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DECEMBER, 1952

Vol. 7, No. 8

THE SCOTS ATHLETE

PRICE
6^D



Photo by G. S. Barber.

Lined for the start of the Edinburgh—Glasgow Relay with Bob Calderwood (V.P.A.A.C., the holders) being given first charge of the letter to be carried by the leading runner to Glasgow's Lord Provost. Leader at first stage was G. White (Clydesdale H.) (B.4.)

**JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
WORLD RECORD RELAY. A BATON CHANGE
STUDY by H. A. L. CHAPMAN.
WHAT OF 1953? HELSINKI MARATHON.
BEST SCOTTISH PERFORMANCES, 1952.**

BEST SCOTTISH PERFORMANCES

We again thank, Robt. Sinclair, Junr., and I. H. Drummond for their co-operation enabling the publication of these lists.

(* established outwith Scotland ; e.—estimated ; w.—wind assisted).

100 Yards—

W. Jack, Victoria Park A.A.C., 9.8s.
W. Hall, Jordanhill T.C. (w) 10s.
J. McLaughlan, Maryhill H. (e) 10s.
J. J. Donnelly, Glasgow Un. A.C., 10.1s.
A. S. Dunbar, Stranraer H., 10.1 (w).
W. J. Crawford, Bella. H. (w) 10.1s.
W. Henderson, Watsonians A.C., 10.2s.
N. D. McWhirter, Achilles, 10.2s.
J. R. Moorhouse, E.U.A.C., 10.2s. (w)

100 Metres—

W. Jack, Victoria Park A.A.C. * 10.5s.

120 Yards—

W. Jack Victoria Park A.A.C. (w) 11.6s.

200 Metres (round bend)—

W. Jack, Victoria Park A.A.C., 21.7s.

220 Yards (round bend)—

W. Jack, Victoria Park A.A.C., 22.0s.
W. J. Crawford, Bellahouston H., 22.6s.
N. D. McWhirter, Achilles, 22.5s.
W. Henderson, W.A.C., 22.6s.

220 Yards (straight)—

J. J. Donnelly, G.U.A.C. (w) 22.1s.
J. J. Donnelly, G.U.A.C., 22.6s.
W. Henderson, Watsonians A.C., 22.6s.
D. K. Gracie, G.U.A.C., 22.8s.
I. B. McKenzie, Edin. Un. A.C. (e) 22.8s.

440 Yards—

D. K. Gracie, G.U.A.C., 49.4s.
(400 metres time plus 0.3s.)
D. McDonald, Garscube H., 50.2s. (e).
J. S. Hamilton (V.P.A.A.C.), 50.2 (e).
C. M. Campbell, R.H.S., 50.9s.
R. Mill, V.P.A.A.C., 51.0s.
J. M. Cameron, G.U.A.C., 51.3s.
W. G. McMillan, Heriots A.C., 51.3s.
W. H. J. Campbell, St. And. Un. 51.5s.

880 Yards—

G. Sorbie, Hamilton Harriers, 1m. 55.4s.
H. M. Dove, Maryhill H., 1m. 56.8s.,
also * 1m. 55.4s. for 800 metres.
J. Kirk (Shett. H.), 1m. 57.5s. (e).
J. S. Hamilton, V.P.A.A.C., 1m. 58.0s.

W. J. Speirs, Shettleston H., 1m. 58.9s.
W. Messer, Edin. N.H., 1m. 59.0s. (e).
H. A. Cumming, Ed. Un. A.C. 1m. 59.3s.
H. Hatrick, G.U.A.C., 1m. 59.4s.
P. W. Sime, Victoria P. A.A.C. 2m. 0.3s.
Noteworthy—R. Stoddart, Bellahouston
1m. 52.2s., off 34 yds.

1 Mile—

K. Coutts, Edin. Un. A.C., 4m. 21.2s.
J. L. Hendry, Elgin A.C., 4m. 21.2s.
A. T. Ferguson, Highgate H., * 4m. 22.7s.
D. P. Henson, Vict. P. A.A.C., 4m. 23.6s.
A. D. Breckenridge, V.P.A.C., 4m. 23.7s.
G. D. Hillary, Edin. Un. A.C., 4m. 24.6s.
R. C. Calderwood, V.P.A.C., 4m. 24.7s.
J. Stevenson, Greenock W.H., 4m. 26.8s.
J. McDonald, Aberdeen Un. 4m. 28.1s.
A. C. Black, Dundee Hawkhill, 4m. 29s.

2 Miles—

E. Bannon, Shettleston H., 9m. 23.5s.
R. C. Calderwood, V.P.A.A.C., 9m. 26s.
A. Forbes, Vict. P. A.A.C., 9m. 28.9s.
A. T. Ferguson, H.H., 9m. 31.6s.
A. D. Breckenridge, V.P.A.C., 9m. 39s.
A. C. Black, Dundee Hawkhill, 9m. 33s.

3 Miles—

A. Forbes, Vict. P. A.A.C., 14m. 26.9s.
A. T. Ferguson, H.H., * 14m. 27.6s.
E. Bannon, Shettleston H., 14m. 29.3s.
I. Binnie, Vict. P. A.A.C., 14m. 45.9s.
R. C. Calderwood, V.P.A.C., 14m. 46.5s.
W. A. Robertson, Edin. S.H., 14m. 58.8s.
J. W. Brydie, Edin. Un. A.C., 15m. 5.5s.

6 Miles—

I. Binnie, Vict. P. A.A.C., 30m. 04.2s.
A. T. Ferguson, H.H., * 30m. 41.6s.
A. Forbes, Vict. P. A.A.C., 31m. 13s.

120 Yards Hurdles—

J. G. M. Hart, Watsonian A.C., 15.2s.
J. P. McAslan, Edin. S.H., (w) 15.3s.
J. P. McAslan, Edin. S.H., 16.0s.
R. D. Unkles, G.U.A.C., 16.0s.
C. A. R. Dennis, Edin. Un. A.C., 16.0s.
G. Mackie, Jordanhill T.C., 16.0s.

440 Yards Hurdles—

D. K. Gracie, G.U.A.C., * 52.7s.
D. H. McKenzie, Edin. Un. A.C., 57.5s.
W. H. Clephan, Watsonians A.C., 58.6s.
D. A. Stewart, H.A.C., 58.6s.

[Continued on Page 13.]

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

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DECEMBER, 1952. Vol. 7, No. 8.

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JOHN EMMET FARRELL'S



FROM now until the New Year, cross-country tends to pass through a quiet phase with very little of note to record. But though there are few races of importance in the near future there is intense activity behind the scenes.

The ambitious athlete realises that with the turn of the year it will not be long before the bigger tests come along to prove whether or not he is worthy of the prize he strives for, whether it is the club championship title, the National titles, an International vest or counting in a winning or placed team—District or National.

Before we note any interesting or striking features of the cross-country season there are several performances of the now extended season of the track worthy of mention in the passing. Some of these post-Olympic performances are little short of phenomenal.

Phenomenal Post-Olympic Performances

The now 31-year-old Gaston Reiff who recently compensated for his Olympic failure to some extent by a series of fast miles culminating in his wonderful 4 mins. 2.8 secs., has managed to break Gunder Häegg's world 2 miles record of 8 mins. 42.8 secs. with a great 8 mins. 40.4 secs., a lap of 2.4 secs., his mile times being respectively 4 mins. 21.2 secs. and 4 mins. 19.2 secs.

Many experts rate Reiff's chances of being the first man to run the "mythical" 4 minute mile as excellent because of his amazing judgment of pace, but others wonder if he has the strength and the basic pace. Other leading contenders for this honour may be Olympic champion Barthel of Luxembourg, Lueg of Germany, Landy of Australia, and our own Roger Bannister among others.

All the leading hammer throwers have

Greetings of the Season
to all our readers

gone on a jamboree spree including Olympic champion Czernak, Storch of Germany, wiry Nemeth of Hungary, and finally Norway's Strandli with his wonderful world record come-back.

Nikkanen's 246 ft. 1½ ins.

Javelin Throw

There was superlative javelin throwing in the Finnish championships, with the brilliant but erratic Nikkanen topping the lot with 246 ft. 1½ ins. for the second best throw of the year.

Jim Peters set the marathon pace in the British with his fastest ever world marathon. Then we had Zatopek's fast Olympic win. Now we have a Russian record of 2 hrs. 23 mins. 59 secs. set by Davidov in vanquishing 115 other contenders.

Zat Man Again

Just to top things off it was fitting that triple Olympic champion Zatopek should help himself to a triple world record all of a dismal October morning—11 a.m. to be precise. He covered 15 miles in 1 hr. 16 mins. 26.4 secs., 25,000 metres in 1 hr. 19 mins. 21.8 secs. and 30,000 metres in 1 hr. 35 mins. 23.8 secs. To reveal the comparison, the displaced records are respectively 1 hr. 17 mins. 28.6 secs. by Hietanen (Finland), 1 hr. 20 mins. 14 secs. also by Hietanen, and finally 1 hr. 38 mins. 54 secs. by Moskachankov of U.S.S.R.

Zatopek was at his erratic best. His laps were far from even; fast laps, slow laps, medium laps, following a most incongruous pattern, but the result was nevertheless—the finished article. Zatopek remains the human superman.

But Swedish Veteran—Daddy of them All

Perhaps the greatest comparative running has been shown by 37-year-old veteran Nystrom of Sweden who failing to gain marathon selection switched to the 10,000 metres, ran 6th in Olympics with 29 mins. 54.8 secs. Later he put up fine performances over both the 5,000 metres and 10,000 metres—culminating in his finest ever, a narrow victory over Schade the great German runner at 10,000 metres—the time 29 mins. 23.8 secs. second only to Zatopek's world record.

Victoria Park Out On Their Own

On a day that encouraged fast running Victoria Park ran clean away from all

rivals to win the "News of the World" Edinburgh—Glasgow relay in the record time of 3 hrs. 48 mins. 44 secs. about a mile in front of their nearest opponents Shettleston Harriers who were unable to equal their surprise but well-merited win in the Midland District relay.

Paisley Harriers' Great Debut

Bellahouston Harriers now showing an upward trend ran well to take 3rd place as did Edinburgh Southern with 4th place but most remarkable of all was the 5th place of newcomers Paisley Harriers who easily won the medals for the most meritorious performance apart from the placed teams.

Andrew Forbes Record Lap

Andy Forbes showed a welcome return to form by narrowly creating a new record on the 7th lap displacing Donald Urquhart, Garscube's ex-Internationalist, with 29 mins. 1 sec. against 29 mins. 3 secs.

Perhaps the finest intrinsic running was that of Ian Binnie's 33 mins. 37 secs. and Eddie Bannon's 33 mins. 40 secs. in the long 7 miles stage. Binnie's time was only 5 secs. outside Jim Flockhart's remarkable 1937 record.

Naturally Victoria Park runners virtually monopolised the lap performances, but a word of praise is due Geo. White of Clydesdale who can travel when in the mood, up and coming Smith of Plebeian and young Jack Paterson of Edinburgh Southern who is beginning to know the short stiff 3rd lap like the back of his hand. Young Napier of the Paisley club is also beginning to make his presence felt.

Can Victoria Park Win the London—Brighton?

Victoria Park seem an even better team than last year when they finished 3rd in the great London—Brighton classic to Birchfield and Belgrave and their recent outstanding form encourages their supporter's hopes that they can add the unofficial British relay championship to their English cross-country team title. They must have an excellent chance but it must be remembered that Birchfield, Belgrave, among others, have also great individual performers and will themselves be also probably stronger.

Form Soon to be Clarified

It is perhaps just too early to assess championship and International contenders. The weather has not been of the best and some runners come to hand late in the season, but as the proverb says, "coming events cast their shadows before," and I should say that Eddie Bannon, Ian Binnie and Alex. Black of Dundee Hawkhill should, barring accidents, be almost certain candidates for International honours, with Andrew Forbes, Tom Stevenson and perhaps Anglo-Scots Bobby Reid and Andrew Ferguson of last year's team well in the running. Chasing closely should be quite a number of rising stars and some established ones. Coming district and club tests should tend to separate wheat from chaff.

Good Juniors Are Plentiful

In the junior class the name of ex-youth's champion Jim Finlayson comes readily to mind as does H. Kennedy of Bellahouston Harriers and John Stevenson of Greenock Wellpark, brother of International Tom. Jack Paterson of Edinburgh Southern could be prominent, whilst probable team winners Victoria Park can furnish names like the brothers Ellis, Alex. Breckenridge, Bob Calderwood and if available David Henson.

Lenarkshire for Youths

Amongst the youth contenders I. Tierney of Cambuslang must have a fine chance as should opponents J. Connolly of Bellahouston and P. McParland of Springburn who have taken the former right to the tape in recent races. But there is plenty of time for other rivals to shoot up from nowhere.

Pirrie Trumps the Aces

A classic field turned out at Brussels in the "Criterium des As" or "Test of the Aces," on November 23rd over a course of just under 5 miles. After a wonderfully interesting race Pirrie won narrowly from compatriot Sando with the famous Belgian pair, Vandewattynne and Theys close behind in 3rd and 4th places. Hesketh ran a workmanlike race to finish 5th but Geoffrey Saunders only placed 16th about half-way down the field. England's team and individual victory here augurs well for their chances at Paris in March in the big International. Admittedly, there is some time to go but as England is reputed to be better over

the longer stretches, this double victory over the faster and shorter course is most encouraging.

Blackheath Runner Sets Records for 40 and 50 Miles

At Motspur Park on 13th December, 22 runners faced the starter for the long 50 miles trek. Seven runners finished the course, 5 finishing inside the old figures. At 40 miles, 6 runners were inside the old figures. The winner of the race, D. Reynolds of Blackheath, is the new holder of both records, covering 50 miles in 5 hrs. 30 mins. 22.4 secs., and 40 miles in 4 hrs. 19 mins. 20.4 secs. He

Continued on Page 11.

INTER-COUNTIES ATHLETIC ASSOCIATION.

CROSS-COUNTRY CONTEST, 13th December, 1952.

1.	E. Bannon (L.)	...	...	35.03
2.	W. Green (L.)	...	...	36.20
3.	J. Finlayson (L.)	...	...	36.28
4.	W. Gallacher (D.)	...	...	36.34
5.	W. Chalmers (L.)	...	...	36.39
6.	G. A. Dunn (D.)	...	...	36.41
7.	J. Eadie (L.)	...	...	36.45
8.	George White (D.)	...	...	37.04
9.	A. Kidd (D.)	...	...	37.09
10.	J. McNeil (L.)	...	...	37.18
11.	R. C. Wallace (L.)	...	...	37.26
12.	A. C. Gibson (L.)	...	...	37.36
13.	F. Scally (L.)	...	...	38.37
14.	J. McElroy (L.)	...	...	38.43
15.	J. F. Higginson (D.)	...	...	38.52
16.	J. Glen (L.)	...	...	38.59
17.	G. Craig (L.)	...	...	39.02
18.	N. McGowan (L.)	...	...	39.19
19.	T. Scott (L.)	...	...	39.35
20.	T. O'Reilly (L.)	...	...	39.43
21.	J. Duffy (D.)	...	...	39.59
22.	D. Coupland (D.)	...	...	40.07
23.	A. Warton (D.)	...	...	41.08
24.	J. Timmins (D.)	...	...	41.09
25.	D. Causon (D.)	...	...	41.35
26.	P. Ballance (D.)	...	...	43.31

TEAM RESULT.

1. Lanarkshire—1, 2, 3, 5, 7, 10, 11, 12—Total 64 points.
2. Dumbartonshire—4, 6, 8, 9, 15, 21, 22, 23, 24. Total 132 points.

His many friends in Scotland, especially in the East, will be pleased to learn that the former Edinburgh Southern Harrier, Bill Hunter, has been returning fast times since he emigrated to Southern Rhodesia. He is now a member of Salisbury Rhodes Athletic Club. During the past few weeks he has made a new Mashonaland 6 miles road race record with a time of 33.23 secs. which beats the Rhodesian 6 miles track record by 29 secs. He still wears his Southern singlet during races.

WHAT OF 1953 ? A FULL TRAINING PROGRAMME !

by T. Montgomery (Hon. Sen. Coach)

ON reflection, apart from having, Messrs. Gracie, Jack, Clark and Douglas and Misses Devine and Shivas represent Britain at the Olympic Games; native records from Messrs. Gracie, Jack and Binnie and Miss M. Davis and a best Championship performance from W. Piper, what did season 1952 produce? Before answering the question, belated congratulations to the above, and I do hope that they will not be content with past performances.

My own personal opinion is that, even although real warm summer days were few and far between, the general standard was on the upgrade, and I think on the verge of better things to come. The number of athletes taking part in competitions, was I think, higher and many fewer races or competitions were walk overs. The men's Championships were marred by the poor weather conditions, dull, windy, and none too warm, a probable reason for so many performances being below championship best, on the other hand the Ladies had a very pleasant afternoon and although we had only one new record (Miss M. Davis, Discus) the competition between the finalists was much keener and of a higher general standard than previously, but I had the impression that most competitors lacked sufficient training and fitness. The number of promising juniors is to me, cause for optimism for the future, but let's not become complacent about our athletics.

That we have athletes with the potential ability to go to the top, will I feel, hardly be doubted, but to my mind our greatest concern must be to see to it that it is not wasted, and given every possible help and encouragement to reach the top. After speaking with some who competed at Helsinki their opinion, and my own, is that the amount of training done by our athletes is nothing like enough to beat the best of other nations in world wide competition. I am one of those who think that our team put up a magnificent show, but should we be

content with that, for my part no!; we must make every endeavour to do even better next time.

As I see it there are four major factors, money, facilities, more International competition, and athletes willing to make the sacrifices necessary for additional training and coaching. The first three are matters for the parent bodies, but the last is to my mind as important as the others and is what I propose to say something about in this article. Let me make myself quite clear, I do not suggest for one minute that all the fun of our sport should be eliminated, nor that those who run, jump and throw for the fun of it should not continue to do so, where would we be without them, but I do say that if an athlete has the ambition to reach the top, then there can be no half measures, and lots and lots of hard work must be done with a smile and perseverance, I may be throwing a spanner in the works when I say that lots of our younger athletes just do not do anything like the amount of work necessary to take them to the top. I may be biased in this, but from what I have seen and heard that is my conviction. I agree our facilities are poor generally, but that should be no excuse if the athletes have sufficient determination to improve.

Though it may conflict with some of the older ideas about track athletics, and it is track athletics I'm thinking about, I am convinced that athletes at the top must be broadly speaking training 52 weeks a year. Many still have the idea they can stop training at the end of the track season, turn out again in April and produce their best in June. This to my mind just isn't the case, as most of their fitness and a lot of their technique will have been lost during the winter lay off. As I see it an athlete must plan his improvement and development over a period of years, not over any one season, in a gradual build up of supreme fitness and technique. A long lay off through the winter means loss of condition, and to the long term plan, is a

serious setback, as any fitness and development gained must be maintained and not lost. Further, an athlete starting training, say at the beginning of April, is not really fit when the season ends, and will therefore not be able to turn in his best possible performance. I do not know of any top athlete who does not keep himself or herself in top condition through the winter season. Training must be done all the year round, adjusted to suit the athlete and the event.

The other aspect, acquiring technique, is to my mind best done, in fact I'll go further, can only be done during the winter and early season, as once the competition season starts there isn't the time available, nor will the athlete be content to practice for form without going all out for maximum effort. I believe that this aspect of an athlete's training is neglected much more than the one of fitness but is just as important. Now I appreciate that indoor facilities are available to only a few, and working outdoors in inclement weather is not exactly a picnic, but if done, will undoubtedly show up in the next season's performance. This of course applies particularly to the field events athletes, where good form will always get results. The time to groove in correct movement is the winter and early season.

Going hand in hand with technique training, is coaching and with the ever increasing number of coaches available, most athletes will be able to enlist the help of a coach. Generally speaking all the coaches are anxious to help any athlete in their district, and I say without any hesitation that an athlete anxious to go to the top should get himself a coach. Some may deride the usefulness of a qualified coach, but I can assure all concerned, that having passed a coaching examination as set by the National Coaching Committee is ample proof that the qualified coach does know his or her event or events up to the grade taken, as these exams are stiff enough and comprehensive enough to ensure that this is so. There is no doubt that a coach will be of the greatest assistance to any athlete. Alas, the fullest use is not being made of the available coaches. This is certainly to be regretted, especially, as

all coaches act in an honorary capacity, and all an athlete, or group of athletes, has to do is to select the coach he, she, or they would like from the list published in the official handbook, and get in touch with him or her direct. Remember, the coach will teach you the theory of your event, show you the best methods of tackling an event and most important, act as your mirror while you perform, and make the necessary corrections.

Games can be beneficial in attaining or maintaining fitness, and relieving the boredom of routine work, but, if athletics is to be your main sport, be careful not to allow games to interfere with your training and progress. Games played seriously, by an athlete striving to reach the top in athletics, should to my mind not be indulged in, as the risk of injury is too great, and furthermore, will undoubtedly interfere with his or her athletics. Games played for fun and recreation where the risk of injury is brought to a minimum can be a great help, in introducing variety to training during the winter. I know one or two top athletes who did upset their athletic progress by playing games last winter to the exclusion of athletic training.

Now what does all this add up to? Just this, an athlete who wishes to go to the top, and remember the top is getting gradually higher and higher each season, must, in my opinion, make athletics his whole study and direct all his efforts to attaining his goal, learn the theories and techniques of his event, get himself or herself a coach, and together work all the year round over several years. A long, but not necessarily dreary road, demanding lots of perseverance and hard work, but which will give tremendous satisfaction when the goal is reached. An excellent series of basic schedules by the National Coach, H. A. L. Chapman, have been published previously in this magazine, and I heartily recommend that these should be taken as a basis on which to mould your own schedules. Finally, if in doubt about training, etc., required, to take you to the top, select one of the really top men or women in your chosen events and then make it your business to find how much training he or she had to put in to get there.

WORLD-RECORD RELAY

A Baton-Change Study

by H. A. L. CHAPMAN

(Chief Athletic Coach for Scotland)

THIS shot shows the second change over. Reading from left to right we have Les Laing, Jamaica, handing over to Rhoden, Jamaica; J. W. Mashburn, U.S.A., handing over to R. Pearman, U.S.A.

This really, I think, ought strictly to be treated as a Sprint Relay to get the best possible results out of each exchange. One may argue that split fractions of a second saved in exchanges represent only a very small proportion of the total time taken to cover the four quarters and, of course, there is a certain amount to be said for this point of view. On the other hand, I think it should always be one's aim and ambition to produce the best possible performance from all angles. This leads me to the point which I wish to make first of all, and that is I think the exchange could be improved in both cases here by producing a non-visual handover. You will notice that both Rhoden and Pearman are looking over their shoulders at the baton during the exchange. Both of them, in consequence, have their shoulders facing towards the camera, which, of course, obviously impedes the fluidity and speed of the exchange. I see no reason why a highly accurate non-visual exchange can not be made in such a Relay.

However, of the two exchanges the good points are:—

- That in both cases there is a pretty fair degree of free distance between the two runners as each exchange is made. If anything, the Jamaicans (Laing and Rhoden) seem to have a little bit extra in this particular connection.
- That the two passers (Laing and Mashburn) are handing over the baton so that there is plenty of it for the receiver to grip.

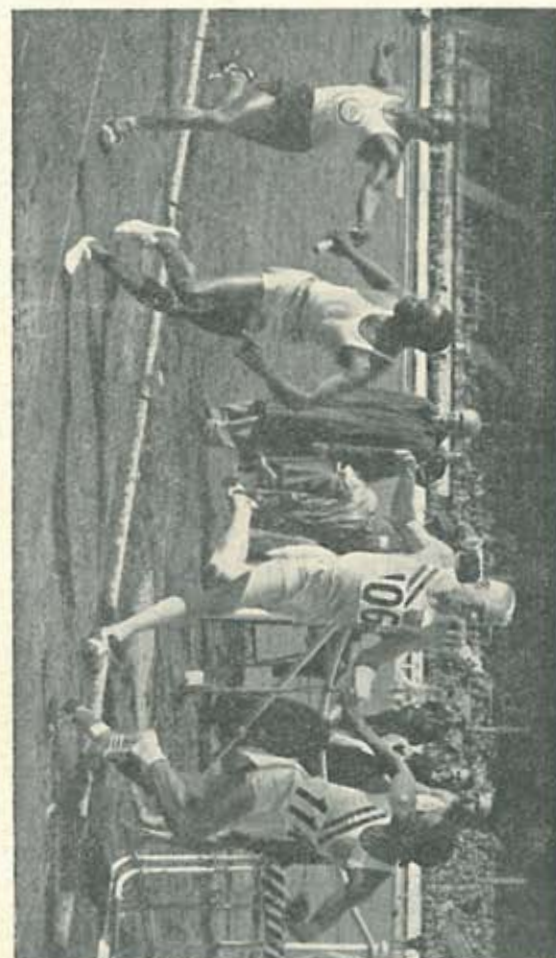
Another point to notice is that the runners are not sticking to their lanes, as, of course, they don't have to, but nevertheless Laing and Mashburn are making the exchange from a position which is almost directly behind the receiver. This merely serves to make the exchange a little bit more difficult, and involves a greater degree of shoulder and upper body turn on the part of the receiver. Both Laing and Mashburn should have come in to make the exchange to the outside shoulder of Rhoden and Pearman respectively.

It is difficult to be sure exactly where the runners are at the point of exchange. One would imagine that the faint white line running across the picture just in front of Reggie Pearman represents the central line of the exchange zone. If it does, then the exchanges are taking place a little bit early perhaps. They certainly won't take place as late in the zone as a 4 times 110 Relay, for the simple reason that the speed is far less, but, even so, I think that in both instances the athletes could have afforded to make the exchange a little bit later, thereby giving the receiving runner a little more speed before taking over. If, however, this white line which I look at is in fact the front line of the zone, which I very much doubt, then, of course, their baton exchange is far too late.

[EDITOR'S NOTE: Unfortunately the zone line to which Mr. Chapman refers is not clearly seen and moreover has been mostly cut. The original photograph clearly shows a line possibly less than a yard in front of Pearman and extending at right angles to the track.]

To sum up, the exchange is quite a good one from many points of view. It gives a good illustration of a visual method of exchange, whereby the receiver reaches back for the baton and gives a pretty good example of a liberal use of free distance, but I think that one can safely say it is by no means as good as it could be in either case.

WORLD RECORD 4 x 440 YARDS RELAY.



WHITE CITY, LONDON, 9th AUGUST, 1952.

1. U.S.A. (Inside lane) ... Time 3 mins. 8.8 secs.
2. JAMAICA ... Time 3 mins. 9.2 secs.

Previous World Record—University of Southern California, 3 mins. 9.4 secs. (1941).

Photo by H. W. Neale.

EDINBURGH-GLASGOW ROAD RELAY

VICTORIA PARK BREAK COURSE RECORD

BY 63 SECS. IN A REPEAT RUNAWAY WIN

Details:—

FIRST STAGE—5½ MILES.

Record—

R. B. McIntosh, Greenock G.H., 26m. 5s. (1936)

	H. M. S.
1. Clydesdale H.—G. White ...	27.01
2. Victoria P. A.A.C., R. C. Calderwood ...	27.14
3. Paisley H., A. Napier ...	27.28
4. Garscube H., G. Dunn ...	27.37
5. Edinburgh S.H., R. Mitchell ...	27.43
6. Bellahouston H., J. Kelly ...	27.50
7. Hamilton H., H. Gibson ...	27.55
8. Dundee Thistle H., I. Watson ...	27.58
9. Irvine Y.M.C.A. H., D. Andrews ...	28.10
10. Shettleston H., J. Turnbull ...	28.12
11. Vale of Leven A.A.C., D. McPherson ...	28.15
12. Maryhill H., J. Wright ...	28.31
13. Motherwell Y.M. H., T. Scott ...	28.38
14. Springburn H., T. O'Reilly ...	28.42
15. Plebeian H., F. Cassells ...	28.47
16. Falkirk Victoria H., G. W. Jackson ...	28.52
17. Kirkcaldy Y.M. H., P. Husband ...	28.58
18. Glasgow Y.M. A.C., J. Dowell ...	29.18
19. Monkland H., J. Glen ...	29.24
20. Greenock G.H., I. McD. Osborne ...	29.41

SECOND STAGE—6 MILES.

Record—

J. C. Flockhart, Shettleston H., 30m. 26s. (1936)

	H. M. S.
1. Victoria P. A.A.C., R. Kane, 31.50	0 59 4
2. Bellahouston H., H. Fenion, 32.02	0 59 52
3. D'dee T.H. C.D. Robertson, 32.10	1 0 8
4. Paisley H., W. McNeil, 32.41	1 0 9
5. Shettleston H., T. Walters, 31.58	1 0 10
6. Hamilton H., J. Finlayson, 32.25	1 0 20
7. Plebeian H., A. Smith, 31.46	1 0 33
8. Garscube H., A. Kidd, 33.04	1 0 41
9. Maryhill H., W. Hannah, 32.30	1 1 1
10. Edinburgh S.H., H. G. Reid, 33.21	1 1 4
11. Irvine Y.M. H., M. Butler, 33.05	1 1 15
12. Clydesdale H., D. Stewart, 34.19	1 1 20
13. Springburn H., J. Stevenson, 33.14	1 1 56
14. Glas. Y.M., D. McFarlane, 32.52	1 2 10
15. Monkland H., F. Bradley, 33.17	1 2 41
16. Vale of Leven, W. Crowe, 34.47	1 3 2
17. Kirkcaldy Y.M., J. Duncan, 34.06	1 3 4
18. Falkirk Vict. H., T. Dobbie, 34.16	1 3 8
19. Greenock G.H., J. Grant, 33.39	1 3 20
20. M'well Y.M., M. Mitchell, 30.00	1 4 38

THIRD STAGE—4 MILES.

Record—

P. McNab, Springburn H., 21m. 56s. (1936)

	H. M. S.
1. Victoria P. A.C., N. Ellis, 22.57	1 22 1
2. B'houston H., C. Milligan, 23.24	1 23 16
3. Shettleston H., J. Burton, 23.25	1 23 35
4. Edin. S.H., J. V. Paterson, 22.51	1 23 55
5. Paisley H., J. Feeley, 23.57	1 24 6
6. Maryhill H., J. Campbell, 23.42	1 24 43
7. Dundee T.H., J. Lewis, 24.42	1 24 50
8. Clydesdale H., J. Duffy, 23.33	1 24 53
9. Irvine Y.M., K. Alexander, 23.44	1 24 59
10. Plebeian H., P. McDermid, 24.43	1 25 16
11. Garscube H., J. Gunn, 24.56	1 25 37
12. Springburn H., T. Phelan, 24.18	1 26 14
13. Hamilton H., J. Stewart, 26.11	1 26 31
14. Falkirk V.H., T. D. Todd, 23.40	1 26 48
15. Glas. Y.M., J. Ballantyne, 25.01	1 27 11
16. Monkland H., W. Drysdale, 24.39	1 27 20
17. K'edy Y.M., W. E. Duncan, 24.18	1 27 22
18. Greenock G.H., J. Sinclair, 25.18	1 28 38
19. Vale of Leven, G. Crawford, 25.56	1 28 58
20. M'well Y.M., A. Kirkwood, 25.51	1 30 29

FOURTH STAGE—5½ MILES.

Record—

A. T. Whitecross, Dundee T.H., 30m. 24s. (1937)

	H. M. S.
1. Victoria P., C. D. Forbes, 30.50	1 52 51
2. Bellahouston H., R. Climie, 31.47	1 55 3
3. Shettleston H., J. Badie, 31.42	1 55 17
4. Edin. S.H., H. S. Miller, 32.22	1 56 17
5. Irvine Y.M., H. Kennedy, 31.31	1 56 30
6. Paisley H., J. Deveney, 32.25	1 56 31
7. Garscube H., R. Black, 31.56	1 57 33
8. Plebeian H., T. McQuade, 32.19	1 57 35
9. D'dee T.H., S. Cunningham, 32.50	1 57 40
10. Clydesdale H., P. Younger, 33.15	1 58 8
11. Maryhill H., R. Brymner, 33.27	1 58 10
12. Hamilton H., D. Wilson, 32.15	1 58 46
13. Springburn H., J. Morton, 32.43	1 58 57
14. Falkirk Vict. H., P. Rae, 33.44	2 0 32
15. Monkland H., J. Gordon, 33.35	2 0 55
16. Kirkcaldy Y.M., J. Kay, 33.52	2 1 14
17. Gl. Y.M., R. Wotherspoon, 34.12	2 1 23
18. Vale of Leven, R. A. Steel, 32.34	2 1 32
19. Greenock G.H., H. Coll, 34.02	2 2 40
20. M'wall Y.M., B. McRoberts, 34.35	2 5 4

FIFTH STAGE—5½ MILES.

Record—

J. Campbell, Bellahouston H., 27m. 57s. (1938)

	H. M. S.
1. Victoria P. A.A.C., J. Ellis, 28.44	2 21 35
2. Bellahouston H., C. Kirk, 29.41	2 24 44
3. Shettleston H., J. McNeil, 29.46	2 25 3
4. Ed. S.H., W. A. Robertson, 29.53	2 26 10
5. Paisley H., A. Duncan, 29.50	2 26 21
6. Irvine Y.M., J. Dempster, 31.25	2 27 55
7. Plebeian H., A. Robertson, 30.38	2 28 13
8. Dundee T.H., R. Spalding, 30.43	2 28 23
9. Clydesdale H., R. Boyd, 30.27	2 28 35
10. Maryhill H., R. McDonald, 30.25	2 28 35
11. Garscube H., E. Murray, 32.10	2 29 43
12. Hamilton H., J. Craig, 31.35	2 30 21
13. Springburn H., J. Rankine, 31.43	2 30 40
14. Falkirk V.H., D. Nichol, 31.24	2 31 56
15. Gl. Y.M., A. M. McGowan, 32.20	2 33 43
16. Monkland H., J. Taylor, 32.54	2 33 49
17. K'caldy Y.M., G. N. Clark, 32.39	2 33 53
18. Vale of Leven, R. Turner, 32.58	2 34 30
19. Greenock G.H., J. Taft, 32.25	2 35 5
20. Motherwell Y.M., A. Brown, 31.43	2 36 47

SIXTH STAGE—7 MILES.

Record—

J. C. Flockhart, Shettleston H., 33m. 32s. (1937)

	H. M. S.
1. Victoria P. A.C., I. Binnie, 33.37	2 55 12
2. Shettleston H., E. Bannan, 33.40	2 58 43
3. B'houston H., H. Kennedy, 36.15	3 0 59
4. Paisley H., J. M. Campbell, 36.07	3 2 28
5. Edin. S.H., H. Robertson, 36.32	3 2 42
6. Irvine Y.M., S. Cuthbert, 35.57	3 3 52
7. Clydesdale H., J. Higginson, 36.38	3 5 13
8. Hamilton H., A. C. Gibson, 35.57	3 6 18
9. Dundee T.H., A. McIntosh, 38.01	3 6 24
10. Garscube H., D. Coupland, 36.53	3 6 36
11. Plebeian H., A. Small, 38.40	3 6 53
12. Sp'burn H., N. McGowan, 37.14	3 7 54
13. Maryhill H., T. Harrison, 39.24	3 7 59
14. F'kirk V.H., R. A. Sinclair, 37.39	3 9 35
15. K'dy Y.M., G. R. Mortimer, 36.15	3 10 8
16. G'nock G.H., A. Maclean, 36.19	3 11 24
17. Glasgow Y.M., R. Donald, 39.26	3 13 9
18. Monkland H., A. Arbuckle, 39.21	3 13 10
19. Vale of Leven, M. Connell, 41.43	3 16 13
20. M'well Y.M., W. Watson, 41.46	3 18 33

SEVENTH STAGE—5½ MILES.

Record—

D. Urquhart, Garscube H., 29m. 3s. (1937)

	H. M. S.
1. Vict. P. A.A.C., A. Forbes, 29.01	3 24 13
2. Shett. H., R. C. Wallace, 30.45	3 29 28
3. B'houston H., J. Christie, 31.04	3 32 3
4. Edinburgh S.H., J. Smart, 31.32	3 34 14
5. Paisley H., T. Fellows, 32.28	3 34 56
6. Irvine Y.M. H., A. Muir, 31.52	3 35 44
7. Dundee T.H., H. Irvine, 30.58	3 37 22
8. Clydesdale H., W. Andrew, 32.33	3 37 46
9. Garscube H., A. Warton, 31.35	3 38 11
10. Plebeian H., J. McCann, 31.56	3 38 49
11. Hamilton H., G. McGill, 32.43	3 39 1
12. Maryhill H., J. E. Farrell, 31.06	3 39 5
13. Springburn H., J. Wallace, 32.06	3 40 0
14. Falkirk V.H., A. Crawford, 33.40	3 43 15
15. Greenock G.H., R. Cox, 32.56	3 44 20
16. Kirkcaldy Y.M., J. Peacock, 34.22	3 44 30
17. V. of Leven, W. Gallacher, 30.50	3 47 3
18. Monkland H., J. McIntyre, 35.04	3 48 14
19. Glas. Y.M., J. Crawford, 37.12	3 50 21
20. M'well Y.M., J. McMillan, 33.14	3 51 47

New Stage Record: A. Forbes (V.P.), 29m. 1s.

EIGHTH STAGE—5 MILES.

Record—

A. Austin, Bellahouston H., 24m. 23s. (1938)

	H. M. S.
1. V. Pk. A. D. Breckenridge, 24.31	3 48 44
2. Shettleston H., B. Bickerton, 25.42	3 55 10
3. B'houston H., G. McArthur, 26.42	3 58 45
4. Edinburgh S.H., I. Gourley, 25.51	4 0 5
5. Paisley H., F. Kellett, 26.52	4 1 48
6. Irvine Y.M. H., E. Allan, 26.21	4 2 5
Previous Best, 4th. 8m. 13s. (1950)	
7. Dundee T.H., D. Miller, 26.33	4 3 55
8. Clydesdale H., J. Young, 26.36	4 4 22
Previous Best, 4th. 8m. 44s. (1950)	
9. Garscube H., F. Russell, 26.44	4 4 55
10. Plebeian H., D. Barclay, 26.19	4 5 8
11. Maryhill H., I. Pattison, 26.15	4 5 20
12. Sp'burn H., S. McPadden, 25.36	4 5 36
13. Hamilton H., G. Craig, 27.09	4 6 10
14. Falkirk V.H., A. Cook, 27.34	4 10 49
15. Greenock G.H., J. Fraser, 27.12	4 11 32
16. Kirkcaldy Y.M., J. Bell, 28.23	4 12 53
17. Vale of Leven, T. Wilson, 28.23	4 15 26
18. Monkland H., J. Geddes, 28.18	4 16 32
19. Glas. Y.M., J. R. Scott, 29.59	4 20 20
20. M'well Y.M., A. Morrow, 28.45	4 20 32

"RUNNING COMMENTARY" Continued.

ran a beautiful well-judged, steady race. John Henning and Stan Jones also ran well to take 2nd and 3rd places. Tom Richards led at 38 miles at which point he had to retire. H. S. Oliver retired at 45 miles after running well and being inside the old figures for 40 miles. Ex-Scottish champion Jack Paterson was last of the finishers.

Distance and Speed

I would be very interested to know how some of these distance experts would comfort themselves at the standard Marathon after training over these long grinds. My guess is that their performances would be well above average.

John Landy of Australia who has recently competed at 2 and 3 miles and is noted for his distance training topped anything he has ever done by running the mile in 4 mins. 2.1 secs. and who now comes into the running for the 4 minute mile. Similarly Reiff better known as a 2 and 3 miler did his own wonderful 4 mins. 2.8 mile. But of course the classic example is the case of near-veteran Nystrom of Sweden mentioned above. A well-known runner of International class for years at 10,000 metres—Nystrom turned his attention to the Marathon and subsequently not only achieved his fastest ever 10,000 metres, but second only to that of Zatopek's world record.

Similarly Jim Peters ran his fastest ever 6 miles while training for the Marathon; and just look at another by-product of his distance training his wonderful times and records in the short distance road relays and even his excellent form over the country.

Does distance blunt speed? The above examples would not suggest so; Newton's contention that over-distance and stamina work is essential would seem to be well-founded. Certainly distance builds stamina and provides the back-ground of fitness which helps to release the natural speed.

When an athlete has achieved that hard condition—then he can indulge in the luxury of brisk work, can enjoy training runs at little short of racing speed. But even the fit, well-trained athlete must not draw too much on his capital of reserve. Stamina and speed must continue to be complementary. Due to a heavy programme of races and excess of zeal an athlete may not realise to what extent he is skimming the cream off his condition.

To compensate for the natural tendency to burn up energy surely the common-sense athlete should consciously strive to redress the balance by indulging in long steady runs of a building-up nature. The examples above are at least worthy of study.

HELSINKI MARATHON REFLECTIONS

by L. H. WEATHERILL

NOW that the echoes of Emil Zatopek's astonishing triumph at Helsinki are dying away perhaps we can consider what is to be learned from the Olympic Marathon. The fact that the same man who won such a very fast race at this distance had already won at 10,000 metres and also, and even, at 5,000 metres is liable, I believe, to mislead. How, we should like to know, did Zatopek train for the Olympic Games?

First, I think we can dismiss at once any suggestion that the Czech trained primarily for the shorter races and relied on his magnificent fitness, strength, courage and stamina to see him through in the Marathon against his experienced and specially trained opponents. The fact that he led over the latter half of the race without undue strain shows that, despite some delightful but theatrical protestations of utter ignorance, Zatopek was fully cognisant of the task he had in hand and used to covering at least the major part of the distance. Perhaps we can also dismiss the rumour that he ran the full distance three times a week, for months beforehand, wearing army boots and carrying a rucksack.

One thing at any rate is clear: Zatopek trained for his Olympic programme with rare intelligence as well as vast industry and courage. His three wins have shown once more—it should hardly have been necessary—that in distance racing stamina is rather more important than speed but rather less important than strength. Zatopek's speed at the shorter distances was certainly not adversely affected by his extensive training for the Marathon. This, of course, is in accordance with nearly all experience, though it still seems to be a source of wonder to many runners at short distances.

In the Olympic Marathon Zatopek departed from his normal policy of running a race at a gradually increasing pace. For once the first half was run much faster than the second. There are, however, several obvious reasons why



EMIL ZATOPEK (C.S.R.) the world's greatest distance runner entering the stadium to win the Marathon at Helsinki. On previous days he had won both the 5,000 metres and 10,000 metres events. In all three he established new Olympic records.

this should have happened on this occasion. Firstly, he had not raced the distance before and so was naturally reluctant to let any of his expert opponents get too far ahead. Secondly, he had only a few days before been racing in a tremendously fast race at so short a distance of 5,000 metres—following one at 10,000 metres—and so must have felt the abnormally fast start not so unreasonable in the circumstances. Thirdly, Zatopek won extremely easily and quite naturally eased up because (i.) he was satisfied with his week's work, (ii.) he realised he was a novice at the distance and so must be cautious, and (iii.) (dare we say) because he was really pretty tired!

Continued from page 2.

400 Metres Hurdles—

D. K. Gracie, G.U.A.C., *52.3s.

High Jump—

A. S. Paterson, V.P.A.A.C., *6 ft. 5 ins.
W. M. Piper, Glas. P. A.A., 6 ft. 2 ins.
N. G. Gregor, H.H.H., 6 ft. 1 in.
R. M. Weldon, V.P.A.C., 6 ft. 0 ins. (d).
K. S. Cunningham, V.P.A.C., 6 ft. 0 ins.
M. Jenkins, Gordonstoun, 5 ft. 11 ins.
J. Payne, V.P.A.A.C., 5 ft. 11 ins.
A. G. Ramsay, G.U.A.C., 5 ft. 10½ ins.

Long Jump—

P. McArthur, Edin. S.H., 22 ft. 3 ins.
W. N. Laing, St. And. Un., 22 ft. 3 ins.
W. H. Clephan, W.A.C., 22 ft. 1½ ins.
H. C. Ferguson, G.U.A.C., 22 ft. 0½ ins.
J. M. R. Fleming, S. Fusiliers 21 ft. 9½ ins.
J. P. McAslan, Edin. S.H., 21 ft. 8 ins.
G. Storey, St. And. Un., 21 ft. 7½ ins.
J. L. Hunter, Edin. Un. A.C., 21 ft. 7½ ins.

Hop, Step and Jump—

W. N. Laing, St. And. Un. 47 ft. 0 ins.
T. McNab, Shettleston H., 45 ft. 11½ ins. (w).
R. M. Stephen, Shettleston H., 45 ft. 0 in.
H. K. Lawson, Edin. Un., 44 ft. 11 ins.
S. F. Weir, E.C.P.A.C., (w) 44 ft. 5½ ins.

Continued from previous page.

Now that it has, rightly, become the practice of Marathon runners to do a lot of fast running in training perhaps we may hope they will reconsider (i.) the very modern notion of a very fast start, (ii.) the idea that they can win an Olympic Marathon by doing training more suitable for 10 miles than 26.

Is it not time that our leading Marathon men gave serious consideration to trying once more to run the first half of a marathon at least no faster than the second. Surely it is rather easier physically and quite a bit easier mentally to let one's momentum gradually rise to a crescendo than to have to struggle hard and unsuccessfully nearly all the way to maintain an unduly optimistic opening rush.

Pole Vault—

N. G. Gregor, Herne H.H., *13 ft. 3 ins.
W. N. Piper, Glas. P. A.A., 12 ft. 0 ins.
W. Bisland, Bellahouston H., 11 ft. 0 ins.
E. O. Akinsete, St. And. Un. 10 ft. 6½ ins.
D. Corbett, A.U.A.C., 10 ft. 6 ins.
J. Urquhart, Jordanhill T.C., 10 ft. 6 ins.
I. G. Clement, Edinburgh H., 10 ft. 6 ins.
W. McNeish, G.U.A.C., 10 ft. 6 ins.

Putting the Weight—

J. Drummond, Heriots A.C., 44 ft. 9½ ins.
S. Olafsen, Edin. Un. A.C., 43 ft. 0½ ins.
K. Maksimczyk, Ed. E.H., 42 ft. 11½ ins.
D. McD. Clark, R.U.C., 41 ft. 10 ins.
J. L. Donnelly, Q.A.C., 40 ft. 9 ins.
T. A. Logan, R. & B.A.C., 40 ft. 7 ins.
H. K. McLachlan, G.U.A.C., 40 ft. 0½ ins.
C. F. Riach, J.T.C., 39 ft. 10 ins.
I. H. Drummond, Edin. H., 39 ft. 4 ins.

Throwing the Discus—

K. Maksimczyk, Edin. E.H., 139 ft. 0 ins.
W. H. J. Leckie, Edin. Un., 137 ft. 2 ins.
J. L. Donnelly, Q.A.C., 135 ft. 9 ins.
L. Velecky, G.U.A.C., 128 ft. 2½ ins.
J. Drummond, H.A.C., 124 ft. 9½ ins.
R. C. Buist, "Q" A.C., 123 ft. 9½ ins.

Throwing the Javelin—

D. W. R. McKenzie, (w) 183 ft. 3½ ins.
C. F. Riach, J.T.C., 180 ft. 11½ ins.
G. M. Fisher, L.U.A.C., *177 ft. 7 ins.
I. W. Gordon, Edin. H., 175 ft. 1½ ins.
I. H. Drummond, Edin. H., 170 ft. 4 ins.
G. A. Bell, H.A.C., 165 ft. 11 ins.
W. Britee, R.H.S.F.P., 150 ft. 10½ ins.

Throwing the Hammer—

E. C. K. Douglas, Atalanta *179 ft. 1½ in.
D. McD. Clark, R.U.C., *173 ft. 11½ ins.
W. H. J. Leckie, Edin. Un. 150 ft. 1½ ins.
W. McNeish, V.P.A.A.C., 135 ft. 5½ ins.
D. W. Boyd, E.C.P.A.C., 143 ft. 8 ins.
J. Diack, E.C.P.A.C., 125 ft. 3 ins.
J. Malcolm, E.C.P.A.C., 122 ft. 4 ins.
K. Maksimczyk, E.E.H., 121 ft. 0 ins.

ARTHUR NEWTON'S 'BASIC PRINCIPLES'—SOME COMMENTS

Dear Sir,

As one who has benefited from Mr. Newton's sound advice I regret to have to say that though I am in full agreement with many of his conclusions I cannot altogether agree with his arguments in the November issue of the "Scots Athlete."

Many valuable adjuncts to racing such as warming up, and even more especially, limbering down, are dismissed in a few words. I have found that by limbering down after a 100 mile race it is possible to eliminate all after-effects such as cramp and stiffness and to resume training on the following day. The object of warming up is to prepare the body for what is to come and to raise the body temperature. Two minutes is totally inadequate, 10 to 15 minutes is an absolute minimum if you wish to keep with the leaders in the early stages even of a very long distance race otherwise a fast start is too great a strain on the body and harmful to the system. Try racing uphill without being warmed up and see how you enjoy it.

As to exercises, most people are normally tense and would benefit from a course in relaxation; weight lifting too has its place for those who are under-developed and a visit to any track should convince the onlooker that the majority of competitors are unfitted to undergo the strenuous business of training for a race.

Mr. Newton has not made out a case for training faster than racing speed or for training over a greater distance than the race for which you are training. He admits that he trained slower than racing pace before the Brighton (52 miles) and would be the first to agree that his 100 miles and 150 miles times are not so good in comparison so that his training speed may have been too fast for these greater distances.

In 1938 I trained 6 times a week on the road for 1½ hours at 8½ m.p.h. and

raced as follows: 1 mile, 4 mins. 30 secs., 3 miles, 14 mins. 39 secs., 10 miles, 54 mins., 15 miles, 1 hr. 26 mins., 20 miles, 1 hr. 56 mins. 58 secs. Marathon, 2 hrs. 45 mins., which leads me to the conclusion that my training was too fast for the Marathon so far as I was concerned. Again in 1947 training at 7½ m.p.h. I was able to beat 2 hrs. for 20 miles at the age of 42.

Jim Peters tells me that he never trains anywhere near the full distance and it seems to me unnatural to attempt to do long distances in training without stops every 2 or 3 hours for rest and refreshment. In any event a training run should never exceed three-quarters of the distance if the race exceeds 10 miles, because stamina may be gained more readily by continually repeating a moderate performance over a shorter distance with a rest or a night's sleep in between rather than by an extended performance accomplished at fairly long intervals.

My main training for a 100 miles walking race this year consisted of three 13 mile stages with half hour stops for meals and I beat my previous best time by more than 2¼ hours doing 19 hrs. 44 mins. as against 22 hrs. 4 mins. in 1951.

While no expert in physiology I have always understood that nature provides a mechanism whereby immediately before a race, excitement causes adrenalin to pour into the bloodstream and the heart to beat more quickly, thus enabling a better performance to be put up.

As this state of affairs does not exist prior to a training run, how can a racing speed be justified in training when the stress should surely be on building up by effort well within the individual's compass.

Yours faithfully,
LESLIE H. GRIFFITHS,
A.A.A. Honorary
Senior Coach.

London, S.W.6.

Dear Sir,

Much of what Arthur Newton writes about running is very valuable information, gained as it was in the hard school of experience; but when he strays from that particular branch of athletics, one cannot stay in agreement with him.

His main arguments are based on "natural" behaviour . . . it is, he says, "not natural" to do this, it "is natural" to do that, and "nature provides" all that is necessary. Even on his home ground this premise gives much room for debate.

The first thing to realise is that it is **not natural to run, jump, and throw to modern standards.**

That being so, the athlete who wishes to achieve success must meet the demands of such competition with something more than nature provides in the normal course of exercise.

Mr. Newton himself says that running up and down very stiff hills in training enabled him to race much better over an easier course. If we take his aversion to "extraneous exercises" to its literal conclusion, he was wasting his time and energy running over stiff hills; and the same would apply to his suggestion of training fast over short distances and slow over long distances for the marathon.

In actual fact it is pretty sound practice . . . but if it is in order for a marathon man to build up his performance by these extraneous methods, surely field events people can be permitted to build their events up by planned exercise.

Despite Mr. Newton's reliance on nature to do the right thing, we see daily evidence that she doesn't turn out a product of uniformly high standard. Fortunately a lot of her faults can be, and are, rectified by judicious exercises.

A walker, a runner, or a field events man may have some slight fundamental weakness which, despite anything Mr. Newton says, may become exaggerated by the continual performance of his

event—but which, given special treatment, could be eliminated.

Let's take an extreme case.

A half-miler, say, has a broken leg . . . a fundamental weakness in a runner, and one which will unquestionably impair his running action. If we follow the advice of Mr. Newton, the remedy will be running—not necessarily fast—but the result will be complications.

The sensible treatment, surely, is to cure the weakness, get the leg strong by the available exercises and therapies, and then get to running.

And that is what needs to be done with ninety per cent. of athletes, no matter what their form of activity.

Now for this antipathy to "warming up."

A nicely warmed and stretched muscle is (most definitely, Mr. N.) much less liable to give way under the tremendous effort called forth in modern competition, than one which is not so conditioned. The simile of running to catch a bus is as ridiculous as some of the foregoing remarks. Who has ever set out to catch a bus from starting blocks? And "breaking into a fast run" naturally, is a vastly different thing from the starting strain of even a moderate class sprint.

Lastly, a large part of training must be repetition work, and constant repetition is boring. Boring work is mentally depressing, and a depressed mentality produces lowered physical performance. That is the reason why athletic training by the new school of coaches is seemingly more varied than that of the old.

The theory might well be that more is gained by the mental stimulus of a wide field of action directed to a goal, than by monotonous plodding.

And it must be noted that results appear to justify the theory.

Yours faithfully,

GEORGE BROGDEN,
Hayes, Middlesex.