th August, 1952.

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, 23RD AUG., 1952
AT 2 P.M.**

CEREMONIAL OPENING AT 1.50 P.M.

Coinciding with the
EDINBURGH INTERNATIONAL FESTIVAL OF MUSIC & DRAMA

PRICES OF ADMISSION :

GROUND and STAND (including Tax), 10/-, 7/6, 5/-, 2/6.

GROUND ONLY—

ADULTS (including Tax)	...	...	...	...	1/6
SCHOOL CHILDREN	...	...	...	...	1/-

Stand and Ground Tickets can be obtained from—

**R. ANDERSON & SONS LTD., 2 Queensferry Street.
R. W. FORSYTH LTD., New Athletic Department,
St. Andrew Square.**

**MACKENZIE'S SPORTS SHOP, 29 Nicolson Street,
NEAL'S SPORTS SHOP, 10 Antigua Street.
THORNTON & CO. LTD., 78 Princes Street.**

**AMERICAN, DUTCH, BELGIAN, GERMAN
AND BRITISH STARS OF TRACK AND FIELD**

**ONE OF THE MOST SPECTACULAR MASSED PIPE
AND MILITARY BAND DISPLAYS EVER PRESENTED**

ONE OF BRITAIN'S PREMIER MEETINGS

**ENTRIES CLOSE FIRST POST, SATURDAY, 9th AUGUST,
with Mr. WM. CARMICHAEL, 38 Royal Park Terrace,
Edinburgh, 8. (Tel. : House, 75165 ; Office, CEN. 6217)**

THE TRIANGULAR INTERNATIONAL White City, July 5th, 1952.

JACK, GRACIE, GREGOR
and DOUGLAS
SCORE WINS FOR SCOTLAND

Details:

100 Metres—1, E. McD. Bailey (EW) 10.6; 2, A. W. Lillington (EW) 11.2; 3, W. Jack (S) 11.3; 4, J. McLachlan (S); 5, N. G. Flanagan (I); 6, L. C. Crowe (I).

200 Metres—1, W. Jack (S) 22.0; 2, N. D. Stacey (EW) 22.2; 3, B. Shenton (EW) 22.2; 4, W. Henderson (S); 5, N. G. Flanagan (I); 6, J. A. Tynan (I).

400 Metres—1, T. L. Higgins (EW) 48.1; 2, P. P. Dolan (I) 48.2; 3, L. C. Lewis (EW) 49.6; 4, D. McDonald (S) 50.2; 5, W. G. McMillan (S); 6, J. W. W. Dickson (I).

800 Metres—1, A. Webster (EW) 1:55.7; 2, R. G. Bannister (EW) 1:55.8; 3, G. Sorbie (S) 1:57.5; 4, C. J. Kelly (I) 1:58.0; 5, M. D. O'Loughlin (I); 6, W. J. Spiers (S).

1,500 Metres—1, D. C. Seamon (EW) 3:51.3; 2, D. C. Law (EW) 3:54.4; 3, K. Coutts (S) 4:06.2; 4, M. H. Murdock (I) 4:07.6.

5,000 Metres—1, A. B. Parker (EW) 14:47.8; 2, J. Landy (Australia) (not scoring) 14:51.2; 3, F. D. Sando (EW) 14:54.4; 4, I. Binnie (S) 15:32.6; 5, E. Bannon (S); 6, C. B. Owens (I).

120 Yards Hurdles—1, P. B. Hildreth (EW) 15.0; 2, F. J. Parker (EW) 15.1; 3, J. G. M. Hart (S) 16.0; 4, J. P. McAslan (S) 16.0; 5, J. C. McVeigh (I) 16.0.

400 Metres Hurdles—1, D. K. Gracie (S) 52.6; 2, H. Whittle (EW) 53.2; 3, A. Scott (EW) 54.7; 4, W. H. Clephan (S) 58.2; 5, N. M. O'Kelly (I); 6, D. O'Sullivan (I).

Long Jump—1, L. H. Platt (EW) 22 ft. 10½ ins.; 2, A. R. Cruttenden (EW) 21 ft. 9¼ ins.; 3, W. J. Doherty (I) 21 ft. 4 ins.; 4, P. McArthur (S) 21 ft. 3 ins.; 5, W. H. Clephan (S) 21 ft. 1 in.; 6, J. Teal (I) 20 ft. 7¼ ins.

High Jump—1, R. C. Pavitt (EW) 6 ft. 2 ins.; 2, P. Wells (EW) 6 ft. 2 ins.; 3, W. Piper (S) 5 ft. 10 ins.; 5, J. H. Hofmeyer (I) 5 ft. 10 ins.; 6, S. V. Russell (I) 5 ft. 10 ins.

Pole Vault—1, N. G. A. Gregor (S) 12 ft. 6 ins.; 2, G. M. Elliott (EW) 12 ft. 6 ins.; 3, W. Piper (S) 12 ft.; 4, U. O'Connor (I) 11 ft. 6 ins.; 5, M. Furlong (I) 10 ft. 6 ins.

Weight—1, J. A. Savidge (EW) 51 ft. 10½ ins.; 2, J. Giles (EW) 47 ft. 4 ins.; 3, D. D. Guiney (I) 45 ft. 6½ ins.; 4, J. B. Byrne (I) 42 ft. 4½ ins.; 5, J. Drummond (S) 41 ft. 6½ ins.; 6, D. McD. Clark (S) 40 ft. 8 ins.

Javelin—1, R. D. Miller (I) 214 ft. 6½ ins.; 2, M. J. Denley (EW) 209 ft. 9½ ins.; 3, D. E. Tucker (EW) 201 ft. 8 ins.; 4, K. Flanagan (I) 174 ft. 3½ ins.; 5, C. F. Riach (S) 173 ft. 6 ins.; 6, D. W. R. Mackenzie (S) 160 ft. 10½ ins.

Hammer—1, E. C. K. Douglas (S) 172 ft. 1 in.; 2, D. McD. Clark (S) 169 ft. 0 ins.; 3, P. C. Allday (EW) 166 ft. 11½ ins.; 4, J. Brooman (EW) 156 ft. 10½ ins.; 5, C. J. Reidy (I) 156 ft. 9 ins.; 6, P. Cleere (I).

Result—1, England and Wales 110 pts. 2, Scotland 66; 3, Ireland 34.

4 x 110 Yards Relay—1, England and Wales (Bailey, Gregory, Lillington, B. Shenton) 41.3 secs. (British record); 2, Pakistan 42.8; 3, Australia; 4, England and Wales "B"; 5, Scotland; 6, Ireland.

WOMEN.

4 x 110 Yards Relay—1, Australia (S. Strickland, M. Jackson, W. Cripps, V. Johnston) 46.9 secs. (equals World Record); 2, England & Wales (Cheeseman, Foulds, Desforages, Armitage), 47.5; 3, Scotland 49.0.

LAST SEASON'S OUTSTANDING SUCCESS

THE ATHLETES' DANCE CLUB

RE-OPENS SATURDAY, 9th AUG.,
PARTICK (LESSER) BURGH HALL
EVERY SATURDAY,
7.30—10.30 p.m.

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

AUGUST, 1952.—Vol. 7, No. 5.

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

JOHN EMMET FARRELL'S



THE drama of the Olympics at

Helsinki has quite overshadowed the Scottish scene for athletic enthusiasts. Nevertheless had this not been an Olympic year—home athletics might have revealed many interesting and even piquant features. The Games represent the champagne and caviare of athletics; but we cannot feast on luxuries for ever and the bread and butter of home athletics can be amply satisfying in its own way.

McLachlan—The Consistent.

Fairly late in taking up the game McLachlan of Maryhill Harriers has had a fairly short career but nevertheless having passed the thirty mark is for a sprinter almost in the veteran stage. Yet there have been fewer more consistent prize-winners off such low marks and despite having failed to win a Scottish sprint championship his record of consistent places over a period of 4 years is quite unique.

Come-backs Successful and Unsuccessful.

An interesting feature has been the come-back attempts of well-known athletes after injuries and retirement from active participation. Very gratifying was the recent successful double in the "440" and "880" of Jimmie Hamilton of Victoria Park, a swiftn-moving athlete who before receiving a very stubborn leg injury was regarded as a great prospect by many knowledgeable critics.

Harry Howard, Scottish marathon champion of 1950, also made a pleasing re-appearance after breaking a foot tendon prior to last New Year. His runaway victory in the Largs "14" pre-sages trouble for the elite of our road men.

Ex-sprint champion Alan Watt notified his retreat from active athletics some time ago but was recently bitten by the come-back bug to try the "440" an event he always fancied and also to help his club in relays.

I regret to say that Alan's come-back has not been so successful—yet, and this is the operative word. The "440" is well known to be one of the most arduous events of the athletic programme—requiring speed, stamina and very great judgment. Impossible to sprint through-out, yet also impossible to take a resting or floating period, much patience is required to build up the finished article. If Alan could manage the time and patience to develop the stamina to go with his strength and explosive speed I feel sure that he could still be a real cracker-jack over this testing event.

Relay Champions.

Victoria Park, despite the lack of many erstwhile kenspeckle figures managed to win both sprint and medley relay championships though well tested by both Garscube and Bellahouston Harriers. Ex-furlong champion George McDonald less active than of yore came back to help his club in the short relay.

The Judgment of Sorbie.

Scottish champion Guy Sorbie of Hamilton Harriers has not shown very fast times over the "880" but he is never far away at the tape in a close run race. Like colleague Bruce Hendry he appears to be of the quarter type of half-milers at the moment, preferring a slow or medium pace throughout with a fast finishing burst. In the championships, Lt. H. M. Dove of Aldershot and Maryhill Harriers who is by contrast the stamina type of half miler made what many describe as an error of judgment in not forcing the pace to a greater extent. At any rate though capable of beating 1 min. 58 secs. here he was beaten in over 2 mins.

Bill Messer of Edinburgh Northern H. was in the same category, a grand runner-up in last season's championship and capable of 1 min. 56 secs. he ran in this year's race without verve and inspiration. He showed his prowess later, when in the relay championships, and with much more confidence he dictated the race from gun to the change-over, recording 1 min. 59 secs. on a blustery day.

Shettleston Harriers have also a capable pair of half-milers in Spiers and Kirk. The former is perhaps more notable but Kirk also impresses as a great trier and his tenacious endeavour in open "halves" off low marks.

Promise of Coutts.

Aberdonian Ken Coutts, now of Edinburgh Varsity, our mile champion, is a very promising prospect and looks capable of faster times if pulled out by fast company, but not enough has been seen of this very capable miler here in good competition.

Binnie Heads a Good Group.

Ian Binnie of Victoria Park, our six miles champion and record-holder, looks the best prospect of our distance track men. He has his own ideas of training, modelling himself somewhat on the lines of a miniature Zatopek and has even been known to run 12 miles the day before a race. With added strength and confidence there is no saying to what heights he may aspire.

He has his eye on Peter Allwell's native record at 2 miles of 9 mins. 13 secs. odds. After seeing Binnie do a 9 mins. 24 secs. recently on a loose track with ease he wouldn't be far away on say the Helenvale track where the present figures were made.

Incidentally I ran into Peter Allwell recently at Saltcoats where he is in business for himself as a physiotherapist. Peter turned professional and up to quite recently has been putting up some very good marks at 1 and 2 miles. Peter who says he has learned a lot about conditioning from both the professional and amateur approach is one of the best Scottish runners never to have won a championship. Record holder at 2 miles, he placed 2nd and 3rd in cross-country championship and also placed in the 3 miles track. A good miler and 3 miler he was best over 2 miles but alas there is no championship at this distance.

Forbes Not Retiring.

Now approaching the veteran stage and with a stubborn foot injury it is good news that Andrew Forbes is not contemplating retirement—yet. He hopes once again to assist his club to retain the English cross-country championship and show the clubs south of the Border that this year's success was not a fluke by any means.

Andy is still a hard man to beat and his win over Eddie Bannon was a very astute bit of running in the Scottish 3 miles championship, which was a most thrilling race.

Prefers the Country.

Eddie Bannon has not shown the form over the track that his running over field and fen seemed to indicate. Though more than useful over the track from 1 to 3 miles. Eddie's heart really lies in the country.

That other grand track and country athlete, Tom Tracey of Springburn H., is making slow but steady progress after a bad attack of peritonitis. Many months may elapse before the popular Tommy once more graces the arena, but from a long term point of view this unfortunate enforced rest may even prove a blessing in disguise.

Father and Son Rivalry.

There is a very interesting and friendly rivalry between the two A. Brown's, Junr. and Senr. of Motherwell Y.M.C.A. H. The son is a fairly prolific prize winner on the track. But his wiry 47 year-old father is not far behind him. He has had several notable wins and places in road races, and at Dunoon even managed to gain the scratch award. Even though most of the notable road runners were absent it is still a remarkable feat to beat runners some nearly half his age.

Upward Trend in Marathon.

The general standard of road racing in Scotland is beginning to show an upward trend. Apart from Charlie Robertson's wonderful 4th in the recent A.A.A. championship we had also notable performances in that record marathon from Anglo-Scot J. Duffy of Broxburn (no relation to the famous professional) who took 7th place and by Alex. Kidd of Garscube in 13th and Joe McGhee of St. Modan's in 15th place.

Robertson by virtue of his recent form and running over his home course should be a pronounced favourite to win this year's Scottish despite the known unpredictability of the marathon and perhaps the fight for minor places will be keenest.

However, should ex-champion Harry Howard who recently made an auspicious come-back after a spell in the wilderness decide to enter the gruelling distance test he could be Robertson's closest rival and would certainly prevent the Dundee man from loitering; and the chances of present holder Jack Paterson of Poly.

cannot be entirely dismissed. Without having shown the brilliance of Robertson and Howard—the holder is a most consistent runner who is sure to stay.

Twilight Splendour.

In general conclusion, without including the remarkable record-breaking feats of our Olympic contenders what is the performance that most captures the imagination among others in these Islands?

To me it was the news that veteran Tom Richards had won his Welsh marathon championship in 2 hrs. 30 mins. odd beating the Welsh record by 9 mins. 40 secs.

Richards was respected as the herioc runner-up at Wembley and as an honest marathon runner who had seen his best days. This performance of Richards makes me think. By running the fastest marathon of his career Richards surely has shown that in human affairs even the pursuit of athletics where youth and physique are such hard task masters one should not be too ready to discard. Where enthusiasm and determination remain, the light of inspiration may still burn.

THE BOOK FOR ATHLETES!

RACES & TRAINING

(ILLUSTRATED)

By

ARTHUR F. H. NEWTON

CLOTH BOUND

6/6

post free from

"THE SCOTS ATHLETE."

THROWING THE JAVELIN

By T. MONTGOMERY (Hon. Sen. Coach)

THE first thing to do is to get oneself generally fit by methods which I have described in previous articles, and I would stress again that throwing athletes in Scotland do not do nearly enough running, especially so with javelin throwers, as the run up is so important in this event. Exercises for strengthening and suppling the back and shoulders should receive special attention by javelin throwers (weight training can be very helpful in this respect), as the degree of perfection in technique will depend very largely on the suppleness and strength of the back and shoulders. Spend the first two or three weeks getting fit then start working a little on technique, increasing this up to early season.

Our javelin throwing in Scotland is 30 feet behind England and at least 60 feet behind world standards, entirely due, in my opinion, to the technique of the event not being mastered, and to be mastered it must be understood. The most prominent faults in our throwers are that the speed of the approach run is not transferred through the cross step into the throw fluently and smoothly, that the base used by most of our throwers is much too narrow and that the javelin is flighted wrongly at release. In other words our throwers are arm throwers, dart throwers if you like, and the legs and trunk play very little part in the throw. These are, alas, so painfully obvious in the Ladies' section, but I do not despair of yet having top-class throwers in either section, as we have the athletes with the physique and the ability, and with the necessary application of the best technique we can produce top class throwers. This may appear to be a bit hard and unkind, but the fact remains that our throwers are very low on any lists and we must do something about it.

What can we do to produce good throwers? First of all budding javelin throwers must appreciate that the big throws are not produced overnight, but only by patient perseverance in the mastering of good technique over several seasons, and hard work, can get him/her

into top class. Immense strength is not required for javelin throwing, as the javelin does not weigh as much as two pounds, the wiry type with speed and co-ordination is more likely to succeed. As to the coaching of a javelin thrower careful and constant supervision is required especially during the early stages (the whole of the first season or longer) so that good technique is developed, and bad habits, which are so hard to cure once they are established, are not allowed to creep in and spoil technique. This is a difficult time for both the athlete and the coach, as most youngsters quite naturally want to go for distance at the expense of technique, but the coach must concentrate on form and yet keep the athlete interested. To all athletes who are taking up events which require lots of technique, such as javelin throwing, I would, stress, emphasise, and repeat that the more time spent, and perseverance, in mastering correct technique in the early stages, the sooner will the big throws come. Also do not be discouraged if early attempts are poor and below your expectations but remember that when the several complicated movements are co-ordinated into a fluent whole, your performance will go up by leaps and bounds, and expect the graph of your progress to go up like steps and stairs, with steep rises, followed by flats of no improvement.

In some events it is possible to break the technique into several parts to be practised separately during the early stages but I am of the opinion that javelin throwing should only be practised in parts during the novice stage because of the speed and co-ordination it requires. For instance standing throws should not be continued after the arm action has been grooved as this will tend to upset the continuity of the movement. The cross step will of course have to be practised slowly to start with, and the length of the approach run ascertained during practice in carrying the javelin, but the whole should be married up as quickly as possible, but not at the expense of correct form. This will probably be

the most trying time for the athlete as he will have so many things to think about and the repetition will be tiresome, but the coach must insist on the correct grooving of each movement, only allowing the movements to be speeded up, and effort increased as the form improves.

Now to technique:—

Hand Hold.

There are three recognised handholds as sketched below. The choice of handhold is up to the athlete, but fig. 2. has the disadvantage of inhibiting the wrist movement and fig. 3. does not in my opinion give full control, and I recommend fig. 1. The main thing to notice, and I doubt if the majority of our throwers realise this, is that the javelin lies across the palm of the hand with the heel of the palm in contact with the grip right up to the moment of release. More of this later.

The centre of gravity or point of balance of the javelin should be roughly about 1 inch along the binding from the point end. If your javelin does not tie up with this, strip off the binding and re-adjust. Fig. 4.

Carry.

Either of two methods may be used and is a matter for the individual.

(1) It may be carried in the throwing position throughout the approach. This has the disadvantage of cramping the approach run but has the advantage of having the javelin already in position when the throw comes to be made.

(2) It may be carried over the throwing shoulder with the elbow pointing forward, which will allow the throwing arm to move backwards and forwards to compensate for leg action and improve the approach run, but has the disadvantage of having to put the javelin into the throwing position before the cross step begins. This can be done in three ways (a) by simply taking the throwing arm straight back: (a) by bringing it out to the side then back: or (c) by taking it forward and down and back in a circular motion. Most of the best throwers use the overhand carry with either of the shift movements but it will depend on the athlete's preference.

The Approach Run.

This should be straight and parallel to the tram lines marking the throwing zone, in other words in the same direction as the flight path of the javelin. It should start from a mark at a fixed distance from the throwing line and have an even acceleration to reach the check mark for the start of the cross step with maximum controlled speed. It will be hopeless for the thrower to reach the second check mark with more speed than he can control as he will not then be able to execute the cross step properly and transfer his forward speed into the throw. The length of the approach must be determined by the athlete himself as there can be no fixed distance to suit all throwers, normally something between 80—100 feet will prove adequate. How often we see throwers charging up to the line at terrific speed, lose control and



FIG. 1.

Forefinger behind binding, other fingers loosely round grip for control. The forefinger here is too far round.



FIG. 2.

Forefinger along shaft. Middle finger should have been behind binding.



FIG. 3.

Binding between forefinger and middle finger.



FIG. 4.

Point of Balance.

then virtually make a standing throw. Do not tie a beginner down to any fixed distance to start with, rather let him throw from whatever distance he feels like, building up a rhythm, and from that, finally fix the distance of the approach run and the cross steps.

The Cross Step (Finnish Style).

These have been developed so that the throwing position is attained smoothly and the forward momentum is not impeded. Mastery of the cross step is one of the secrets of good javelin throwing and no effort should be spared until it is really fluent, furthermore, a correct throwing stance will not be possible until it is mastered. For a right handed thrower the following are the steps and are shown in Fig. 5, below, though L. 2 should have been shown to the left of the directional line.

As the left foot hits check mark No. 2 the shoulders should still be square to the line of direction with the throwing arm extended to the rear but not quite fully extended (rigid), as this will tend to take the javelin off the line of direction, and with the point of the javelin at about shoulder height certainly no higher than eye level. From now on the left (non-throwing) arm is used as a balancer and is brought round under the point of the javelin with the forearm parallel to the ground.

As the first step is made the trunk begins to turn backwards and to the right so that the foot lands pointing outwards at about 40 deg. During the cross step try to round the shoulders as this will tend to promote relaxation and assist in keeping the javelin in correct alignment.

The body continues to turn backwards until the line of the shoulders is in line with the line of direction with the left foot coming to the ground at right angles to the line of direction. The right foot is then brought forward in front of the left leg so that the line of the shoulders is not altered. The cross step (3rd) should be fast, long, and the foot kept low, and contact with the ground should be with the outside edge of the foot. During this phase the throwing shoulder should be dropped by allowing the shoulder to sag and a lateral bend (look at the tail of the javelin) and always have the throwing hand lower than the shoulders. The last step to the throwing stance is made with the left foot, and will be helped into a wide stance if the cross step has been fast and low, but the right or rear leg action should have commenced just before the leading leg has come to the ground, with the heel coming out and up and the knee turning in. The shoulders will now have come round square to the front and hips driven upwards and forwards also have the chest up and forward (fig. 6.). This will have arched the back, and when, and only when, the rear leg has straightened the arm will be bent to commence the pulling phase on the javelin. The arm must be brought round close to the head with the elbow leading and the hand under the javelin. The body will now be pivoting over a braced left leg using the principle of the hinged movement, and as the hips and shoulders are driven up the arm is extended to its fullest extent punching the javelin up from the palm of the hand. This is not generally appreciated, but is

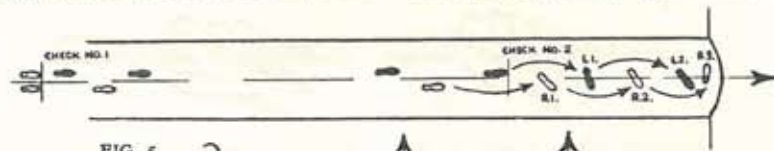


FIG. 5.

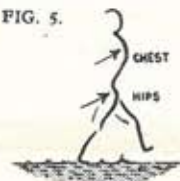


FIG. 6.

Mark of toe drag of right foot after leg drive should if fast be as diagram A. If movement is slow it will be as B, and is bad.

GOOD

BAD

in fact probably the main secret of the event. The left arm should come round and close into the side assisting in rotating the trunk and should not be allowed to fly round in a wide arc. As the elbow must come up to make the throw the pulling phase of the arm will be very short and the main pulling should be done by the body, but the arm will contribute most to the punch. As all this takes place at speed it will be appreciated that very little power can be derived from the rear leg as opposite to shot and discus.

Release.

The point of the javelin, during all phases of the cross step and throw, should not be allowed to come above eye level as otherwise correct angle of release will not be possible (fig. 7.). At the instant of release the throwing arm should be directly above the shoulder and fully extended, with a braced left leg and side, just slightly ahead of the left foot, so that the hand is at the highest point possible. Avoid any tendency for the body to break to the left.

Recovery.

This made with the usual reverse, the right or rear leg coming through and round to the front with the left up and back. Flexing the right knee on landing will assist in balance. Probably more important is the recovery of the throwing arm. Many throwers have suffered from that painful and lasting injury, the javelin elbow, through not having given arm recovery enough thought. As the javelin is released the palm of the throwing hand should be turned outwards so locking the elbow joint and preventing the jarring effect which results when the throwing arm comes down relaxed.

General.

The essence of this event is speed and co-ordination. When it is realised that the javelin is released at approximately 60 m.p.h. in a throw of 240 feet it will also be appreciated that the cross steps must be very smooth and no forward speed lost in its execution. Pivoting over the fulcrum of the left foot correctly as the throw is made, more than doubles the forward speed, and greatly increases the

Note correct curvature of javelin on release.

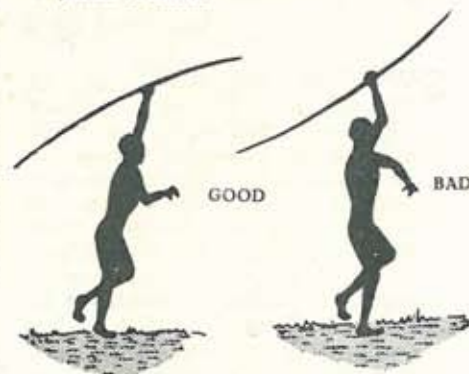


FIG. 7.



FLIGHT PATH OF JAVELIN.

Relative to flight path of its own C. of G.

length of the throw. Finally, technique comes first, distance later, build up as high a controlled speed in the approach as possible, develop a very smooth cross step, drive hips and chest high and forward, arch the back, pull more with trunk than the arm but punch hard with arm, and keep the point of the javelin below eye level and get the correct angle of release, turn the hand out to save your elbow. Do not waste your time with haphazard throwing.

3 GRAND WINS FOR SCOTS AT A.A.A. JUNIOR CHAMPIONSHIPS.

Heartiest congratulations to the Scottish victors at the A.A.A. Junior Championships held at Motspur Park, Surrey.—Alan S. Dunbar (Stranraer H.), 100 Yds. 10.6 secs.; John L. Hendry (Elgin Acad.) 1 Mile, 4 mins. 21.2 secs.; and Ian S. Bain (Fettes College), Hammer, 156 ft. 4½ ins. (championship best).

SCOTTISH JUNIOR CHAMPIONSHIPS

Reviewed by A. Y. LAMBERT.

SATURDAY, 12th JULY, saw the S.A.A.A. Junior Championships back in Glasgow at Helenvale Park. The introduction of a morning session for elimination heats was a big improvement over previous years giving the youngsters a better recovery chance for their finals.

The Glegg Trophy for the best performance of the meeting was awarded jointly to T. McNab of Shettleston H. and C. M. Campbell of Royal High School for their hop, step and jump and quarter mile efforts respectively, but the task of the Judges for this trophy becomes more difficult each year and there were many really top-class performances.

Sprints.

In the 100 yards we had a foresight of things to come in the first heat when A. S. Dunbar of Stranraer, last year's winner led A. F. Wood of Shettleston to the tape in the record-equalling time of 10.1 secs., a performance he repeated in the final. This boy Dunbar possesses tremendous drive and strength but one couldn't help feeling that more relaxation in style would improve him immeasurably. This feeling was justified in the furlong when he tied up completely fifty yards from the tape, giving way to the sweet moving Wood. To K. A. Robertson, third in both sprints I would say "Remember that Willie Jack was third in the last Olympic Year in a much slower 100."

In the youth's sprint D. McIntosh of Inverness gave a perfect display to defeat top class opposition from R. Prentice of Shettleston Harriers in the astonishing time of 10.2 secs. J. F. Lorimer of Edinburgh Harriers was not disgraced to be third in this fast final which beat the previous best by nearly half a second.

Hurdles.

In the opening event of the morning session the favourite for the 200 yards low hurdles, Scottish Schools champion C. Cumming of Morrison Academy, fell at the 5th hurdle when down by a yard or so to young "Snatch" McNiven of Hamilton Harriers who gave a superb display of low hurdling to romp home

without being headed in heat, semi-final or final. He hardly altered stride over the sticks and a final between him and Cumming would have been a real treat.

The high hurdles was a disappointment with the non-appearance of Schools champion J. Beattie of Paisley Grammar and J. H. Cochrane of Royal High just pipped A. D. S. Caldwell of Edinburgh University for the title in a three man event. I'd like to see a 15-17 age group next year over 100 yards 3 feet hurdles for our aspiring hurdlers get very little competition at that age. How about it S.A.A.A.?

Jumps.

Top performance here was undoubtedly that of T. McNab of Shettleston's triple jump of 45 ft. 11½ ins. McNab trains with R. M. Stephen the Senior Scottish champion whose winning jump he bettered here by nearly a foot! A big hand to Davie Corbet, Shettleston coach, is due here for his undoubted assistance to these two boys. In the Junior long jump A. M. Law of Lochwinnoch had an excellent effort of 21 ft. 3½ ins. to win in just 5 ins. short of the best of the series and I. A. Cavanagh of Aberdeen Grammar set a high mark of 20 ft. 11½ ins. in the newly instituted youth's long jump.

Graham Turner of Victoria Park retained his title with a fine effort of 5 ft. 9 ins., while the Navy, in the person of R. W. Holm, H.M.S. Caledonia, took the pole vault with 9 ft. 6 ins.

As an all-round jump performer we must again mention A. M. Law of Lochwinnoch. It was a most praiseworthy standard in collecting his long jump title and being runner-up also in the hop, step and the high jump.

Throws.

The high light here was the appearance of the Fettes schoolboys I. S. Bain, C. W. Lyons-Brown and P. J. Hyslop, who took the hammer throw! They filled the first three places here and should dominate the British Junior best performance table. E. C. K. Douglas I understand is their mentor. Hyslop went on to win the



Photo by H. W. Neale.

Scottish 6 miles champion and record-holder, IAN BINNIE, leading from Olympic representatives, A. B. Parker (England), J. Landy (Australia), and P. B. Sands (England), during the 5,000 metres race at the Triangular International match, London. A. B. Parker won in 14 mins. 47.8 secs.

discus with a mighty though classy throw of 134 ft. 7 ins. beating the previous best mark by 4 yards. The Putt was up to standard with D. A. Brechin of Kelvinside Academy and R. A. Findlay of Heriot's both nearing 41 ft., the former getting home by 2½ ins. C. W. Murdoch won the Javelin with 139 ft. 7 ins. in a disappointingly small field of three.

Runs.

Favourite in the quarter was R. Stoddart of Bellahouston Harriers in spite of the appearance of C. M. Campbell of Royal High, the Scottish Schools' champion. Stoddart won much the faster semi-final in easy fashion. Campbell, on the outside lane in the final went away in whirlwind fashion, never coasting for a stride throughout. Stoddart on the inside lane seemed to realise too late that his man was out of safe distance and his effort coming into the straight was

of no avail, the slight framed Campbell rocketing home in a best championship time of 50.9 secs.

In the half mile R. Steel of Vale of Leven gamely led all the way in the final to be passed in the straight by C. Savage of St. Mungo's, Scottish Schools' champion, but he hung on courageously and eked out a nose victory over Savage on the tape. A real thriller of a finish this.

E. Ferguson of Shettleston Harriers another Schools' champion was beaten into second place in the youths' half mile by I. F. Porteous of Galashiels Academy. Ferguson made a Parlett-like effort 300 yards from home but faltered and Porteous, pouncing on him in the straight thundered home in strong style.

In the first heat of the mile in the morning Jim Finlayson of Hamilton hammered round in 63 secs. for the first

lap following this with 72.5, 74.0 and 70.7. I thought this, and C. Everitt's strong challenge of Finlayson in the last lap rather injudicious when their places in the final were so obviously assured. J. R. Hendry the holder, in the second heat, led from the start and, not being challenged, showed lap times of 71.5, 75.5, 73.0 and 71.0 disturbing himself at no time to qualify with a third place.

So it proved in the final for he answered challenges from first Finlayson then Everitt with the pace judgment of a seasoned campaigner and strode home in confident style to win comfortably in a new championship best time of 4 mins. 29.6 secs. Everitt's second place deserves special mention as he has only come to the fore recently and much will be heard of him in the next year or two.

Details:

100 Yards—1, A. Dunbar (Stranraer); 2, A. F. Wood (Shettleston H.); 3, K. A. Robertson (Edinburgh Southern).—10.1 secs. (equals record).

220 Yards—1, A. F. Wood (Shettleston H.); 2, A. Dunbar (Stranraer H.); 3, K. A. Robertson (Edinburgh Southern).—23.3 secs.

440 Yards—1, C. Campbell (Heriot's); 2, R. Stoddart (Bellahouston H.).—50.9 secs.

880 Yards—1, R. A. Steel (Vale of Leven); 2, G. Savage (St. Mungo's A.); 3, D. W. Dunn (Musselburgh).—2 mins. 3.1 secs.

1 Mile—1, J. Hendry (Elgin); 2, G. Everitt (Shettleston H.); 3, J. Finlayson (Hamilton H.).—4 mins. 29.6 secs.

Discus—1, P. J. Hyslop (Fettes Col.); 2, H. M. Aitken (Helensburgh); 3, A. Less (Hamilton H.).—134 ft. 7 ins.

Javelin—1, G. W. Murdoch (Heriot's); 2, A. Donaldson (Edinburgh H.).—139 ft. 7 ins.

Hop Step and Jump—1, T. McNab (Shettleston H.); 2, A. Law (Lochwinnoch A.C.).—45 ft. 11½ ins.

High Jump—1, G. Turner (Victoria Park A.A.C.); 2, A. Law (Lochwinnoch A.A.C.).—5 ft. 9 ins.

Long Jump—A. Law (Lochwinnoch A.A.C.); 2, A. R. Donaldson (Q.A.C.).—21 ft. 3½ ins.

200 Yards Hurdles—1, T. McNiven (Hamilton H.); 2, W. Cameron (Vict. Park A.A.C.); 3, W. E. Nicol (Watsonians).—25.2 secs.

120 Yards Hurdles—1, J. A. Cochrane (Royal High School); 2, A. Caldwell (Edinburgh University); 3, W. E. Nicol (Watsonians).—16.4 secs.

Hammer—1, I. S. Bain (Fettes Col.); 2, C. W. Lyon-Brown (Fettes Col.); 3, P. J. Hyslop (Fettes Col.).—154 ft. 1½ ins.

Putt—1, P. A. Brechin (Kelvinside Acad.); 2, R. A. Findlay (Heriot's); 3, A. G. McKenzie (Bellahouston Sch.).—40 ft. 10½ ins.

T. McNab and C. Campbell share the F. J. Glegg Trophy for the most meritorious performance.

YOUTHS.

100 Yards—D. McIntosh (Inverness).—10.2 secs.

880 Yards—F. Porteous (Galashiels).—2 mins. 1.7 secs.

Long Jump—J. A. Cavanagh (Aberdeen Grammar School).—20 ft. 11½ ins.

SPORTS DIARY

August.

- 2.—Rangers F.C.—Ibrox Stadium.
- 4.—BRITISH EMPIRE v. U.S.A.—WHITE C., LONDON.
- 9.—BRITISH GAMES—WHITE C., LONDON. Carlisle Charity Sports—Carlisle. Ratford Sports—Ratford.
- S.A.A.A. MARATHON CHAMPIONSHIP—PERTH—DUNDEE.
- 16.—Milngavie Highland Games—Milngavie.
- 23.—Edinburgh Highland Games—Murrayfield.
- Bute Highland Games—Rothesay.
- 23/24—FRANCE v. GT. BRITAIN—PARIS.
- 29/30—Cowal Highland Gathering—Dunoon.
- September.
- 6.—Shotts Highland Games—Shotts.
- 27.—London to Brighton Run.

October.

- 5.—ITALY v. GT. BRITAIN (Women)—ITALY.
- (NOTE.—Any alteration in dates, etc., should be brought to our notice for revision).

ROAD RACE FIXTURES.

August.

- 9.—Carlisle Charity Sports—11 Miles.
- 16.—S.A.A.A. Championship, Perth — Dundee—26 Miles 385 Yards.
- Milngavie Highland Games—10 Miles.
- 23.—Bute Highland Games—10 Miles.
- September.
- 6.—Shotts Highland Games—14 Miles.
- 13.—Dunblane Highland Games—15 Miles.

MILNGAVIE HIGHLAND GAMES

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

In aid of Erskine Hospital, St. Dunstan's (Scottish Branch), Milngavie Old Folks' Benevolent Fund and Killearn Hospital Bus Fund.

AT CRICKET GROUND
AUCHENHOWIE ROAD

SATURDAY, 16th AUGUST, 1952, at 2 p.m.

EVENTS.—100, 220, 880 Yards, 1 Mile (5 laps), 10 Miles Road Race, 2 Miles Team Race, High Jump, Long Jump, Hammer, Ball, Caber, Pole Vault, 100 Yards (Youths), 100 Yards (Junior), 100 Yards, 220 Yards and Relay Races for Ladies, Tug O' War, Invitation Inter-County Relay and 1 Mile Races.

PIPE BAND CONTESTS. HIGHLAND DANCING.

Admission to Ground—Adults, 1/6; Children, 1/-

ENTRIES close, SATURDAY, 9th AUGUST, 1952, with Lumley's Ltd., 80-82 Sauchiehall Street, Glasgow, or Wm. MacDougall, 97 Ashburn Gds., Milngavie.

BUSES—Killermont Street; TRAINS—Queen Street; TRAMS—Glasgow to Milngavie.

JOHN McPHERSON, Hon. Secy & Treas., "Mosslea," Milngavie.
Phone: MILNGAVIE 1338.

MAKE SURE OF YOUR COPY.

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

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

Our SUBSCRIPTION RATES are:—

6 months—3/9 (post free); 12 months—7/0 (post free).

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

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

Name,.....

Club (if any),.....

Address,.....

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