

This is the only issue of the "The Scots Athlete" published since September. This we very much regret but it has been unavoidable. We intend finding space to make a full statement in our next issue to be out mid-January. Meanwhile we deeply thank all our readers, particularly subscribers for the patience and kind understanding shown.

* * *

The Story of the International Cross-Country Union 1903-1953: Jubilee Souvenir Book. There is no doubt that every cross-country enthusiast will want this book to be published in February. It will be an authentic history with unique and complete details of every International championship since 1903 and will contain an index on every competitor. It will be brightened by reminiscences and 50 illustrations of Team and Individual winners. The price of the book is 7/6 post-free. Readers of this magazine should send their remittance to Mr. Thos. Fraser, 75 Carsaig Drive, Glasgow, S.W.2.

* * *

Details of races we wish to record have been unavoidably held over.

The S.A.A.A. has drawn up a list of "Possibles" for the Empire Games next year. Apart from A. D. Breckenridge, mile champion, only four other title holders are not on the list. We cannot understand the exclusion of Scottish Marathon and Essex 20 mile champion Anglo-Scot, J. Duffy (Hadleigh H.). His past achievements in line with those of the 2 athletes named clearly justifies inclusion.

Here is the list: 100 & 220 W. Jack, A. Dunbar, R. Ward, J. E. Robertson, W. Henderson. 440—D. K. Gracie, A. Sanderson, J. E. Robertson. 880—F. W. Sime, R. Stoddart, W. S. Linton, W. Messer, J. S. Hamilton. Mile—J. S. Hendry, K. Coutts, J. S. Hermiston. 3 & 6 M.—I. Binnie, E. Bannon, J. Finlayson, J. Stevenson, T. Stevenson, T. Tracey. Mar.—C. D. Robertson, J. McGhee. 120 H.—H. Edwards. 440 H.—D. K. Gracie. H.J.—J. Payne, G. Turner, K. Cunningham, W. Piper, A. S. Paterson. L.J.—A. R. Smith. H.S.J.—R. M. Stephen, T. R. McNab. P.V.—W. Piper, Jav.—C. F. Riach, D. W. McKenzie. W.—J. Drummond, T. Logan. H.—E. C. K. Douglas, A. R. Valentine, D. McD. Clark.

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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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To "THE SCOTS ATHLETE,"

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DECEMBER, 1953.

Vol. 8, Nos. 6 & 7.

THE SCOTS ATHLETE

PRICE
6^D



Photo by G. S. Barber.
IAN BINNIE (Victoria Park A.A.C.) Scottish record-holder from 2-12 miles has been named "Scots Athlete of the Year."

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
BASIC ATHLETIC PRINCIPLES.
SCOTTISH BEST PERFORMANCES, 1953.
COMPLETE RACE DETAILS.

EDINBURGH SOUTHERN HARRIERS.

An Ambitious Venture.

During the fifty-odd years of their existence the Edinburgh Southern Harriers have from time to time been compelled to vacate their Club quarters and search for new premises.

Again, at the close of last season (1952) they received notice to quit the premises they have occupied for the last seven years owing to the building being required for the development of the landlord's business. Thus the plight of the "homeless" again became their experience.

With an enterprise and courage, however, the Committee of the Club determined to embark upon an ambitious scheme of ownership which would ensure to the membership a permanency of occupation in to the years to come.

Accordingly upon making application to the Magistrates and Town Council of the City a building site has been granted to the E.S.H. upon which they propose to erect premises which, when fully equipped, will form one of the most comprehensive of the kind in the country.

Plans have now been passed by the necessary authorities for building new Club Rooms at Fernieside, Liberton, a southern suburb of the City, where there is already in being a considerable housing area. In the lay-out of this estate the Town Council have decided to include one of their new municipal athletic enclosures, complete with running track. Abutting this enclosure will be situate the new premises of the Edinburgh Southern Harriers.

The building is to be equipped with all the facilities adequate for the carrying out of athletic promotions and training both for men and women athletes, including baths and sprays (hot and cold), and separate stripping accommodation.

In addition to such conveniences there will also be a large central hall to be made available for such social occasions as may be promoted by the Club, and in this connection it is hoped to make the Rooms the focus of a Community centre with the co-operation of the resident population.

To meet the costs of this ambitious project a Building Fund with a target of £1,000 has been launched, and up to the

moment of writing this has received the generous practical support not only from many of the large works in the City, but also from prominent citizens including the Lord Provost. It is hoped to begin building operations in a month's time.

Considerable expense will be involved in the fullest equipment of these new premises, however, and with the subscription list still open contributions for this purpose—however modest—will be warmly welcomed and gratefully acknowledged by the Building Fund Convener—James Smart, 4 Learmonth Court, Edinburgh, 4.

Dumbartonshire A.A.A. 10 Miles

C. C. Relay.

Westerton 17th October.

1. Garscube H. (F. J. Robertson 14.59, D. Coupland 15.22, G. A. Dunn 14.31, A. Kidd 14.54). 59 mins. 46 secs.

2. Vale of Leven A.A.C. (J. Ferguson 16.32, A. McDougall 15.15, R. Campbell 15.28, R. Steel, 14.46). 62 mins. 01 sec.

3. Clydesdale H. (R. Boyd 15.51, J. Young, 16.16, J. B. Hume, 14.56, P. Younger 15.18). 62 mins. 21 secs.

Garscube H. "B" (E. Murray 15.33, G. Dickson 15.59, B. Linn 15.25, J. Linn 15.49). 62 mins. 46 secs.

5. Vale of Leven A.A.C. "B" (W. Crowe 15.38 D. McPherson 15.58, F. J. Lacey 16.11, R. Turner, 16.11). 63 mins. 58 secs.

WM. CARMICHAEL.

When the A.G.M. of the S.A.A.A. takes place on 19th December, Mr. Wm. Carmichael, Edinburgh Eastern Harriers will end his year of Presidency of the Association. He has previously been honoured as president of our National Cross-Country Union.

A function of this magazine should be to cover in appreciation the activities of our leading administrators, naturally including Wm. Carmichael. This should be done properly and soon.

Since we shared pleasure and rejoiced at his election to the esteemed office of President we feel we could not let his year pass without a word. As he approaches the closing of his term of office we extend our warmest greetings, saluting a fellow and servant of the sport of whom our whole Scottish athletic movement have reason to be justly proud.

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—59 ST. VINCENT STREET, GLASGOW, C.2

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DECEMBER, 1953, Vol. 8, Nos. 6 & 7.

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JOHN EMMET FARRELL'S



WE are now into the heart of the cross-country season and yet stirring thoughts of the past track season remain with us. Possibly the imagination has been captured most by the standard attained by the leading distance runners at home and abroad. Here young Alec Breckenridge of Victoria Park thrilled only to be overshadowed by the glorious deeds of clubmate Ian Binnie. Ober the border Pirie and Peters pulverised opposition and records. Further afield, Herman, Anufriyev, Kutz and Kovacs were names with times that shook, and old warrior Zatopek not to let us, or himself down broke Pirie's 6 miles world record with 28 mins. 8.4 secs. in the process of his new w.r. time of 29 mins. 1.6 secs. for 10,000 metres. Then later for good measure, on British roads and soil we had the wonderful super-distance running feats of 45 year-old South African marvel, Wally Hayward. Yet it would be unfortunate if the magnificent splendour of all this distance running were to deter

or dull our appreciation of a momentous season for all spheres of athletics—competitively that is. It must be acknowledged that at home there was generally a falling-off of public support at athletic meetings, a matter for consideration by our administrators and promoters.

Brief World Review.

Though the 4 minute mile, unlike Everest, remains unconquered there were several thrilling challenges. Olympic champion Mel Whitfield had a great season and finally succeeded in lowering the world half-mile record figure to 1 min. 48.6 secs. but his 1,000 metres record had to yield to Boysen of Norway. At Budapest, Russian Lituyev in an amazing 400 metres hurdle run with 50.4 secs. was two-tenths below Glen Hardin's famous 1934 record.

Finland was staging a mass come-back in the Javelin with 7 men over 230 ft. Still, Bud Held (U.S.A.) was the real winner with his 263 ft. 10 ins. Walter

Davis jumped (believe it or not) 6 ft. 11 5/8 ins. and subsequently announced his retirement. Actor-magician Fortune Gordien (U.S.A.) in a great series gave the world's best disappearing discus trick to date with 194 ft. 6 ins. Then, as usual, the strong men of athletics—the hammermen were having a high old time. Norway's Strandli was unquestionably the master and he took the world mark to 204 ft. 7 1/8 ins. but particularly Maca and Csermak were worthy challengers. In the other strong-man event, the shot-put, Parry O'Brien was all-powerful. He gave us a W.R. with 59 ft. 2 3/8 ins. and home enthusiasts will well recall his Scottish visit and superb display.

That, then is a very brief review in appreciation of the world's past track and field season.

Progress At Home.

At home, the scene was encouraging too, and though progress was not a la Binnie, in some events it was generally evident.

International athletes, Jack, Gracie and Douglas retained their Olympic status and with Binnie look strong candidates for Scottish selection for the Empire Games next summer.

Fraser Riach of Jordanhill Training College is to be commended for raising the Scottish Javelin throw record in no uncertain fashion and approaching the 200 ft. mark which we all hope and feel he can attain next season. No doubt he was helped by being pushed by former champion and record holder D. W. McKenzie.

J. E. Robertson of Edinburgh Northern was splendid over the 'quarter' and with the power and ease he possesses should make his presence felt in a higher sphere than home athletics. It was the middle distances, the mile and half-mile particularly the latter where progress in the general standard registered most.

Jim Hamilton of Victoria Park showed us the best home half-miling since the day of the occasional visit of the illustrious Jack C. Stothard. Hamilton going

to Canada as with clubmate Breckenridge going to U.S.A. was a great loss to Scottish athletics.

Yet others were making an impression too, particularly worthy of mention, Fred Sime (Strathtay H.) and J. Young of Kilmarnock H. who had a rapid rise—and at the same time a rapid (but justifiable) lowering of his handicap. Their future will be closely watched.

Ian Binnie has been justly titled the Scottish Athlete of the Year, the capture of all records from 2—12 miles being without parallel in the countries athletic history.

Gordon Pirie has similarly been acclaimed by many critics as 'British Athlete'. He certainly had an amazing run of successes.

Pirie Pyrotechnics.

Britain though losing narrowly to Germany and Sweden in thrilling matches emerged with great credit. Incidentally I applaud Jack Crump's refusal to protest against a mere technical infringement by a Swedish runner in the final relay. A protest may have gained us the match yet I submit that such sportmanship won us even greater laurels.

In both matches Pirie scintillated. Against Germany, Olympian Schade was outclassed and Pirie's 5,000 metres time of 14 mins. 2.6 secs. is faster than Zatopek's Olympic Record and only 4.6 secs. outside Haegg's world record.

Next followed a fast 3,000 metres (8 mins. 11 secs.) at Oslo, and a few days later he kept in the lime-light at a White City floodlight meet by lopping 1.6 seconds off Chataway's British all-comer's record with a time of 8 mins. 47.8 secs.

Harmonious Quartette beat World Record.

Next he was one of the British quartette with Dunkley, Law and Nankeville who beat the Swedes and Germans, setting up a new 4 x 1,500 metres world record of 15 mins. 27.2 secs. incidentally revealing themselves as fairly photogenic T.V. stars in the process.

Next he lopped another 2/10 of a second off his own recent British 2 mile record, and not satisfied he demonstrated that records are made to be broken by covering the 4 miles of the famous Perris Barr track in a challenge match in 18 mins. 35.6 secs. for yet another British best within a day of his previous June record having been ratified.

The Amazing Jim Peters.

Though Pirie deserves the title of the "athlete of the year," I feel that the verdict between him and Jim Peters is little more than a photo-finish. Peters though not in Pirie's class at 2, 3 and 6 miles has proved himself versatile enough at the latter distance to represent Britain and give a good account of himself—getting near to 29 mins. in the process but it is as a marathoner that he has really shown devastating brilliance. His fantastic Polytechnic and A.A.A. marathons were followed first by his sensational 2 hrs. 19 mins. 22 secs. in the International Marathon at Enschede and only three weeks later by running the fastest marathon ever known of 2 hrs. 18 mins. 34.8 secs. near Turku, Finland.

Finnish Postman Brilliant but Outclassed.

Despite putting up the brilliant time of 2 hrs. 25 mins. 47 secs. (only 28 secs. outside his own course record) the Finnish expert finished over 7 mins. a long mile behind. Peters, a glutton for training and with tremendous determination is assuredly the greatest marathon runner in the world at the moment. Only a specially trained Zatopek would in my opinion stand a chance with this wizard of the road. Let's hope that he can hold this form for the big marathons ahead.

Peter's colleague and mentor.

Stan Cox Peter's team-mate deserves praise for his great show in finishing 2nd to Peters in Holland. His time of 2 hrs. 24 mins. 38 secs. would have beaten almost anyone but the incredible Peters himself. The 3rd runner Olsen indeed finished about 10 mins. behind Cox. Lucky Britain to have such a capable team of marathon

runners who have emerged in unmistakable fashion from their Helsinki Olympic eclipse. Bert Johnston, ex-Olympic runner himself and mentor of both Peters and Cox deserves to be commended.

His method of accumulative training—his advice to run often and brisk may or may not be the last word in training but is most certainly paying dividends. It would be churlish to deny to these 3 mucketeers the praise that they most richly deserve.

Since the personalities and prospects for the major cross-country events ahead can be discussed later, I shall only make a few brief comments on recent affairs.

Victoria Park Strength.

So far, Victoria Park must take credit as being the major power. All the more praise to them for the loss of a runner the standard of Breckenridge and later Bob Calderwood would have had a crippling effect to most clubs. It is their all-round strength—the class of their tail men, that makes them a hard match.

Ushering in the season they again won their 12 miles road relay with 62 mins. 43 secs. which was 55 seconds inside their previous record with Ian Binnie breaking Eddy Bannon's (Shettleston H.) new and half-hour old record of 15 mins. 7 secs. by 6 secs. They also easily retained the Dundee Kingsway road relay trophy finishing 1st and 2nd teams. By all-round work they had a sound enough win in the Edinburgh-Glasgow relay through special mention might be made of young Norrie Ellis who built up a winning lead in the 4th stage and of Ian Binnie's record-breaking 6th stage knocking 11 seconds off Jim Flockart's time set in 1937.

Shettleston to the Fore.

They suffered their only defeat on their only cross-country outing so far—the Midland relay at the hands of close rivals and holders Shettleston H. Starting almost on level terms over the last 2½ mile stage Ian Binnie was no match on the heavy going for international star Eddy Bannon.

Just as Binnie dominates and is such a tower of strength to his club on track and

road so Bannan is for his club on the country. Shettleston are strong and enthusiastic, with able newcomers lacking only in final polish and experience. They are building strong and could well overtake Victoria Park in the struggle for recognition of all-round supremacy.

Tom Tracey's welcome return.

It is very pleasing to note the grand return to form of Tom Tracey, off for over a year through illness. This should inspire his Springburn clubmates as well as considerably brighten the hopes of a good Scottish international team for Birmingham.

From Coast to Coast.

Interest is by no means confined to the Glasgow area. From the East, Edinburgh Southern are a powerful force led by two real stars in W. A. Robertson and J. V. Paterson and can be challenged only by the country's best. Then in the other extreme,—the South-West Greenock Wellpark showing early form through their brilliant international spearhead (perhaps unequaled) trio, the brothers Tom and John Stevenson, with Frank Sinclair. Mention of which reminds us that to make the Scottish International team is going to be no picnic.

Soothing Influence of the Country.

Despite the absorbing interest and intense brilliance of the track season past many enthusiasts welcome back the country with more than a touch of nostalgia.

The track glitters, with something of the hardness of the diamond. But the country is of softer hue with a soothing pastel shade.

Despite the increasing emphasis on competition cross-country still retains something of the spirit of relaxation. The division into graded packs cater for all types of fitness and the inter-club runs maintain the friendly social atmosphere as well as affording a welcome change of scenery.

Who has not looked with pleasure on a painting depicting a sylvan scene or a far-flung landscape? Imagine then how

it would feel if the picture became 3-dimensional and one could merge into the scene. Running amid picturesque country is to feel oneself part of the living canvas of nature. To travel through "verdurous glooms and winding mossy ways," to feel the wind on the heath, to glimpse the pine-tree tops "fretten with the gusts of heaven," in short to witness in such close proximity the changing scene and mood can be to the fit athlete an absorbing and exhilarating experience. Such an experience, such poetry can be the prize of the tyro as well as the expert.

If horse-racing be the sport of kings then most assuredly cross-country running is the king of sports.

SEVENTH STAGE—5½ MILES.

Record—

A. Forbes, Victoria Park A.A.C. 29m. 1s. (1952)

	H. M. S.
1. Vict. P. A.C., A. Forbes, 30.17	3 27 48
2. Shettleston H., J. Eadie, 29.47	3 29 09
3. Bellahouston H., G. Bell, 30.31	3 35 13
4. Edinburgh S.H., W. Grant, 31.41	3 36 08
5. S'burn H., A. Stevenson, 30.53	3 36 21
6. Paisley H., C. McCart, 32.20	3 37 52
7. Dundee T.H., J. Watson, 31.12	3 38 15
8. Garscube H., J. Linn, 32.28	3 38 53
9. Falkirk Vict. H., A. Cook, 32.48	3 40 45
10. Irvine Y.M. H., J. Lawson, 31.16	3 41 39
11. Maryhill H., G. Porteous, 32.32	3 41 42
12. G'nock G.H., D. McFarlane, 32.34	3 42 59
13. V. of Leven, J. Ferguson, 31.25	3 43 12
14. Plebeian H., T. Monaghan, 32.52	3 44 06
15. Hamilton H., W. Campbell, 33.32	3 45 23
16. B'burn A.C., R. G. Wilkie, 31.59	3 45 32
17. Clydesdale H., D. Stewart, 32.12	3 45 36
18. M'well Y.M., A. Kirkwood, 32.39	3 47 26
19. Monkland H., W. Mason, 33.42	3 48 25
20. K'caldy Y.M., J. Renton, 35.19	4 1 07

EIGHTH STAGE—5 MILES.

Record—

A. Austin, Bellahouston H., 24m. 23s. (1936)

	H. M. S.
1. Victoria P., J. P. Stirling, 25.08	3 52 56
2. Shettleston H., J. Turnbull, 25.43	3 54 52
3. Edinburgh S.H., J. Smart, 25.13	4 1 21
4. S'burn H., S. McFadden, 25.04	4 1 25
5. Bellahouston H., G. Nelson, 26.23	4 1 26
6. Paisley H., J. Sellars, 25.53	4 3 45
7. Dundee T.H., D. Miller, 26.22	4 4 37
8. Garscube H., E. S. Murray, 27.04	4 5 57
9. Irvine Y.M. H., E. Allan, 25.43	4 7 22
10. Maryhill H., J. Hoskins, 26.34	4 8 16
11. Falkirk V.H., D. Clelland, 28.13	4 8 58
Previous Best, 4h. 10m. 49s. (1952)	
12. G'nock G.H., S. Williamson, 26.28	4 9 27
13. Plebeian H., F. Cassells, 26.52	4 10 58
14. Vale of Leven, H. Garvie, 27.51	4 11 03
15. B'burn A.C., W. S. Linton, 25.40	4 11 12
16. Clydesdale H., J. Young, 26.25	4 12 01
17. Hamilton H., G. Craig, 27.25	4 12 48
18. M'well Y.M., J. McMillan, 26.19	4 14 45
19. Monkland H., J. Geddes, 28.37	4 17 02
20. K'caldy Y.M., G. N. Clark, 28.44	4 29 51

EDINBURGH—GLASGOW ROAD RELAY.

VICTORIA PARK'S FOURTH SUCCESSIVE WIN.

EDINBURGH-GLASGOW ROAD RELAY

Details:—

FIRST STAGE—5½ MILES.

Record—

R. B. McIntosh, Greenock G.H., 26m. 5s. (1936)	H. M. S.
1. Edinburgh S.H., J. V. Paterson, 26.53	2 53 36
2. Paisley H., T. Napier, 26.56	2 55 02
3. Shettleston H., R. C. Wallace, 26.57	2 55 39
4. Plebeian H., A. Small, 27.44	2 57 30
5. Victoria P. A.A.C., F. McKay, 27.45	2 57 57
6. Kirkcaldy Y.M. H., G. R. Mortimer, 27.46	2 58 50
7. Braidburn A.C., R. A. Henderson, 28.02	2 59 04
8. Greenock G.H., R. Cox, 28.04	2 59 25
9. Dundee Thistle H., H. Irvine, 28.07	2 59 25
10. Falkirk Victoria H., G. W. Jackson, 28.17	3 00 26
11. Bellahouston H., R. Stoddart, 28.22	3 02 26
12. Garscube H., D. Coupland, 28.24	3 03 26
13. Hamilton H., H. Gibson, 28.26	3 03 26
14. Maryhill H., J. Wright, 28.52	3 03 26
15. Irvine Y.M. H., D. Andrews, 29.05	3 03 26
16. Springburn H., M. McGowan, 29.13	3 03 26
17. Motherwell Y.M. H., T. Scott, 29.22	3 03 26
18. Clydesdale H., J. Hume, 29.27	3 03 26
19. Vale of Leven A.A.C., D. McPherson, 29.35	3 03 26
20. Monkland H., W. Drysdale, 29.46	3 03 26

SECOND STAGE—6 MILES.

Record—

J. C. Flockhart, Shettleston H., 30m. 26s. (1936)	H. M. S.
1. Ed. S.H., W. A. Robertson, 31.37	0 58 30
2. Shett. H., H. Howard, 32.20	0 59 17
3. Vict. P. A.A.C., J. Ellis, 32.22	1 0 7
4. Paisley H., J. Denevy, 33.19	1 0 15
5. Garscube H., G. A. Dunn, 32.28	1 0 52
6. Fal. V.H., A. J. Crawford, 32.45	1 1 2
7. D.T.H., C. D. Robertson, 32.58	1 1 5
8. Bellahouston H., J. Kelly, 32.53	1 1 15
9. Plebeian H., A. Smith, 34.20	1 2 4
10. B'burn A.C., N. Donachie, 34.04	1 2 6
11. Hamilton H., J. Hepburn, 33.45	1 2 11
12. Sp'burn H., R. F. McLean, 33.02	1 2 15
13. G'nock G.H., W. Jackson, 34.13	1 2 17
14. Maryhill H., J. E. Farrell, 33.27	1 2 19
15. M'well Y.M., A. H. Brown, 32.58	1 2 20
16. Clydesdale H., P. Younger, 33.48	1 3 15
17. Vale of Leven, R. Steele, 33.43	1 3 18
18. Monkland H., F. Bradley, 33.54	1 3 40
19. Irvine Y.M., T. McNeish, 34.39	1 3 44
20. Kirkcaldy Y.M., S. Smart, 37.44	1 5 30

THIRD STAGE—4 MILES.

Record—

P. McNab, Springburn H., 21m. 56s. (1936)	H. M. S.
1. Shettleston H., H. Fox, 23.30	1 22 47
2. Victoria P. A.C., R. Kane, 22.42	1 22 49
3. Edin. South. H., G. Reid, 24.21	1 22 51
4. Paisley H., J. Feeley, 24.25	1 24 40
5. Dundee T.H., J. L. Lewis, 24.14	1 25 19
6. Falkirk V.H., T. D. Todd, 24.19	1 25 21
7. Garscube H., B. Linn, 24.31	1 25 23
8. B'ouston H., C. Kennedy, 24.10	1 25 25
9. Greenock G.H., J. Grant, 23.56	1 26 13
10. Springburn H., J. Stevenson, 24.05	1 26 20
11. Plebeian H., J. Simpson, 24.17	1 26 21
12. Maryhill H., T. Harrison, 24.04	1 26 23
13. Braidburn A.C., D. Nisbet, 25.32	1 27 38
14. M'well Y.M., B. McRoberts, 25.36	1 27 56
15. Hamilton H., G. McGill, 26.31	1 28 42
16. Irvine Y.M., J. Dunlop, 25.01	1 28 45
17. Monkland H., W. McBrinn, 25.08	1 28 45
18. Clydesdale H., M. Harvey, 26.01	1 29 16
19. Vale of Leven, J. McNab, 26.55	1 30 13
20. K'caldy Y.M., J. Hillock, 27.51	1 33 21

FOURTH STAGE—5½ MILES.

Record—

A. T. Whitecross, Dundee T.H., 30m. 24s. (1937)	H. M. S.
1. Victoria P. A.C., N. Ellis, 30.47	1 53 36
2. Shettleston H., T. Walters, 32.15	1 55 02
3. Edin. S.H., H. S. Millar, 32.48	1 55 39
4. Paisley H., W. McNeil, 32.50	1 57 30
5. Bellahouston H., R. Climie, 32.32	1 57 57
6. D'dee T.H., S. Cunningham, 33.31	1 58 50
7. G'cube H., F. J. Robertson, 33.41	1 59 04
8. Springburn H., T. O'Reilly, 32.47	1 59 07
9. Plebeian H., T. McQuade, 33.02	1 59 23
10. F'kirk V.H., R. G. Sinclair, 34.04	1 59 25
11. Maryhill H., S. Lawson, 34.03	2 0 26
12. Greenock G.H., J. Fraser, 35.47	2 2 0
13. Irvine Y.M., J. Leask, 33.23	2 2 8
14. B'burn A.C., A. Davidson, 35.00	2 2 38
15. M'well Y.M., M. Mitchell, 35.12	2 3 08
16. Monkland H., D. McKirdy, 34.26	2 3 14
17. Hamilton H., A. Morton, 34.55	2 3 37
18. Clydesdale H., W. Howie, 34.33	2 3 49
19. Vale of Leven, F. Lacey, 34.10	2 4 23
20. Kirkcaldy, W. E. Duncan, 36.43	2 10 04

FIFTH STAGE—5½ MILES.

Record—

J. Campbell, Bellahouston H., 27m. 57s. (1938)	H. M. S.
1. Victoria P., C. D. Forbes, 30.34	2 24 10
2. Shett. H., W. McFarlane, 30.25	2 25 27
3. Edin. S.H., H. Robb, 31.21	2 27 0
4. Bellahouston H., C. Kirk, 30.57	2 28 54
5. Paisley H., W. Miller, 31.53	2 29 23
6. Dundee T.H., R. Spalding, 30.44	2 29 34
7. Garscube H., J. J. Duffy, 30.37	2 29 41
8. Falkirk V.H., J. Paterson, 30.18	2 29 43
9. Springburn H., J. Hart, 31.34	2 30 41
10. M'hill H., R. A. McDonald, 31.34	2 32 0
11. Plebeian H., A. Robertson, 32.53	2 32 16
12. Greenock G.H., A. Deas, 31.49	2 33 49
13. Irvine Y.M., K. Alexander, 31.47	2 33 55
14. Braidburn A.C., J. Corbett, 31.45	2 34 23
15. Clydesdale H., R. Boyd, 31.26	2 35 15
16. M'well Y.M., W. Watson, 32.17	2 35 25
17. Hamilton H., J. Craig, 32.17	2 35 54
18. Vale of Leven, W. Crowe, 31.35	2 35 58
19. Monkland H., J. Brown, 33.33	2 36 47
20. Kirkcaldy Y.M., G. Miller, 37.51	2 47 55

SIXTH STAGE—7 MILES.

Record—

J. C. Flockhart, Shettleston H., 33m. 32s. (1937)	H. M. S.
1. Victoria P. A.C., I. Binnie, 33.21	2 57 31
2. Shettleston H., E. Bannan, 33.55	2 59 22
3. Edin. S.H., H. Robertson, 37.27	3 4 27
4. Bellahouston H., H. Fenion, 35.48	3 4 42
5. Springburn H., T. Tracey, 34.47	3 5 28
6. Paisley H., J. Campbell, 36.09	3 5 32
7. Garscube H., A. Kidd, 36.44	3 6 25
8. Dundee T.H., J. Miller, 37.29	3 7 03
9. Falkirk V.H., T. Blackhall, 38.14	3 7 57
10. Maryhill H., J. Gibson, 37.10	3 9 10
11. Irvine Y.M., S. Cuthbert, 36.26	3 10 23
12. Greenock G.H., A. McLean, 36.37	3 10 25
13. Plebeian H., J. McCann, 38.58	3 11 14
14. V. of Leven, A. McDougall, 35.49	3 11 47
15. Hamilton H., A. C. Gibson, 35.57	3 11 51
16. Clydesdale H., J. Duffy, 38.09	3 13 24
17. B'burn H., W. Henderson, 39.10	3 13 33
18. Monkland H., J. Kerr, 37.56	3 14 43
19. M'well H., W. Sommerville, 39.22	3 14 47
20. K'caldy Y.M., P. Husband, 37.53	3 25 48

BASIC ATHLETIC PRINCIPLES

By J. V. LYONS (Hon. Sen. Coach).

(This is continued from previous issue).

IN the first part of my article I discussed athletics looking at the body from the outside, watching the general movements of the limbs and trunk and how they appear to a spectator. In this part I shall talk about what happens internally during movement.

Athletics depends on movement and all our movements depend on muscle. What is muscle? It is that red stuff for which we pay dearly at the butcher's. In life it has a marvellous property. We send a minute impulse through our nerves and a muscle contracts with a force we can grade according to our requirements. When we stop the impulse the muscle stops contracting, and because it is elastic, it tries to regain its shape i.e. it relaxes. When a muscle contracts or tries to contract it does work: at other times; it may be regarded as resting or recovering.

It is appropriate here to mention a very popular fallacy that you require oxygen in order to use your muscles. This is entirely wrong. When a muscle contracts it needs no oxygen at all. A sprinter, running sixty yards, need not breathe at all. A muscle carries its own supply of fuel which is used in contraction. The muscle needs oxygen when it stops working. It has used energy and attempts to replace that energy and recover its original condition. For recovery oxygen is essential.

For one movement of a muscle we require no oxygen. For repeated movement, we require a rest between each movement and a sufficient supply of oxygen. Broadly speaking, the complete bodily process is as follows. A muscle carries its own supply of energy chiefly in the form of glycogen. As soon as any of this energy has been consumed, the muscle attempts to renew its supply. It does so by making use of glucose and oxygen from the blood. The blood is now short and obtains glucose from the liver which is the body's main storehouse of energy, and oxygen is carried back by the red blood corpuscles when they reach

the lungs. The rate at which the muscle can renew itself will now depend on the speed at which the heart pushes the blood through the arteries.

When a muscle acts, there are waste products which are disposed of in two ways. Some filter into the surrounding tissues and eventually into the blood. Carbon dioxide is neutralised in the blood and breathed out in the lungs. Notice how everything, except the contraction, depends on the blood. An important point to notice is that the blood supply to a muscle is interrupted during contraction. When the muscle relaxes, the waste products cause the arteries to relax fully bringing a plentiful supply of blood. Relaxation is not merely a matter of beauty, but of necessity.

These are a few facts about our body which are worth consideration if we intend to train scientifically.

Take someone who has previously done no training and give him steady exercise of a reasonably strenuous kind. What is nature's response? The muscles are getting too much work, so they grow bigger. This ensures each part of the muscle still having an interval of rest as except in all out effort, only some fibres of a muscle are at work; as they tire, other fibres take over. When the muscle finds the exercise easy, it stops increasing. To increase the size further, harder training must be given.

This increase in size applies to all muscular activity and is the reason for the so-called "athletic heart." The heart is highly specialised and is the most efficient muscle of the body. It doesn't depend on glucose for energy it can even use the waste products of the other muscles for energy. In man it is normally about 1/50th of the body weight: in marathon runners about 1/40th. That may not look much but it is a 25% increase. Strangely enough the faster animals have the largest hearts. The greyhound and stag have hearts about 1/10th the weight of their body. Normally the human heart sends the

blood round the body in about 1½ to 1¾ minutes. At top speed, the blood goes round in 9 to 10 seconds. There is one interesting fact which is too little known. The heart spends nearly two-thirds of its time resting. In a man of 60 years, the heart, would have been contracting about 24 years and relaxing or relaxed 36 years. At all speeds it keeps fairly close to this ratio. The heart is the most efficient muscle in the body. Does this not indicate how much we should aim at relaxing our ordinary muscles in athletics?

To get back to the muscles which were increasing in size through training. At a certain stage, depending on the individual we find that the muscles seem to stop increasing but still become more powerful. What is happening is a sign of what has been taking place in other parts of the body since training began. The muscles, without changing in size or shape are increasing their efficiency. Suppose you had a car with a 10 h.p engine and, you looked after it so well that it developed, without change in size, into a 12 h.p. engine. That roughly is the effect of further training on a fully developed muscle. It is obvious that there must be some limit to the size of a muscle but its degree of efficiency is still a matter for speculation. This increase in efficiency enables the muscle to do the same amount of work using less energy than before, to dispose of waste products more speedily and to work satisfactorily under conditions of fatigue which were previously impossible.

Training, then, first causes an increase in size. The muscles grow larger. The number of red blood corpuscles is increased so that the blood can dispose of more carbon dioxide and carry greater quantities of oxygen. The blood carries more salts to neutralise the waste products of the muscles. More glycogen is stored in the muscles and in the liver. The heart enlarges and beats more slowly. A heart beating at 60 beats per minute can do 1/3rd more work at 80 beats per minute. A heart beating at 70 beats per minute would require to do 93 beats per minute to increase in the same proportion.

Then in some three or four years of training the limit in size is reached and quality becomes important. Not only

does a muscle have more energy but it develops the ability to use the energy faster and replace it more quickly: even when clogged with fatigue, it still responds. You have read in recent years how germs were conquered by drugs like penicillin and then suddenly the germs kicked back. They had become inured to the drug. It is possible that something similar may happen in our bodies. Some cells, such as blood corpuscles, are completely renewed in a few weeks, others in some years. After a period of a few years hard training, the cells of our body, born as it were, in strenuous times, may be more immune to fatigue and capable of giving us performances which surprise us. It is a characteristic of living things that, given adequate food and surroundings not immediately lethal, they can adapt themselves to almost any environment. If, by hard training, we change the internal circumstances in our body, is it not probable that our various organs will adapt themselves to work at least as well in conditions which formerly would have been unsuitable for any effort.

How should all these considerations effect our methods of training?

1. As said in the first part of this article learn how to do your event gracefully and with sufficient relaxation to give your body a chance to do its best.

2. To make your body efficient, you must "overload" it. That does not imply strain. It means that you must always be doing a little more than you can comfortably manage. As long as the idea of relaxation is maintained you cannot be straining. There are two main ways of overloading. You may work your body at a high speed for a short time and rest. Then before the body has quite recovered, this is repeated. And repeated again and again. Or you may set the body to work at a steady pace such that some fatigue will be felt before you finish. For example you might run 8 440's in 65 secs. each with a rest between each 440. At the end you have done work equivalent to a 2 mile run in 8mins. 40 secs. This is the method more favoured nowadays as it builds up energy both in muscles and liver. It develops speed and stamina at the same time and teaches the body to

EASTERN DISTRICT 10 MILE RELAY CHAMPIONSHIP

Craigmill, Edinburgh (7th Nov., 1953).
THE Eastern District Cross-Country

Relay Championship was run on Saturday from Craigmill Boys' Club under miserable weather conditions. The runners had to go through the Brunstane Burn, normally easily cleared and due to the heavy rainfall was about four feet deep. However, this did not affect the form of the likely teams, and a keen race was witnessed between Southern, Edinburgh University and Braidburn. The fine running of W. A. Robertson, Southern's leading man laid the foundation for his teams victory, as he handed over a lead of 41 seconds to J. Smart. Edinburgh University only gained second place over Braidburn during the final lap through the grand running of D. S. Jackson. Braidburn ran prominently right from the start, young Ian Drever being particularly prominent for his team. Twenty-Two teams started, and even in such conditions all completed the course.

Details:—

1. Edin. S.H. "A" (W. A. Robertson, 14.26; J. Smart, 15.18; H. S. Millar, 15.11; J. V. Paterson, 15.04)—59m. 59s.

2. Edinburgh Univ. H. & H. "A" (J. Crawford, 15.14; J. Brydie, 15.16; H. A. Cumming, 15.06; A. S. Jackson, 14.50)—60m. 26s.

3. Braidburn A.C. "A" (W. S. Linton, 15.07; I. Drever, 15.03; N. Donachie, 15.22; R. Henderson, 15.45)—61m. 17s.

4. Edinburgh Univ. H. & H. "B" (W. H. Watson, 15.22; C. H. Clarke, 15.25; A. H. C. Horne, 15.05; A. K. Ravenscroft, 15.53)—61m. 45s.

5. Edinburgh East. H. "A" (J. Thomson, 15.36; J. Devlin, 15.23; J. Hamilton, 14.59; J. Rollo, 16.08)—62m. 16s.

6. Falkirk V.H. "A" (J. Paterson, 15.46; A. J. Crawford, 14.50; T. Blackhall, 15.35; R. A. Sinclair, 16.13)—62m. 24s.

7. Dundee T.H. (J. Miller, 15.50; H. Irving, 15.34; R. Spalding, 15.49; C. D. Robertson, 15.36)—62m. 49s.

8. Edinburgh N.H. (J. B. Wilkinson, 15.23; R. J. Banks, 15.17; A. N. Pringle, 16.03; W. Messer, 16.16)—62m. 59s.

9. Braidburn A.C. "B" (R. Wilkie, 15.54; A. Davidson, 15.50; J. Corbett, 15.26; W. Henderson, 16.00)—63m. 10s.

Continued from previous page.

aim at a maximum rather than merely to keep above a certain minimum. When you tire, you are not capable of your maximum output. If your maximum is high above your average, it is easy to maintain that average. The best type of training should be a judicious mixture, over a period, of long steady work and short bursts of intense activity.

3. You, must keep up training, "overloading" all the time, week after week, month after month, and probably, year after year. You are unlikely to go anywhere worth going inside three years. This does not apply in its fullest intensity to youths who have not yet reached their full growth. They should maintain some all round interests and give their body a chance to develop without undue pressure. For others, it is no use training for a few months each year and hoping to do your best. The body will become only

as efficient as it has to under some pressure, and you must maintain the pressure all the year round.

A final paragraph dealing with the mental aspect of athletics. Nature has arranged it so that it is very difficult for us to go really all out. Animals are impelled by instinct and, in limited circumstances, go all out. We think about what we do and, in normal circumstances, we have a reserve which we simply can't touch. We sometimes surpass and sometimes fall short of our expectations. When our emotions are touched, we often forget ourselves and tap the reserve. It might be the presence of our mother or our girl-friend: it might be the desire to excel for our club or our country: it might be an encouraging word from someone we respect: if we can compete roused and spurred on by something outside ourselves, we can do better than our best.

10. Edinburgh S.H. "B" (H. Robb, 15.32; J. Robertson, 15.39; W. Grant, 15.37; G. Reid, 16.43)—63m. 31s.

11. Edinburgh East. H. "B" (A. Doctor, 15.55; H. Phillip, 15.28; R. Irving, 16.15; R. Stark, 16.29)—64m. 07s.

12. H.M.S. Caledonia "A" (C. Rush, 16.17; E. Smith, 15.57; D. Simmonds, 15.59; P. Burrem, 16.04)—64m. 17s.

13. Falkirk V.H. "B" (T. D. Todd, 15.52; R. Gordon, 16.03; G. Rankin, 16.05; A. Cook, 16.35)—64m. 35s.

14. Dundee H.H. (D. Thomson, 15.31; R. Strachan, 15.54; W. Adamson, 15.54; H. Bennet, 17.23)—64m. 42s.

15. Edinburgh Southern H. "C" (T. Henderson, 16.21; A. Ross, 16.00; N. Ross, 16.02; T. Logan, 16.22)—64m. 45s.

16. Kirkcaldy Y.M.C.A. (P. Husband, 15.19; J. Renton, 15.29; J. Kay, 17.22; R. Mortimer, 16.52)—65m. 52s.

17. Edinburgh H. (T. Stanton, 15.30; A. McLure, 16.21; A. J. Sinclair, 17.32; R. Stewart, 16.11)—65m. 34s.

18. Edinburgh Univ. H. & H. "C" (J. Barr, 16.05; O. D. George, 16.58; O. A. Cleary, 16.45; T. N. Allsup, 16.21)—66m. 09s.

19. Edinburgh Southern H. "D" (J. Heggie, 16.25; W. Gemble, 16.24; D. Irvine, 16.52; D. Morrison, 17.33)—67m. 14s.

20. Strathgait H. (R. Holmes, 16.22; J. Jemson, 16.35; S. Leitch, 17.17; J. Dick, 17.10)—67m. 24s.

21. H.M.S. Caledonia "B" (J. Flowerday, 16.29; B. Phillips, 16.52; W. Rich, 17.03; E. Kendrick, 18.18)—68m. 42s.

22. H.M.S. Caledonia "C" (K. Osment, 16.46; B. Belsham, 16.54; P. Smerdon, 17.21; W. Johnstone, 17.55)—68m. 56s.

Fastest Lap Times.

W. A. Robertson (E.S.H.). 14m. 26s.
A. J. Crawford (Falk. V.H.). 14m. 50s.
A. S. Jackson (Univ. H. & H.). 14m. 50s.
J. Hamilton (Edin. East. H.). 14m. 59s.
I. Drever (Braidburn A.C.). 15m. 03s.

MIDLAND 10 MILES C.C. RELAY CHAMPIONSHIP

Millerston, 7th Nov., 1953.

1. Shettleston H. (T. Walters, 15.03; R. C. Wallace, 14.20; J. Eadie, 14.29; E. Bannon, 13.42)—57m. 34s.

2. Victoria Park A.A.C. (R. Calderwood, 14.54; R. Kane, 14.29; N. Ellis, 14.24; I. Binnie, 14.41)—58m. 28s.

3. Victoria Park A.A.C. "B" (F. McKay, 14.45; C. Forbes, 15.07; J. Ellis, 14.49; J. Stirling, 14.58)—59m. 39s.

4. Cambuslang H. (W. Green, 14.42; I. Tierney, 15.24; A. Fleming, 14.37; C. Forbes, 15.07)—59m. 50s.

5. Bellahouston H. (R. Stoddart, 14.56; J. Kelly, 15.08; C. Kirk, 15.01; R. Climie, 14.53)—59m. 58s.

6. Garscube H. (F. J. Robertson, 15.36; G. A. Dunn, 14.26; D. Coupland, 15.24; A. Kidd, 14.35)—60m. 01s.

7. Springburn H. (S. McFadden, 15.21; T. O'Reilly, 15.22; A. Stevenson, 15.28; T. Tracey, 13.56)—60m. 07s.

8. Shettleston H. "B" (J. McIlroy, 14.43; H. Fox, 15.24; J. Moore, 14.58; F. Scally, 15.18)—60m. 23s.

9. St. Modan's A.A.C. (A. M. Hugh, 14.58; D. Kaney, 15.28; J. Murray, 15.24; J. J. Kiehl, 15.35)—61m. 25s.

10. Hamilton H. (H. Gibson, 14.52; J. Hepburn, 15.33; A. C. Gibson, 14.50; J. Craig, 16.23)—61m. 38s.

11. Springburn H. "B" (N. McGowan, 15.06; J. Morton, 15.56; J. Hart, 15.53; J. Stevenson, 15.45)—62m. 40s.

12. Maryhill H. (J. Wright, 15.01; T. Harrison, 15.55; S. Russell, 16.17; R. McDonald, 15.33)—62m. 46s.

13. Victoria Park A.A.C. "C" (P. Callaghan, 15.19; D. Shuttleworth, 16.13; D. McFarlane, 16.10; A. Forbes, 15.21)—63m. 03s.

14. Garscube H. "B" (E. S. Murray, 15.40; B. Linn, 15.13; G. Dickson, 16.11; J. Linn, 16.03)—63m. 07s.

15. Glasgow University H. & H. (P. Ballance, 15.22; G. A. Sim, 15.47; S. C. Campbell, 16.37; M. L. Ryall, 15.40)—63m. 26s.

16. Bellahouston H. "B" (G. Bell, 15.10; J. McLean, 16.39; H. Kennedy, 15.59; J. Connolly, 15.40)—63m. 28s.

17. Clydesdale H. (P. Younger, 15.04; J. Hume, 15.24; D. Stewart, 16.56; J. Duffy, 16.05)—63m. 29s.

18. Shettleston H. "C" (W. McFarlane, 15.54; J. Hamilton, 15.57; M. Forbes, 15.49; A. Hill, 15.58)—63m. 38s.

19. Victoria Park A.A.C. "D" (A. Ross, 15.51; K. Warden, 16.47; J. White-law, 15.34; G. Kerr, 15.29)—63m. 41s.

20. Motherwell Y.M.C.A. H. (W. Sommerville, 15.58; M. Mitchell, 16.50; J. McMillan, 16.17; T. Scott, 15.23)—64m. 28s.

21. Shettleston H. "D" (W. Daniels, 16.01; T. Ruth, 15.57; R. McKay, 16.21; P. Ewing, 16.15)—64m. 34s.

22. Shotts Welfare A.A.C. (R. Barr, 17.53; J. McLaren, 14.45; L. Smith, 16.20; D. Brown, 15.59)—64m. 57s.

23. Monkland H. (J. M. Kerr, 15.08; D. McKirdy, 16.32; J. Geddes, 16.49; J. Brown, 16.34)—65m. 03s.

24. Bellahouston H. "C" (A. Jack, 15.59; L. Leckie, 16.00; P. Livingstone, 16.27; G. Hunter, 17.05)—65m. 31s.

25. Glasgow Police A.A. (W. Armour, 16.15; R. Wilmot, 17.30; J. McLeish, 17.11; J. Girdwood, 17.01)—67m. 57s.

26. Clydesdale H. "B" (F. Kielty, 16.24; W. Howie, 16.56; M. Harvie, 17.18; R. Younger, 17.38)—68m. 16s.

Fastest Times—

1. E. Bannon (Shett. H.), 13.42; 2. T. Tracey (S'burn H.), 13.56; 3. R. C. Wallace (Shett. H.), 14.20; 4. N. Ellis (V.P.A.A.C.), 14.24; 5. G. A. Dunn (Gars. H.), 14.26.

SOUTH WESTERN RELAY CHAMPIONSHIP

Kirkstyle, Kilmarnock.
7th November, 1953.

TORRENTIAL rain during the first lap made conditions even more arduous for the runners and it was a strong going Davie Lapsley of West Kilbride who handed over a twenty yard lead to Jim Reid. Beith were in second place through plucky Ken, Phillips who handed out a thirty-five yard beating to the up and coming Archie Napier of Paisley. Plebeian were fourth, Kilmarnock third string fifth and Irvine Y.M.C.A. sixth. The holders—Greenock Wellpark H.—represented by the hardy George King had to be content with ninth place two hundred yards behind the leader.

Meantime George Lightbody was making things difficult for Jim Reid and despite the latter's dogged spirit soon opened up a gap. Internationalist and ex-mile champion Frank Sinclair was using that long graceful stride of his to some purpose however and with superb judgment brought Wellpark from ninth to a second position only twenty-five yards behind the leaders Beith. The locals, Kilmarnock first team, thanks to a splendid

run by J. Martin came from seventh to third—eighty yards behind Wellpark. Fifteen yards later came Paisley's W. McNeill. Irvine crept to fifth but were 120 yards further in the rear and had on their tail Kilmarnock's second team.

With young John Stevenson, Wellpark's second internationalist, doing duty in the third leg things began to look good for the Struthers Shield returning to Greenock and he handed over to brother Tom (number three Scotland runner) 120 yards clear of Beith who were second. Kilmarnock followed 85 yards behind with Paisley fourth. Gilbert Adamson running a very fast lap had taken West Kilbride from eighth to fifth place.

At the first change-over it seemed to be all over bar the shouting but the tenacity of young Ian Harris, the eighteen-year-old Beith boy, was good to see and when Tom Stevenson injured himself at a fence the lead was rapidly cut down. Stevenson hung on however to record a victory of fifty yards for Wellpark.

Results:

1. Greenock Wellpark H. (G. King, 17.10; F. Sinclair, 16.00; J. Stevenson, 16.16; T. Stevenson, 16.43)—66m. 09s.

2. Beith H. (K. Phillips, 16.35; G. Lightbody, 16.30; J. W. Armstrong, 16.45; I. Harris, 16.29)—66m. 19s.

3. Kilmarnock H. (W. Morton, 16.54; J. Martin, 16.32; R. Millar, 16.41; J. McPheely, 17.07)—67m. 14s.

4. Paisley H. (A. Napier, 16.42; W. McNeill, 16.47; J. Deveney, 16.56; J. Campbell, 16.59)—67m. 24s.

5. Irvine Y.M.C.A. H. (D. Andrews, 16.47; J. Leash, 17.07; E. Allan, 16.52; S. Cuthbert, 16.52)—67m. 38s.

6. West Kilbride A.S.C. (D. Lapsley, 16.31; J. Reid, 17.47; G. Adamson, 16.20; T. Coleman, 17.07)—67m. 45s.

7. Kilmarnock H. & A.C. "B" (W. More, 17.01; G. Martin, 16.59; G. Wilson, 16.47; J. Burns, 17.29)—68m. 16s.

8. Irvine Y.M.C.A. H. "B" (J. Dempster, 17.57; J. Dunlop, 17.27; J. Lawson, 17.46; K. Alexander, 17.02)—70m. 12s.

9. Plebeian H. (A. Small, 16.43; J. McCann, 17.25; T. Monaghan, 18.12; T. McQuade, 18.07)—70m. 27s.

10. Paisley H. "B" (J. Feeley, 17.22; T. Fellowes, 17.31; G. Cregar, 18.06; J. Sellars, 17.54)—70m. 53s.

JOHN JACKSON.

JOHN (Jacky) Jackson, Edinburgh Northern Harriers and the Field Events Club, whose hammer throwing feats in the twenties will long be remembered by those who saw him, passed away in Edinburgh on 30th September in his 75th year.

For those who never saw him in action it was difficult to believe that such a small slip of a man had been capable of the distance he achieved. Although only 5 feet 7½ inches in height and weighing well under 11 stones, he threw over 140 feet, a truly remarkable performance. He was unfortunately a contemporary of the famous Nicolson brothers whose brilliance kept him from gaining a Scottish title.

From 1920 to 1927, with the exception of 1926, he was placed in Throwing the Hammer at the Scottish Championships, with a personal best of 134 feet 3 inches in 1925 when he was placed 2nd. and he

11. Kilmarnock H. & A.C. "C" (J. Young, 16.45; L. Scott, 18.42; D. Todd, 17.51; A. Connar, 18.12)—71m. 30s.

12. Ayr A.A.C. (J. Ferguson, 18.11; M. Goodwin, 17.33; C. Neill, 18.00; T. Gerrish, 17.48)—71m. 32s.

13. Greenock Glenpark H. (R. Cox, 17.23; A. Deas, 18.10; D. McFarlane, 17.51; J. Taft, 18.44)—72m. 08s.

14. Beith H. "B" (H. Walker, 18.00; S. Maxwell, 17.40; A. McGookin, 17.33; H. Maxwell, 19.08)—72m. 21s.

15. Paisley H. "C" (C. McCart, 17.35; W. Miller, 17.38; E. McLaughlin, 18.59; A. McGinn, 18.53)—73m. 05s.

16. Plebeian H. "B" (F. Cassels, 18.31; H. Love, 19.14; P. McDermid, 19.09; A. Robertson, 18.05)—74m. 59s.

17. Kilbarchon A.A.C. (R. Douglas, 19.18; T. Millar, 18.36; W. Douglas, 19.05; J. Gardiner, 19.02)—76m. 01s.

18. Auchmountain H. (J. Cairns, 17.19; J. K. Bryce, 18.50; J. Findlay, 20.38; J. McLean, 19.29)—76m. 10s.

Fastest Times:

1.—F. Sinclair (G. W. H.). 16m. 00s.
2.—J. Stevenson (G. W. H.). 16m. 16s.
3.—G. Adamson (W. K'bride). 16m. 20s.
4.—I. Harris (Beith H.). ... 16m. 29s.
5.—G. Lightbody (Beith H.). 16m. 30s.

was also placed in the English Championships, in 1921, 1923, 1925, and 1928.

He represented Scotland against England and Ireland in 1922, 1923 and 1925, and Great Britain against France in 1923 and 1925.

In the annual contest between Edinburgh Northern Harriers and Edinburgh Southern Harriers he won Throwing the Hammer from 1908 to 1910 and from 1921 to 1927 and his record throw of 140 feet 6 inches made in 1924 was never beaten.

In the annual Five Club contest between the Edinburgh Harriers Clubs and Heriot A.C. he won Throwing the Hammer from 1923 to 1927 and his throw of 139 feet 7 inches made in 1925 still stands as the record for the contest.

His mastery of the technique of hammer throwing was readily acknowledged by famous international athletes against whom he competed—especially in the accuracy and speed with which he accomplished five turns within the prescribed circle. This mastery of technique was truly remarkable as it must be remembered that John Jackson was self taught and did not have the benefit of present day coaching advice.

John Jackson was nearly 30 years old before he began to concentrate on hammer throwing but prior to that he had been prominent not only as a runner but as a swimmer and a footballer. As a member of Edinburgh Northern Harriers he won many handicap races on the track and took part in cross-country.

His prowess was not confined to the sports field as he was a noted entertainer and an accomplished musician and he helped many a social evening to go with a swing.

To the very last John Jackson maintained his interest in athletics and in Edinburgh Northern Harriers of whom he was a Life Member. He was a regular attender on training nights and he was ever ready to give advice, encouragement and a helpful word to younger members.

He was present at the Annual General Meeting of the Club at the beginning of September. He is deeply mourned by those who knew him and he will be greatly missed by his Club and in athletic circles in Edinburgh.

BEST SCOTTISH PERFORMANCES 1953.

Compiled by ROBERT SINCLAIR, Jr.

Because of the previously mentioned difficulties in collecting Scottish performance lists we are proud to again publish an annual list compiled by Robert Sinclair Jr.

Mr. A. J. Hodson, Hon. Secy., and Treasurer of the Australian A.A.U. has again forwarded the excellent booklet (2nd Annual) of records and summaries following their 1952-53 track season. This work merits the interest of our own S.A.A.A. Our friend, Joe Galli also keeps us well informed and continues to send full Australian performance lists. Luigi Mengoni the well-known Italian statistician has sent lists following the full Italian track season culminating in two unexpected defeats versus Argentine and Brazil (men) in South America. For comparison and interest we have published the best British, Australian and Italian mark at each event.

EDITOR

(* 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)	9.9s.
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. (w)	10.1s.

Noteworthy.

J. E. Robertson, E.N.H. (off 3 yds)	9.8s.
Br. 9.7; Aus. 9.5.	

220 Yards—

W. Jack	22.0s.
W. Henderson	22.3s.
R. Whitelock, V.P.A.A.C.	22.5s.
J. E. Robertson, E.N.H.	22.7s.

Noteworthy.

H. Quinn, V.P.A.A.C. (off 3 yds)	22.5s.
Br. 21.0; Aus. 21.2 (m); It. 21.3 (m).	

100 Metres—

W. Jack *	10.9s.
Br. 10.6; Aus. 10.5; It. 10.6.	

440 Yards—

J. E. A. Robertson	49.6s.
D. McDonald, G.H. (u)	50.2s.
A. Sanderson, I.H.S.	50.6s.

D. K. Gracie, G.U.A.C.	50.8s.
W. G. McMillan, H.A.C.	50.9s.
R. M. Leslie, T.A.A.C.	51.2s.
J. B. Hume, C.H.	51.2s.
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.

Noteworthy.

F. W. Sime, St. H. (off 10 yds)	49.9s.
Br. 48.1; Aus. 47.8; It. 48.4 (m).	

880 Yards—

J. S. Hamilton, V.P.A.A.C.	1m. 54.6s.
W. Messer, E.N.H.	1m. 56.7s.
F. W. Sime, Str. H.	1m. 56.3s.
A. D. N. Breckenridge, V.P.	1m. 56.6s.
W. S. Linton, B.A.C.	1m. 56.8s.
G. Sorbie, H.H.	1m. 57.1s.
C. D. G. Hillary, E.U.A.C.	1m. 57.3s.
H. A. Cumming, E.U.A.C.	1m. 58.0s.

Noteworthy.

F. W. Sime (off 6 yds)	1m. 54.6s.
J. Young, K.H. (off 20 yds)	1m. 52.5s.
Br. 1m. 51.6; Aus. 1 m 53.6; It. 1m. 54.0.	

One Mile—

A. D. N. Breckenridge, V.P.A.A.C.	4m. 11.2s.
K. A. Coutts, E.U.A.C.	4m. 19.1s.
J. L. Hendry, W.A.C.	4m. 21.2s.
J. L. Hermiston, E.H.	4m. 21.2s.
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.	4m. 23.4s.
M. A. Robinson, E.U. (n)	4m. 24.2s.
J. Stuart, G.U.A.C. (e)	4m. 26.0s.
J. Smart, E.S.H.	4m. 24.5s.
J. McDonald, A.M.A.C.	4m. 25.0s.
W. Messer	4m. 25.8s.
J. Stevenson, G.W.H.	4m. 25.6s.
Br. 4m. 2.0s.; Aus. 4m. 2.1s.; It. 3m. 56.4s. (m)—4m. 16.5s. (e).	

Three Miles—

I. Binnie, V.P.A.A.C.	14m. 01.4s.
J. Burnett, Camb. Un.	14m. 24.4s.
A. Breckenridge	14m. 25.3s.
A. Forbes, V.P.A.A.C.	14m. 26.8s.
A. C. Black, D.H.H.	14m. 39.9s.
J. Wilkinson, E.N.H.	14m. 40.4s.
H. Kennedy, D.H.	14m. 43.2s.
W. A. Robertson, E.S.H. (e)	14m. 48.0s.

J. Stevenson, G.W.H.	14m. 51.3s.
A. C. Ross, At	14m. 59.8s.
Br. 13m. 34.0s.; Aus. 13 m. 57.8s.; It. 15m. 3.5s. (m)—14m. 33.0s. (e).	

Six Miles—

I. Binnie	28m. 53.4s.
A. D. N. Breckenridge	31m. 58.0s.
Br. 28m. 19.4s.; Aus. 29m. 38.8s.; It. 31m. 39.7s. (m)—31m. 10.0s. (e).	

2 Miles Steeplechase—

J. V. Paterson, E.S.H.	10m. 37.6s.
J. Brydie, E.U.A.C.	10m. 37.6s.
J. R. Hamilton, E.E.H.	10m. 38.3s.

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.
Br. 14.6s.; Aus. 14.2s.; It. 15.0s.	

440 Yards Hurdles—

D. K. Gracie, G.U.A.C. *	53.0s.
C. A. R. Dennis, E.U.A.C.	57.0s.
J. D. M. Robertson, E.U.A.C.	58.1s.
W. H. Clephan, E.U.A.C.	58.1s.
D. H. Mackenzie, E.U.A.C.	58.2s.
J. Mackie, R.A.F.	58.3s.
H. C. Ferguson, G.A.A.C. (u)	58.7s.
Br. 52.7s.; Aus. 53.1s.	

400 Metres Hurdles—

D. K. Gracie *	52.7s.
Br. 52.7s.; It. 52.6s.	

High Jump—

N. G. Gregor, H.H.H.	6 ft. 2 ins.
K. Cunningham, V.P.A.A.C.	6 ft. 1 ins.

J. T. A. Johnstone, G.U.A.C. *	6 ft. 0 ins.
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J. Payne, V.P.A.A.C.	6 ft. 0 ins.
G. M. Turner, V.P.A.A.C.	6 ft. 0 ins.
A. F. Graham, R.A.F.	5 ft. 11 ins.
Br. 6 ft. 4½ ins.; Aus. 6 ft. 6½ ins.; It. 6 ft. 2½ ins.	

Long Jump—

A. R. Smith, G.U.A.C. *	23 ft. 1 ins.
P. McArthur, E.S.H.	21 ft. 10½ ins.
A. J. Grant, F.C.	21 ft. 6 ins.
S. Clapperton, P.A.A.C.	21 ft. 5½ ins.
Br. 23 ft. 11 ins.; Aus. 23 ft. 11½ ins.; It. 24 ft. 0 ins.	

Hop, Step & Jump—

R. M. Stephen, S.H.	46 ft. 1 ins.
H. K. Lawson, E.U.A.C.	44 ft. 8 ins.
G. Storey, St. A.U.A.C.	44 ft. 0 ins.

R. W. Holmes, H.M.S.C.	43 ft. 7½ ins.
H. M. Murray, E.U.A.C.	43 ft. 5 ins.
S. F. Weir, E.C.P.	43 ft. 5 ins.
H. Edwards, B.H.	43 ft. 2½ ins.
A. R. Smith	43 ft. 1½ ins.
Br. 48 ft. 9½ ins.; Aus. 50 ft. 2 ins.; It. 48 ft. 9½ ins.	

Pole Vault—

N. G. A. Gregor, H.H.H.	13 ft. 3½ ins.
P. McAndrew, J.T.A.C.	11 ft. 3 ins.
P. W. Milligan, V.P.A.A.C.	11 ft. 0 ins.

I. C. Francis, J.T.C.A.C.	10 ft. 6 ins.
Br. 13 ft. 9½ ins.; Aus. 13 ft. 0½ ins.; It. 13 ft. 5½ ins.	

Putt

J. Drummond, H.A.C.	45 ft. 6½ ins.
T. J. Logan, V.P.A.A.C.	45 ft. 5½ 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.

Br. 53 ft. 8½ ins.; Aus. 47 ft. 7 ins.; It. 49 ft. 2½ ins.	
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Discus—

J. Drummond, H.A.C.	135 ft. 10 ins.
K. Maksimczyk, E.E.H.	139 ft. 3½ ins.
J. L. Donnelly	129 ft. 6½ ins.
R. C. Buist, Q.A.C.	129 ft. 4½ ins.
E. C. K. Douglas, F.E.C.	126 ft. 3½ ins.
C. F. Riach, J.T.C.A.C.	122 ft. 3 ins.
Br. 162 ft. 5½ ins.; Aus. 155 ft. 4½ ins.; It. 181 ft. 7 ins.	

Javelin—

C. F. Riach, J.T.C.A.C.	195 ft. 5½ ins.
G. M. Fisher, L.U.A.C. *	190 ft. 11½ ins.
D. W. R. McKenzie, E.U.A.C.	185 ft. 10 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.
Br. 220 ft. 8 ins.; Aus. 205 ft. 1 ins.; It. 205 ft. 10 ins.	

Hammer—

E. C. K. Douglas, F.E.C.	183 ft. 2 ins.
A. R. Valentine, R.N. *	178 ft. 10½ ins.
D. Brands, R.A.F. *	153 ft. 6 ins.
W. McNeish, V.P.A.A.C.	150 ft. 9 ins.
R. S. Scott, G.U.A.C.	144 ft. 0 ins.
J. Williamson, Army *	144 ft. 0 ins.
Br. 183 ft. 2 ins.; Aus. 174 ft. 0 ins.; It. 188 ft. 9 ins.	