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JUNE, 1953

Vol. 8, No. 2

THE SCOTS ATHLETE

PRICE
6^D



PAT DEVINE ("Q" A.C.), winner of the Scottish Women's 100 Yards Championship, 1953. Last year she represented Gt. Britain at the Olympic Games.

SCOTTISH WOMEN'S CHAMPIONSHIPS.

RECORDS AT POLICE SPORTS.

YOU MUST BE "UP." BEST PERFORMANCES.

ALEX. BRECKENRIDGE (V.P.A.A.C.)

CITY AND ROYAL BURGH OF EDINBURGH

HIGHLAND GAMES

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

AT

MURRAYFIELD RUGBY GROUND

(By kind permission of the Scottish Rugby Union)

ON SATURDAY, 22ND AUG., 1953
AT 2.0 P.M.

CEREMONIAL OPENING AT 1.50 P.M.

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THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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JUNE, 1953. Vol. 8, No. 2.

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SCOTTISH WOMEN'S CHAMPIONSHIPS

Reviewed by

T. MONTGOMERY (Hon. Coach, S.A.A.A.)

TAKEN overall I would say that the 1953 Championships were of a higher standard than that of previous years, except that the public support was practically non-existent, a great pity but probably due to so many other counter attractions of this Coronation period. The other regret was that the Inter-varsity Championships should clash with the Championships, thus greatly reducing the number of entrants and depriving some of the better girls of the chance of winning a title. However the weather clerk was on his best behaviour and the championships benefitted from a lovely afternoon with the temperature just right. The ground conditions were generally good, but although the turf was in lovely condition the grass was too long and heavy to be ideal for fast running and good throwing. A pleasing feature was the increase in the number of entries, 15 more than last year, not many maybe but a step in the right direction and if the Varsity girls had been able to compete there is no doubt that there would have been a record or near record entry.

The running events generally produced better times than last year, but the field events were down by comparison.

Two new records were made, one by Ann McKee, Ardeer Recreation Club, probably the most popular winner of the day, in the 440 yards with a time of 61.8 sec.,

the other by Aileen Drummond, Maryhill Harriers in the mile with a very much improved time of 5 mins. 35 secs. I am of the opinion that if the sprint lanes had been cropped close we would have had the records for the 100 yards and 80 metre hurdles equalled or even bettered. Although there was a slight breeze against the runners, in each case the runners came within a point of the records. The outstanding field event was the discus throw by Jean Thomson, Dumfries Ladies Athletic Club, with 106 ft. 0½ in. about a foot short of the record.

Taking the events separately, Pat Devine "Q" Athletic Club proved herself to be a worthy winner of 100 yards in 11.5 secs. which as I have already pointed out would probably have been better had the ground conditions been right. Elspeth Hay of the same club occupied second place, not more than a couple of feet away, and the now up and coming sprinter E. Sealey, Maryhill Harriers very close up third. The other finalists Sheila Burns and J. Herman of Edinburgh Southern, both prominent sprinters over the last few years and P. Campbell, Maryhill Harriers a finalist last year, ran very well but were not quite good enough to catch the "Wee Dundonian."

In the 220 yards heats the qualifiers were more or less as expected from known

form but in rather slow times and the first shocks came in the semi-finals, when the holder Moira Carmichael, Bellahouston Harriers, and E. Hay, both strongly fancied, failed to come through. In fairness to Miss Carmichael, her studies and exams have had to have preference to training, and I don't think she was really fit. Miss Hay may have been suffering from the effects of travelling, but its all in the game and champions are there to be shot at, and on the day were not just good enough. E. Sealey ran very nicely and was a comfortable winner in 26.2 secs. with S. Burns, J. Herman and P. Devine fighting out the other places neck and neck. Miss Hay had the consolation of gaining a standard with the four mentioned above.

The 440 yards produced a surprise but a very popular winner in A. McKee, and also a new record 61.8 secs. reducing the 62.1 secs. of M. Smith made in 1936. Victory must be very sweet to Ann as she long been just on the fringe of the top sprinters but never quite made the grade. Heartiest congratulations to a runner who has had the courage to step up her distance when she failed to make the top in her fancied distance. Miss McKee also qualified in her heat of the 100 yards but scratched from the semi-finals in favour of the 440 yards. W. Lennox, Maryhill Harriers pipped the holder for second place but did not seriously challenge the winner. C. Clephane, Athenian A.C. was another who suffered through studies and exams, and was far from being fit. What a pity Winifred Bowden, Edinburgh University, who has been showing grand times in this race could not compete, then we would have had the sparks flying.

The half mile produced some fine tactical running and probably accounts for the time being slightly slower than last year's, but I feel that when the placed runners with M. Law and E. Beveridge of Edinburgh Southern meet again under favourable conditions we'll have a new record.

no serious challenge although A. Drummond who had already won the mile put in a grand finishing effort to hold off the holder E. Moffat, Athenian A.C., who was another who was not fit, but Betty's trouble was injury, and under the circumstances ran a very plucky race. E. Beveridge also gained a standard and showed improved form from last year.

The mile was probably the most fascinating race of the day. M. Law, Edinburgh Southern shook everyone, spectators and competitors alike, with her terrific first lap, then seemed to have had it, but came again and again, hanging on to her lead until A. Drummond, Maryhill Harriers, who had been running with fine judgement forged ahead down the back straight and up the home stretch to win by about 20 yards in the grand time of 5 mins. 35 secs. A new record and a time comparable with our sisters over the border. K. Mair, Maryhill Harriers and the holder M. Wadler, Athenian A.C. had a great battle for the third place, the former just managing to keep the holder out. There is as yet no standard time fixed for the mile, but Saturday's performance should help to fix a suitable figure.

The 80 metre Hurdles entry was small, but the expected tussle between the holder J. Thomson, Dumfries, and I. Todd, Jordanhill T.C. duly developed and Miss Todd just managed to nose out the holder in the good time of 12.3 secs. 0.1 sec. outside the record. Pat Devine may have had more to say in this finish if she had not taken so much out of herself in the other events. My impression here was that it was the speed that was lacking, not the hurdling technique.

In the jumps, I. Todd's performance in the long jump of 17 ft. 6½ ins. was probably the best, with P. Devine's jump of 17 ft. 2½ in. next. These were the only two standards in the jumps and my opinion is that the high jump was at the wrong end of the programme, and good results

Edinburgh Harriers, the only girl to use a roll. She finished third and has definite possibilities in this event with coaching, and should improve her placing next year.

The throws apart from Miss Thomson's discus throw were all sub-standard, but there is potential among the entrants and I hope it will be showing up by the time of the next championships. J. Webster made her double with the weight title winning with a poor effort of 27 ft. 7 in. and her team mate A. McGrath took the javelin at 80 ft. 8 in.

The fact that all titles changed hands is, I think, all to the good and will make for keener competition in the future, and I hope that dates will be so arranged next year that all will be able to compete and that the champions will be champions without doubt. Here's wishing the S.W.A.A.A. all the best and my congratulations to all who gained titles and places.

Details:—

100 yards—P. Devine ("Q" Club); 2, E. Hay, ("Q" Club); 3, E. Sealey (Maryhill H.). 11.5 secs. Standard 11.8 secs. P. Campbell (Maryhill H.).

220 yards—I. E. Sealey (Maryhill H.). 2, S. Burns (Edinburgh S.); 3, J. Herman (Edinburgh South H.). 26.2 secs.

440 yards—I. A. McKee (Ardeer R.C.); 2, W. Lennox (Maryhill H.); 3, C. Clephane (Athenian A.C.). Time—61.8 secs.

880 yards—I. J. Webster (Athenian A.C.) 2, A. Drummond (Maryhill H.); 3, B. Moffat (Athenian A.C.). Time—2 mins. 28.2 secs.

1 Mile—I. A. Drummond (Maryhill H.); 2, M. Law (Edinburgh South H.); 3, K. Mair (Maryhill H.). 5 mins. 35 secs.

80 metres hurdles—Final—1, I. Todd (Jordanhill T.C.); 2, J. Thomson (Dumfries L.A.C.); 3 P. Devine ("Q" Club).

Long Jump—1, I. Todd (Jordanhill T.C.) 17 ft. 6½ ins.; 2, P. Devine ("Q" Club) 17 ft. 2½ ins.; 3, H. Houston (Athenian A.C.) 15 ft. 8½ ins.

Discus—1, J. Thomson (Dumfries L.A.C.) 106 ft. 0½ ins.; 2, S. Plenderleath (Athenian A.C.) 87 ft. 2 ins.; 3, M. Cockburn (Edinburgh Southern) 79 ft. 5 ins.

Javelin—1, A. McGrath (Athenian A.C.) 80 ft. 8 ins.; 2, M. McBain (Bellahouston Harriers) 78 ft. 7 ins.; 3, J. Nicholson (Edinburgh South H.) 66 ft. 0 ins.

Shot Putt—1, J. Webster (Athenian A.C.) 27 ft. 7½ ins.; 2, A. Hamilton (Edinburgh H.) 26 ft. 9½ ins. 3, M. Smith (Edinburgh Southern H.) 26 ft. 1 in.

SPORTS DIARY

July.	
3/4—Women's A.A.A. Championships—	White City, London.
4—S.A.A.A. Junior Championships & Senior Relay Championships.....	Westerlands
4—Tayport Sports & Gala Day.....	Tayport.
4—Ardeer Recreation Club.....	Ardeer.
10/11—A.A.A. Senior Championships—	White City, London.
11—Dundee North End F.C.....	Dundee.
11—Linlithgow Town Council.....	Linlithgow.
11—Rafford Sports.....	Rafford.
11—Saxone Welfare Association.....	Kilmarnock.
13—Aberdeen Town Council.....	Aberdeen.
18—Edinburgh City Police.....	New Meadowbank.
18—Maryhill Harriers.....	Dunoon.
23—Press Charities.....	Edinburgh.
25—A.A.A. Junior Championships & Senior Marathon—	Cardiff.
25—West Calder A.S.A.....	West Calder.
25—Inverness Gathering.....	Inverness.
25—Falkirk Victoria Harriers.....	Falkirk.
August.	
1—Rangers F.C.....	Ibrox Stadium.
1/3—Great Britain v. France, White City, London.	
8—Carlisle Charity Sports.....	Carlisle.
8—British Games.....	White City, London.
15—Atholl & Breadalbane Agricultural Society—	Aberfeldy.
15—Milngavie Highland Games.....	Milngavie.
22—Edinburgh Highland Games—	Murrayfield.
22—Bute Highland Games.....	Rothsay.
28/29—Cowal Highland Gathering.....	Dunoon.
September.	
5—Shotts Highland Games.....	Shotts.
12—Dunblane Highland Gathering.....	Dunblane.

ROAD RACE FIXTURES

July.	
11—Saxone A.A.C., Kilmarnock.....	18 miles.
18—Maryhill Harriers, Dunoon.....	12 miles.
25—West Calder.....	15 miles.
25—Falkirk Victoria.....	10 miles.
25—A.A.A. Championship, Cardiff.	

YOU MUST BE "UP"

By PERCY W. CERUTTY (Famous Australian Coach)

ANY close student of the technique of running will be struck by one factor that all or most class runners have in common. Especially those capable of high speeds. I am not referring to long distance "stamina" men who by sheer tenacity and miles and miles of running condition themselves to run marathons and upwards. I refer to 400 metre men up to 10,000 metres. Sprinters come in the same category but need to be dealt with separately.

Now what is this common factor. It is that class runners give the appearance of running OVER the ground rather than ON the ground. They tend to move more like the ostrich. The opposite extreme is the domestic duck.

If one is romantically minded they can see where the idea of the winged feet comes in. They will understand why the word "Flying" as, "flying over the ground," is so universally used.

Now, it is not given to many to be able to make an analysis of the relationships of the various parts of the organism so that it can be indicated why one seems to "fly" and incidentally succeeds, and another apparently equally as big and strong, plods, "earth-bound" to a lesser, or no, success.

But it is not so easy just to tell a fellow "You must be 'up'". Especially if such an adviser cannot demonstrate it in his own bodily movements. Therefore it is mostly interpreted as "being up on the ball of the foot." And of course this is obviously wrong as "stills" of the greats show us.

No: it has to do with the lifting of the body in the same manner as the high jumper lifts at the moment of take off. And the use of the arms and shoulders in assisting this lift as does both the high and broad jumper.

evidenced, I think, in your best of all milers, I refer to Bannister.

Gordon Pirie, another of those who are well up, goes from success to success. Let another who plods ON the ground do all the miles of a Pirie, or all the speed runs of a Bannister, but unless he is "UP" he will find that running alone, schedules of themselves, do not make champions.

A mover such as Jim Peters hurtles along in a manner that may suggest he is not "up" as I describe. But he is. The stride and light footfall indicate it. Both Cox and Iden are "well-up" exponents. Jim may even do better if he came up ever so little. But who am I to say this in view of his wonderful running. But a man of Jim's spirit, Jim's mileages, and "UP," may account for the 2:11 marathon time.

The concept is "to run over the ground not on it."

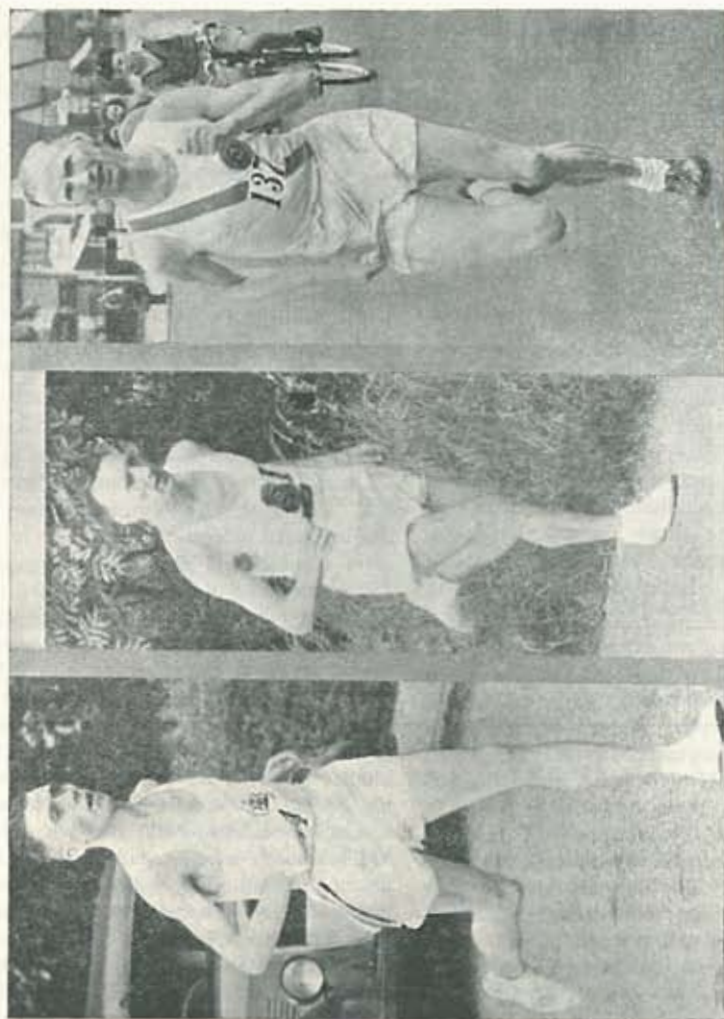
It is the difference we see when a heavily laden aircraft trundles heavily over the tarmac and when they lift the tail and it begins to skim over the ground just prior to being airborne.

The runner of the future will more than ever demonstrate this capacity to becoming "as if" airborne.

IAN BINNIE

14 mins. 03.4 secs.

At the Glasgow Inter-club contest held at Westerlands, on Tuesday, 16th June and dominated by Victoria Park A.A.C. Ian Binnie ran a brilliant 3 miles (grass track) in 14.03.4 a time which equalled the Scottish all-comers record set by Taisto Maki in 1939. The mark of the V.P. "Zatopirle" has on technical grounds been knocked out for record purposes. The race being 1 in. back



1 PETERS

Wins Poly

Marathon in

8 mins. 40.2 secs.

These photos taken during the 1952 Poly Marathon were published last year. Due to the very fast times set up, the race was described as the "fantastic" marathon. They are L. to R. STAN COX 2nd, JIM PETERS 1st, GEOFF IDEN 3rd. P. W. CERUTTY has described them as "up" runners. They finished in the same order this year. Cox 2 hrs. 26 mins. 19 secs. and Iden 2 hrs. 26 mins. 39 secs. It was again a new world's best by

Photos by H. W. Neale.

RECORDS AT POLICE SPORTS

Young Scot Steals Show at which Dutch, German, Norwegian, Swedish, Swiss, U.S.A. and British Champions Compete.

By J. E. FARRELL.

THE 70th annual sports meeting of the Glasgow Police A.A. was well up to its recent high standard; a truly record-breaking gala which deserved an even better attendance than graced the Ibrox Stadium.

Breckenridge the Hero.

Despite the appearance of American and Continental stars it was Scot Alex. Breckenridge of Victoria Park who stole the thunder. Surrounded by milers of Olympic and world class Alex. was not the least bit overawed and after a comparatively slow half he upset the stars idea of a cat and mouse race by boldly taking command in the 3rd lap.

It was a unique experience to see noted milers Nankeville (rated 2nd only to Bannister in Britain), Dwyer of U.S.A. with Alan Parker and Freddy Green in trouble and run completely out of the race. The Scot held his lead till about the 300 yards mark when new flying Swede S. Carlson and Olympic finalist Larners of Germany tore past in a devastating sprint to the tape. But Breckenridge was not finished yet and found something round the last bend and though no one could catch the Swede, he chased Lamers, right to the tape.

It was obvious even before an official announcement had been made that fast times had been made. When Carlson's time of 4 mins. 9.9 secs. for a magnificent new Scottish all-comers record which displaced Sydney Wooderson's 4 mins. 11 secs. came through I knew that Breckenridge had beaten the Scots Native record: and so it proved. The new record of 4 mins. 11.2 secs. displaces Bobby Graham's 4 mins. 12 secs. which was set up 18 years ago in 1935. Now at last Scotland has a miler of real class. I should say that Breckenridge is essentially the stamina type of miler willing and able to maintain

a fast pace in the miler's bug-bear—the terrible 3rd lap. He proved his amazing stamina by turning out roughly 1 hour later, in one of the open miles where only a fast finish by R. Ballantyne of Kilmar-nock Harriers off 80 yards kept him from pulling off a startling double. He was recorded this time with 4 mins. 17 secs.

Whitfield again Stars.

Despite a slight spiking accident near the start Olympic champion Mal Whitfield strode round beautifully after a slowish start to win the half-mile invitation scratch from Stracke of Germany. There was some disappointment when his time of 1 min. 50.9 secs. was announced despite being only .2 behind his all-comer's record set up at the same venue in 1950. Obviously people look for and expect a world record from him. The U.S. flying streak has gone on record as saying that he intends to break all world records from the quarter to the mile before he retires, a somewhat tall order but after witnessing Mal's smooth striding and later on his devastating sprinting finish in his two unofficial furlong appearances I can well believe that his ambitions of creating world figures at distances so far apart as the quarter and the mile are not impossible. Many good judges believe he is the ideal candidate for the 4 minute mile.

Grand duel in Quarter.

In the final of the scratch quarter between the giant Yank Mashburn who holds victories over Rhoden and McKenley and stylist Haas of Germany. The former's strength and giant stride took him just home in the fast time of 47 secs. dead but Haas had ample compensation in clocking 47.2 for a new European best. Actually Haas was unfortunate in hitting the verge at the 300 yards mark for though only fractionally knocked out of stride it could have been enough to cost him the race.



Photo by G. S. Barber.
World record holder and champion. 21 year-old, 6 ft. 2 ins., 215 lbs. WILLIAM PARRY O'BRIEN setting a new British all-comers record of 57 ft. 10 ins. at Glasgow Police Sports.

Futterer has sweet sprint Double.

J. Futterer, German sprint star had a fine sprint double beating O'Connell of U.S.A. in the hundred and Willie Jack in the furlong. In the heat of the latter Jack headed Futterer but in the final the German produced a devastating burst which would not be denied. Jack's form was his brightest of this season whilst clubmate Ronnie Whitelock though not in the prize-list continued to show grand form and did well to nose out A.A.A. nominees in the sprint heat.

Incidentally the times in the hundred were comparatively slow due to an adverse wind.

Gracie badly Missed in Hurdles

The non-appearance of record-holder David Gracie because of a strained back muscle and of Angus Scott of A.A.A. took away most of the colour from the 440 hurdles invitation. But hurdling like a gazelle A. J. Hardy of the A.A.A. coasted to a comfortable victory in 54.8 secs. an indication that both Gracie and Scott

would have had no easy task to lead him to the tape if they had been able to compete.

Magnificent O'Brien.

Parry O'Brien of the U.S.A., current world record-holder of the shot putt at 59 ft. 0½ in. set a new Scottish and British all-comers record of 57 ft. 10 ins. displacing his countryman Thomson's figures of 56 ft. 2 ins. set at Wembley in 1948. O'Brien advertised as the strongest man in the world is certainly a magnificent specimen. His technique is built to suit himself; preparing himself for the thrust he faces the opposite way to the line of flight giving the appearance of generating a more explosive momentum than in the accustomed stance.

Record Pole Vault.

G. M. Elliot's vaulting was much to the liking of the crowd who acclaimed his leap of 13 ft. 8 ins. which set up a British National and Empire record.

The broad-shouldered British champion was twice nearly over 14 ft. and the sympathetic ahs! and ohs! of the crowd would

have done justice to a tenor at scale practice. Though Elliot was out on his own, his colleague of the A.A.A.—slightly-built Calladine impressed with a fine leap of 12 ft. 6 ins.

Dutch Ladies "Ditch" Opponents.

The Dutch trio were too strong for their opponents in the three Ladies' events.

Miss Brouwer cast in the Blankers-Koen mould was too strong for her opponents in the invitation "100" as was her compatriot Lust in the broad jump.

"Heart"/Breaking Hurdle Race.

Evergreen and inimitable Dutch veteran Fanny Blankers-Koen who seemed to be limping ever so slightly reserved herself for her speciality—the 80 metres hurdles and when the field eventually got away gave her opponents no chance leading from start to finish despite a brave effort by the German Olympic runner-up Sander. This was not a record breaking race but it was certainly a heart-breaking one, the field taking 3 false starts before finally being despatched on the 4th pistol shot.

Hamilton goes his "half"/mile.

Most impressive performer in the open handicap events was Jimmy Hamilton of Victoria Park. Off the short back mark of 2 yards he won his heat and only a fast finishing burst from long handicap Kilmarnock Harrier J. McE. Young prevented him from repeating this feat in the final. Hamilton must have been inside 1 min. 56 secs. for the full distance. Grand running indeed.

These were the high-lights of the running events though all events were of interest.

In the second of the open miles McElroy of Shettleston Harriers off the useful mark of 95 yards finished fast to win from the stylish H. Kennedy of Bellahouston Harriers.

The first 220—open was won by veteran W. Donaldson of Hamilton Harriers off

Jamieson the Tactician.

The football provided merely light relief but I was impressed by the timing of back-marker Jamieson in winning the cycling quarter. The cagey veteran won both heat and final in slightly different manner but in both his judgement was impeccable. Truly an artist in his own field. Yes it was a grand athletic carnival well organised, crowning the fulsome efforts of secretary Tom McKie.

Details:—

100 yards—1, J. Futterer (Germany); 2, J. O'Connell (U.S.); 3, W. Jack (Victoria Park A.A.C.). 10.1 secs.

220 yards—1, J. Futterer (Germany); 2, W. Jack (Victoria Park A.A.C.); 3, E. W. J. Ferguson (A.A.A.). 21.7 secs.

440 yards—1, J. W. Mashburn (U.S.), 47 secs.; 2, K. Haas (Germany) 47.2 secs.; 3, S. Steger (Switzerland).

880 yards—1, M. Whitfield (U.S.); 2, M. Stracke (Germany); 3, A. Boysen (Norway). 1 min. 50.9 secs.

One Mile—1, S. Carlson (Sweden) 4 min. 9.9 secs.; 2, R. Lamers (Germany); 3, A. D. N. Breckenridge (Victoria Park); 4 mins. 11.2 secs. (Scottish native record).

440 yards hurdles—1, A. J. Hardy (A.A.A.); 2, H. Kane (A.A.A.); 3, W. H. Clephan (Watsonians). 54.8 secs.

Pole Vault—1, G. M. Elliott (A.A.A.); 13 ft. 8 ins. (British National and Empire record); 2, C. Calladine (A.A.A.) 12 ft. 6 ins.; 3, O'Connor (Eire) 11 ft. 3 ins.

Weight—1, W. P. O'Brien (U.S.) 57 ft. 10 ins. (British all-comers' record); 2, W. B. Palmer (A.A.A.) 43 ft. 1 in.; 3, G. M. Elliott (A.A.A.) 39 ft. 9 in.

Women's Events.

80 Metres Hurdles—1 Fanny Blankers-Koen (Holland); 2, M. Sander (Germany); 3, P. Threapleton (Northern Counties W.A.A.A.). 11.5 secs.

100 yards—1, B. Brouwer (Holland); 2, G. Goldsborough (Northern Counties W.A.A.A.); 3, M. Sander (Germany). 11.5 secs.

ALEX. D. N. BRECKENRIDGE (VICTORIA PARK A.A.C.)

At last Scotland has a coterie of athletes taking the challenge of the ever-increasing standard of world athletics. Whilst post-war athletics over the border and on the continent no less than other parts of the globe had an upsurge reflected in brilliant all-round performances, with the notable exception of high jumper Alan Paterson, home athletics remained in the doldrums. With, as it were Andrew Forbes the harbinger and pointing the way we now have a group; Eddy Bannon (Cross-country), Ian Binnie (3 & 6 Miles, track), David Gracie (440 hurdles) and Alec Breckenridge (1 & 3 Miles) reaching within the exclusive orbit of world ranking and recognition.

The latter, Alec Breckenridge the youngest of the group has jumped into major prominence only by virtue of his performances in recent weeks culminating (to date) in his great 4 min. 11.2 sec. mile at the Police Sports, when finishing 3rd but downing Dwyer (U.S.A.) and Nankeville, Parker and Green (G.B.).

His progress merits our study. His own comments on it will be more than useful.

There presentation here has a two-fold purpose. Firstly as a tribute to the efforts of a most likeable, modest but purposeful athlete. Secondly to inspire others to reach out to greater heights. Perhaps this will be done by capturing the spirit of his drive and acknowledging the willingness for training work. Like the vast majority he is a working fellow with no special privileges. But he is imbued with a telling enthusiasm. Like a true sportsman, his approach is as open as a book, no "closed shop" or secret training methods. He is concerned to see our sport flourish. What he can do, even by taking a completely different road, you may do better. Only it can't just be wished, you must try!

His first real entry to the athletic arena was when he finished 2nd to R. C. Calderwood (4 min. 52 sec.) in 5 min. 06 sec. at Govan High School sports in 1949. A few weeks later he ran 4th (about 5 mins.) in the Glasgow Schools' mile won by Fred Robertson (now Garscube) in 4 min. 49 sec.

At this early stage and as yet unattached, he was perhaps foretelling the characteristics that have featured his running recently. This ambitious youth was not overawed by variety in distance. His first open race was Ranger's mile handicap (110 yards) and however unwise it may seem, a fortnight later he entered and finished the Milngavie 10 miles road race.

The cross-country season following he joined Victoria Park A.A.C. He found cross-country hard going but was pleased at finishing 17th and last counting man of V.P.'s winning team in the Scottish Youth's Championship (1950).

With his training based on the lines followed by Andrew Forbes he became popularly known as "The Third Man" in the track season of 1950 reducing his handicap from 125—60 yards. He had twelve places—ten 3rds and two 2nds. Best mile time 4 min. 39 sec.

Cross-country 1950-51 saw him stepped with seniors in V.P.'s winning Midland relay team. He won his clubs' Junior and finished (team pos.) in the National 7 miles C.C. race.

Track 1951. Training 4 times per week, Tuesday, Thursday, Saturdays and Sundays along the orthodox lines (schedule, time trials, etc.) he won a few handicap places and several 2 mile team prizes. His mile time lowered to 4 min. 31 sec. but he failed to qualify for the mile final at the championships.

The following cross-country season he

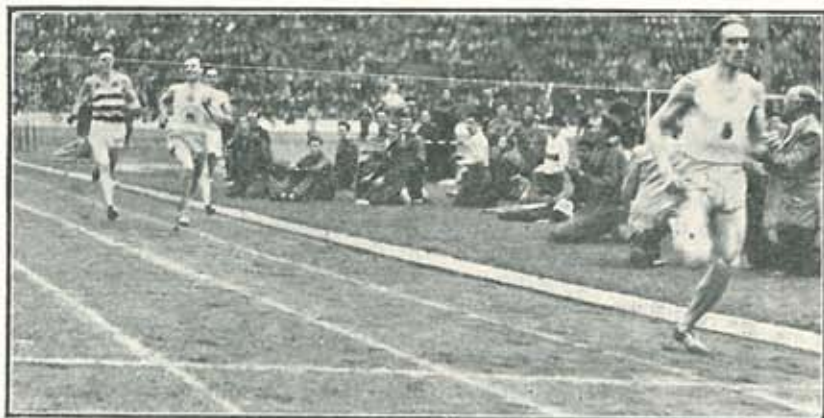


Photo by G. S. Barber.

S. CARLSON (Sweden) winning the Glasgow Police mile at Ibrox in 4 mins. 9.9 secs. from R. LAMERS (Germany) and A. D. N. BRECKENRIDGE (Victoria Park) who was 3rd in 4 mins. 11.2 secs. a new Scottish native record.

to shine at the game though he could continue to be a useful team man.

Influenced largely by the work and results of clubmate Ian Binnie he changed to a completely new pattern of training in the 1952 track season. He had just turned 20 years of age. Orthodox set schedules of fixed distances and time trials, etc. were out and instead he concentrated on the more free 'fast-slow' or 'winders' principle, i.e. easy running interspersed with fast 150 yards bursts. These 'bursts' are not actually sprints but more retaining distance form but very vigorous and as hard as one can go.

For no apparent reason his 2 mile form varied considerably this season. His best was 9 min. 39 sec. With an uncomfortable 4 min. 31 sec. heat he qualified for the Scottish mile final and after his previous nights struggle he surprised himself by finishing 3rd in 4 min. 23.7 sec.

Last season with a less strained programme than the previous winter he hit superb form to Xmas 1952. A sceptic toe caused (foolishly he says) by tight sand-shoes and the subsequent treatment caused him to be off a complete fortnight. He never quite regained his early form though he did win the National Junior 7 miles C.C. Race and by so doing was selected and ran at Paris for Scotland in the 9

miles International C.C. Race. He deduces from this, that a fortnight is too long a 'lie-off' even with an injury and he would not do it again if in the least avoidable.

Now here is his full and amazing 1953 track performances to date (minus club competition which he enters and takes in his stride). It includes 600 yards to a mountain race! And, watch the progress!

2nd May—Kilsyth. $\frac{1}{2}$ mile heat 1st—2 mins. off 20 yards. 2 miles, 1st—9 mins. 40 secs. $\frac{1}{2}$ mile final up to leaders but could not hold effort to tape.

5th May. Scotstoun—3 miles scratch—2nd. 14 mins. 42 secs.

9th May. Vale of Leven.—2 miles. 1st—9 mins. 25 secs.

16th May. Scotstoun.— $\frac{1}{2}$ mile. 2nd—1 min. 57 secs. off 20 yards. 1 mile.—1st, 4 min. 19.5 sec. off 25 yards.

23rd May. Bonnybridge—Open $\frac{1}{2}$ mile. 2nd, Open 1 mile 3rd and 600 yard relay leg.

25th May. Goatfell mountain race (approx. 9 miles). 1st. A stamina test and mental relaxation from track work.

30th May. Ibrox (Glasgow Highland Gathering)—Inv. Mile.—1st, 4 mins. 9.7 secs. off 70 yds.

2nd June. Edin. L. & C. Sports.—2 mile Scr.—1 mile time 4 mins. 40 secs. so took pace but Ottenheimer (Yugoslavia)

held on and sprinted past the last furlong winning in 9 mins. 11 secs. A.B.'s time 9 mins. 15.2 secs.

Running coming much easier and intent to combine competition and training as best as possible.

6th June. Shawfield.—2 miles scr.—8 mins. 43 secs. but announced as 176 yards short. Open Mile—1st, 4 mins. 18.6 secs. (off 5 yards.).

13th June. Ibrox.—1 Mile Scr. 3rd—4 mins. 11.2 secs. 1 Mile Open—4 mins. 17.4 secs.

15th June. Westerlands.—1 Mile Scr. 1st, 4 mins. 15.4 secs.

17th June. Larkhall.—1 Mile Handicap 2nd, 4 mins. 17secs. (approx.).

20th June. Helenvale.— $\frac{1}{2}$ Mile—1 min. 56.6 secs.

Here is the outline of his present training programme :—

Sunday Afternoon—3 miles made of $\frac{1}{2}$ mile jogs and 300 yards strides.

Monday—Run from the house at 11 p.m. about 2 miles brisk stride.

Tuesday—2-3 miles "Winders".

Wednesday—Either as Monday or Tuesday.

Thursday—As Tuesday probably including a 600 yard stride.

Friday—Easy 2 mile road run.

Saturday—1 mile easy jogging as slow as desired before race. Plenty of glucose.

Over and above he runs part of the way to work roughly 2 miles in the morning and to and from at lunch time, fully clothed, in Winter this may mean with heavy coat and gloves!

BEST PERFORMANCES, 1953

These marks include to 16th June.

(* established outwith Scotland; dh—downhill; w.—wind assisted; n.—not announced officially; e.—estimated.

100 Yards—

J. T. Esumman, J.T.C.A.C. (w)	9.9s.
W. Jack, V.P.A.A.C. (w)	10.0s.
R. Ward, G.U.A.C. (dh)	10.0s.
A. S. Dunbar, G.U.A.C.	10.1s.
W. Henderson, W.A.C. (w)	10.1s.
R. Whitelock, V.P.A.A.C.	10.2s.
W. R. Harvey, E.S.H. (w)	10.2s.
J. L. D. Marr, Ed. Acad. (w)	10.3s.
J. Thorburn, Tr. Acad. (w)	10.3s.

220 Yards—

W. Jack	22.0s.
W. Henderson	22.5s.
J. E. Robertson, E.N.H.	22.7s.
R. Ward, G.U.A.C.	22.9s.
Noteworthy.	
R. Quinn, V.P.A.A.C. (h. 5 yds.)	22.4s.

440 Yards—

D. McDonald, G.H. (u)	50.2s.
W. G. McMillan, H.A.C.	51.4s.
R. J. Murray, E.C.P.A.C.	51.5s.
W. C. O.Kane, G.H.	51.6s.
J. Johnstone, St.A.U.A.C.	51.6s.
J. Cameron, G.U.A.C.	52.0s.
R. Mill, V.P.A.A.C.	52.0s.

880 Yards—

J. S. Hamilton, V.P.A.A.C. (e)	1m. 55.3s.
C. D. G. Hillary, E.U.A.C.	1m. 57.3s.
	1m. 57.3s.
W. Messer, E.N.H.	1m. 58.0s.
H. A. Cumming, E.U.A.C. (u)	1m. 58.1s.
F. W. Sime, Str. H.	1m. 58.8s.
Noteworthy:	
R. Stoddart, B. H. (h. 18 yds.)	1m. 56.0s.

One Mile—

A. D. N. Breckenridge, V.P.A.A.C.	4m. 11.2s.
K. A. Coutts, E.U.A.C....	4m. 23.0s.
I. Binnie, V.P.A.A.C.	4m. 23.0s.
C. D. G. Hillary, E.U.A.C.	4m. 23.3s.
J. Finlayson, G.U.A.C. (n)	4m. 24.0s.
M. A. Robinson, E.U. (n)	4m. 24.2s.
J. Stevenson, G.W.H.	4m. 25.6s.
J. Stuart, G.U.A.C. (e)...	4m. 26.0s.
J. Hermiston, E.H.	4m. 26.3s.

Three Miles—

I. Binnie, V.P.A.A.C.	14m. 3.4s.
J. Burnett, Camb. Un.	14m. 24.4s.
A. C. Black, D.H.H.	14m. 39.9s.
J. Wilkinson, E.N.H.	14m. 40.4s.
A. Breckenridge	14m. 42.0s.
W. A. Robertson, E.S.H. (e)	14m. 48.0s.

J. Stevenson, G.W.H. ...	14m. 51.3s.
H. Kennedy, B.H. ...	14m. 56.9s.
J. K. Brydie, E.U.A.C. ...	15m. 08s.

Six Miles—

I. Binnie ...	30m. 17.0s.
A. D. N. Breckenridge...	31m. 58.0s.

120 Yards Hurdles—

J. G. M. Hart, R.A.F. *	... 15.3s.
C. A. R. Dennis, E.U.A.C. ...	15.6s.
J. P. McAslan, E.S.H. ...	15.6s.
R. D. Unkles, G.U.A.C. ...	16.0s.

440 Yards Hurdles—

D. K. Gracie, G.U.A.C. ...	55.8s.
C. A. R. Dennis, E.U.A.C. ...	57.2s.
J. D. M. Robertson, E.U.A.C. ...	58.1s.
W. H. Clephan, W.A.C. ...	58.1s.
D. H. Mackenzie, E.U.A.C. ...	58.2s.
H. C. Ferguson, G.A.A.C. (u)	58.7s.

High Jump—

J. T. A. Johnstone, G.U.A.C.*	6 ft. 0 ins.
K. Cunningham, V.P.A.A.A.	6 ft. 0 ins.
J. Payne, V.P.A.A.C. ...	5 ft. 10 ins.
N. L. Gregor, H.H.H. *	5 ft. 10 ins.

Long Jump—

A. R. Smith, G.U.A.C. *...	23 ft. 1 ins.
P. McArthur, E.S.H. ...	21 ft. 7½ ins.
S. Clapperton, P.A.A.C.	21 ft. 5½ ins.

Hop, Step & Jump—

H. K. Lawson, E.U.A.C.	44 ft. 8 ins.
R. M. Stephen, S.H. ...	43 ft. 7 ins.
G. Storey, St. A.U.A.C. ...	44 ft. 0 ins.

Pole Vault—

N. G. A. Gregor, H.H.H.*	12 ft. 8 ins.
P. McAndrew, J.T.C.A.C.	11 ft. 3 ins.

Putt—

J. Drummond, H.A.C. ...	44 ft. 9 ins.
T. J. Logan, V.P.A.A.C. ...	44 ft. 10½ ins.
S. Olafssen, E.U.A.C. ...	43 ft. 0 ins.
K. Maksimczyk, E.E.H. ...	41 ft. 7 ins.
J. L. Donnelly, Q.A.C. ...	40 ft. 10½ ins.
K. K. McLachlan, G.U.A.C. *	40 ft. 7½ ins.
I. E. Drummond, E.H. ...	39 ft. 4 ins.

Discus—

J. Drummond, H.A.C.	135 ft. 10 ins.
K. Maksimczyk, E.E.H.	133 ft. 9½ ins.
C. F. Riach, J.T.C.A.C.	122 ft. 3 ins.
E. C. K. Douglas, F.E.C.	121 ft. 11½ ins.

Javelin—

D. W. R. McKenzie, E.U.A.C.	185 ft. 10 ins.
C. F. Riach, J.T.C.A.C.	184 ft. 3½ ins.
I. H. Drummond, E.H.	178 ft. 10 ins.
G. A. Bell, H.A.C. ...	178 ft. 0 ins.
I. Gordon, E.H. ...	164 ft. 8 ins.

Hammer—

E. C. K. Douglas, F.E.C.	172 ft. 10 ins.
W. McNeish, V.P.A.A.C.	150 ft. 9 ins.
R. S. Scott, G.U.A.C.	143 ft. 4½ ins.

EDINBURGH RELAY VICTORIES

At the Edinburgh L. & C. Sports on 2nd June, Edinburgh Northern Harriers became the first holders of the new Scottish 4 x 440 yds. Relay Championship. Knocked out in the heats were Bellahouston H. with J. S. Petty and R. Stoddart and Garscube H. with D. McDonald and W. C. O'Kane. In the final E. A. Robertson gave Northern a fine start. R. Mill for V.P. was not at par and was left well behind. Braidburn A.C. took up the challenge of the race but steady and inspired team running gave Northern success with W. Messer holding off a thrilling bid by Jim Hamilton, V.P. in the last leg.

Edinburgh Southern Harriers won the womens 4 x 110 yds. relay well, with main challengers, Maryhill H. spoiling their chances with faulty baton changing.

WE HAVE RECEIVED

Track Events—Technique, Strategy and Training by Don Canham: Published by Herbert Jenkins, Ltd., 3 Duke of York Street, St. James's, London, S.W.1.

Price 6/-.
also a companion book

Field Events (same publisher and price)

We commend both these books to all our readers.



SHOTTS HIGHLAND GAMES

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

AT

HANNAH PARK, SHOTTS ON SATURDAY, 5TH SEPT., 1953

AT 2.0 P.M.

EVENTS INCLUDE—

THREE-GRADE PIPE BAND CONTESTS
JUVENILE HIGHLAND DANCING COMPETITIONS
FIELD AND TRACK EVENTS
INCLUDING LADIES' SECTION
WRESTLING

ENTRIES CLOSE ON SATURDAY, 22nd AUGUST, with
Mr. THOMAS GRAY, M.A., 17 Windsor Street, Shotts.

SPECIAL TRAINS FROM
EDINBURGH (Princes St.) and GLASGOW (Central).