

The Dunbartonshire annual road championship from Balloch to Clydebank was won by Alec Kidd (Garscube H.) in 68m. 30 secs. Runner-up was clubmate Stanley Horn, 70 mins. 28 secs. 3rd J. Timmins (Dumbarton A.A.C.), 4th F. Lacey, (Vale of Leven) 71 mins. 32 secs.

\* \* \*

The Scottish track season went into main swing on Saturday, 8th May though there were several notable performances earlier, including a 6 ft. 3 ins. high jump by South African student W. Little at Westerlands.

At Vale of Leven open sports John Stevenson had a distinguished 2 mile victory leaving rivals well behind, returning 9 mins. 16.5 secs.

In the 14 miles road race W. Gallacher (Shettleston) returned the 2nd best time ever on the course with 1 hr. 14 mins. 52 secs. which was 67 secs. out of Ian Binnie's record set last year.

Olympic runner David Gracie was a member of Larkhall's winning relay team

and two back-markers Donald McDonald (Garscube Harriers) and George Lightbody Beith Harriers) were popular winners of the 100 yards and 880 yards handicaps.

In the Edinburgh v's Aberdeen University contest former Scottish champion D. W. McKenzie had a throw of 186 ft. 11 ins. in the Javelin.

In the womens contest an outstanding feat was accomplished by Edinburgh science student Wilma Bowden. She won 100, 220 and 440 yards races and was in Edinburgh's winning relay team.

\* \* \*

#### The Hammer Circle.

The Hon. Secretary would welcome details of any meetings in Scotland during 1954 at which a Hammer event is being included, so that all members of the Circle in Scotland and the North of England can be kept informed. If any Club or Organiser is prepared to include an open Hammer event in a meeting as a new venture, the Circle will be pleased to co-operate to make it a success. Details should be sent to the Hon. Secretary, D. N. J. Cullum, 108 Waxwell Lane, Pinner, Middlesex.

### MAKE SURE OF YOUR COPY.

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

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69 ST. VINCENT STREET, GLASGOW, C.2.

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MAY, 1954.

Vol. 8, Nos. 10 & 11.

# THE SCOTS ATHLETE

PRICE

6<sup>D</sup>



A Close finish between I. CLOUDSLEY (Shettleston H.) the eventual winner and W. H. Watson (Edinburgh Univ.) in the Scottish Youths' Cross-Country Championship. Photo by Ben Bickerton.

JOHN EMMET FARRELL'S  
RUNNING COMMENTARY.

DISTANCE RUNNING ASPECTS.

WOMENS NOTES.

RACE DETAILS.



3m. 59.4s. !

Congratulations Rodger on being first to achieve the 'four-min. mile'



This excellent and typical study of ROGER BANNISTER by our London photographer H. W. Neale appeared in our June 1949 issue with a short tribute to the then "rising star."

# 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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MAY, 1954. Vol. 8, Nos. 10 & 11.

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JOHN EMMET  
FARRELL'S



ONCE again the cross-country season draws to a close. So much planning, so much effort—then the climax. A brief period in no man's land—then eyes are focussed on the coming track season—in this case one that promises to be particularly engrossing.

This is the natural and inevitable sequence of events. But I do object to publicity accorded future track events while present cross-country events of International renown are practically ignored. What is the reason for this studied neglect? Certainly from the point of view of fitness, exhilaration culture and citizenship—cross-country running can compare with any other sport.

#### Hamilton High-Lights.

The youth's championship was notable for its exceptionally close finish—only 4 seconds separating I. Cloudsley (Shettleston, W. H. Watson (Ed. University) and J. Dodds (Gala) and Shettleston had only 6 pts. to spare from Springburn in the team event.

Gordon Kerr and his Victoria Park colleagues did not shine. Several of them suffered mishaps during the course of the race, and it just was not their lucky day.

#### McLaren's Victory.

##### Performance of the Day.

But surely the race of the day was on the Junior Championship over 6 miles. The race between McLaren of Shotts and Jackson of Edinburgh was a classic. With incredible grit and courage McLaren fought off his renowned adversary to win with little to spare. This race was an exhilarating spectacle and while McLaren deserved the spoils of victory—great credit is due Jackson who moved up to the front from about 10th place.

A. H. Brown of Motherwell Y.M.C.A. also had a grand race and actually assumed the lead 2 miles to go.

Edinburgh Varsity were too strong for Shettleston in the team event and thus deprived them of a hat-trick of wins.

#### Grand Running in Senior Race

Eddie Bannon proved a ready winner of



the senior title demonstrating in convincing fashion his return to complete fitness. Tom Tracey whom many thought would have to fight for selection came through in great fashion to earn the runner's-up position, while Harry Fenion's consistent running all season practically assured him of selection and a forward place.

Ronnie Kane, Victoria Park's most consistent cross-country runner at the moment has been on the fringe of International selection for the past two seasons but this season he has shown himself the most improved distance runner in the country. His fourth place was of outstanding merit.

#### **Inverness Runner's Sensational Debut.**

Yet despite the brilliance of the first four runners, surely the palm must be awarded to young Forbes McKenzie of Inverness who has shown good form all season, but ran above himself when it was most needed. Surely it is but poetic justice for such a far-travelled athlete to find his efforts rewarded.

#### **McGhee Makes the Grade.**

As expected John Stevenson, Joe McGhee and Tom Stevenson earned selection but surprisingly made rather heavy weather of it. This was especially so in the case of the Greenock brothers. Possibly the rather heavy conditions and lifeless nature of the turf handicapped them more than some of the others. John Stevenson in particular has the devastating speed of the miler but does not relish the heavy going. McGhee may not have been at his happiest but his marathon back-ground and speed-stamina combination took him through.

A bouquet goes to Archie Gibson for his happy knack of showing his best form when required, though he had little to spare on this occasion from up-and-coming Gordon Dunn of Garscube who tripped over the heavy turf in sweet fashion. All being well this boy looks a good prospect in the years to come. In the same breath congratulations and commiseration are due Willie Gallagher of Shettleston for a grand position which just failed to earn recognition. Better luck next time Willie!

#### **Shettleston win by 23 points.**

There were only 2 teams in the National as far as the premier award was concerned. Shettleston beat Victoria Park the holders by the clear but fairly close winning margin of 23 points.

#### **Pirie retains title but declines Selection.**

Like Bannion in Scotland, Pirie was a ready winner of the English title but it says much for the cross-country strength down south that such stalwarts as Olympians Jim Peters and Fred Norris failed to make their place in the team, being selected only as reserves.

Godon Pirie had of course intimated that he would not be taking part in the full programme of cross-country events in view of his track ambitions and heavy commitments this year and even his decision to defend his title and help his club South London Harriers was a surprise.

Pirie's ambitions have however changed from last year. I well remember him after his comparatively disappointing show at Paris in the International saying significantly "wait until next year."

But other ambitions and desires have now intervened. Yet I submit that Pirie would have had a wonderful chance of winning this year over the Bromford race-course of Birmingham. No travelling to speak of a good testing course but also a fair one, a real bona-fide trial everything would have been in Gordon's favour.

#### **Peter's Commitments.**

I feel that the British Board were not unduly sorry when Peters just failed to make his place in the English cross-country team.

Just look at some of Jim's commitments. A six-mile leg for his club in the London to Brighton, 10th April, Boston Marathon—19th April, perhaps Finchley 20 in May, June 19th—defence of British Championship in POLY Marathon, July—Empire Games Marathon—August, European Marathon, Berne, Switzerland. On top of that a programme of training that would try the stamina of an ox. What a programme! What a man!

#### **Hogan Means Sprinting.**

To the general sporting fraternity the name Hogan spells golf but if Hector Hogan—Australia's new sprint champion retains the form which recently enabled him to equal 2 world records 100 yards in 9.3 secs. and 100 metres in 10.2 secs.—then the fabulous Ben may have to share part of the spotlight with this other Hogan.

Mel Patton covered 100 yards in 9.3 secs. in 1948 just after the London Olympics, while the world record of 10.2 secs. for the 100 metres is held jointly by such athletic celebrities as Jesse Owens, Harold Davis, Lloyd La Beach (Panama), Barney Ewell and McDonald Bailey.

On this form Hogan would appear to have an excellent chance of an Empire sprint double at Vancouver.

#### **England's Outstanding Cross-country Victory.**

England trounced all rivals including France to retain their hold of the International team championship.

Placing their six counters in the first eight, only the French and Belgian champions in respectively 1st and 6th places prevented them from obtaining perfect points. What a tribute to the England team that last-minute reserve Chorlton ran the race of his life to finish 9th—and failed to count. They seemed to have recaptured the golden days of the Holden, Burns, Potts, Stevenson, Harper, Eaton era.

#### **Hat-trick for Mimoun.**

By winning the individual championship for the third time—Alain Mimoun of France demonstrated that near-veteran though he may be—he is still a master runner. Gallantly though Ken Norris paced him for the major part of the race, when it came to the crisis and the pressure was put on, there was only one man in the picture, the little poker-faced Moroccan who narrowly lost a 5,000 metres gold medal in the 1952 Olympics to Zatopek after one of the most desperate finishes of all time.

#### **Superb Ken Norris.**

It has been a wonderful season for young Ken Norris to lead home a vic-

torious team yet how unfortunate that he should lose the English and International individual titles only by meeting such master runners as Gordon Pirie and Alain Mimoun. As for Ranger 3rd, Sando 4th, Walker 5th, Driver 7th and Hardy 8th—their positions speak for themselves.

#### **Scotland Flattered to Deceive.**

After all Scotland did not manage to make the first three or even four as was hoped for but at the start there were high hopes that they were going to chase France for 2nd place. Perhaps some of our runners set too fast a pace at the start of this rather testing course, yet it is difficult not to admire this questing spirit. Bannion did not run as well as was hoped for, but considering he was not just at his best—14th place was not a bad performance.

Of the others the pick were little Harry Fenion with a commendable 24th place, heroic F. McKenzie who finished 27th despite sustaining a foot injury and John Stevenson who improved on his National form to finish 28th.

Yet despite their modest showing I have a feeling that Scotland still have the basis here of a really well-balanced cross-country team.

The Scottish track season had a particularly early and bright start with the International Floodlight meeting at Ibrox on April 2nd. It was the first floodlit meeting in Scotland. The presentation was successful and the standard of the sport was high.

In the Scotland v England womens 3 x 880 yards relay easily won by the latter in Scottish all-comers record time of 7m. 3.7 secs. the sweet but strong action of Diane Leather running the last leg for the winners was a delightful spectacle for the crowd.

In the 100 yards Brian Shenton, the British Olympic star, was surprisingly beaten by the Belgian J. Vercruysse in 10.3 secs. but he took the "220" in 22.4 secs. with G. S. Ellis also beating the Belgian.



The half-mile was a grand race with a speedy last "quarter" in which former British Junior Champion Derek Johnson held off rival R. T. Day, returning 1 min. 57.5 secs. Bob Stoddart (Bellahouston) did well taking 3rd position.

The mile was won soundly by that grand Northern Ireland runner Victor Milligan from the powerful Australian Don Mac-Millan in 4m. 18.5 secs. Though unplaced in this race John Stevenson (Greenock Wellpark H.) who less than a week previous ran a gruelling 9 miles at the C-C International, particularly took the eye by cutting out a fast pace and opening up the race.

The 3 miles race was a thriller all the way with the lead constantly changing hands. After a long finishing burst Freddy Green the noted British runner just managed to hold off Eddy Bannon in 14 mins. 21 secs. The two Scots Bannon and Tom Tracey were excellent with their times to date of 14mins. 21.2 secs. and 14 mins. 25.6 secs. respectively beating the other British Olympic runner Len Eyre into 4th place.

The East claimed two fine victories in the East and West Scotland men and women sprint relays. The men's team were very evenly matched. East (J. E. Robertson, P. McArthur, R. Johnstone, W. Henderson). West (R. Ward, D. Marshall, R. Quinn, D. McDonald) and such fine sprinting as with the distance running shown in this early meeting foretells an exceedingly bright season for Scottish track athletics. For the very best is the incentive and lure of a place in Scotland's team for the Empire Games at Vancouver.

#### RESUMING MONTHLY

Readers will be pleased to note that the magazine will resume from to-date as a monthly. It is a matter of regret to the editor that recently it was not regularly published.

However, there was a sound reason. Unfortunately with each issue, and particularly during the winter period, the magazine is produced at a heavy loss. As is

generally known the magazine is not sponsored by any club or association and thus the loss has to be borne personally.

Over a period of years a deficit had mounted to a considerable sum. This had to be met. We also had to counter the loss on each current issue. This was an uneasy and worrying position.

We realised lately that with our limited means it was impossible to "make war on two fronts." Thus though we did not publish we were working for the magazine—busy getting on to our feet again, and very important, removing the constant anxiety on our mind with regards to the magazine's finances which was a strain altogether apart from the thousand-and-one other worries and problems of a 'spare-time' editor and publisher's life.

But we are happy now—we'll still have a current loss to combat—but we are still happy. "The Scots Athlete" is back well and strong looking forward to bright reporting of our lively and loved sport.

We are now, to our knowledge the only national magazine of its kind in the world priced as low as 6d. and we are determined to keep it that way. Thank-you readers, for your loyalty and support.

Is there any aspect of the sport on which you would like to comment? We would like to hear from you. This is YOUR magazine.

\* \* \*

#### Dundee A.A.C.

This is a new club formed. Office-bearers are:—

President, Councillor J. Thomson; Vice-President, A. C. Sorbie, Head P.T. teacher Grove Academy; Hon. Secretary and Treasurer, G. Devlin; P.T. teacher St. Michaels J.S. School; Chief Coach, J. V. Lyons.

Training is at Caird Park track on Tuesday and Thursday evenings and Saturday afternoons. The aim is to attract boys at school and those who are leaving school and give them an interest in amateur athletics. Every boy interested will receive coaching.

## SCOTTISH WOMENS A.A.A.

Notes by Helen Wilkie (Hon. Secretary)

The Cross-Country Championship was held at Pitreavie, Dunfermline, on 27th Feb., over a distance of 2½ miles. The distance was increased this year and the small entry of 19 was therefore not disappointing. The result of the Championships is as under:—

- 1.—A. Drummond, (Maryhill H.) 14m. 52s.
- 2.—M. Wadler, (Athenian A.C.) 15m. 17s.
- 3.—B. Moffat, (Athenian) 15m. 52s.
- 4.—M. Ferguson, (Springburn) 16m. 01s.
- 5.—A. Elder, (Maryhill Har.) 16m. 12s.
- 6.—S. Johnstone, (Edin. Har.) 16m. 16s.

First team: Maryhill Harriers, 1, 5, 7, 10—23 points.

2nd team: Springburn Harriers, 4, 11, 12, 13—40 points.

Athenian A.C. were without the services of Jean Webster, last year's champion, who had been ill, and they fielded only three runners. Thus they could not qualify for the team race. Had Jean been available most probably Athenian would have retained their title.

The first six home as listed above were selected to represent Scotland against England at Birmingham, the first International since the war.

The home country had an easy victory with their whole team finishing before the first Scot. Our team were obviously not 'tuned' to peak, not having the competitive season enjoyed in England.

Everything was done by our hosts to make the teams visit a memorable one and we greatly appreciated their hospitality and friendship. In the evening a reception was held at the Imperial Hotel, Birmingham.

Next year the race will be in Scotland, possibly at Ayr, and it will be our aim to make the event equally successful.

Getting back to our Championship, the outstanding point was the fitness of each girl. All Competitors finished strongly—not one was in anything like an exhausted condition. It was indeed extremely heartening to see the result of sound training.

In previous years, bad publicity in the Press did much to make this sport unpopular with women's clubs, and every year our Championship led to much head-shaking from the critics. Had these critics been present at Pitreavie, they would have had second thoughts. On the standard of running at Pitreavie, the Association can invite Press photographers without fearing what they will see in the next day's newspapers.

Entry forms should shortly be available for the championships to be held at New Meadowbank on 12th June. This year we have a Championship Hon. Sec.—Miss Neta Fairfull, 51 Pilton Place, Edinburgh,

\* \* \*

There are now 36 clubs affiliated to the Association. Though all those clubs are active and numbers show an upward and healthy trend, the Association would welcome the formation and affiliation of many more clubs, particularly in districts where at present there is no catering for women's athletics.

\* \* \*

Pat Devine and Elspeth Hay ('Q' Club), Mary Taylor and Sheila Burns (Edin. South. Harriers) and Irene Sealey (Maryhill Harriers) have all been invited to compete at the London Caledonian Games.

\* \* \*

#### WE HAVE RECEIVED

**Sports Injuries:** Prevention and Active Treatment by Christopher Woodard. Published by Max Parrish and Co. Ltd., 55 Queen Anne Street, London, W.1., Price 12/6. This is a most useful book for Sportsmen, particularly trainers. We will review it next month.



CROSS-COUNTRY INTERNATIONAL,  
1954.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. A. Mimoun (F) ... .. 47.51                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 2. K. L. Norris (E) ... .. 48.13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 3. W. P. Ranger (E) ... .. 48.21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 4. F. D. Sando (E) ... .. 48.25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 5. D. Walker (E) ... .. 48.53                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 6. L. Hanswijk (B) ... .. 49.07                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 7. P. B. Driver (E) ... .. 49.09                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 8. E. L. Hardy (E) ... .. 49.10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 9. A. Chorlton (E) ... .. 49.13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 10. M. Van de Wattyne (B) ... 49.15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 11. A. Amaros (Sp.) 49.16; 12. A. Lecat (F) 49.33; 13. E. Dillien (B) 49.40; 14. E. Bannon (S) 49.44; 15. B. Labadie (F) 49.49; 16. L. Alami (F) 49.53; 17. L. Garcia (Sp.) 49.55; 18. K. Wood (E) 49.59; 19. F. Van der Hoeven (B) 50.01; 20. P. Prat (F) 50.10; 21. M. Allan (F) 50.12; 22. P' Sierra (Sp.) 50.15; 23. M. Kellouf (F) 50.19; 24. H. Fenion (S) 50.20; 25. R. Serroels (B) 50.26; 26. M. R. Maynard (E) 50.30; 27. F. McKenzie, (S) 50.36; 28. J. Stevenson, (S) 50.41; 29. F. Smets (B) 50.42; 30. F. Bidegui (Sp.) 50.45; 31. M. Labidi (F) 50.55; 32. F. Cerezo (Sp.) 50.58; 33. P. Ll. Morgan (W) 51.00; 34. F. Irizar (Sp.) 51.05; |

35. A. F. Pumfrey (W) 51.16; 36. L. Theys (B) 51.20; 37. A. C. Gibson (S) 51.24; 38. A. Aguirre (Sp.) 51.25; 39. R. de Troyer (B) 51.35; 40. R. Kane, (S) 51.39; 41. D. Rees (W) 51.43; 42. T. E. Keegan (I) 51.45; 43. J. McClelland (I) 51.51; 44. C. B. Owens (I) 52.09; 45. M. Davignon (B) 52.15; 46. M. Moreno (Sp.) 52.20; 47. W. Dodds (I) 52.23; 48. K. B. Harvey (I) 52.29; 49. W. E. Butcher (W) 52.30; 50. J. McGhee (S) 52.35; 51. T. Tracey (S) 52.47; 52. L. T. Bevan (W) 53.01; 53. T. C. Wood (W) 53.18; 54. T. Stevenson (S) 53.42; 55. J. Marshall (I) 53.49; 56. J. Douglas (I) 53.54; 57. J. Nash (W) 54.08; 58. G. A. Phipps (W) 54.19; 59. J. Dougan (I) 55.24; 60. G. Legge (W) 55.43. E. McAvoy (I) and M. Ascareteil (F) did not finish.

| Teams       |                     | Pts. |
|-------------|---------------------|------|
| 1. England  | (2. 3. 4. 5. 7. 8)  | 29   |
| 2. France   | ( 1.12.15.16.20.21) | 85   |
| 3. Belgium  | ( 6.10.13.19.25.29) | 102  |
| 4. Spain    | (11.17.22.30.32.34) | 146  |
| 5. Scotland | (14.24.27.28.37.40) | 170  |
| 6. Wales    | (33.35.41.49.52.53) | 263  |
| 7. Ireland  | (42.43.44.47.48.55) | 279  |

CITY AND ROYAL BURGH OF EDINBURGH  
LIGHTING AND CLEANSING DEPARTMENT  
WELFARE ATHLETIC CLUB

## ATHLETIC AND FOOTBALL GYMKHANA

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

AT NEW MEADOWBANK, EDINBURGH  
ON SATURDAY, 19th JUNE, 1954

AT 2.30 P.M.

EVENTS INCLUDE—Scottish Senior 4 x 440 Yards Relay  
Championship and Scottish Women's 4 x 110 Yards Relay  
Championship.

ENTRY FORMS from W. CARMICHAEL, 329 High Street, Edinburgh.  
(Phone : Office Central 6217 ; House 66932).

ENTRIES CLOSE, WEDNESDAY, 9th JUNE, 1954.

## CROSS-COUNTRY INTERNATIONAL



Photos by H. W. Neale.

Top—SCOTLAND'S TEAM (L. to R.), E. Bannon, R. Kane, A. C. Gibson, J. McGhee, T. Stevenson (Front) F. McKenzie, J. Stevenson, T. Tracey, H. Fenion (Extreme L.) G. Pickering (Vice-Pres. N.C.C.U. and Team Manager) (3rd from R.) Mr. R. Reid (Team Steward, father of Internationalist Bobby Reid) (R.) J. T. Mitchell, President N.C.C.U.  
Bottom—Eventual winner Alain Mimoun (France) leading from Ken Norris



## SCOTTISH C.-C. CHAMPIONSHIPS

## Hamilton Racecourse

Details:—

## Individual—

- 1.—E. Bannon (Shettleston H.) 50m. 19s.
- 2.—T. Tracey (Springburn H.) 50m. 42s.
- 3.—H. Fenion (Bellahouston) 50m. 49s.
- 4.—R. Kane (Victoria Park) 50m. 50s.
- 5.—F. McKenzie (Shettleston) 50m. 51s.
- 6.—J. Stevenson (Green. Well) 51m. 17s.
- 7.—J. McGhee (Shettleston H.) 51m. 19s.
- 8.—T. Stevenson (Green. Well.) 51m. 59s.
- 9.—A. C. Gibson (Hamilton) 52m. 09s.
- 10.—G. A. Dunn (Garscube H.) 52m. 17s.
- 11.—W. Gallagher (Shettleston) 52m. 22s.
- 12.—J. E. Farrell (Maryhill H.) 52m. 50s.

## Team Placings—

1. Shettleston H. E. Bannon, 1; J. McGhee, 7; R. C. Wallace, 16; J. Eadie, 17; H. Fox, 24; J. W. More, 25).—90 Pts.
2. Victoria Park A.A.C. (R. Kane, 4; J. Ellis, 13; C. Forbes, 15; J. Stirling, 21; R. Calderwood, 26; S. Ellis, 34).—113 Pts.
3. Edinburgh S. H. (W. A. Robertson, 18; A. C. Ross, 28; H. S. Miller, 33; J. Dinning, 42; H. Robb, 52; J. Robertson, 60).—233 Pts.
4. Springburn H. (T. Tracey, 2; J. Stevenson, 37; D. G. McKay, 41; A. Stevenson, 53; D. Wallace, 54; T. O' Reilly, 57).—244 Pts.
5. Garscube H. (G. A. Dunn, 10; S. Horn, 47; F. J. Robertson, 49; E. S. Murray, 83; D. Coupland, 87; W. J. Ross, 101).—377 Pts.
6. Bellahouston H. (H. Fenion, 3; R. Climie, 36; G. Bell, 59; J. Kelly, 92; J. McLean, 93; R. Wilson, 112).—395 Pts.

7. Paisley H. A. Napier, 23; J. Devaney, 35; J. Campbell, 63; W. McNeill, 77; J. Sellar, 96; C. McCart, 114).—408 Pts.
8. Maryhill H. (J. E. Farrell, 12; T. Harrison, 56; J. Gibson, 69; T. Wilson, 78; R. McDonald, 94; G. Porteous, 105).—414 Pts.
9. Greenock Wellpark H. (J. Stevenson, 6; T. Stevenson, 8; G. King, 31; D. Anderson, 116; R. G. Beaton, 120; D. McSwein, 133).—414 Pts.
10. Glasgow U. H. & H. (G. A. Sim, 27; P. Ballance, 51; G. Bowes, 62; M. L. Ryall, 95; A. Preston, 124; C. Black, 135).—494 Pts.

11. Plebeian H. (A. Small, 44; D. Barclay, 70; J. McCann, 79; A. Robertson, 86; J. Kerr, 106; T. Monaghan, 110).—495 Pts.

12. Glasgow Police A.A. (W. Laing, 66; W. Armour, 100; J. Johnston, 117; A. Allan, 118; J. McLeisk, 122; H. Stephen, 132).—655 Pts.

Failed to close in—

- Clydesdale H. (J. Hume, 50; J. Young, 82; J. Duffy, 85; W. Howie, 104.

- Falkirk Victoria H. (A. G. Crawford, 43; R. A. Sinclair, 73; A. Cook, 75; T. D. Todd, 105; D. Skinner, 130.

- Kilmarnock H. (G. Martin, 88; D. Todd, 97).

Other Individual Entrants:—

- W. Lindsay (Gala H.), 14; A. Fleming (Cambuslang H.), 19; H. Laurence (Tev. H.) 20; G. Russell (Cambuslang H.), 22; G. Adamson (W.K.A.C.), 29; G. Lightbody (Beith H.), 30; J. Timmins (Dumbarton, A.C.), 32; M. Notman (Shettleston H.), 38; T. D. Reid (Larkhall H.), 45; T. Scott, (Motherwell H.), 46; A. Haddon (A.U.H. & H.), 58; D. McFarlane (Motherwell Y.M.C.A. H.) 61; J. Lynn, (St. Modan A.A.C.), 65; F. Lacey (Vale of Leven), 71; A. MacDougall (Vale of Leven), 74; K. Phillips (Beith H.), 76; H. Walker (Beith H.), 80; S. Maxwell (Beith H.), 84; T. N. Allsup (Edin. U. H. & H.), 90; J. Kirk (Shettleston H.), 98;

- E. Thursby (Ayr A.C.), 99; P. Ewing (Shettleston H.), 102; J. Hamilton (Shettleston H.), 111; W. Hodgins (Shettleston H.), 113; J. Stewart (Hamilton A.C.), 129; R. Donald (Glasgow Y.M.), 134; Times—20th pos. 53m. 31s; 30th 54m. 42s; 40th 55m. 12s; 50th 55m. 57s; 60th 56m. 30 s; 70th 57m. 15s.; 80th 57m. 56s.; 90th 58m. 50s.; 100th 59m. 29s.

## JUNIORS 6 MILES.

## Individual—

- 1.—J. McLaren (Shotts A.C.) 32m. 42s.
- 2.—A. S. Jackson (Edin Univ.) 32m. 46s.
- 3.—A. H. Brown, (Motherwell) 33m. 01s.
- 4.—J. V. Paterson, (Edin. S. H.) 33m. 29s.
- 5.—J. B. Wilkinson, (Edin N. H.) 33m. 35s.
- 6.—J. Stevenson, (Larkhall), 33m. 49s.

## Team Placings—

1. Edinburgh University H. & H. (A. S. Jackson, 2; J. Crawford, 14; H. A. Cumming, 17; A. K. Ravenscroft, 23).—56 Pts.

2. Shettleston H. (J. McElroy, 11; F. Scally, 21; H. Crawford, 25; J. Kean, 29; 86 Pts.

3. Bellahouston H. (S. Nelson, 7; S. McLean, 12; R. Stoddart, 31; J. Irvine, 42).—92 Pts.

4. Victoria Park A.A.C. (N. Ellis, 9; C. Sharp, 10; P. Callaghan, 37; A. Ross, 47).—103 Pts.

5. Cambuslang H. (B. Morton, 18; I. Tierney, 30; F. Reilly, 51; J. McGovern, 64).—163 Pts.

6. Braidburn A.C. (N. Donnachie, 24; J. K. Hislop, 44; A. Davidson, 50; J. Corbett, 53).—171 Pts.

- Glasgow Univ. H. & H. (J. Markin, 41; J. Ross, 46; G. Sutherland, 58; S. G. Campbell, 63).—208 Pts.

8. Garscube H. (B. Linn, 39; I. Dougan, 54; J. Blackhouse, 55; G. Dickson, 67).—215 Pts.

9. Greenock Glenpark H. (D. Gallacher, 38; D. McFarlane, 48; C. Kennedy, 71, G. Muir, 76).—233 Pts.

Failed to close in:—

- Falkirk Victoria H. (J. Paterson, 16; G. Jackson, 40; J. Robertson, 77).

- Springburn H. (J. Crawford, 61; S. Simpson, 72.)

## Other Individuals—

- D. Lapsley, (W. Kilbride), 8; C. Fraser, (Edin. E. H.), 13; A. Duthie, (Babcock & Wilcox), 15; J. Watson, (Dundee T.H.), 19; A. R. Galbraith, (Green. Well.), 20; J. Martin, (Kilmarnock H.), 22; K. Alexander, (Irvine Y.M.), 26; J. Hepburn, (Hamilton H.), 28; R. A. Steel (Vale of Leven), 32; N. Duncan, (Larkhall Y.M.), 35; J. H. Murray, (St. Modans), 36; W. J. More, (Kilmarnock H.), 45; R. M. Spalding, (Dundee T. H.), 49; J. Ferguson, (Vale of Leven), 56; N. Ross, (Edin. S. H.), 57; E. Nicoll, (Dundee T. H.), 59; D. Brown, (Shotts A.C.), 60; J. Dunlop, (Irvine Y.M.), 65; R. R. Sinclair, (Edin. N. H.), 68; A. Millar, (Larkhall Y.M.), 70, J. Heggie, (Edin. S. H.), 73.

## YOUTHS—3 MILES.

## Individual—

- 1.—I. Cloudsley, (Shettleston) 16m. 33s.
- 2.—W. H. Watson, (Edin. Un.) 16m. 35s.
- 3.—J. Dodds, (Gala Har.) 16m. 39s.
- 4.—E. Sinclair, (Springburn H.) 16m. 45s.

## Team Placings—

1. Shettleston H. (I. Cloudsley, 1; T. McCluskie, 9; G. Govan, 19; G. Wallace, 25).—54 Pts.
2. Springburn H. (E. Sinclair, 4; D. Tracey, 6; J. O'Haire, 12; G. Evans, 38).—60 Pts.

3. Irvine Y.M.C.A. H. (A. Blakely, 11; A. McPhail, 18; W. Banks, 29; T. Parker, 40).—98 Pts.

4. Braidburn A.C. (J. Hepburn, 17; J. Shields, 27; I. Campbell, 34; J. Putherer, 39).—117 Pts.

5. Cambuslang H. (F. Ross, 16; M. Steven, 24; J. Murray, 55; I. Mathie, 60).—155 Pts.

6. (Hamilton H. (R. Kerr, 15; T. McCafferty, 41; T. Canlon, 58; J. Webster, 59).—173 Pts.—J. Orr, 64.



## DISTANCE RUNNING ASPECTS

Book Review by L. H. WEATHERILL

(Former England Track and Cross-Country Internationalist).

### "CROSS-COUNTRY RUNNING,"

IT is rather curious, on the face of it, that this book, the first fairly comprehensive one on the subject, should have been written by an American. Perhaps, however, the very fact that Americans have rarely won much distinctions as cross-country runners has led Mr. Canham to take so much more pains in studying the matter than any European has yet taken.

Be that as it may, the book is thoroughly sound: it is written with due humility and frequent references to the generally superior ability of European distance runners. When reading the book it is necessary to remember that distances in America are shorter than here and courses easier.

7. Edinburgh N. H. (T. R. Boyd, 13; G. Veitch, 30; J. Fowler, 52; W. Y. Simpson, 74).—179 Pts.

8. Strathgairn H. (D. Innes, 26; J. Toole, 47; J. Christie, 76; R. Ewing, 77).—226 Pts.

9. Greenock Wellpark, H. (J. Howe, 37; A. Boyd, 62; T. Carr, 67; W. Docherty 70).—236 Pts.

Failed to close in—

Victoria Park A.A.C. J. Ewing, 8; K. Warden, 54.

#### Individual Entrants—

J. Simpson, (Pleb. H.), 5; W. Drysdale, (Monkland H.), 7; J. Wright (Clydesdale H.), 10; R. Clark (Clydesdale H.), 14; J. Poulton (Motherwell, Y.M.), 20; A. Ross, (Edinburgh S. H.), 21; F. Barr (West Kilbride), 22; J. Gilfillan (Larkhall Y.M.), 23; G. Wilson, (Aberdeen Un.), 28; R. Black, (Kilbride H.), 31; R. Reid, (Kilmarnock H.), 35; P. Paterson, (Vale of Leven), 36; J. Doran, (Larkhall, Y.M.), 42; A. McDonald, 43; P. McIsaac, (Edinburgh S. H.), 45; J. Smith (Monkland H.), 46; J. Mair, (Garscube H.), 44; D. J. Martin (Edinburgh S. H.), 50; J. Clive (Clydesdale H.), 51; G. McLeod (Kilmarnock H.), 56; D. Johnstone (Garscube H.), 61; J. Carr (Larkhall, Y.M.), 72.

### CROSS-COUNTRY RUNNING

Technique, Strategy and Training by Don Canham. Published by Herbert Jenkins, Ltd., 3 Duke of York Street, London, S.W.1. Price 6/-.

In the chapter on equipment it is interesting to see shoes with changeable spikes recommended. This type of shoe I tried many years ago but found thoroughly unreliable; I had thought it had long died out. Frankly, I doubt if it is possible for such a shoe to be sufficiently comfortable to justify its use, at any rate on our courses. I am glad to see sleeved vests and gloves recommended, though, of course, it must be remembered that conditions in the winter are usually colder in America than here.

It is obvious that young Cross-country runners in America submit to far more coaching than they do here. Many things which may appear to us to be unimportant are taken very seriously, and it does not seem to be sufficiently realised that an increase in stamina training would be worth far more than a lot of worry about minor points of diet and hours of sleep—I am glad to see, though, a warning that excess of sleep is harmful! The stereotyped warning against the consumption of any alcohol is included, and as the book is intended primarily for young runners perhaps it is well. I feel sure, however, that the great majority of distance runners would benefit considerably by a reasonable consumption of wine.

I am sorry to see what is known as "Calisthenics"—which may be defined as "exercises for the purpose of promoting gracefulness as well as strength of body"—praised. Many of us have been persuaded, or forced, to practice them in our youth, but I, at least, have comparatively little to say against most of them: some are probably somewhat helpful to some runners but the main thing is that they are generally extraneous exercises so far as running is

concerned and therefore, on balance, harmful because they distract runners from running. There is, incidentally, a beautiful drawing—the drawings, by Tyler Micoleau, are very fine—of a runner, wearing what appear to be long spikes, running up the stone steps of a running stadium with a high bounding action!

In one respect the Americans seem to be well ahead of us: that is in their way of marking courses. It is probably not practicable here to use a white line—or coal-dust in snowy weather—to show the trail, but coloured flags, with special colours to denote turns, supplemented at intervals by sign-posts, would be a definite improvement on much of the marking in Britain. There are also useful notes on the shape of courses, partly with a view to allowing spectators to see as much as possible of the race.

There is no doubt that, as is admitted in the text, most cross-country runners in America overstride, especially in comparison with, say, Mimoun; and this is borne out pointedly in the drawings, which look far more appropriate to shorter-distance track runners.

It is good to see the value of "over" and "under" training recognised, though again far too much time is recommended for warming-up, etc., The "Tips to Athletes" are good, especially the injunctions not to give up not to fall to the ground after a race is over and to take every care of one's feet.

The four vital attributes to success in cross-country and distance track running are given as:—

1. Strength 2. Speed 3. Technique
4. Courage. To these might be added:—
5. Judgment 6. Initiative 7. Stamina
8. Confidence and 9. Fitness. Would it be wrong to say that Nos. 1 and 9 are the most important of all?

It is emphasised that "poorly directed hard training can do much more harm than good." I doubt whether this is really true, except in very unusual cases or over very long distances; even then any damage will probably be temporary: the

man who is prepared to do the most work will usually, given equal ability, easily beat in the end those who train more intelligently but who are not ready to train so hard. This is not to suggest for one moment that the application of thought to training will not reap a rich reward.

Unfortunately the writer repeats the old theory that excessive over-distance running results in a slow pace. I suppose it is physically possible for this to happen, but it has been shown over and over again that the normal result of doing a great deal of distance work is to increase speed. One must, however, remember that Canham is writing primarily for young runners who are racing over short distances.

The author treads on controversial ground when he remarks that "the effort to take the athlete's thoughts away from the grind of long rhythmic running is important." This, I think, is entirely wrong. I have invariably found that to lose concentration is to lose speed, to the tune of at least 8 seconds a mile.

Canham rightly considers the development of a sense of pace to be most important: no doubt on the easier courses in America it is relatively even more useful than it is here. I heartily agree with his view that it is quite wrong to run time trials at one's racing distance: I should like to extend it to include "nor many preliminary races at the distance either."

The author uses the really extraordinary expression "checking out" of a slow pace, where a runner increases his pace temporarily when he is feeling tired. The idea is, of course, that the extra effort stirs him out of a gradually decreasing momentum and, incidentally, brings other muscles into use while some over worked ones have a momentary rest. It is a very sound idea and is most easily put into effect if one acquires the habit of increasing speed each time one comes to a change in the "going."

Canham is one of those who believe that "running flat-footed or heel first is inefficient and places a fatiguing jar on the body:" this is, of course, another



controversial topic; suffice it to say that usually physical structure, particularly the length of the achilles tendon, determines whether one lands on heel or ball of foot. To me the "jar" of landing, unnaturally in my case, on the ball of the foot is much the greater.

The writer is also a keen believer in group or pack running: possibly he overrates the value of this as against individual running. It is a fact that most of the World's greatest distance runners have trained—perhaps have had to train—alone almost all the time.

It is interesting to notice that running through ditches and streams, instead of jumping them, is advocated. Being a bad jumper, I always did this where possible; personally I found the contact of the cold water on my feet was stimulating, though the opposite is said to be the usual effect. Climbing fences rather than vaulting or jumping them is another practice that appears to meet with Canham's approval; he doesn't mention what is often the best method—climbing through them.

Some useful tactical hints are given, under the heading of "Strategy:" on a wet or rough course, however, it usually is better to run in front of a rival, not just behind him.

Some of the advice given for the day prior to the race is good, but some savours of "molly-coddling." Surely a runner soon finds out for himself whether or not he wants a big meal before a race; the notion that a very hot shower the day before will sap his strength is about 50 years out of date, like the idea that very underdone meat is the right meal before a race. The advice to get at least 9 hours sleep is, for many runners, little short of ludicrous.

The book is very carefully and thoughtfully compiled and is most interesting to read. It is, I repeat, despite what may appear to be a lot of criticisms, to my mind thoroughly sound in nearly all respects; perhaps it is just a little stereotyped, in the sense that Canham is obviously very careful not to advance untried or uncertain ideas. He undoubtedly deserves thanks and congratulations for tackling the subject so comprehensively and successfully.

## DUNDEE CORPORATION OPENING SPORTS MEETING

(Under S.A.A.A., S.W.A.A.A. and S.C.U. Laws)

AT CAIRD PARK STADIUM  
ON SATURDAY, 5th JUNE, 1954

TRACK EVENTS :: INVITATION :: OPEN :: LADIES'  
CYCLING TAR-MAC BANKED HARD TRACK

Official Opening by LORD PROVOST, 2.15 p.m.

Particulars and Entry Forms from A. S. DOW, Parks Superintendent,  
8 City Square, Dundee.

ENTRIES CLOSE, SATURDAY, 22nd MAY, 1954

## SPORTS DIARY

### May.

- 1—Edinburgh Trades Council—New Meadowbank
- 8—National Coal Board Sports—Tillicoultry.
- 8—Brechin Right of Way Road Race—Brechin.
- 8—Vale of Leven A.A.C.—Alexandria.
- 15—London Caledonian Games—White City.
- 15—Glasgow & West P.O. Telephones A.C.—Helensvale Park.
- 22—Scottish Y.M.C.A. Championships—Kilmarnock.
- 22—Stevenson Highland Games—Stevenson.
- 22—Tullibody & Cambus A.A.C.—Tullibody.
- 22—Bonnybridge Sports Festival—Bonnybridge.
- 19—Inverness Burgh Police—Inverness.
- 26—Campsie A.A.C.—Lennoxton.
- 27—Glasgow Police A.C. (Preliminary)—Scotstoun.
- 28—Edinburgh Boys' Brigade Championships—New Meadowbank.
- 29—Sea Cadet Corps—Saughton.
- 29—Glasgow Highland Gathering and S.A.A.A. Marathon Championship—Saughton.
- 29—Army Cadet Force Championships—Paisley.

### June.

- 4—Inverness-shire Schools—Inverness.
- 5—Singers A.C.—Clydebank.
- 5—Lanarkshire Constabulary A.C.—Shawfield.
- 5—Dundee Corporation Sports—Dundee.
- 5—Scottish University Championships—Edinburgh.
- 5—Inter-Works Sports (Edinburgh)—New Meadowbank.
- 8—Lanarkshire A.A.A. Championships.
- 8/10—East of Scotland Championships & Sports Dispatch Trophy—New Meadowbank.
- 11/12—A.A.A. Decathlon Championship—Hawick.
- 11—Hawick Common Riding—Bathgate.
- 12—Bathgate St. Mary's A.C.—Bathgate.
- 12—Scottish Women's A.A.A. Championships—New Meadowbank.
- 12—Glasgow Police A.C.—Ibrox Stadium.
- 16—Bellabouston Harriers—Saracen Park.
- 17—Scottish Border A.A.A. Select and Heriot A.C.—Peebles.
- 18/19—Women's A.A.A. Championships—White City.
- 19—Highland Games—Inverness.
- 19—Scottish Deaf A.S.A.—Perth.
- 19—Edinburgh Lighting and Cleansing W.A.C. Sports and Scottish Relay (4 x 440 yards) Championship—New Meadowbank.
- 19—Motherwell and Wishaw Police A.C.—Motherwell.
- 19—Babcock and Wilcox A.C.—Renfrew.
- 19—Scottish Schools' A.A. Championships—Westerlands.
- 21—Renfrewshire A.A.A.—Renfrew.
- 22—Heriot Trophy Five-Club Contest—Goldenacre.
- 25/26—Scottish A.A.A. Senior Championships & Junior Relay Championships—New Meadowbank.
- 26—Lochaber Sports & Ben Nevis Race—Fort William.
- 26—A.A.A. Marathon—Chiswick.
- 26—Stewarton Bonnet Guild Festival Sports—Stewarton.
- 26—Inter-county Youth Services—Alexandria.
- 29—Glasgow Corporation Transport Rec. Club—Helensvale Park.

### July.

- 3—Scottish A.A.A. Junior Championships and Senior Relay Championships—Westerlands.
- 3—Braw Lad's Gathering—Galashiels.
- 3—Ardeer Recreation Club—Ardeer.
- 3—Lanark A.A.C.—Lanark.
- 3—Elgin Gala Sports—Elgin.
- 3—Tayport Sports and Gala Day—Tayport.

### 7—Scottish Border A.A.A. Championships (Part)—Hawick.

- 9/10—A.A.A. Championships—White City.
- 10—Rafford Sports—Rafford.
- 10—Dundee North End F.C.—Dundee.
- 10—Linlithgow Town Council—Linlithgow.
- 10—Duns A.A. & C.C.—Duns.
- 10—Saxone A.A.C.—Kilmarnock.
- 17—Forres Gathering—Forres.
- 17—England & Wales v. Ireland & Scotland—White City.
- 17—Edinburgh City Police—New Meadowbank.
- 17—Scottish Border A.A.A. Championships (Part)—Galashiels.
- 22—Press Charity Sports—Edinburgh.
- 24—Aberdeen Corporation Sports—Aberdeen.
- 31—A.A.A. Junior Championships—Falkirk.
- 31—Falkirk Victoria Harriers—Falkirk.
- 31—West Calder A.S.A.—West Calder.
- 31/Aug. 6—British Empire Games—Vancouver.

### Aug.

- 7—Rangers F.C.—Ibrox Stadium.
- Nairn Games—Nairn.
- 14—"News of the World" British Games—White City.
- 14—Atholl & Breadalbane Agric. Socy.—Aberfeldy.
- 14—Carlisle Charity Sports—Carlisle.
- 14—Milngavie Highland Games—Milngavie.
- 21—Bute Highland Games—Rothsay.
- 21—Sanquhar Sports—Sanquhar.
- 21—Edinburgh Highland Games—Murrayfield.
- 25/29—European Championships—Berne.
- 27/28—Cowal Highland Gathering—Dunoon.
- 28—Glenurquhart Games—Drumnadrochit.

### Sept.

- 4—Shotts Highland Games—Shotts.
- 4—Inverness Games—Inverness.
- 11—Dunblane Highland Games—Dunblane.

### Nov.

- 20—"News of the World" Edinburgh to Glasgow Road Relay Race.

### ROAD RACES.

- | May.                              | Distance.  |
|-----------------------------------|------------|
| 8—Brechin Right-of-Way            | 12 mls.    |
| 8—Vale of Leven                   | 14 mls.    |
| 15—P.O. Telephones (Helensvale)   | 15 mls.    |
| 22—Scottish Y.M.C.A. Championship | 12 mls.    |
| 29—S.A.A.A. Marathon Ibrox        | 26m. 385y. |

### June.

- |                             |           |
|-----------------------------|-----------|
| 5—Dundee Corporation        | 13 mls.   |
| 19—Babcock & Wilcox         | 17 mls.   |
| 26—Ben Nevis (4,406 ft.)    | 26m 385 y |
| 26—A.A.A. Marathon (London) | 26m 385 y |

### July.

- |                          |         |
|--------------------------|---------|
| 10—Dundee North End F.C. | 12 mls. |
| 17—Broughty Ferry        | 12 mls. |
| 31—Falkirk Victoria      |         |

### Aug.

- |                 |         |
|-----------------|---------|
| 14—Carlisle     | 12 mls. |
| 14—Milngavie    | 10 mls. |
| 14—Aberfeldy    | 13 mls. |
| 21—Bute         | 11 mls. |
| 28—Perth-Dundee | 22 mls. |

### Sept.

- |             |         |
|-------------|---------|
| 4—Shotts    | 15 mls. |
| 11—Dunblane | 14 mls. |