

DUNDEE HAWKHILL H. 12th ANNUAL KINGSWAY RELAY RACE 18th October, 1952.

20 teams competed. The holders, Victoria Park eventually ran out easy winners to take the trophy for the third successive year. The promoting club's A. C. Black confirmed his Victoria Park road relay running by running a very fast leg—decidedly the best in the race.

DETAILS:

1. VICTORIA PARK A.A.C.—
A. Breckenridge, 14.10; C. D. Forbes, 14.30; R. Kane, 14.24; R. Calderwood, 14.09. 57 mins. 13 secs.
2. VICTORIA PARK A.A.C. (B.)—
S. Ellis, 14.28; N. Ellis, 14.43; F. Mackay, 14.34; J. Ellis, 14.29. 58 mins. 14 secs.
3. DUNDEE HAWKHILL HARRIERS—
R. A. Baird, 14.33; A. C. Black, 13.46; J. F. MacPherson, 15.19; C. Gow, 15.07. 58 mins. 45 secs.
4. DUNDEE THISTLE HARRIERS—
H. Irvine, 14.37; J. Watson, 14.54; R. Spalding, 15.14; J. Miller, 14.35. 59 mins. 20 secs.
5. MARYHILL HARRIERS—
J. Wright, 14.46; W. Hannah, 14.48; R. MacDonald, 15.02; J. Campbell, 14.47. 59 mins. 23 secs.
6. KIRKCALDY Y.M.C.A. HARRIERS—
G. R. Mortimer, 14.24; W. E. Duncan, 15.47; J. Kay, 15.57; P. Husband, 15.12. 61 mins. 20 secs.
7. STRATHTAY HARRIERS—
F. Sime, 15.10; P. Boyle, 15.10; J. S. Smillie, 16.28; C. Boyle, 15.34. 62 mins. 22 secs.
8. DUNDEE THISTLE HARRIERS (B.)—
A. McIntosh, 15.34; J. Lewis, 15.51; E. Nicoll, 15.49; S. Cunningham, 15.17. 62 mins. 31 secs.

9. H.M.S. CALEDONIA—
D. Brown, 15.06; H. Ruler, 15.54; C. Rush, 15.51; D. Simmons, 15.46. 62 mins. 37 secs.
10. H.M.S. CALEDONIA (B.)—
E. Smith, 15.37; P. Briars, 15.51; R. Field, 15.59; P. Burrell, 15.10. 62 mins. 37 secs.
11. DUNDEE THISTLE HARRIERS (C.)—
D. Miller, 15.18; R. R. Johnston, 15.47; J. Chalmers, 16.18; H. Butchart, 17.05. 64 mins. 28 secs.
12. DUNDEE HAWKHILL HARRIERS (B.)—
J. S. McKenzie, 15.39; J. Laird, 16.33; W. Townsend, 17.06; W. Adamson, 15.29. 64 mins. 47 secs.
13. STRATHTAY HARRIERS (B.)—
J. Dick, 15.54; R. Holmes, 15.25; J. Jensen, 17.10; H. Ryan, 16.23. 64 mins. 52 secs.
14. H.M.S. CALEDONIA (C.)—
B. Smerdon, 16.14; E. Busby, 16.37; J. Gadeby, 16.20; C. Goodman, 16.15. 65 mins. 26 secs.
15. ST. ANDREW'S UNIV. H. & H.—
R. N. Barraclough, 16.10; A. Mearns, 17.06; A. Peacock, 16.19; A. Lynn, 16.32. 66 mins. 07 secs.
16. H.M.S. CALEDONIA (E.)—
P. Moreham, 16.53; R. Osment, 16.03; K. Shorter, 17.24; W. Rich, 16.02. 66 mins. 07 secs.
17. KIRKCALDY Y.M.C.A. H. (B.)—
J. Bell, 16.12; J. Dewar, 16.43; G. N. Clark, 17.02; J. Peacock, 16.27. 66 mins. 24 secs.
18. H.M.S. CALEDONIA (D.)—
A. Day, 15.45; H. Hamblin, 16.32; B. Davie, 17.19; M. Ashworth, 17.29. 67 mins. 10 secs.
19. DUNDEE HAWKHILL H. (D.)—
A. Coogan, 15.45; J. Mill, 16.41; J. Fitzpatrick, 17.14; G. Neil, 17.42. 67 mins. 22 secs.
20. DUNDEE HAWKHILL H. (C.)—
J. Bickerstaffe, 17.38; W. McNicholl, 16.53; J. Heggie, 16.53; —
INDIVIDUALS:
1. A. C. Black (Dundee H.H.), 13.40; 2. R. Calderwood (V.P.A.A.C.), 14.09; 3. A. Breckenridge (V.P.A.A.C.), 14.10.

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THE SCOTS ATHLETE

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Photo by G. S. Barber.

CHARLIE ROBERTSON (Dundee Thistle H.) winning the 1952 Scottish Marathon Championship.

RUNNING COMMENTARY.

JAVELIN-THROW STUDY

by H. A. L. CHAPMAN.

SCOTTISH MARATHON. RACE DETAILS.

ARTHUR NEWTON:

BASIC ATHLETIC PRINCIPLES.



AUSTRALIAN GOSSIP

From Joe Galli.

ONE of the greatest—and seemingly effortless—feats of running seen in Australia was the 3 miles record of 14 mins., by John Landy, at Melbourne on November 1st.

It was only the second day of the 1952-53 season, and none of us looked for such a performance. Neither did John, who was then right in the middle of his University exams, and so wasn't getting the right amount of sleep—or training.

Earlier in the afternoon, Landy had raced over 880 yards. The track, following rain, was cut up somewhat, because 48 other races had preceded the A. grade 3 miles. Then there was the lack of opposition, and the fact that John had many times to run wide to pass the men he was lapping—it all helped him to lose, maybe, 3 seconds.

But such setbacks don't deter Landy, a boy with a wonderful temperament. Getting to the front early, he whipped through 1 mile in 4 mins. 34 secs.; 1½ miles in 6 mins. 53.5 secs.; 2 miles in 9 mins. 17 secs.; and 2½ miles in 11 mins. 20 secs.

At 2 miles it was evident a new record was coming up, and the man who held it—Olympic 5,000 metres finalist (6th) Les Perry—was almost beside himself with excitement, as he watched his own figures being shattered to the tune of some 16.4 secs.

The form shown by Landy so early in the season, and at the age of only 22, makes me feel confident that ultimately he will become a world record-breaker over some distances, from 1,500 to 5,000 metres. Certainly eight others have done better this year over 3 miles, but there is

that something — indescribable — about John that makes me sure he has something the others haven't.

Once Les Perry gets back to the longer distances, then the 3 miles record must come down still further—much further. Then there are the 1,500 metres and mile records of Don Macmillan. John ought cut them out in 3 mins. 48 secs. and 4 mins. 07 secs.

Landy is another product of the punishing training methods of philosopher-coach Percy Cerutti. In late 1950, Landy hadn't run the mile in better than 4 mins. 31 secs. Under Cerutti he improved to 4 mins. 21 secs. in March 1951, and later in the same year to 4 mins. 14.6 secs.

Abroad with the Olympic team, Landy pushed Nankeville to a 4 mins. 09.8 secs. mile in the A.A.A. championships. In Belfast he cut his time down to 4 mins. 10 secs., and at Middlesboro he established himself as the 9th-fastest-ever 2-miler, with an authentic 8 mins. 54 secs.

It seems a pity that Landy, and Perry too, cannot have the benefit of the competition the Continental runners get. He must, under such conditions, be one of the greatest already. Out here it will take a little more time, but he'll get there. And, for the 1956 Olympics in Melbourne John should be one of the leading contenders for the 1,500 or 5,000 metres events. Maybe both, if the programme permits it.

SCOTTISH WOMEN'S A.A.A. NOTES

The New Hon. Secretary of the S.W.A.A.A. is Miss H. Wilkie, 153 Archerhill Road, Glasgow, W.3., and the new Hon. Treasurer is Miss B. Moffat, 5 Pitt Street, Edinburgh.

The S.W.A.A.A. C.C. Championship is to be run at Ayr Racecourse on 7th March, 1953, over 1½ miles.

The 1953 S.W.A.A.A. Track Championships are to be held in the West of Scotland.

The S.W.A.A.A. propose to organise a week-end coaching course for active women athletes in all events in the near future. Details will be announced, and Club Secretaries informed as soon as possible, but those interested are invited to get in touch now with Mr. T. Montgomery, Hon. Coach, S.W.A.A.A., 9 Parkhead View, Edinburgh, 11.

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 Olympic Games have been a stupendous affair in which records have gone down like skittles. With every gold medallist a virtual world champion it would be invidious to select specific performances, but there can be no doubt that the personality of the Games was Emil Zatopek, the Czech iron man, whose amazing versatility and "virtuosity" captured the imagination. To win the 5,000 metres, 10,000 metres and the marathon was amazing enough but to smash Olympic records in all three was well nigh incredible.

Great Racing Temperament.

We do well to mark him for we may not look upon his like again. Do not mistake me. Early or late his records must fall. Time will bring another to erase the marks which the Czech has so indelibly made his own.

This athlete will be a superman; possibly a remorseless machine devoted

soullessly to the specific task. But Zatopek is intensely human. In that he is unique; superman, perhaps in performance; in his iron will and determination. He reveals his human qualities in his facial contortions in his personal idiosyncrasies—in his fighting qualities when behind; in his showmanship. In short he is a personality. Great though his 10,000 metres and marathon victories were it was in the 5,000 metres where he had to fight for victory to the bitter end that he revealed his true characteristics.

After Mr. "Olympics" himself, the athletes who register most with me are peculiarly enough not winners at all but runners-up and versatile silver medallists. Alain Mimoun of France—2nd in both 5,000 and 10,000 metres and popular Herb McKenley of Jamaica—2nd in both 100 and 400 metres.

Stylish and remorseless in action Mimoun looks more the machine than



Photo by G. S. Berber.

It was almost a repeat Olympic finish to the 440 yards event at Edinburgh Highland Games. On this occasion dual Olympics runner-up HERB. MCKENLEY (left) got the verdict in an exciting race over champion and countryman George Rhoden.

Zatopek. He has proved himself a master runner in track and cross-country Internationals.

World's Most Versatile Sprinter.

That colourful and amazing athlete Herb McKenley was surely most unfortunate to miss a gold medal so narrowly in both 100 and 400 metres, though it was only poetic justice to find him playing so epic a part in Jamaica's great 4 x 400 metres relay victory in world record time. Has there ever been so versatile a sprinter of world class? Herb runs 100 yards to 600 yards with almost equal facility.

Peculiarly enough since the Games he has defeated 3 Olympic champions in the persons of Remigino, Stanfield and Rhoden, respectively 100 metres, 200 metres and 400 metres gold medallists!

Unobstrusive Mr. Dillard.

In 1948 Harrison Dillard, world's greatest high hurdler, at the time failed to make his place in America's hurdle team. But he scraped into the 100 metres team by the skin of his teeth. It is now athletic

history how he won the 100 metres sprint crown. Reality equalled romance; truth matched fiction in that Cinderella achievement.

There was talk of retirement from Mr. Dillard but he continued to hurdle—though enjoying less of the limelight than of yore. Now in 1952 he makes his place in the hurdles team and proceeds to win another crown in his own speciality without any fuss or blaring of trumpets as was the case in his 1948 triumph, to bring off a unique and wonderful double.

Little "Harrison," only 5 ft 10 ins. and built in proportion (orthodoxy demands that hurdlers be at least 6 ft. and leggy) compensates for his lack of inches by having the fastest feet in the business.

Coach Dyson asserts that "hurdling is sprinting." It certainly is in the case of Harrison Dillard, esquire.

"Nothing Succeeds Like Success."

Lindy Remigino of U.S.A., the 100 metres Olympic winner and Barthel of Luxembourg, the 1,500 metre champion

were not, previous to the Games, considered likely winners in their respective events, and without disrespect to those grand athletes, many thought that if their victories were not exactly flukes—they at least came into the category of "most surprising."

For previous to their success, their form was by no means outstanding. But strangely enough since then they have both gone from success to success. Barthel has had at least five wins, while Remigino has also had notable successes at his speciality. The question is—have these athletes improved out of all proportion or have elation at their triumphs helped them over the psychological barrier which often divides success from failure.

Yet Failure Need Not Be Final.

On the contrary other athletes, including former Olympic champions, Gaston Reiff and Fanny Blankers-Koen, who appeared off colour at Helsinki have subsequently shown form in keeping with their status. Stepping down from 5,000 metres Reiff has shown phenomenal speed over shorter distances. He has had several great mile and 1,500 metres runs and established a new Belgian mile record with the tremendous time of 4 mins. 2.8 secs. showing him the third fastest runner in the history of world athletics over the distance. His time has only been bettered by the famous Swedes, Haegg and Andersen.

Fanny Blankers-Koen quite undeterred—in fact, probably made more determined, by the poor critics who had coldly written her off at Helsinki with little account taken of her unfortunate break in health at the time, has also "gone to town." Rounding off some excellent returns on the continent, she revealed her flawless power at the Birchfield flood-lit meeting by taking against sterling opposition, the 100 metres, 200 metres, 80 metres hurdles and long-jump. In the latter event she was ahead of the Olympic winner, versatile Yvette Williams of New Zealand.

There are others who have shown Olympian form late on. S. Strandli, the Norwegian hammer-thrower did not come up to the expectations of many fanciers but on the 14th September at

Oslo he redeemed with a world-record throw reaching to the magic figures of 200 ft. 11½ ins. Touching a particularly pleasing note to Scottish enthusiasts, our former champion Nigerian, S. O. Williams has recorded several long jumps which if accomplished at the right time would have easily guaranteed a gold medal.

Gracie's Wonderful Season.

David Gracie of Larkhall and Glasgow University has enjoyed a wonderful athletic season. A year in which he not only earned Olympic selection but also (at the moment of writing) broke the British National hurdles 440y record at the British Games with 52.7s. in finishing second to Olympic champion Charlie Moore who broke the world record with 51.9 secs. Gracie's rise has been almost phenomenal in its steady improvement; and as his technique is still improving, fierce and close competition may reveal even further improvement. His Scottish all-comers' and native record is 53.8 secs. put up in his great tussle with Holland of New Zealand at the Police Sports in June. Though perhaps not so outstanding brilliant as his colleague, Willie Jack of Victoria Park has also enjoyed a great season. Olympic selection and a native record of 9.8 secs. for the hundred are the chief fruits of his labour and talent.

Mighty Fine Mr. Davis.

Despite "enjoying" weather far removed from their usual, the Rangers had more than their usual share of records. No wonder, with such a galaxy of Olympic stars. Giant 6 ft. 8½ in. Texan Walt Davis cleared 6 ft. 8½ ins. to erase the wonderful Paterson-Vessie joint record of 6 ft 7½ ins. from the record book.

Inspired by Laz of U.S.A. Norman Gregor cleared 13 ft. 2 ins. for a new native record in the pole vault.

In that romantic and very Grecian event the Discus, Olympic champion Iness threw the platter 166 ft. 1 in. to put the previous Scottish all-comers' of 153 ft. 3 ins. well in the shade.

McKenley tore round the semi-circle to head Remigino and stop the watches at 20.9 to take 2/10ths of a second off the furlong all-comers', while colleague Rhoden not to be outdone showed something of his Olympic form by completing the full oval in 46.8 secs., 4/10ths inside



Photo by G. S. Barber.

Glasgow's quartet snapped after winning the Annual Inter-City Relay at Edinburgh Highland Games against teams from Birmingham, Edinburgh, Manchester and Newcastle. From (L.) to (R.) J. S. HAMILTON (V.P.A.A.C.), R. QUINN (V.P.A.A.C.), J. McLAUGHLAN (Maryhill H.), and D. McDONALD (Garscube H.).

the all-comers' record. Finally our own "Bill" Nankeville showing more "fire" than he did at the Games ran a grand $\frac{3}{4}$ mile in 13 mins. 0.4 secs., again a Scottish all-comers' record.

Spectacular Edinburgh Games.

The Edinburgh Highland Games with its magnificent Murrayfield setting provided the usual mixture of music spectacle and sheer intrinsic athletics.

Mal Whitfield who surely must be one of the greatest half-milers of all time revealed versatility by winning his own speciality—then going down to 220 and winning that also.

Another McKenley-Rhoden duel ensued with McKenley on top.

Then Rhoden showed his versatility by taking the "100" with a remarkable 9.7 secs.

It was another triumph for the organisers, with the complete programme of the multifarious events concluded 7 minutes before schedule—quite unusual—but a pointed reference for sports promoters. Of course, as usual the genius behind the scene, who seems to leave no stone unturned in ensuring the success of a meeting, is our own Wm. Carmichael, formerly the Eastern District Secretary and now the S.A.A.A. Vice-President.

The Association President is Duncan McSwein who also is responsible as Treasurer. It will be recalled that Mr. McSwein and Secretary Mr. Gilbert were at Helsinki as Assistant Team Managers to the British Team.

Britain Beats France.

In direct contrast to the 50,000 attendance at Murrayfield there was a comparatively sparse attendance at Colombes

Stadium, Paris, in the two-day match between Britain and France.

Britain won both women's and men's match very easily. Bannister had a notable 1,500 metres in 3 mins. 49 secs., while McDonald Bailey had his usual double sprint success. Savidge was also in grand form in the shot-putt.

Other Scots Personalities.

While Gracie and Jack and their other colleagues have monopolised the lime-light by virtue of their Olympic selection—other Scots athletes have in a more modest fashion—taken the eye with smart performances. Champion Guy Sorbie ran a 1 min. 55.4 secs. half in the Ibrox heats, while at Milngavie Victoria Park sprinter R. Whitlock won the 100 yds. off his mark beating famous colleague Jack in the process. His time of 9.7 secs. in the semi-final off $2\frac{1}{2}$ yds. was excellent. R. C. Calderwood also of Victoria Park again showed his promise by beating an uninspired Bannon in the 2 miles event, while 6 miles champion and record holder Ian Binnie completed a great club treble by tackling the 10 mile road race clocking 55 mins. 31 secs. for a course record and beating the strong-going Harry Howard in the process. A grand example of versatility by Ian, but it is to be hoped that he will not suffer from any adverse muscular reaction.

Among others who revealed impressive form were 22 years old W. Linton (Edinburgh Rover Scouts), he showed promising class at the championships and his win off the short mark of 4 yards from champion Sorbie was an eye-opener. Half-miler G. W. Jackson (Falkirk V.H.) also showed consistent running over his favourite distance, while Garscube's developing quarter-miler D. McDonald's successes from short marks and in relays demonstrated that he may be an even greater threat in next year's championships.

Victoria Park star Jim Hamilton apparently refreshed after his enforced rest displayed late season sparkling form. At Edinburgh Highland Games he was the hero of Glasgow's victorious relay team and he held Olympic representative Frank Evans in the relay off level terms at Cowal, while at Shotts, off 4 yards in the "quarter" flat, he proved too strong

for our own Olympic runner, Gracie. The versatile quarter and half-miler was assuredly back to the form which made him an A.A.A. finalist a couple of seasons ago. Given a free run from injuries next season we may well find him again a Scottish champion.

"Short Weight" Beats Heavy.

At Shotts, Jim Drummond our versatile heavy events athlete heaved the ball 46 ft. 8 ins. which would have been a new native record but the ball did not conform to standard being fully half a pound short.

Howard in Rampant Form.

Harry Howard in his most impressive come-back smashed course records to smithereens consistently over distances from 10 to 14 miles, failing only to fan Binnie in the Milngavie "ten." Although C. D. Robertson thoroughly deserved to be the first custodian of the McNab Robertson trophy awarded for the best performance by a Scottish road-runner during the year by virtue of his courageous essay in the A.A.A. Marathon and win in the Scottish Championship, nevertheless, Harry Howard's brilliant and consistent running is also worthy of the highest commendation.

Excellent Juniors.

Scotland have some excellent juniors in their midst; especially notable are dual S.A.A.A. and A.A.A. junior champion, Ian Bain, who bids fair to follow in the footsteps of Duncan Clark and Dr. E. K. Douglas; Alan Dunbar, 100 yards dual holder and that potentially wonderful miler John Hendry, whose great A.A.A. mile win, beating the outstanding Welsh junior, Ike Williams, in 4 mins. 21.2 secs. which equalled Ken Coutt's time in winning the Scottish Senior mile. Incidentally both Northern stars renewed their rivalry late-season, in an epic mile set-to, Coutts winning on the tape in 4 mins. 23.2 secs. The Scottish Senior champion thus beat the Junior champion in very narrow fashion which certainly resounds to the latter's credit.

The Country Beckons Once More.

This track season has been a thrilling and magnificent one. The Games at Helsinki, the opportunity to see many of the world's best athletes at the other big meetings has made it unforgettable.

Yet many enthusiasts look forward to the cross-country season with more than a touch of nostalgia.

The short-distance road relays intervene between the track and the country proper and already by their initial success National and English champions Victoria Park look set for another outstanding season. By virtue of filling both major places in the McAndrew relay—Shettleston showed all-round strength which could menace their rivals if not on their best behaviour. Garscube are now showing form which indicates an upward trend. Alex. Black of Dundee Hawkhill has proved himself an outstanding individual and is undoubtedly a strong Scottish International prospect fulfilling his early junior promise.

Another interesting feature has been the smart form shown by provincial clubs such as Paisley and Falkirk Victoria, giving the more fashionable clubs something to think about.

What is the secret of the attraction of the cross-country season to so many runners?

Few prizes or none; little or no acclamation. Perhaps the far horizons, the green fields, the skies, blue or otherwise, satisfy the deep, sub-conscious urges for freedom; satisfy also the poet and artist deep down in us all. For there is always the changing scene; the scarlet and gold of autumn; the scudding skies of winter; the wind on the heath. But ever the exhilaration of the fresh keen air. The challenge of the elements.

Who that has ever enjoyed a good pack run over a diverse trail will not wait wistfully for the return of the cross-country season; and when the word has been given for the race home a mile to go who has not felt the tingle of expectation as the runners jockey for position. No prizes for the winners. Only the lust of honest contest, the enjoyment of the chase.

For cross-country running is one of the essentially amateur sports in the real sense of the word, of the love of the game for its own sake.

Yet the rewards are valuable; fun and fitness are there for the taking. The price is cheap; a little steady effort alone is asked. The poet speaks of "The Winter of our Discontent." The cross-country

fraternity may not entirely agree for winter brings them their well-beloved sport and thus a goodly measure of content.

VICTORIA PARK AMATEUR ATHLETIC CLUB ROAD RELAY RACE 4th October, 1952

- VICTORIA PARK A.A.C.—**
C. D. Forbes, 16.08; R. C. Calderwood, 15.44; R. Kane, 15.54; A. D. Breckenridge, 16.04. 63 mins. 50 secs.
- SHETTLESTON HARRIERS—**
J. Eadie, 16.58; B. Bickerton, 16.29; T. Walters, 16.14; E. Bannan, 15.38. 64 mins. 19 secs.
- SHETTLESTON HARRIERS (B.)—**
R. C. Wallace, 16.12; W. McFarlane, 16.34; J. McNeill, 16.22; J. Turnbull, 16.17. 65 mins. 25 secs.
- GARSCUBE HARRIERS—**
D. Coupland, 16.26; A. Kidd, 16.18; G. Dunn, 16.18; R. Black, 16.33. 65 mins. 35 secs.
- PLEBEIAN HARRIERS—**
F. Cassells, 16.42; A. Small, 16.27; A. Smith, 15.46; T. McQuade, 16.52. 65 mins. 47 secs.
- BELLAHOUSTON HARRIERS—**
H. Kennedy, 15.57; H. Fenion, 16.40; J. Kelly, 16.37; C. Milligan, 16.41. 65 mins. 55 secs.
- VICTORIA PARK A.A.C. (B.)—**
F. McKay, 16.33; N. Ellis, 16.36; J. Ellis, 16.20; S. Ellis, 16.35. 66 mins. 04 secs.
- SPRINGBURN HARRIERS—**
S. McFadden, 16.30; T. Reilly, 16.38; T. Lambert, 16.08; J. Stevenson, 16.55. 66 mins. 11 secs.
- PAISLEY HARRIERS—**
W. McNeill, 16.22; J. Devaney, 17.07; A. Napier, 16.22; J. Campbell, 16.33. 66 mins. 24 secs.
- HAMILTON HARRIERS—**
A. C. Gibson, 16.28; J. Hepburn, 16.36; T. Wilson, 17.01; J. Finlayson, 16.22. 66 mins. 27 secs.
- CLYDESDALE HARRIERS—**
J. Higginson, 16.21; R. Boyd, 17.08; T. Younger, 17.06; G. White, 16.10. 66 mins. 45 secs.
- MARYHILL HARRIERS—**
J. Wright, 16.20; R. Brymner, 16.58; J. Campbell, 16.39; R. McDonald, 16.50. 66 mins. 47 secs.
- VALE OF LEVEN A.A.C.—**
R. Steel, 16.18; W. Gallacher, 16.40; T. McPherson, 16.41; F. Lacey, 17.24. 67 mins. 03 secs.
- CAMBUSLANG HARRIERS—**
C. Forbes, 16.46; G. Lyle, 17.08; A. Fleming, 16.26; W. Green, 16.52. 67 mins. 42 secs.
- BELLAHOUSTON HARRIERS (B.)—**
G. McArthur, 16.45; J. McLean, 17.05; J. Christie, 16.29; G. Bell, 17.14. 67 mins. 33 secs.
- ST. MODAN'S A.A.C.—**
J. McCracken, 16.47; A. Galbraith, 17.40; J. McGhee, 16.11; D. Cleland, 16.59. 67 mins. 37 secs.
- FALKIRK VICTORIA HARRIERS—**
G. Jackson, 16.18; T. D. Todd, 17.08; P. Rae, 17.21; R. Sinclair, 16.59. 67 mins. 46 secs.

[Continued on Page 10.]

SCOTTISH MARATHON CHAMPIONSHIP CHARLIE ROBERTSON WINS DRAMATIC AND SEVERE RACE.

ONCE again, in Olympic year, the S.A.A. Marathon Championship came to Tayside, being held, as in 1948, over the Methven-Dundee course, on 16th August. This is an extension of the Perth-Dundee race, held annually by Dundee Thistle and Dundee Hawkhill Harriers and is a comparatively easy course having only one hill worthy of the name and, with the exception of the route through Perth, having none of the side turnings which can cause so much trouble.

There were 27 entries predominantly from the West of Scotland, including former marathon champions Charlie Robertson, Dundee Thistle Harriers, with four successive victories in the Perth-Dundee race behind him and Jack Paterson of Polytechnic Harriers, together with former runner-up J. E. Farrell of Maryhill Harriers. As usual there was a "dark horse," this time J. Duffy of Haddleigh A.C., who ran so well in the recent "fantastic" Polytechnic Marathon to take 8th place, four places behind Robertson. Prominent among the absentees was Harry Howard of Shettleston, the 1950 champion, much to the personal disappointment of Paterson who, before the race, was heard lamenting the fact.

Since there was a distance of 4 miles 385 yards put on to the start of the normal Perth-Dundee course, the race began of necessity rather in the middle of nowhere in fact beside a certain telegraph pole on a rather quiet stretch of the Perth-Crieff road, whence the runners were conveyed from the changing accommodation in Queen's Barracks, Perth, by the 'bus which followed them throughout the race. At 2.45, on a dry but dull afternoon, with a slight headwind, Mr. A. N. Crosbie sent off the 24 starters.

As usual, after the initial scramble, the runners settled down into a main bunch followed by the slower runners in single file. Over the first five miles there was a rather natural reluctance for any runner to break away, bearing in mind the distance to be covered and that this part of the route was strange to nearly all

the runners, but that the later Perth-Dundee stretch was familiar to nearly all.

The order at 5 miles was:—

J. McGhee 29m. 50s.; J. Duffy 29m. 51s.; C. D. Robertson 29m. 51s.; J. Paterson 29m. 54s.; T. K. Wilson 29m. 54s.

The leaders were at this stage, 3 mins. 36 secs. inside Robertson's 1948 record for the course.

Now, on familiar ground, we expected someone to go into the lead, but it was Duffy, with the exception of Paterson the only one of the leaders who had not previously run on Tayside, who stepped up the pace and, within a mile had opened up a 20 yard lead over McGhee and Robertson, who were running together. By the 10 miles mark he had increased this to a 50 yards lead over McGhee and Robertson, with Wilson, who was just ahead of Farrell and Kidd, 200 yards to the rear.

Times at 10 miles were:—

Duffy 57m. 5s.; Robertson 57m. 28s.; McGhee 57m. 28s.; Paterson 57m. 28s.; Wilson 58m. 33s.; Kidd 58m. 40s.; Farrell 58m. 40s.; Brown 60m. 40s.

The competitors, all going well, were unfortunate in having to contend with a troublesome wind.

At the 11 mile mark, McGhee began to lose ground but was never more than 20 yards behind Robertson and by 13 miles had caught up again. However, he was unable to hold the pace, and from the 14th mile stage lost ground steadily. Robertson throughout this time had held his distance from Duffy and at 15 miles the latter's lead was exactly the same as at 10 miles, while McGhee had dropped over 100 yards behind.

15 miles was reached thus:—

Duffy 1h. 25m. 43s.; Robertson 1h. 26m. 6s.; McGhee 1h. 26m. 30s.; Wilson, Paterson, Farrell, Kidd, all 1h. 28m. 29s.

Now it was obviously a struggle between Duffy and Robertson and they were now 3 miles from Snaab's Brae from

Inchture to Longforgan. This moderate, winding 2 miles incline comes rather as a surprise to the unacquainted runner and each turn gives the impression that this is the end of the hill, only to confront the runner with a further stretch. With this in mind we expected Robertson to make an effort here and, sure enough, he began to creep up on Duffy and a mile from Inchture had tacked himself in five yards behind. Then, at the foot of the Brae he took the lead with a burst of half mile speed and before Duffy quite knew what had happened he found himself at a 10 yards deficit and on a steep incline. At the top of the Brae, Duffy was hanging on grimly but at the 20 miles mark Robertson had increased the lead to 20 yards. Further back, Paterson and Kidd were going hard closing fast on McGhee and making ground from Farrell who was drawing from clubmate Wilson.

Recordings at 20 miles:—

Robertson 1h. 56m. 5s.; Duffy 1h. 56m. 26s.; McGhee 2h. 0m. 34s.; Kidd 2h. 0m. 50s.; Paterson 2h. 0m. 50s.; Farrell 2h. 2m. 0s.

At this stage Robertson was 9 mins. inside his previous time. Considering the wind it was great running.

From then on Robertson held his pace while Duffy maintained a steady stride at a slightly slower rate realising that his main hope lay in Robertson tiring as a result of his effort. Robertson had increased his lead to about 100 yards by the 24 miles mark and looked set to maintain it to the finish but with half-a-mile to go the race took a dramatic turn. The Dundee man showed worried signs and according to his own word he felt like giving up the race. Frequently he threw anxious backward glances at the gradually closing Duffy.

With only now about a 10 yards advantage Robertson bent down in touch-toes exercise style. This seemed to give him a new lease of life for he sprinted off strongly which must have greatly dismayed the tired Hadleigh man. Though Robertson stopped again he speedily restored his advantage, running out the winner of a clever race by 100 yards in 2hrs. 38 mins. 7 secs. which was 7 mins. 5 secs. inside his 1948 record. Duffy was a worthy runner-up, who had

not been afraid to force the pace over an unfamiliar course.

The veteran J. E. Farrell running strongly closed up on and fought off dogged Jack Paterson for a meritorious 3rd placing.

Of the 24 starters, 18 completed the course, 11 of them inside the Standard Time of 3 hrs. 5 mins.

C. H. STEELE.

Details:—

1. C. D. Robertson (Dundee T.)	2h. 38m. 07s.
2. J. Duffy (Hadleigh A.C.)	2h. 38m. 32s.
3. J. E. Farrell (Maryhill H.)	2h. 40m. 54s.
4. J. Paterson (Polytechnic H.)	2h. 41m. 28s.
5. J. McGhee (St. Modan's A.C.)	2h. 44m. 46s.
6. A. Kidd (Garscube H.)	2h. 47m. 35s.
7. A. Brown (Motherwell Y.M.)	2h. 53m. 25s.
8. H. Haughie (Springburn H.)	2h. 56m. 27s.
9. T. K. Wilson (Maryhill H.)	2h. 56m. 42s.
10. J. Bell (Kirkcaldy Y.M.C.A.)	2h. 59m. 28s.
11. D. M. Bowman (C'dale H.)	3h. 2m. 49s.
12. A. Gold (Garscube H.)	3h. 6m. 13s.
13. J. Peacock (Kirkcaldy Y.M.)	3h. 7m. 57s.
14. H. R. Phillip (Edin. E.H.)	3h. 9m. 55s.
15. D. M. Anderson (G'nock W.)	3h. 13m. 09s.
16. H. Clarke (Glasgow Y.M.)	3h. 17m. 27s.
17. J. R. Scott (Glasgow Y.M.)	3h. 25m. 37s.
18. W. Townsend (Dundee Hk.)	3h. 29m. 24s.

Continued from Page 8.

18. SHETTLINGTON HARRIERS (D.)—

J. Moore, 17.59; D. Bridges, 16.12; J. Hamilton, 17.22; J. Burton, 17.01.
68 mins. 34 secs.

19. BEITH HARRIERS—

I. Harris, 16.59; M. Walker, 17.47; G. Lightbody, 17.02; K. Phillips, 16.57.
68 mins. 45 secs.

20. IRVINE Y.M.C.A. HARRIERS—

H. Kennedy, 16.22; J. Lawson, 17.22; J. Burgess, 17.30; K. Alexander, 17.32.
68 mins. 46 secs.

21. PLEBEIAN HARRIERS (B.)—

C. Heaney, 18.09; D. Barclay, 16.22; J. McCann, 17.10; J. McGregor, 17.08.
68 mins. 49 secs.

22. SPRINGBURN HARRIERS (B.)—

N. McGowan, 17.41; T. Phelan, 17.19; J. Morton, 16.58; J. Rankine, 16.58.
68 mins. 56 secs.

23. MOTHERWELL Y.M.C.A. HARRIERS—

A. Brown, Jr., 17.09; A. Brown, 17.50; B. McRoberts, 16.48; T. Scott, 17.11.
68 mins. 58 secs.

24. VICTORIA PARK A.A.C. (C.)—

J. Simpson, 17.07; P. Callaghan, 17.17; D. Shuttleworth, 17.28; D. Macfarlane, 17.13.
69 mins. 05 secs.

25. CLYDESDALE HARRIERS (B.)—

J. Young, 17.13; J. Duffy, 17.12; T. Stuart, 17.19; W. Andrew, 17.26.
69 mins. 10 secs.

26. BELLALHOUSTON HARRIERS (C.)—

R. Climie, 17.03; S. McLean, 17.05; C. Kirk, 17.02; P. Livingstone, 18.18.
69 mins. 28 secs.

27. GARSCLUB HARRIERS (B.)—

F. Russell, 17.11; A. Wharton, 17.04; A. Gold, 17.57; J. Gunn, 17.19.
69 mins. 31 secs.

64 teams completed.

FASTEST TIMES:

1. A. C. Black (Dundee T.H.), 15.37; 2. E. Bannan (Shettleston H.), 15.38; 3. R. C. Calderwood (Victoria Park), 15.44.

SCOTTISH MARATHON COMMENTS

By G. S. BARBER.

THE summing up of the race is that it was very successful. Charlie Robertson did 7 mins. 5 secs. better than he did in his previous performance over this course, but on that occasion the race was run in a very different manner.

In 1948 at 10 miles there were a large bunch of men who should never be up in front at that stage but in this race Duffy had other ideas and he pushed ahead at 6 miles—perhaps a little too fast—but he speeded up the race enough to weed out the unwilling.

The fact that 11 men were inside the standard of 3 hours 5 mins. is excellent running considering the stiff head wind and the fact that we have not had a full distance marathon race in Scotland since the Edinburgh Highland Games in September last, when Charlie Robertson won—which he then considered his best race.

It is interesting to consider the times and places of some of the men in the last race at Edinburgh and in the championships:—

	Edinburgh	Dundee.
Robertson,	2-38-15—1st	2-38-08—1st.
Farrell,	2-57-16—8th	2-40-55—3rd
McGee,	2-48-19—6th	2-44-46—5th
Kidd,	2-47-39—5th	2-47-35—6th
Brown,	2-59-40—10th	2-53-25—7th
Haughie,	3-1-07—11th	2-56-27—8th
Bell,	3-52-11—7th	2-59-28—10th
Scott	3-34-32—18th	3-25-37—17th

The one that made the greatest improvement was J. E. Farrell, he moved from 8th to 3rd and knocked off 16 mins. 21 secs. and it is interesting to know that he ran the fastest final six miles in the race. The times after 20 miles were:—

Farrell, ...	39-50
Paterson, ...	40-30
Robertson, ...	42-03
Duffy, ...	42-07
McGhee, ...	44-12
Kidd, ...	46-45

Both Robertson and Duffy slowed down considerably along the Esplanade, Robertson took 16-23 to cover his last 2¼ miles and Duffy 16.07.

I was greatly struck by the exhausted appearance of the runners at the finish of the race, hardly one had the usual last sprint and I can only put it down to the lack of training over the full distance. The shorter road races now so popular—over 23 this year—has perhaps made the road runners blasé; certainly the majority appeared not to be trained for the distance and as Charlie Robertson said recently in this paper "Two nights and a Saturday's run are not enough."

I thought there was a great lack of interest by the public in the race. Hardly anywhere along the course were crowds and the very small crowd at the finish made me think of the huge crowds that used to throng the Esplanade in the old days.

What is the cause of this? I feel that the race is not publicised enough and that the race should be run over the same course each year.

Looking back on the famous road races the fact that they have been run over the same roads is, I think, the explanation of the popularity of these races. I feel that nothing is gained by moving the venue of the race each year. A definite trail should be fixed and the same date each year so that we may get the public trained to the fact that we run a race. It doesn't matter where you run the race, competitors will travel. If the track championships are to return to Hampden, then to my mind this is where the race should finish and have it settled once and for all.

COACHING LECTURE

Under the auspices of Bellahouston H. a Lecture will be held in Langside Halls, on Friday, 21st November, at 7.30 p.m. The Lecturer will be Mr. T. McC. Anderson, Principal of the Scottish Hospital of Physiotherapy. The subject "Principles of Movement as Applied to Athletes" will be demonstrated by film.

ALL INVITED.

M. DENLEY (Great Britain)

A JAVELIN-THROW STUDY

By H. A. L. CHAPMAN,
Chief Athletic Coach for Scotland.



Photo by H. W. Neale.

M. DENLEY threw the Javelin 209 ft. 11½ ins. in the qualifying rounds of the Olympic contest in Helsinki but this was, unfortunately, below the qualifying distance.

This excellent photograph shows many good points in his technique but it also shows a bad point which I maintain is of considerable importance.

The Javelin travels at a tremendous speed and with its long shaft suffers from wind resistance, which naturally should be reduced to the bare minimum. No doubt most people are aware that an aeroplane climbing too steeply with insufficient power will eventually "stall."

A Javelin which is released at too great an angle will also stall when the initial momentum given to it at the release diminishes beyond a certain point.

In this photo Denley has the Javelin angle too steep. It ought really to be in a position where it passes just about his right ear. This does not mean a lowering of his throwing hand and arm but a flexion of his throwing wrist to bring the Javelin point down.

Berglund of Sweden and Hytiainen of Finland at this stage show a much more horizontal Javelin passing just about the right ear.

Jarvinen of Finland, who was a former World record holder at 253 ft. 4½ ins. (77.25 (M)), has his Javelin even more horizontal and the tip so low that even when his shoulders are square to the front

(a stage fractionally later than that shown by Denley) the tip passes by his right ear.

The following diagram shows the two extremes to give a clearer picture of what is wanted during flight.

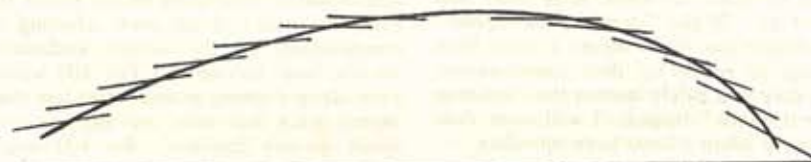
WRONG.

JAVELIN STALLING.



Initial angle of flight of Centre of Gravity: the same in each diagram.

RIGHT.



The above drawings give exaggerated Javelin angles in each case merely to give a clearer picture of the two flights.

Having dealt with this Javelin angle at some length, what about the good points?

1. The base or foot spread is wide, thus allowing good time for the throwing movements.
2. As his front foot comes to ground he shows that the rear leg and foot have turned in to a large extent, thus indicating that he has made his rear leg act fairly early to bring hips and shoulders square to the front quickly.

3. There is a good stretch down the front of the body, so that a powerful contraction is possible at the appropriate time to give added power to the throw.

4. The Javelin lies flat along the palm so that the heel of the hand comes just beneath the c/g of the Javelin, thus ensuring that when the lift or punch is given to the Javelin it will be made through its c/g, which, in turn, will avoid upsetting its flight.

BASIC ATHLETIC PRINCIPLES

By ARTHUR F. H. NEWTON,

Author of "Running in three Continents," "Commonsense Athletics," etc.

[Arthur Newton has been writing on athletics for some considerable period of time. Yet it would seem that often his views are misunderstood and misrepresented. Here he presents simply but briefly his fundamental views. Distance-runners, particularly, will find it a most interesting study though not necessarily sharing the conclusions of our respected contributor.]

Mr. Newton is out to provoke thought on athletic principles; furthering this spirit we invite all our readers to completely review or comment on points raised. As a token we will send, post free, a copy of Arthur Newton's book, "Races and Training," to all who send their views to the editor before 31st December, 1952. It will be understood that these may not necessarily be published.—Editor.]

FOR years I've had many letters and arguments with friends on the question of (1) training for speed or (2) largely ignoring speed and training for distance. Very likely you already know that I plump every time for the latter, but you may not know why I am so dogmatic about it. I say "dogmatic" but that is only because all my experience so far tends to make me think it is safer and better so. If the "training for speed" merchants can show where I have been wrong, or prove by their performances that they can safely outrun the "training over distance" brigade, I will more than willingly admit I have been mistaken.

Suppose I put the facts, as I see them, before you: you can then judge for yourself—no intelligent man should let others judge for him where only his own efforts are at stake—as to whether the former or the latter is actually better.

When I began training in 1922 I followed what was then the only known method and "trained for speed." Within a couple of months I had a serious breakdown. After that I ignored the "accent-on-the-speed" theory and "trained for distance." Thereafter I never had a recurrence of the heart trouble speed training had entailed. Pat Dengis, the American marathon champion, went through a similar experience. Each of us, after turning over to the "distance" idea, improved our best times considerably. I quote only Dengis because he was a well-known athlete in his day; there have been plenty of others since

then, less well known, who have done as much on a smaller scale. To explain the position as thoroughly as I can I shall have to go into fundamentals: if you're interested in an explanation you will contemplate the reasoning, otherwise you can dispose of the subject, as so many have done, as "poppycock."

It seems to me to be natural for short distance runners to train over a much greater distance than they intend to race, and to do so at distinctly less speed than actual racing pace. All animals in a natural state comply with this axiom. In any case you cannot train faster than you race over 100 yards or 220 yards, so it would be folly to try. No doubt you will agree to that. Now take the other extreme: apparently for abnormally long distances you should train over vastly less distance than you will race but at considerably more than racing speed for such distances:—I am now referring to competitions of the severe endurance variety, say 100 miles. For 100 yards, then, daily training at somewhat less than racing pace but over an aggregate of much greater distance: for 100 miles, daily work at much less distance but at greater than 100 miles racing speed.

That leaves you with the impression that there must be a point in between where you should train at approximately racing speed over the racing distance, but, as I see it, if there were such a point it would vary considerably with different men, moving up and down with the man's real fitness for the job in hand. But against that one definite point seems to me to stand out at all distances:—you cannot really "race" (i.e., run to near exhaustion) over your chosen distance every day and continue to carry on: nature will not put up with it, and we have long since learnt that there is no sense in trying to do so. In other words it's a proof that nature intended us to "train" at below racing pace at any rate so far as the shorter distances are concerned. On the other hand anyone

who has tried it—I have run three hundred miles in six days—knows that distances in this category can be greatly increased if suitable training is undertaken at greater-than-racing speed and the subsequent "race" is run below-training pace. Just as you cannot go faster than sprinting, so you cannot endure an overgreat daily mileage, though adequate training will add to your ability in either direction.

All my own work was directed along these lines. I averaged as a rule eight miles to the hour up and down very stiff hills, covering 140 miles per week all the year round. That, I found, enabled me to race over a much easier course—London to Brighton—at 8.9 m.p.h., or, going at much less than training speed, to cover 150 miles in 24 hours. Both these attempts will be very considerably improved when younger men seriously tackle them: already the South African, Ballington, has clipped some three-quarters of an hour off the 100-mile mark.

Now those figures should not be blindly followed by the ordinary runner: I use them merely to point to a principle. It is time we realised, though up till now it seems we have not done so, that if a principle is sound for the learning of any single form of activity it must be as sound for all forms; and vice-versa, if you can prove it unsound for one form it must be unsound for all. Walking, running, swimming, cycling and so on are all forms of activity: you alter the details to suit the type; the principle for all activity remains constant until some refinement is discovered to buttress it.

It is probably my own fault that much I have written has been not only misunderstood but misapplied: fellows forget the principle and think I am dictating to them what they ought to do for distances very different from those I indulged in. For instance, I let it be known that for a 100 mile race it would be pretty safe to keep up a speed of $7\frac{1}{2}$ m.p.h. all the way. One fairly widely known runner whose chosen goal was the marathon stuck rigidly to this for training and seemed to think nothing else was necessary. When it failed to make him a class marathon runner I ventured to suggest that as 26 miles could be run in around $2\frac{1}{2}$ hours, any man who intend-

ed to be among the leaders would have to train daily—when conditioned to do so—at more than 9 m.p.h. as a general average. When the time is reduced to 2 hrs. 20 mins. the same man will have to practise daily—and he can after some years of hard work—at around 10 m.p.h. Even then, he can't expect to do the full distance each day at such a speed, and the only alternative, as I see it, is to cover a greater distance (say 30 or 35 miles) every now and again at a reduced speed. This additional distance appears to me to be necessary to build up stamina: without it a man is apt to exhaust himself so badly towards the end of a 26-miler that his condition reflects insidiously on the safety of marathon races; and the general public, who really know little or nothing about the preparation and its effects (they have no personal experience to judge by) are apt to consider such events dangerous, whereas in fact they should be nothing but entirely beneficial.

The fact remains, to my way of thinking, though I have been choked off time and again by some top class and many other athletes, that training should be just as much a daily affair as sleeping and feeding: the three combined appear to me to be the basic fundamentals of an active and healthy life. You can be comparatively healthy without the physical activity, can specialise in mental work almost to the exclusion of physical; and no doubt there are men who have been "born that way" and whom it suits. But such unusual individuals are "the exceptions that prove the rule" and the very great majority of us are born with more normal potentialities and would do well to stick to nature's normal method—daily exercise, food and sleep.

Again, I've always written for the chap who thinks he wants to get to the top or thereabouts: I took it for granted that the great majority, having less incentive, would be content to water my ideas down to suit themselves: if they are content to remain below championship class, and their daily work may be such as to allow them little choice in the matter, they might well cut the work I suggest in half, or do just as much as they find suits their temporary conditions. Men who adopt this policy, however, cannot expect to be rewarded with what they haven't earned;

they'll never shine as champions even though, on some fortuitous occasion, they happen to put up an 'unusually good performance.

Then you find those who slog through heaps of work, as much perhaps as even some of the champions, yet never make any sort of a splash. In these cases it seems pretty obvious that in some way or other the quality of their preparation is at fault. You get about what you earn in nature—short cuts are always a waste of time—and if you don't make the progress commonsense tells you you ought to be making, it must be because some action in your preparation is continually applying the brake. Study the subject more carefully and, as likely as not, you'll find where the mistake occurs.

I am constantly being accused of advocating "slow" work. It was because of this, always held up as one of my chief faults, that I came to understand that I couldn't have put across my ideas plainly enough, or the writers wouldn't have misunderstood them. I do not believe in slow work AT ANY TIME during training unless injury or abnormal climatic conditions necessitate such. All slow work I regard as a waste of time. When a fellow runs at 80% of his racing speed he wouldn't call it "slow," yet that is precisely the general average pace I have suggested for training jaunts for the past quarter of a century. I mean of course racing speed for the event he is practising for. Nine miles per hour might be "slow" for a 440 man, but the marathon merchant who has to do fifteen miles at that pace will find it anything but slow. The pace you train depends entirely on the distance you are training for and the standard you have reached at the moment: as you progress and put up better times, so will your 80% of racing speed increase. Surely that is simple enough?

Another point. I have never been able to convince myself that you can make a better job of your work if you practise a whole lot of different items rather than attend to the job itself. Yet practically all our teaching has been, and still is, that if you want to learn to run or do any other physical work you should spend a lot of time on stretching, suppling, jogging and other extraneous exercises

instead of getting busy with the type of running, or whatever it is, you are trying to learn. I have frequently pointed out that most of our top champions in cycling, running, tennis, etc., completely ignore such teaching yet manage to surpass the best of those who follow it; but most of the coaches we have still preach the same old stuff and refuse to recognise the obvious. I fail to see, for instance, how lying on your back and "cycling" in the air can help you to run faster. You wouldn't think of doing such a stunt in the middle of a half mile race. Then why practice what you never intend to do? The same applies to practically all other extraneous exercises. Surely there's a lack of commonsense somewhere? Athletics are not different from everything else in life: they ARE life. And in every other science you are taught to study what you are trying to learn.

Extraneous exercises? That's what I'd dub all this compote of antics-and-capers we have continually rubbed into us as being necessary for daily—or whenever training happens to be undertaken—"warming up." I can understand that a couple of minutes of the action about to indulged in would perhaps make things easier if a fellow were intending to take on some highly strenuous work, but for anything else I cannot see anything worthwhile in it. If you want to catch a bus which you see is just starting off, you don't begin bending sideways and follow up with 440 yards of slow jogging plus a sample or two of "winders," adding a lap of running backwards and a trifle of acrobatics for good measure. Nature has so made all of us that we can immediately break into a fast run without any sort of preliminary warning, and we know that it will not entail a sprained ankle or a pulled muscle. Since the carefully trained athlete is less liable to suffer physical breakdowns from ordinary natural exercise than the untrained man-in-the-street, such business as "warming up" before anything but abnormal exertion—such as races up to 5,000 metres or to a less extent 10,000 metres—should be, and probably is, entirely unnecessary. And "limbering down" is even more so. No fellow in his senses would try to stop dead immediately after an exhausting run: it

is much easier and more natural to act like any other animal and pull up within anything from ten to thirty yards: to carry on after that is merely wasting energy at the time when all nature is crying out to drop every atom of unnecessary effort.

Warm up for a couple of minutes or so immediately before a race, yes: that's sensible enough, because it boosts up your circulation to what it will be (or thereabouts) while you are racing. Once you've attained that you can attend to racing only, instead of dividing your efforts by having to race and boost-up-the-circulation at the same time. But to lie down after you've warmed up, and almost every text book exhorts you to do so, is to demolish most of the work the warming up was done for: it just lets the circulation lapse back to where it was before you began, so that when the race comes you'll have to do the two jobs together again instead of only one.

And now, what about "weight training?" Like other aspects in the way of preparation I've given the matter considerable thought, and this is what I've arrived at. Every time you act every part of your body is engaged to a greater or lesser extent: that, I gather, is already an accepted scientific axiom. For running you need refinement of action chiefly in chest and legs, and consequently these items show more obvious progress than arms and fingers which come into play so very much less. You practise running, and nature sees to it—though you don't, and never will, know exactly all the processes nature goes through in order to manage the job—that the muscles and organs you are using are built up to stand the strain you put them to, provided you don't overdo it. Now I don't believe that nature makes silly mistakes in her work and, if you are using every single part of your body to run, I am convinced that she fortifies each separate section to the extent necessary, plus a little bit more; for when pushed to the limit we have found that there's practically always a reserve that we were not actually aware of. It doesn't seem to me to be sense, then, for us to complain that nature has neglected some particular section—with weight training the stomach muscles are as often as not

singled out in this way—and that we know better than she does what ought to be done and therefore add the necessary dose of extra work to make good her oversight. Personally I should say that all we had done in such a case was slightly to upset the perfect running balance, and to have used time to do so which might have been directed to more running training: just another case of interfering with what we don't fully understand, under the impression that we were directors rather than students of nature. However, nature knows her business, and as we are still in the kindergarten class so far as knowledge of her processes goes, it is presumptuous of us to try to teach her how to do it: left to get to work her own way she is likely to turn out a better job. So if we want to become better runners we must practise better running, and she will see to it that everything required by the action is provided in adequate proportion so long as we allow her sufficient time.

Actual racing, i.e., maximum exertion over your racing distance, should, to my mind, never be a part of your training. It can only be indulged in at infrequent intervals and, for most men in this country, what with club, county and championship events, many fellows get more racing than is good for them. Such overwork leaves you (I've tried it) quite unable at any time to put up your actual best performance, and the more it is overdone the worse you get. To be on the absolutely safe side I should imagine a sprinter could go for a couple of races a week and a marathon man one every four weeks or thereabouts. Some men can of course pep this up, certainly the super-trained individual can, while others might need longer intervals: your own experience is the surest guide as to what suits you best. Yet it is always safer to err on the under—rather than on the over-racing schedule. Whereas sensible training slowly "builds you up" racing definitely destroys some of the building, as you'll soon find out if you overdo it.

To sum up the whole thing then I should say that a short distance man should train (this is a rough figure only) at around 80% of his best racing pace, do it many times every day for six days a week, and also take a much longer run

Continued from previous page.

for stamina-acquiring purposes as often as convenient. The middle distance merchant will have to be content with a less number of outings because each one takes much longer; and the marathon man will do less distance than his race because he cannot afford to try to keep up near-racing speed daily over a 26 mile course. Both middle-distance and marathon men—the latter very distinctly less in proportion—should every now and again reduce their speed somewhat and cover considerably more distance than their chosen event calls for.

It would seem to me that the only necessary thing to build up is a high daily average of speed—not racing—for your pet event. Having acquired that you are then in a fit state every now and again to add a bit more for a special occasion, and "races" ARE special occasions.

EDITOR'S APOLOGIES.

The Editor has to apologise to all readers for this being the only issue out since August. In recent years this seems to have become a habit, and the reason but the same. Overworked, particularly during the summer we have had to pay the penalty of strain.

It has become increasingly obvious that as the influence of "The Scots Athlete" has been progressively increased the work entailed in editing and publishing as well as organising social functions to help finance it is rather much for one to be done only in very limited spare-time.

We hope to announce shortly that a well-known servant of our sport will be sharing to some extent this very essential work.

If this is finally forthcoming then we all can look for stability. In the meantime, the Editor is single-handed carrying on, and manfully doing his best. The true spirit of amateur athletics demands nothing but the best.

DECEMBER ISSUE

The December issue will contain "Best Scottish Track and Field Performances, 1952;" "Details Edinburgh-Glasgow Road Relay: Topical, controversial and coaching features.

CLYDESDALE HARRIERS YOUTHS' BALLOT TEAM RACE

8th November, 1952.

1. J. Tierney (Cambuslang H.)	14.42
2. J. Connolly (Bellahouston H.)	14.42
3. C. Kennedy (Bellahouston H.)	14.48
4. J. McGregor (G'nock W.H.)	14.57
5. S. McLean (Bellahouston H.)	15.05
6. J. Harris (Beith H.)	15.18
7. L. Claudsly (Shettleston H.)	15.23
8. D. O'Rourke (Bellahouston)	15.24
9. J. Howe (Greenock W.H.)	15.26
10. B. Linn (Garscube H.)	15.27
11. G. Nelson (Bellahouston H.)	15.28
12. J. Irvine (Bellahouston H.)	15.34
13. J. Gibson (Paisley H.)	15.42
14. J. Pearson (Paisley H.)	15.43
15. D. Kaney (St. Modan's)	15.44
16. A. Dennett (Dumbarton C.)	15.54
17. W. Gorman (Shettleston H.)	15.54
18. G. Wallace (Shettleston H.)	15.59
19. I. Richardson (Shettleston H.)	16.01
20. J. Simpson (Plebeian H.)	16.02
21. J. Dunlop (Irvine Y.M.)	16.05
22. J. Wilson (Irvine Y.M.)	16.09
23. W. Docherty (G'nock W.H.)	16.13
24. G. Paris (Garscube H.)	16.16
25. H. McIntyre (Dumbarton C.)	16.17
26. W. Banks (Irvine Y.M.)	16.18
27. A. Hayes (Beith H.)	16.19
28. F. Linden (Shettleston H.)	16.20
29. J. McLeod (Vale of Leven)	16.22
30. J. Leckie (Bellahouston H.)	16.42
31. J. McDines (Shettleston H.)	16.43
32. J. Devlin (Paisley H.)	16.44
33. J. McSwein (G'nock W.H.)	16.48
34. S. Kennedy (Irvine Y.M.)	16.51
35. G. Crichton (Vale of Leven)	16.59
36. G. Maxwell (Maryhill H.)	17.00
37. G. Penrice (Maryhill H.)	17.01
38. D. Ross (Maryhill H.)	17.09
39. J. Rubie (Irvine Y.M.)	17.10
40. D. McAlpine (Bellahouston)	17.21
41. E. Buchanan (Maryhill H.)	17.36
42. N. McBride (Maryhill H.)	17.37
43. A. McGregor (Paisley H.)	17.38
44. F. Anderson (Beith H.)	17.45
45. J. McLean (Beith H.)	17.48
46. J. Tweedie (Maryhill H.)	17.54
47. W. Burns (Paisley H.)	17.58

1st Team.

S. McLean (5); T. O'Rourke (8); W. Gorman (17)—30 points.

2nd Team.

G. Wallace (18); J. McGregor (4); D. Kaney (15).—37 points.

THE HAMMER CIRCLE

[For his tireless work in connection with the A.A.A. Coaching Scheme and his particular interest as an active competitor and coach in the "Throwing the Hammer" event we have long had a great admiration of D. N. J. Cullum. He typifies the culture of amateur athletics, being one of the many servants who are continually thrown up by our sport, active, enthusiastic and efficient.

We have recently received from him a report of an inaugural meeting of the "Hammer Circle" which group we can well surmise arose mainly from his progressive ideas.

We have slightly condensed and reproduced the report below. It is unique. The news must reach every able or aspiring hammer-thrower. The objects may inspire useful organisation of other specialist groups. Every athlete will salute the "Hammer Circle" wishing our throwers all the best in "furthering their efforts."

—The Editor.]

THERE has always existed amongst British Hammer-throwers a strong bond of friendship which has expressed itself whenever throwers have met, and has been particularly evident in the mutual coaching by throwers taking part in the same competitions. Since the war the number of British Hammer-throwers has steadily increased, and there has been a corresponding rise in the standard of performance, despite the fact that opportunities for coaching and competition are still far too few.

For some time the desire has been expressed by Hammer-throwers to have some form of Club or Association to give tangible form to an athletic group which already existed in spirit if not in name. After a meeting held on 2nd August, 1952, "The British Hammer-throwers Circle"—or for short, "The Hammer Circle"—which name has an immediate association with the particular event was formed.

Objects:

1. To bind together in tangible form the fraternity of British Hammer-throwers, and to give them a symbol denoting both membership and personal achievement.
2. To provide an incentive to throwers to reach the standard required for membership of the Circle and thereafter to give tangible recognition of their progress stage by stage.

3. To form a link between all British Hammer-throwers whereby information of mutual interest, such as Best Performance Lists, details of Meetings, etc., can be interchanged.

4. To encourage more athletes, particularly juniors, to become Hammer-throwers, and to help them in every way with advice, coaching and the provision of training facilities.

5. To encourage an increase in the number of Hammer competitions, both in Club and Open Meetings, particularly in areas where few competitions at present take place.

6. To keep members informed of interpretations of rules and official decisions which affect Hammer-throwers, and to act on their behalf should the necessity arise.

7. To do everything possible and practicable to raise and maintain the status of British Hammer-throwers and Hammer-throwing, both athletically and in the public esteem.

Qualification for Membership:

It was considered that membership of the Hammer Circle should be eagerly sought and highly prized and that there should be a certain minimum standard which would need to be attained before throwers became eligible for membership. The table below, which was approved at the meeting, shows the initial qualification based on distance thrown, and thereafter the higher grades of membership as performances improve. All qualifying distances would have to be achieved in bona fide competition:

Senior Members (16 lb. Hammer).

Grade.	Standard.
1st Circle Member	140 feet.
2nd Circle Member	150 feet.
3rd Circle Member	160 feet.
4th Circle Member	170 feet.
5th Circle Member	180 feet.

Junior Members (12 lb. Hammer).

Grade.	Standard.
Junior Circle Member	140 feet.

Honorary Circle Member:

It was agreed that Hon. membership of the Hammer Circle should be open to any Coach who has passed the A.A.A. Senior Coaching Test for Hammer-throwing, or any person specially approved by the Circle for exceptional service to Hammer-throwers or Hammer-throwing.

Finance:

It is obviously important that an Association of this sort should not involve its members in any substantial expenditure, and it was, therefore, agreed that there should be an initial entrance fee which could cover both entrance and life membership.

Senior Members, 10/-.

Junior Members, 5/-, with a further 5/- on qualifying for Senior membership.

Hon. Members, 5/-.

Insignia:**(a) Track Suit.**

It was considered desirable that members of the Hammer Circle should wear a Track Suit of a distinctive colour as a visible sign of membership, and for utility purposes it was agreed that this should be all-Black which would

form a suitable background colour for the Circle Badge.

(b) Badge.

It was agreed that the main feature of the badge of membership should be a background of Green (to represent grass) with a Red circle (cinders) in the centre outlined and divided horizontally in White. In the circle would be two crossed Hammers in Gold. There should also be included in the design space for five small white circles which could be added one by one to denote the grade of membership as this improved. In addition there would be either the words "HAMMER CIRCLE" or the initials "B.H.T.C." and possibly some word or phrase significant of the event. No final design has yet been approved and members are asked to submit their own ideas.

A similar badge would be available for Junior and Hon. Members.

M. C. Nokes, M.C., the former English Native record holder was elected President.

All interested should write to the Hon. Secretary and Treasurer, D. N. J. Cullum, "Ashbourne," 108 Waxwell Lane, Pinner, Middlesex.

1952 has seen some remarkable changes in the Best All-time Hammer-Throwing marks. This list compiled to September, inclusive, makes an interesting study. It includes new marks by "youngsters" Strandli and Csermak, "ex-king" Nemeth, and veteran Storch.

61.25 (200' 11 $\frac{1}{2}$ ")	Strandli, Norway	Oslo.....	September 14th, 1952.
60.34 (197' 11 $\frac{1}{2}$ ")	Csermak, Hungary	Helsinki.....	July 24th, 1952.
60.31 (197' 10 $\frac{1}{2}$ ")	Nemeth, Hungary	Budapest.....	August 10th, 1952.
60.01 (196' 10 $\frac{1}{2}$ ")	Nemeth, Hungary	Budapest.....	August 17th, 1952.
59.88 (196' 5 $\frac{1}{2}$ ")	Nemeth, Hungary	Budapest.....	May 19th, 1952.
59.68 (195' 9 $\frac{1}{2}$ ")	Storch, Germany	Oslo.....	September 5th, 1952.
59.67 (195' 9 $\frac{1}{2}$ ")	Strandli, Norway	Borlange.....	September 7th, 1952.
59.63 (195' 7 $\frac{1}{2}$ ")	Storch, Germany	Goteborg.....	August 6th, 1952.
59.57 (195' 5 $\frac{1}{2}$ ")	Nemeth, Hungary	Katowice.....	September 4th, 1949.
59.56 (195' 4 $\frac{1}{2}$ ")	O'Callaghan, Eire	Fermoy.....	August 22nd, 1937.
59.51 (195' 2 $\frac{1}{2}$ ")	Nemeth, Hungary	Budapest.....	August 31st, 1952.
59.44 (195' 0 $\frac{1}{2}$ ")	Storch, Germany	Berlin.....	June 29th, 1952.
59.44 (195' 0 $\frac{1}{2}$ ")	Strandli, Norway	Oslo.....	September 5th, 1952.
59.43 (194' 11 $\frac{1}{2}$ ")	Nemeth, Hungary	Budapest.....	August 13th, 1952.
59.29 (194' 6 $\frac{1}{2}$ ")	Strandli, Norway	Copenhagen.....	August 29th, 1952.
59.17 (194' 1 $\frac{1}{2}$ ")	Taddia, Italy	Milan.....	October 8th, 1950.
59.13 (194' 0")	Nemeth, Hungary	Budapest.....	June 22nd, 1952.
59.04 (193' 8 $\frac{1}{2}$ ")	Nemeth, Hungary	Tata.....	July, 6th, 1952.
59.02 (193' 7 $\frac{1}{2}$ ")	Nemeth, Hungary	Tata.....	July 14th, 1948.
59.00 (193' 6 $\frac{1}{2}$ ")	Blask, Germany	Stockholm.....	August 27th, 1938.

DISTRICT RELAYS

EASTERN DISTRICT 10 MILES C.C. RELAY CHAMPIONSHIP

Dundee, 1st Nov., 1952.

At the finish of the first lap G. Reid (E.S.H.) handed over a lead of 30 yards from R. Baird (D.H.H.) with I. Gourley (E.S.H.) B. team a couple of yards behind. Edinburgh University, the holders, finished at this stage in 12th position. At the finish of the second lap H. S. Millar for Southern had increased the lead by 14 secs. from D. Dunn (Braidburn A.C.) who had brought his team through from seventh position. However, the best performance of this lap came from K. Coutts of the Varsity who took his team from 12th to 3rd and thus gave them a chance to keep a grip of the Mackenzie Trophy.

Still Southern led at the end of the third lap, when J. Paterson handed over a lead of 21 secs. from J. Rollo (E.E.H.) who had moved up 5 places. Dundee Hawkhill at this stage were fourth, 40 secs. behind Southern. With A. Black running the last lap the Dundee supporters were excited and Southern's anxious as this runner had been unbeaten this season in Scotland. However, R. Mitchell was never headed until the last quarter of a mile when Black passed him to run the fastest lap by almost half a minute. Thus Dundee Hawkhill became the winners and holders of the Mackenzie Trophy with a win over the favourites, Southern, by nine secs. Eastern Harriers were third, 22 secs. behind Southern.

DETAILS:

- DUNDEE HAWKHILL HARRIERS—**
R. A. Baird, 15.21; J. F. Macpherson, 15.47; G. Gow, 15.34; A. C. Black, 14.21. 61 mins. 03 secs.
- EDINBURGH SOUTHERN HARRIERS—**
G. Reid, 15.24; H. S. Millar, 15.20; J. V. Paterson, 15.31; R. Mitchell, 15.09. 61 mins. 14 secs.
- EDINBURGH EASTERN HARRIERS—**
J. Hamilton, 15.34; H. Phillip, 15.23; J. Rollo, 15.15; I. Thomson, 15.10. 61 mins. 36 secs.
- BRAIDBURN A.A.C.—**
N. Donachie, 15.32; D. Dunn, 15.23; D. Nisbet, 15.58; I. Morrison, 14.50. 61 mins. 43 secs.
- EDINBURGH UNIV. H. & H.—**
C. Barrett, 16.02; K. Coutts, 15.02; J. Crawford, 15.43; J. W. Brydie, 15.03. 61 mins. 50 secs.

- DUNDEE THISTLE HARRIERS—**
H. Irvine, 16.08; C. D. Robertson, 15.11; I. Watson, 15.14; R. Spalding, 15.48. 62 mins. 21 secs.
- EDINBURGH HARRIERS—**
T. Stanton, 15.28; R. Gardiner, 16.28; J. Hermiston, 15.29; R. Stewart, 15.04. 62 mins. 29 secs.
- STRATHTAY HARRIERS—**
P. Boyle, 15.43; R. Holmes, 16.04; C. Boyle, 15.35; F. W. Sime, 15.28. 62 mins. 52 secs.
- EDINBURGH SOUTHERN H. (B.)—**
I. Gourley, 15.22; J. Smart, 15.47; J. Robertson, 15.51; W. A. Robertson, 16.02. 63 mins. 03 secs.
- FALKIRK VICTORIA HARRIERS—**
T. D. Todd, 16.27; G. W. Jackson, 15.14; W. Paxton, 15.59; R. A. Sinclair, 15.27. 63 mins. 07 secs.
- FALKIRK VICTORIA H. (B.)—**
A. Cook, 16.06; T. Dobbie, 15.30; P. Rae, 15.57; D. Nicoll, 16.18. 63 mins. 51 secs.
- KIRKCALDY Y.M.C.A. HARRIERS—**
P. Husband, 15.29; W. E. Duncan, 16.14; J. Kay, 16.39; C. R. Mortimer, 15.37. 63 mins. 59 secs.
- H.M.S. CALEDONIA—**
D. Brown, 15.56; H. Ruler, 16.22; C. Rush, 16.05; P. Burren, 15.57. 64 mins. 10 secs.
- EDINBURGH UNIV. H. & H. (B.)—**
J. Barr, 16.17; M. Robinson, 15.55; O. D. George, 16.12; A. Cleary, 15.56. 64 mins. 20 secs.
- GALA HARRIERS—**
W. Thomson, 15.27; J. Wintrop, 15.38; G. O'Hara, 17.28; A. Henry, 15.55. 64 mins. 28 secs.
- EDINBURGH SOUTHERN H. (C.)—**
W. A. Sanderson, 16.20; H. Robb, 16.07; T. Logan, 15.49; W. Gembles, 16.30. 64 mins. 46 secs.
- DUNDEE THISTLE H. (B.)—**
D. Miller, 16.12; R. R. Johnston, 16.38; A. McIntosh, 16.05; S. Cunningham, 16.06. 65 mins. 01 secs.
- H.M.S. CALEDONIA (B.)—**
E. Smith, 15.42; P. Briers, 16.38; D. Simon, 16.03; A. Day, 17.13. 65 mins. 01 secs.
- DUNDEE HAWKHILL H. (B.)—**
J. S. McKenzie, 16.28; A. Coogan, 17.24; J. Laird, 16.17; W. Adamson, 16.08. 66 mins. 17 secs.
- EDINBURGH UNIV. H. & H. (C.)—**
K. McAnish, 17.23; T. G. G. Griffiths, 16.20; A. Smith, 16.40; A. Wilkie, 15.47. 66 mins. 20 secs.
- STRATHTAY HARRIERS (B.)—**
J. Dick, 17.12; J. Smillie, 16.40; J. Jensen, 18.03; H. Ryan, 17.20. 69 mins. 15 secs.

FASTEST TIMES:

- A. C. Black (Dundee H.H.), 14.21; 2. I. B. Morrison (Braidburn A.C.), 14.50; 3. K. Coutts (Edinburgh Un.), 15.02; 4. J. W. Brydie (Edinburgh Un.), 15.03; 5. R. Stewart (Edin. H.), 15.04; 6. R. Mitchell (Edinburgh S.H.), 15.09; 7. I. Thomson (Edinburgh H.H.), 15.10; 8. C. D. Robertson (Dundee T.H.), 15.11.

MIDLAND DISTRICT 10 MILES C.C. RELAY CHAMPIONSHIP

Millerston, 1st Nov., 1952.

This turned out to be a grand race. As to be expected, the holders, Springburn Harriers minus three of last year's team were not the same power and were never to the fore.

H. Kennedy (Bellahouston H.) ran a superb 1st leg to hand over a fair lead. Next man was Joe McGhee (St. Modan's) who had also run well to have his team ahead of race favourites Victoria Park and Shettleston.

On the 2nd leg Bob Calderwood took Victoria Park from 4th to leading position and Clark Wallace for Shettleston moved up two places to 4th.

The 3rd leg brought out as challengers Scotland's two famed distance runners, Andrew Forbes (V.P.) and Eddy Bannan (Shettleston), the former being a previous C.C. champion and the present 3 miles champion and record-holder and the latter the reigning C.C. champion. Bannan was at his thrilling best and reversed a 33 secs. deficit to an exact half-minute advantage.

Could Bob Kane for Victoria Park make up the leeway? He started fast and almost got on real striking terms but John Eadie was fighting all the way and crossed the line 22 secs. ahead to mark a worthy Shettleston victory.

DETAILS:

1. SHETTLESTON HARRIERS—
T. Walters, 13.46; R. C. Wallace, 13.46; E. Bannan, 12.37; J. Eadie, 13.38. 53 mins. 47 secs.
2. VICTORIA PARK A.A.C.—
C. D. Forbes, 13.38; R. C. Calderwood, 13.21; A. Forbes, 13.40; R. Kane, 13.30. 54 mins. 09 secs.
3. BELLAHOUSTON HARRIERS—
H. Kennedy, 13.03; R. Climie, 14.03; J. Christie, 14.02; H. Fenion, 13.26. 54 mins. 34 secs.
4. GARSCLUBE HARRIERS—
D. Coupland, 13.59; A. Kidd, 13.49; G. A. Dunn, 13.39; R. Black, 14.00. 55 mins. 27 secs.
5. VICTORIA PARK A.A.C. (B.)—
A. Breckenridge, 13.35; F. McKay, 14.14; S. Ellis, 13.47; J. Ellis, 13.54. 55 mins. 30 secs.
6. HAMILTON HARRIERS—
A. C. Gibson, 13.41; J. Finlayson, 13.35; D. Wilson, 14.48; H. Gibson, 14.07. 56 mins. 11 secs.
7. MARYHILL HARRIERS—
J. Wright, 13.57; W. Hannah, 13.40; T. Harrison, 14.14; J. Campbell, 14.22. 56 mins. 13 secs.

8. SHETTLESTON HARRIERS—
D. Bridges, 13.50; J. McNeil, 13.57; J. Burton, 14.04; J. B. Miller, 14.25. 56 mins. 16 secs.
9. BELLAHOUSTON HARRIERS (B.)—
G. McArthur, 14.03; C. Kirk, 14.03; C. Milligan, 14.22; J. McLean, 14.24. 56 mins. 52 secs.
10. VICTORIA PARK A.A.C. (C.)—
D. Orr, 14.19; P. Callaghan, 14.19; N. Ellis, 14.33; R. Izatt, 13.50. 57 mins. 01 secs.
11. CLYDESDALE HARRIERS—
R. Boyd, 14.24; J. Higginson, 13.53; P. Younger, 14.34; J. Young, 14.14. 57 mins. 05 secs.
12. GLASGOW POLICE A.A.—
K. Sigrist, 14.41; W. Laing, 14.00; W. Armour, 14.15; A. Allan, 14.19. 57 mins. 15 secs.
13. SPRINGBURN HARRIERS (Holders)—
J. K. Rankin, 14.22; T. O'Reilly, 14.29; S. McFadyen, 14.24; J. Stevenson, 14.02. 57 mins. 17 secs.
14. VALE OF LEVEN A.A.C.—
D. McPherson, 14.14; F. Lacey, 15.18; R. Steel, 14.00; W. Gallagher, 13.48. 57 mins. 20 secs.
15. CAMBUSLANG HARRIERS—
W. Green, 13.52; J. Hay, 16.00; J. Lyle, 13.57; A. Fleming, 14.07. 57 mins. 56 secs.
16. SHETTLESTON HARRIERS (C.)—
J. McElroy, 14.10; A. Steel, 14.46; J. Hamilton, 14.37; T. Clark, 14.31. 58 mins. 04 secs.
17. CLYDESDALE HARRIERS (B.)—
W. Andrews, 14.27; D. Stewart, 14.54; J. Duffy, 14.52; J. Hume, 14.15. 58 mins. 28 secs.
18. LARKHALL Y.M.C.A. HARRIERS—
D. K. Gracie, 15.26; W. Duncan, 14.48; T. D. Reid, 14.25; J. Stevenson, 14.04. 58 mins. 43 secs.
19. MOTHERWELL Y.M.C.A. HARRIERS—
A. H. Brown, 14.09; B. McRoberts, 14.40; T. Scott, 14.25; A. Brown, 15.33. 58 mins. 47 secs.
20. SPRINGBURN HARRIERS (B.)—
N. McGowan, 14.06; S. Maxwell, 15.34; J. C. Morton, 14.31; D. Wallace, 14.39. 58 mins. 50 secs.
21. VICTORIA PARK A.A.C. (D.)—
D. Shuttleworth, 14.32; J. D. Stirling, 14.44; D. McFarlane, 14.30; J. Simpson, 15.04. 58 mins. 50 secs.
22. BELLAHOUSTON HARRIERS (C.)—
G. Bell, 14.28; J. Kelly, 14.21; A. Dunwoody, 14.52; D. Robertson, 15.25. 59 mins. 06 secs.
23. ST. MODAN'S A.A.C.—
J. McGhee, 13.24; D. Kaney, 15.52; J. Murray, 14.54; J. Kieft, 15.14. 59 mins. 24 secs.
24. HAMILTON HARRIERS (B.)—
G. Craig, 14.45; G. McGill, 14.52; J. Craig, 14.38; J. Hepburn, 15.14. 59 mins. 29 secs.
25. MARYHILL HARRIERS (B.)—
R. Wright, 14.41; T. K. Wilson, 14.49; R. McDonald, 14.32; H. B. Morrison, 15.33. 59 mins. 35 secs.
26. SHETTLESTON HARRIERS (D.)—
P. Fitzpatrick, 14.51; W. McFarlane, 15.03; E. Dolan, 15.47; J. Moore, 14.40. 60 mins. 21 secs.
27. MONKLAND HARRIERS—
J. Gordon, 15.09; J. Glen, 14.36; J. Geddes, 16.06; A. Arbuckle, 15.25. 61 mins. 16 secs.

DID NOT FINISH:
MARYHILL HARRIERS (C.)—
S. Russell, 15.23; D. Tait, 15.44; J. McBryde —;
GLASGOW POLICE A.A. (B.)—
J. Girdwood, 15.40; D. Durward. —;
—;

FASTEST TIMES:

1. E. Bannan (Shett. H.), 12.37; 2. H. Kennedy (B.H.), 13.03; 3. R. C. Calderwood (V.P.), 13.21; 4. J. McGhee (St. Modan's), 13.24; 5. H. Fenion (B.H.), 13.26.

SOUTH-WESTERN 10 MILES C.C. RELAY CHAMPIONSHIP

Paisley, 1st Nov., 1952.

DETAILS:

1. GREENOCK WELLPARK HARRIERS—
G. King, 14.31; D. Anderson, 15.32; J. Stevenson, 13.45; T. Stevenson, 13.49. 57 mins. 37 secs.
2. IRVINE Y.M.C.A. HARRIERS—
J. Dempster, 14.48; M. Butler, 14.39; S. Cuthbert, 14.08; H. Kennedy, 14.18. 57 mins. 53 secs.
3. PLEBEIAN HARRIERS—
A. Small, 14.24; J. McQuade, 14.51; A. Smith, 14.15; D. Barclay, 15.04. 58 mins. 34 secs.
4. PAISLEY HARRIERS—
W. McNeil, 14.40; F. Kellet, 14.56; A. Napier, 14.38; J. Campbell, 14.47. 59 mins. 01 secs.
5. KILMARNOCK A.A.C.—
J. Young, 14.34; G. Wilson, 14.36; J. Burns, 15.11; W. Morton, 14.48. 59 mins. 10 secs.
6. IRVINE Y.M.C.A. HARRIERS (B.)—
J. Burgess, 15.20; A. Muir, 15.10; E. Allan, 14.59; D. Andrews, 14.51. 60 mins. 20 secs.
7. GREENOCK GLENPARK HARRIERS—
J. Osborne, 14.23; J. Fraser, 15.37; R. Cox, 15.23; J. Grant, 14.38. 60 mins. 21 secs.
8. BEITH HARRIERS—
K. Phillips, 15.05; H. Walker, 15.35; G. Lightbody, 14.44; J. Armstrong, 15.14. 60 mins. 38 secs.
9. PAISLEY HARRIERS (B.)—
T. Fellowes, 15.19; J. McCallum, 15.39; J. Deveny, 14.52; A. Duncan, 14.58. 60 mins. 48 secs.
10. PLEBEIAN HARRIERS (B.)—
F. Cassella, 15.14; E. Latham, 15.20; P. McDermid, 15.41; A. Robertson, 15.30. 61 mins. 45 secs.
11. AYR A.A.C.—
F. Gerrish, 14.58; M. Goodwin, 15.48; J. Ferguson, 15.20; E. Thursby, 15.53. 61 mins. 59 secs.
12. AUCHMOUNTAIN HARRIERS—
J. Cairns, 14.39; P. McIntosh, 15.54; T. Pye, 16.04; J. Bryce, 16.08. 62 mins. 45 secs.
13. KILMARNOCK A.A.C. (B.)—
R. Ballantyne, 16.01; J. Roy, 16.04; R. Hamilton, 16.13; R. Miller, 15.27. 63 mins. 45 secs.
14. PAISLEY HARRIERS (C.)—
J. Feeley, 13.59; M. McFadden, 15.45; W. Rutherford, 16.26; J. Sellar, 16.01. 63 mins. 54 secs.

FASTEST LAP:

1. J. Stevenson (G'nock W.H.), 13.45; 2. T. Stevenson (G'nock W.H.), 13.49; 3. S. Cuthbert (Irvine Y.M.), 14.08; 4. A. Smith (Plebeian H.), 14.15; 5. H. Kennedy (Irvine Y.M.), 14.18; 6. I. Osborne (G'nock G.H.), 14.23.

RENFREWSHIRE 10 MILES C.C. RELAY CHAMPIONSHIP

Kilbarchan, 18th Oct., 1952.

DETAILS:

1. BELLAHOUSTON HARRIERS—
H. Kennedy, 14.33; R. Stoddart, 15.11; J. Christie, 14.53; H. Fenion, 15.11. 59 mins. 48 secs.
2. GREENOCK WELLPARK HARRIERS—
G. King, 15.03; D. Anderson, 16.15; J. Stevenson, 14.20; T. Stevenson, 14.22. 60 mins. 00 secs.
3. PAISLEY HARRIERS—
A. Napier, 14.28; W. McNeil, 15.17; A. Duncan, 15.42; J. Campbell, 15.22. 60 mins. 49 secs.
4. PLEBEIAN HARRIERS—
A. Small, 14.59; D. Barclay, 15.46; F. Cassella, 15.49; A. Smith, 14.52. 61 mins. 26 secs.
5. BELLAHOUSTON HARRIERS (B.)—
C. Milligan, 15.27; R. Climie, 15.12; C. Kirk, 15.26; J. McLean, 15.26. 61 mins. 31 secs.
6. GREENOCK GLENPARK HARRIERS—
I. Osborne, 15.22; J. Grant, 15.26; A. McLean, 15.38; R. Cox, 16.12. 62 mins. 38 secs.
7. BELLAHOUSTON HARRIERS (C.)—
G. McArthur, 15.26; G. Bell, 15.45; J. Kelly, 15.32; D. Robertson, 16.20. 63 mins. 03 secs.
8. GLASGOW POLICE A.A.—
K. Sigrist, 16.08; W. Laing, 15.20; W. Armour, 16.01; A. Allan, 16.05. 63 mins. 34 secs.
9. AUCHMOUNTAIN HARRIERS—
T. Pye, 16.14; P. McIntosh, 16.16; J. Bryce, 16.22; J. Cairns, 15.15. 64 mins. 07 secs.
10. PLEBEIAN HARRIERS (B.)—
J. McGregor, 16.03; T. McQuade, 15.27; A. Robertson, 16.29; E. Latham, 16.11. 64 mins. 10 secs.
11. BABCOCK & WILCOX A.A.C.—
J. Harkins, 15.58; W. Lawrie, 16.31; A. McManus, 17.16; A. Duthie, 15.49. 65 mins. 34 secs.
12. PLEBEIAN HARRIERS (C.)—
J. McEwan, 17.03; J. Simpson, 16.24; C. Heaney, 16.03; P. McDermid, 16.10. 65 mins. 40 secs.
13. PAISLEY HARRIERS (B.)—
T. Fellowes, 16.18; M. McPadden, 16.46; J. McCallum, 16.16; J. Sellar, 16.24. 65 mins. 44 secs.
14. BELLAHOUSTON HARRIERS (D.)—
R. Nelson, 16.13; A. Dunwoody, 16.14; P. Livingstone, 16.26; A. Scouler, 16.52. 65 mins. 52 secs.
15. GREENOCK GLENPARK H. (B.)—
J. Sinclair, 16.27; J. Tait, 16.46; J. Fraser, 16.04; H. Coll, 16.41. 65 mins. 58 secs.
16. GLASGOW POLICE A.A. (B.)—
W. Slicer, 16.49; J. McGuinness, 17.10; J. Girdwood, 17.09; H. Stephen, 17.07. 68 mins. 15 secs.
17. AUCHMOUNTAIN HARRIERS (B.)—
J. McLean, 17.13; J. Ward, 17.01; D. Mangan, 18.01; W. Shields, 17.39. 69 mins. 54 secs.
18. PLEBEIAN HARRIERS (D.)—
T. Monaghan, 17.45; G. Jamieson, 18.19; T. Campbell, 18.25; P. McGregor, 18.56. 73 mins. 25 secs.

FASTEST LAP:

1. J. Stevenson (G'nock W.H.), 14.20; 2. T. Stevenson (G'nock W.H.), 14.22; 3. A. Napier (Paisley H.), 14.28; 4. H. Kennedy (B.H.), 14.33; 5. A. Smith (Plebeian H.), 14.52; 6. J. Christie (B.H.), 14.53.