

SPORTS REPORTS & TALKS

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WEEKLY ATHLETIC NOTES BY

JOE BINKS

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AND

DOUG WILSON

British Olympic Runner

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THE SCOTS ATHLETE

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ANDREW T. FERGUSON (Highgate H.), the Scottish track internationalist, is also a great cross-country runner. He is seen here during the 7 miles Middlesex Championship which he won.

Photo by H. W. Neale.

JOHN EMMET FARRELL'S

RUNNING COMMENTARY.

WHEN SHALL WE LEARN?

INTERNATIONAL REVIEW.

ARE HANDICAPS A HANDICAP? OUR POST.

HAS THE NEGRO SPRINTER PHYSICAL
ADVANTAGES?

RENFREWSHIRE AMATEUR ATHLETIC ASSOCIATION.

7 MILES C.C. CHAMPIONSHIP AND YOUTHS'

3 MILES C.C. CHAMPIONSHIP

Saturday, 20th January, 1951,
Headquarters,
Greenock Wellpark Harriers.

SENIORS—INDIVIDUAL PLACINGS:

1. J. Stevenson, Greenock Wellpark H., 32m. 06s.
2. J. Grant, Greenock Glenpark H., 33m. 12s.
3. H. Fennion, Bellahouston H., 33m. 14s.
4. G. King, Greenock Wellpark H., 33m. 26s.
5. W. McLean, Greenock Glenpark H., 33m. 36s.
6. J. Christie, Bellahouston H., 33m. 43s.

TEAM PLACINGS:

1. Greenock Glenpark Harriers (J. Grant 2, W. McLean 5, S. Williamson 7, A. McLean 9, C. Fitzharris 12, J. Armstrong 19).—54 Points. H. Beaton 23, D. Kennedy 22, W. Muir 37.
2. Bellahouston Harriers (H. Fennion 3, J. Christie 6, H. Kennedy 8, R. Clinie 10, D. Muir 13, A. Dunwoody 15).—55 Points. C. Kirk 16, J. McLean 17, G. Bell 24, J. Allan 26, A. Walsh 28, G. McAlister 32.
3. Paisley Harriers (A. Duncan 20, J. Campbell 25, L. Crossan 30, J. Sellar 31, W. McNeil 34, J. McCallum 35).—175 Points. W. Miller 36, A. McGuinn 42, M. McFadden 48, A. Clark 54, T. Cumming 56, H. Hornby 59.
4. Greenock Wellpark Harriers (T. Stevenson 1, G. King 4, F. Sinclair 14, R. Beaton 45, D. Anderson 57, J. Sinclair 61).—182 Points.
5. Plebeian Harriers (A. Smith 18, D. Barclay 21, A. Robertson 27, F. Cassels 38, W. Cook 47, J. Irvine 51).—202 Points. C. Heany 52.
6. Auchmountain Harriers (W. Lindsay 11, J. Morrison 33, J. Kerr 43, J. Ramsay 44, C. Facherty 46, J. McLean 49).—226 Points. J. K. Bryce 50, D. Mangan 55, R. Clark 60.
7. Kilbarchan A.A.C. (J. McFadden 29, A. Douglas 39, W. Douglas 41, J. Gardner 40, H. Kerr 53, D. Crawford 58).—260 Points. R. Bradford 62.

Individual Entrant—D. Crossie, B. & W. A.A.C. 57.

Failed to Finish—W. More (Auchmountain), N. Campbell and I. Mackie (Greenock Wellpark).

YOUTHS—INDIVIDUAL PLACINGS:

1. W. McAslan, Bellahouston H., 18m. 05s.
2. J. Walker, Greenock Wellpark H., 18m. 17s.
3. T. McQuade, Plebeian H., 18m. 26s.

TEAM PLACINGS:

1. Bellahouston Harriers (W. McAslan 1, J. Caldwell 3, J. Irvine 6).—10 Points.
 2. Auchmountain Harriers (J. Findlay 4, A. Forsyth 5, A. Allison 8).—17 Points.
 3. Greenock Wellpark Harriers (J. Walker 2, H. Docherty 7, H. Shearer 9).—18 Points.
- Individual Entrants—P. Laverie (Plebeian H.) 4, P. McDermid (Kilbarchan A.A.C.) 5, J. McIntyre (Paisley H.) 8, W. Rutherford (Paisley H.) 11, J. McVey (Greenock Glenpark) 13, W. Gallacher (B. & W. A.A.C.) 16.

EASTERN DISTRICT C.C. LEAGUE.

SIX MILES RACE, Saturday, 20th January, 1951, Dr. Guthrie's School, Edinburgh.

DETAILS—

1. Edinburgh Southern H. (D. Webster 1, H. Robertson 5, G. Mitchell 9, I. Gourlay 10, W. Grant 11, G. Reid 13).—49 Points.
2. Edinburgh University H. & H. (J. Brydie 6, G. Walker 7, R. Paul 16, A. Ross 17, J. McRoberts 18, D. Chambers 20).—84 Points.
3. Kirkcaldy Y.M.C.A. H. (G. R. Mortimer 3, W. E. Duncan 4, P. Husband 8, J. Duncan 14, A. B. Thomson 29, J. Peacock 31).—89 Points.
4. Edinburgh Rover Scouts (C. R. Jones 12, D. Carter 15, J. Crawford 19, D. Hall 21, W. Henderson 22, W. Blair 28).—117 Points.
5. H.M.S. Caledonia (E. Berry 2, A. Fumbridge 25, M. Marshall 26, A. J. Telfer 32, R. P. D. Parker 36, M. Limbrick 37).—158 Points.
6. Edinburgh Eastern Harriers (R. Irving 23, R. Stark 26, W. Ramage 30, I. Thomson 33, A. Thom 34, A. Ruthven 35).—181 Points.
7. Edinburgh Northern Harriers (G. McGowan 24, 38, 39, 40, 41, 42).—224 Points.

FINAL LEAGUE PLACINGS—

1. Edinburgh Southern Harriers ... 432 Points.
2. Edinburgh Univ. H. & H. ... 192 Points.
3. Edinburgh Rover Scouts ... 354 Points.
4. Kirkcaldy Y.M.C.A. Harriers ... 373 Points.
5. Edinburgh Eastern Harriers ... 448 Points.
6. H.M.S. Caledonia ... 520 Points.
7. Edinburgh Northern Harriers ... 649 Points.

A pull-over was handed in after the League race at Kirkcaldy and may be had on application to the Secretary, G. K. Athie.

DUMBARTONSHIRE A.A.A. C.C. CHAMPIONSHIPS at Dumbarton, 6th January, 1951.

SENIOR (7 MILES)—

1. W. Gallacher (Vale of Leven), 37m. 31s.
2. A. McDougall (Vale of Leven), 37m. 39s.
3. A. Kidd (Garscube H.), 37m. 52s.

TEAM RACE—

1. Garscube Harriers (A. Kidd (3), G. Dunn (4), D. Coupland (5), J. Gunn (6)).—18 Points.
2. Vale of Leven A.A.C. (W. Gallacher (1), A. McDougall (2), H. Coll (7), D. McPherson (9)).—19 Points.
3. Clydesdale Harriers (P. Younger (10), A. Hyland (12), J. Duffy (14), D. Clarke (17)).—53 Points.
4. Dumbarton A.A.C. (J. Walker (13), T. Sinclair (15), J. Timmons (19), H. Smyth (20)).—67 Points.

YOUTHS (3 MILES)—

1. R. Steele (Vale of Leven), 20m. 42s.
2. J. Ferguson (Vale of Leven), 21m. 25s.
3. H. Carson (Garscube H.), 22m. 14s.

TEAM RACE—

1. Vale of Leven A.A.C. (R. Steele (1), J. Ferguson (2), J. Campbell (6)).—9 Points.
2. Garscube Harriers (H. Carson (3), G. Dixon (4), P. Walkie (5)).—12 Points.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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JOHN EMMET FARRELL'S



THE cross-country season is now moving to its climax yet the track keeps reminding us of its presence. Britain's small team has done remarkably well in the Canterbury Centennial Games "way down down under" in New Zealand. In athletics, Roger Bannister and Arthur Wint had remarkable victories. McD. Bailey was not quite so successful, and now at 30 years of age we may see him moving up to the testing 440 yards as suggested.

The Lovelock Tradition.

Oxford's Roger Bannister has acquired something of a reputation as a student of athletics and a theoretician. Now he has shown us something really practical with his mile victory, a personal best and the fastest ever done in New Zealand. His time of 4 mins. 9.9 secs. done on a mediocre track has a "Helsinki, here I come" look about it. From many aspects this new "Medical man in a hurry" is quite in the Lovelock tradition.

Glorious Return to Form.

The much-fancied marathon star Gösta Leandersson has been somewhat under a cloud since last year's Boston classic. True he showed a partial return to form by taking 4th place in the star-studded European Games marathon race, but somehow the old fluency and zip was missing. By winning the famous Kosice Marathon in the new course record time of 2 hrs. 31 mins. 20.2 secs., the Swedish distance king performed a real live come-back worthy of fiction. Remarkable too and nearer home was the grand return to form of Gosforth's Bert Hemsley in this year's Morpeth.

Rising 43, Hemsley showed that his loss of form in last year's A.A.A. marathon at Reading was merely temporary. Those who had written him off as a marathon contender must revise their ideas. At exactly half the distance recognised as his speciality Hemsley threw off the challenges of younger and

supposedly speedier rivals to win in 1 hr. 12 mins. 3 secs. or less than 39 secs. behind Holden's record of 1 hr. 11 mins. 24 1/5th secs. and 5 secs. faster than our own Charlie Robertson did in last year's great effort, and evidently in much worse conditions. As befits a grocer, Hemsley showed remarkable judgment and timed his effort to a nicety. The fighting spirit of these athletes can teach us much.

Weather Factor in Cross-Country Championships.

The inclement weather has played havoc with training in general and with cross-country in particular. Most of our runners have lacked the essential cross-country background due largely to the weather and partly to the inroads of road fixtures.

Thus form could be somewhat haywire. The Scottish Youth, Junior and Senior championships take place on the same day at Hamilton Race Course, a heavy programme entailing organisation of a high order. Although writing some weeks before the race I will endeavour to sum up the prospects in the three races.

Youths' Championship for Lanarkshire?

In the Youths' individual championship over approximately 3 miles I favour the chances of Jim Finlayson (Hamilton) to retain his title. He is a classy youth with precocious powers of judgment. His nearest opponent may be stuffy A. Brown of Motherwell Y.M.C.A., though consistent W. McAuslan of Bellahouston, Renfrewshire champion, and R. Steele (Vale of Leven), the Dunbartonshire champion, will take advantage of any slip up by the favourites.

Gilbert Adamson to Retain.

I have a high regard for the ability of West Kilbride's Gilbert Adamson over the country and strongly favour him to retain the junior title (18-21) he won in such devastating fashion last year. Tom Stevenson of Greenock Wellpark, who, by the way, gained International honours in 1949, if back to that form may challenge severely, while Eddie Bannon of Shettleston Harriers, runner-up in last year's mile championship, though happier on the track, should be well forward in

this 6 miles test. D. Henson, if able to get leave from the forces, I. Binnie and A. Brackenridge all of Victoria Park should also be prominent contenders and should be strong enough to credit their club with the team title. Their form throughout the season has been consistently good. Still cross-country running is a funny thing.

Senior Championship—Hares and Hounds.

Over the gruelling 9 miles test I cannot help feeling that quite a number of last year's team will again be well in the running for places. If Anglo-Scot A. T. Ferguson of Highgate Harriers decides to run he would be favourite for the individual title. He has great speed as witness his 14 mins. 11 secs. odd in last year's A.A.A. 3 miles championships and can stay too as he showed in winning the Middlesex cross-country championship over 7 miles. Against that the 22-year-old could find at this stage 9 miles more testing than 7 miles. Nevertheless the services of such a classy runner would be a great asset to a Scottish team and our selectors will no doubt follow his form with more than passing interest, even if he does not manage up for our race.

Leaving Ferguson out for the moment I select the following 6 as probable "hares" in the race. A. Forbes (Vict. Park), R. Reid (Birchfield), holder, T. Tracey (Springburn), Geo. Craig and B. Bickerton, both of Shettleston, and C. D. Robertson (Dundee Thistle).

Among the following dozen possibles there may be quite a few "hounds" chasing the "hares"—perhaps even overtaking some of them—J. Ellis (Victoria Park), F. Sinclair (Greenock Wellpark), C. Wallace (Shettleston), C. D. Forbes (Victoria Park), W. Gallacher (Vale of Leven), A. Kidd (Garscube), A. McLean (Greenock Glenpark), T. McNeish (Irvine Y.M.), A. Gibson (Hamilton H.), J. Stirling (Victoria Park) and J. E. Farrell (Maryhill). I was tempted to add one or two extra names to this list but these I regard as chief contenders. However we should always be prepared and even quite glad to see a "dark horse" coming through.

BOBBY REID

(Birchfield and Doon H.)

The present Scottish champion has a grand cross-country record. He was Scottish Youths' champion in 1937 and 1938 as well as National Novice winner. He won the Senior championship in 1939 and again last year. A key man for his famous English club, Birchfield, for a good number of years, he has represented Scotland in the International since 1939.



Photo by H. W. Neale.

Forbes or Reid?

Leaving out Ferguson for the moment, I feel that the individual title might be between Forbes and Reid. The former is back to his brilliant best, running with verve and sparkle, but the latter is essentially a cross-country specialist and over 9 miles of mixed country I see little to choose between them.

As You Were?

The chances of the other four would appear to be similar to last year. I cannot just see Tracey and Craig as serious challengers for the individual title yet I feel they are reasonably certain of forward places and International selection. In a lesser degree I feel the same as regards the chances of Bickerton and Robertson. Though running well Ben. Bickerton's form has been somewhat erratic and as captain of his club has had to bear the heat and burden of the day in some very gruelling races whereas Craig has been more lightly raced, and strength and reserve can be telling factors in a gruelling race. Charlie Robertson is not just so happy over the country as on the road but he has demonstrated in the past a good speed-stamina combination, and if the conditions are not excessively heavy his chances are obvious.

What of Ellis?

All these mentioned are already Internationals, but if there are to be any newcomers Jimmy Ellis of Victoria Park would be favourite to break through. His grand race in the Edinburgh—Glasgow race is still fresh in the memory and it will be recalled that last year he was well-placed when forced to retire.

How Fit are Sinclair and McLean.

A fit Frank Sinclair should be a certainty for International selection, in fact a contender for individual honours. But the mile champion does not at the moment of writing appear to be so fit as last year and unless he bridges the gap to a large extent he will be hard pressed to gain a place.

Alex. McLean was running in top-class competition prior to the war and despite the well-known durability of cross-country runners it is obvious that Alex. and myself are now in the autumn of our athletic careers. Alex. who is keen to have a real go at the Marathon this year could, fit and well, still have a reasonable chance of finishing in the first 9 but I doubt whether at this stage he has had the required back-ground of consistent training.

Now is the Time.

Chic Forbes, Clark Wallace, Willie Gallacher and Alex. Kidd, are all enthusiastic and ambitious young athletes, conscientious in their training to a degree and one or more may come near. If they are ever to break through they must surely do so now or in the reasonably near future. Much the same applies to the prospects of Archie Gibson, reserve last year. The Hamilton lad has been hovering around for some seasons back and it would only be poetic justice if he could get within instead of just outside the prescribed circle.

Of J. Stirling it can be said that he is a sound miler and a member of this year's successful Victoria Park relay team. How will he react to 9 miles of country?

Shettleston or Victoria Park?

I doubt if Shettleston Harriers are quite so strong as last year when they won the Scottish National and finished such a brilliant 3rd in the English National. This season they have been playing second fiddle to Victoria Park; nevertheless they will be hard to depose over the long country trail. It should be a close struggle between these two teams with every place counting.

Can Edinburgh Varsity Repeat?

Springburn Harriers and Greenock Glenpark may fight out the issue for 3rd place. The former are a much improved team and in T. Stevenson they have a much improved individual. Last year Edinburgh Varsity were in some respects the sensation of the championship, running away with the Junior team title and narrowly edging out Victoria Park for 2nd position in the Senior title. But all Varsity teams are subject to replacements from year to year and it might be too much to ask R. Sherwin and his merry men to equal last year's feats, and it seems the Southern may provide the main Eastern challenge with D. Webster their likeliest individual.

England's Improving Prospects.

Despite an interruption in his training programme Dr. Frank Aaron managed to win the Inter-County individual title and looks set to retain his National title at Richmond on March 10th. Looking further ahead to the International at Newport on March 31st I should say that

England's prospects are much rosier than they have been for some time. Perhaps they will not yet attain the ascendancy of the Holden, Harper, Bailey, Burns, Evenson, Potts, era, but they at least should be much nearer to France and Belgium. In Aaron, Eyre, Saunders, and Olney, they have a formidable spearhead and as the Caerleon course is reputedly tough the Continentals may have to draw on their reserves of stamina as well as of speed.

Aaron's Individual Chances.

Frank Aaron is not without a chance of gaining the coveted individual title. His track form showed that he has amazing stamina, while his courage is without question. Who is to say, that on a day of really heavy going and right on the top of his form he could not lead the way to the finishing tape?

MARYHILL HARRIERS

Five Miles Open Road Race

6th January, 1951.

INDIVIDUAL PLACINGS—

1. A. Forbes (Victoria Park A.A.C.), 23m. 41s
2. T. Tracey (Springburn H.), 24m. 31s.
3. J. E. Farrell (Maryhill H.), 24m. 48s.

TEAM PLACINGS—

1. Victoria Park.—A. Forbes 1, J. O. Stirling 4, C. Forbes 6, R. Kane 10, J. Ellis 73.—11 Points.
2. Springburn H.—T. Tracey 2, J. Stevenson 5, J. C. Morton 7, A. Stevenson 12, J. Wallace 16.—14 Points.
3. Maryhill H.—J. E. Farrell 3, R. Brymner 9, T. K. Wilson 14, T. Harrison 29, R. McDonald 44.—26 Points.
4. Shettleston H.—B. Bickerton 13, H. Howard 15, J. McNeill 17, C. Chalmers 37, E. Bowman 68.—45 Points.
5. Hamilton H.—A. C. Gibson 8, H. Gibson 22, D. Wilson 24, G. McGill 31, J. Craig 34.—54 Points.
6. Springburn "B."—J. Bissell 19, N. McGowan 20, J. C. McFadden 30, D. Fyfe 33, J. McKay 47.—69 Points.
7. Victoria Park "B."—D. McFarlane 11, D. Shuttlesworth 28, R. Gibson 39.—78 Points.
8. Larkhall Y.M.C.A. H.—D. Brown 18, W. Hamah 25, P. Corrigan 40, J. McFarlane 69.—83 Points.
9. Bellahouston H.—A. Dunwoodie 27, G. Bell 35, J. Allan 38, R. Walsh 57, D. Hunter 70.—100 Points.
10. St. Modan's A.A.C.—D. Clelland 21, H. Kane 32, A. Galbraith 50, J. Lynn 54, J. McCracken 61.—103 Points.
11. Plebeian H.—D. Barclay 26, A. Robertson 43, C. Heaney 46, T. Monaghan 74.—114 Points.
12. Bellahouston "B."—C. Kirk 36, D. Robertson 42, E. Oxburgh 49, J. Wilson 66.—127 Points.
13. Auchmountain H.—W. Lindsay 23, J. Morrison 55, W. More 67.—145 Points.
14. Falkirk Victoria.—D. Mackie 41, S. Laurie 52, A. Cook 53, R. Rennie 58, R. Letham 59.—146 Points.

THE INTERNATIONAL—A REVIEW

By G. S. Barber.

THE story of this race goes back to 1902 when in connection with an Exhibition held in Cork it was decided, as an added attraction, to hold a cross-country race between Ireland and England. Unfortunately this race did not materialise and a Welshman—a Mr. Frank L. Jones offered to find a Welsh team to deputise but was too late to complete the arrangements at so short notice.

The two, Mr. Johns and Mr. H. Dudley Fletcher, the Irish Secretary, decided to hold an International race the following year and the Scottish authorities agreed to join in the race. The English Cross-Country Union were not interested, they intimated that the English National cross-country race was open to all amateurs and could be considered the International championship, but when they realised that the race was going on without them, they decided to enter.

The race was run in 1903 in Scotland on the old Hamilton race course and was won by the great Alfred Shrubbs for England who also won the team race.

The following year two representatives from each country met and drew up the rules to govern the race and at the first dinner Mr. F. A. Lumley presented the "Lumley Shield" as a team trophy, and later in 1923 Maison Lafayette presented a bronze trophy to be held for one year by the individual winner.

Excluding the two wars the race has been run 37 times and England has recorded 25 wins, France 11 and Belgium 1.

In individual winners England has provided 25, France 7, Scotland 2, Belgium 2, and Ireland 1.

The first break in the English individual wins was in 1911 when at Caerlon (Wales) Jean Bouin of France was the

Continued from previous page.

15. Maryhill H. "B."—J. Wilkie 46, J. Gibson 51, R. Wright 56, S. Lawson 62, H. Morrison 63.—153 Points.
16. Olympic H.—R. Houston 48, R. Hutchison 64, R. Gifford 71, J. Harris —183 Points.
17. Glasgow Univ.—J. Gaskill 60, H. Cowie 65, G. Aird 72, J. Mellon.—197 Points.

winner, he also won in '12 and '13. Bouin was killed as a soldier in France in 1914. In 1920 Jimmy Wilson running for Scotland was first home, and in 1922 Guillemot of France won the race and for the first time England was defeated and France won. This race was started on the track at Hampden Park during the half-time in a football match, Hampden then was surrounded by fields.

Scotland provided the first man in 1937 with Jimmy Flockhart winning at Brussels. The record number of individual wins is held by Jack Holden who won in 1933, 34, 35 and 1939.

I have vivid recollections of running out with George Dallas from Maryhill to meet the 1907 International race and seeing the honoured competitors streaming across the fields arriving at the small cross roads—now Anniesland Cross—and then running down Crow Road to Scotstoun Showgrounds to finish on the track.

Caerleon near Newport, Wales, where this year's race takes place has been the venue previously in 1906, 11, 21, 27 and in 1933. The race will be run over a distance of about nine miles, but this year the deadly "Heart-break Hill" up to Christchurch, will be cut out which will allow a very fast race to be run.

I walked over the trail at the New Year and found it very wet indeed.

Advertisers Announcement

The Best Food for Athletes

In 1922 J. P. Clarke, of Belfast, was lacking in stamina and almost unknown in the athletic world. But early in 1923 he overheard a crack runner commending Orzone Emulsion for stamina, so he began taking it. A month later he became the half-mile and mile champion of Ireland. Next year he repeated his principal 1923 victories. During those two seasons he carried off 160 prizes.

A most interesting article about Clarke and his method of training will be found in a little book entitled "The Easy Road to Health," 9d, post free from The Orzone Shop, 72 St. Vincent St., Glasgow, C.2.

Has The Negro Sprinter Physical Advantages?

By JOE BULL.

[This interesting article on a common subject for discussion in athletic circles appeared in "The Australian Athlete" in November, 1948.—Ed.]

WHY, during the past two decades, has the negro sprint runner more major successes than the white speedster?

This question has been asked and answered many times since the staging of the last three Olympic Games at which the coloured runner has shown marked superiority over the white competitor.

Tolan, Owens, Dillard.

At the 1932 Games, Tolan won the coveted title of the world's fastest human, while at the 1936 Olympics, Jesse Owens turned in such a burst of speed which made him unbeatable and then at the recent 1948 London Games, Dillard put paid to the accounts of his white opponents.

Some writers attributed the success of the negro to his remarkable muscle control, others wrote that the coloured person had a far better physical body development and because of these and other characteristics so peculiar to the negro, nature had endowed that individual with extra powers which caused him to generate faster pace thereby giving the negro a decided advantage over the white sprinter.

Owens's Secret...

These and other boogies were trotted out in the days of Tolan and Owens and in the case of the latter, some brilliant writer caused a sensation when he wrote that the secret of Jesse Owens blazing swiftness was the fact that nature had blessed Owens with an elongated heel. This length of heel gave him a greater driving power and energised an acceleration of speed which the shorter heel of the white speedster could not generate.

This theory quickly gained credence and was generally accepted as a fact, until it attracted the attention of Dr. W. Montague Cobb, of the Western Reserve University, Cleveland, Ohio State, U.S.A.

Together with a few million other Americans, Dr. Cobb began reading articles in 1934, of the remarkable



Photo by H. W. Neale.

ARTHUR BRAGG.

The modest and shy but colourful 19 year-old "Art" was the world "find" of last year. A student of Morgan State College he stormed to the forefront by beating the "Panama Flash" and record-holder Lloyd La Beach into 2nd place in the American championships (100 metres). The photo shows him winning easily the scratch 220 yards at Rangers F.C. Sports last year on a rain-soaked track in 21.5s, just one-tenth secs. outside W. Applegarth's (1914) all-comers' record.

achievements of Jesse Owens, the twenty-one year-old negro sprinter at Ohio State. As time marched on and Jesse careered on at an even faster pace and jumped further distances, the newspapers fairly exploded with headlines concerning his feats. Dr. Cobb resolved that somebody should attempt to learn the secret of his wonderful speed.

Dr. Cobb Experiments.

Throughout the decades, Dr. Cobb had been noticing the remarkable performances of Howard Drew, B. Taylor, Paul Roberson, Fritz Pollard, De Hart Hubbard, Eddie Gordon, Ralph Metcalfe, Eddie Tolan, and dozens of other flashes of ebony lightning, including, of course, Jesse Owens and his 1935 Nemesis Eulace Peacock the dark strutter, who in the

QUESTION FOR SCOTTISH CROSS-COUNTRY OFFICIALS.

A few weeks to the "National" and there's lots of questions on many lips. "Can I count for the team?" "Do you think we can beat so-and-so?" "Who are going to make their place for the international team?" and "Will there be any newcomers?"

We have a question too, but it's not about the runners, it's to the officials!

"Will we have prompt announcement of results or is the old unsatisfactory method of tallying to continue?"

Continued from previous page.

latter days of 1935 competitions dimmed even the brilliance of the dazzling Owens.

Dr. Cobb put the consenting Owens to every test. He found he was five ft. ten ins. tall and weighed 164 lbs. after which he said: "For the benefit of posterity, it can now be scientifically stated that the length of a negro's heel has nothing whatsoever to do with or how fast he can run, jump or hop-scotch, in other fields of athletic conflict. At least that is so in the case of Jesse Owens."

"I found that his heels are normal in size and thus, gave him no advantage over white speedsters. There is nothing unusual to account for his sizzling speed unless you wish to stress the size of Owens's calf. That measured 16 inches—much larger than the average. But that development, no doubt, came from calling on the leg muscles when running."

"I found nothing about Jesse Owens that shows him different in physical make-up, in any way from the average human, except, that he was born to be speedy."

"The fact that he had become a world's record maker, I attribute to the development of his own normal speed, by industry, by intensive training and by taking splendid care of himself, all of this augmented by his high competitive spirit and his fine courage."

So was exploded the theory that negroes have longer heels than whites and whenever any negro gets himself fitted by nature with an extra lengthy set of heels, he is certain to be a champion in any sport where the putting down and lifting up of the trilbies is of vital importance.

Three events, Youths, Juniors and Seniors held on the one day, for the first time, makes it harder to organise and emphasises the need for more enterprise.

We recommend the disc system incorporating the club representative, but with the continuance of the card marking by recorders as normally done, as a cross-check.

We see no reason why the FULL results cannot be announced five minutes after each event. Athletes should demand it of their officials.

By using discs, pointage can be tallied immediately the last counting man of a team completes the course and the details surrendered to the chief recorder almost simultaneously.

With our present normal system of recording considerable time is taken in de-coding and that work can turn round only one or two officials whilst with the discs each club does its own counting and each runner knows immediately his finishing position instead of perhaps waiting a week or so to know.

There are other good reasons for reform. Inclement weather causes difficulties for card recorders. Runners sometimes lose their numbers. Heavy rain or snow makes writing most difficult as any official must agree.

We recall a National event in recent years where only one recorder had his card almost correct fortunately enough, and only by working out in bits and pieces from the other cards was the result worked out—but not that day!

Officials can recall, with the Editor, being present at the Jubilee Dinner of Motherwell Y.M.C.A. Harriers last year on the day of the English "National." The exact placing of the local lad, David Nelson, running for the Royal Engineers in the Junior, was announced from the platform, whilst we gladly learnt from the stop-press of "The Evening Citizen" that Shettleston had finished 3rd with their exact pointage in the Senior event.

So it's obvious isn't it, that things can be done.

We expect and look forward to reform for our 1951 Championships in results announcing—not because we're suggesting it (others have done so, in any case)—but because we've been caught up in the March of Time.

WHEN SHALL WE LEARN?

By ARTHUR F. H. NEWTON,

Author of "Running," "Commonsense Athletics," etc.

WHY, I sometimes wonder, is it that we Britons are keen enough to pick up knowledge from other nations when we can get it, yet almost completely ignore anything new, no matter how valuable, if it happens to be discovered by one of our own countrymen? This applies to athletics even more than to other sciences. Other countries realised the value of well paid competent coaches, but Britain wouldn't have anything to do with such heresy until she was compelled by outside progress to engage a foreigner for the purpose for a month or so during the summer. Later of course she began to suspect that she had been at fault, and eventually started to train her own. Even then, most of these were brought up in the "old style" and continue to teach much that is quite out of date. Well, I won't lay it on too thick, for we now actually have an odd coach or two as good as any in the world, but I'll give you a quotation from our authoritative coaching bulletin to show you just how much we are missing. In a recent issue of the circular you can find:—

"When one of our boys jumped 6 ft. at the L.A.C. Schools meeting, he had never once attempted more than 5 ft. 8 inches that season, and had done most of his work at 5 ft. 6 ins. or less. Yet both boy and coach were aiming at 6 ft. in the competition."

This method of training for high jumping was published throughout Britain some years ago, but how many of our coaches or athletes paid any attention to it? Literally not one in a hundred. The very great majority took it for granted as being entirely beneath their notice because it was so obviously in contradiction to the methods in general practice, and even more so because the new idea was a home-grown product. I've even heard it described as "empty theory" and "poppycock." Yet here you have an example of a coach—who dared to do his own thinking—trying it

out and ultimately proving indisputably that there was much more in it than appeared on the surface, and that it was a distinct advance on present practice.

Suppose now we look at it in a broader way: the theories underlying training for any one sport are, in principle, equally effective when applied to any other form of athletic endeavour. That is to say, if you find a new method enhances your ability in your particular form of sport, the principle can be applied to any other form with equal benefit. All right! you're not expected to swallow and digest that at a single gulp, but if you work it out in your mind you will discover that the axiom is absolutely sound, even if it takes you weeks of thinking to disentangle all that is involved. But you needn't worry about that, for it took the originator of the theory many months.

To show you yet more clearly what I'm getting at let's turn from high jumping to track and road running. The theory in high jumping was to work always at about 80% of your utmost ability with regard to effort and, by thus making the training very much easier, you will be able to do twice as much work on end as formerly. The same principle applies equally to running, in fact to every sport: practise very considerably more than you've done so far but always at about 80% of the best pace you are capable of at your prospective distance. Never have a "time trial" but use your next competition—as the jumper mentioned above did—to show what advance you've made. And then remember that the competition does not necessarily tell you what your real best is, for you can never be sure that you are in top condition when it takes place: your condition does not, as we have been brought up to believe, "stay put" at any time but alters from hour to hour with your environment and bodily processes. All the same, such practice as I've been advising will give you a good idea of the advance you are making, and you'll have to be content

ARE HANDICAPS A HANDICAP?

SOME time ago we received from our reader and contributor, D. V. Ellis, a short letter containing suggestions as to how he thought this magazine could be improved and for the advancement of our sport.

We quote what to us was the most interesting part, which we can consider as an introduction to a complete revue of the value of handicap races and as to how it affects the standard of athletes in these islands or elsewhere for that matter, but with particular regard to how it affects Scotland since it is here that it has come in for most criticism and most determinedly as from none other than our good British Team Manager, Jack Crump

Friend Ellis writes:—

"Support a determined policy to increase the number of scratch events and decrease the all-to-frequent handicap events. The latter may have more popular appeal (a fact which is open to doubt) but are comparatively useless in a training schedule. More benefit is derived from running set distances, than perpetually running several or many yards less. When entering Championship races one finds oneself misjudging the distance and fading away over the last few yards. This pernicious system is the cause of our inability to cope with other British athletes except in the events where the system is inapplicable, for example, Alan Paterson—High Jump and Duncan Clark—Hammer."

That is a straight but not fully developed suggestion and demands a straight answer which is that we are NOT prepared to direct such "a determined policy" at least not until we are better influenced by the ideas of those that advocate such lines.

Continued from previous page

with that. If you DO get to work this way you can't fail to show real progress, and that's what we're all looking for.

There, I've got that off my chest. Now it's up to you to do one of two things, (1) cock a snook at it as rank folly or (2) give it a modest trial for a month or so. You're the boss and it's for you to decide.

We are not opposed to scratch racing—we very much favour it, and would like to see it developed. We will campaign and work for area inter-club Leagues such as is organised in Australia. (Scottish club officials, please note, raise it in your committees. If our suggestion is favoured, please contact. Let's have Leagues in swing, by Spring!)

However, where we differ from the scratch die-hards is on their derision of "handicaps." We believe that such races do have a place and value for athletes and the sport. Though out-moded methods must be ruled out with progress we should not throw out the baby with the bath water.

A most important factor that the scratch purist never seems to give full consideration to in the development of the sport is the one of what has recently and aptly been called "Selling Athletics." At the pre-war Rangers meets, the pace of Wooderson running with Lovelock was in itself only appreciated by the connoisseur, but it was given full expression to "the man in the street" as he closed the handicaps man by man to overtake all. The same could be said of other athletic "greats" when competing here, such as the Finnish "stars," Nurmi, Lehtinen, Iso-Hollo and Maki. It took handicaps to show them off.

In our opinion some events at recent Rangers and Glasgow Police meetings—and at Murrayfield lost potential colour through an adherence to the scratch principle.

The sports-promoter does the sport a service—he plans and gives the athlete the good and not so good, the ordinary and extraordinary,—his meeting place on his or her gala day, Saturday afternoon. The handicap gives the reason for donning the strip, though the majority know they have no chance of being placed.

Since sports promoting is desirable and since handicaps are the most practical method of catering for numbers and also provides incentive, surely in that respect they have a great deal of value. Or is there any other solution?

We feel that the open handicap sports meetings should stand on the calendar and appreciate that a right good service is being done. But we say that scratch racing must be developed over and above but feel this must be done in a quieter manner through club and much more inter-club meetings.

Let's go back to points made in D. V. Ellis's letter.

We would not disagree if it was conceded that to the athlete a scratch race was as popular as a handicap. It seems to us that both types are popular. But we cannot accept, without questioning, that handicaps are "comparatively useless in a training schedule." Does an athlete who, say, runs in a weekly handicap, fade away over the last few yards in a championship through not running previously and regularly the set distance? We doubt it very much. In any case the "handicap runner" with championship aspirations does other training apart from his regular "handicap."

Recently we have been re-reading some of our press-cuttings on Sydney Wooderson's half-mile world-record run. It was reported that he concentrated on 660 yards running in his training and that he felt he could maintain the pace and find the extra 220 yards on the record attempt and no doubt after completing the distance (in a framed handicap) in 1 min. 49.2 secs. he felt his assumption justified.

Look how many top-line athletes race over varying distances (within limits, of course) with equal success. Zatopek this past season had terrific times over 3,000, 5,000 and 10,000 metres and we would be surprised to hear that he faded in the finishes of the longer races or had too much energy left after the shorter ones.

The key to success is the fitness of the athlete plus distributed effort applied through pace knowledge which is acquired not from running one set distance, but by training and racing over varying distances.

The last sentence of our friend's note develops most obvious false conclusions. Let's be quite fair, Alan Paterson is a "freak" on the Scottish athletic scene. His arrival was not through any par-

ticular phase or development of organised athletics in Scotland.

He is a "born" jumper who has applied fundamental principles of technique of the art. The development of his outstanding standard does not turn round a "scratch" principle.

John Barry whilst resident in Scotland quite thrived on handicaps and could more than "cope with other British athletes." Andrew Forbes has also shown that he could cope with other British athletes and he stated recently he is in favour of handicap events. We have watched Stewart Petty's progress season by season and observed how nearer he has gradually approached Stothard's Scottish half mile figures. Has the "handicap" not been useful in his progress if these have provided nothing more than incentive at every stage of the athlete's development, though we do grant that scratch competition gives a most essential counter-balance.

We do advocate scratch racing for the reason that it involves a different mental or psychological approach of the athlete, from handicaps but for that reason alone we are not prepared to throw overboard, a type of race that can suit a majority, develop incentive and provide thrills.

However, we have no desire to dominate or dogmatise on the matter we are prepared to be converted. Others including D. V. Ellis are welcome to have their say and perhaps Andrew Forbes with his background of practical experience could join. We know leading lights attached to our ruling body who are all against "handicaps." Now is their opportunity to present their case. So far, there has not been any great enlightenment of that point of view, judging even by the correspondence columns of recent "Athletics Weekly."

Victoria Park A.A.C. celebrate their 21st Birthday in the Grand Hotel, Charing Cross, Glasgow, on 20th April, 1951. All male company. Tickets, 15/-. Members and friends welcomed.



THE COACHING SCHEME.

Dear Editor,

I have been asked by some of our members if it would be possible for "The Scots Athlete" to publish a course from Mr. Chapman, Chief Scottish Coach, for athletes who would like to be coaches, but find Glasgow too far to travel to attend courses. I am sure this would find a few more Coaches who would be prepared to sit an examination somewhere.

I hope this letter receives careful consideration as Scotland could do with more Coaches. Through "The Scots Athlete" I think this scheme could be a success.

Yours in Sport,

DAVID CLELLAND,
Captain,
St. Modan's A.A.C.

[Publishing of features covering various athletic events with the co-operation of Mr. Chapman has been planned for some time and we hope to present the first of these in the near future. The editor is not in a position to state whether the study of these would be accepted as part of a recognised Coaches' Course or not. Naturally the matter will be presented for consideration.—Editor.]

JACK'S THE BOY.

Dear Walter,

Whilst renewing my subscription, let me say how I enjoyed the current issue. I found the "Holden" article with its revelation very interesting. Do you think he'll do it in 1952? I do believe it's not beyond him by any means.

Good running,

Yours,

Charlie

C. D. ROBERTSON.

Dundee.

COACHING RIGHT OR WRONG

Dear Editor,

After the Edinburgh to Glasgow road race I was asked by a prominent young runner why most of the records were made in the 1936 to 1939 period.

My answer at the time was, most of the record-breakers being pushed finished on their hands and knees after the change over.

On thinking things over I wonder if we are suffering from too much Arthur Newton and slow running in training.

Has our coaching taken the wrong turning? Putting too much stress on slow running and jogging instead of shortening the distance for more speed.

I found a runner doing a slow 7 miles on the road on Tuesday before the Victoria Park race which was 2½ miles per man. This same runner complained about sore thigh muscles.

No wonder in slow running the weight of the body is poised too long on one leg. A quicker step would propel the body along faster and ease the strain on muscles. Aaron and Zatopek for example.

Harmful Jogging.

I think our distance runners should give up this jogging stuff and do their warming-up in the pavilion by skipping rope, punchball and light quick free exercises. All our cross-country and track athletes would benefit from this quickening up.

The skipping rope now neglected can be used to develop the toes, ankles and leg muscles as well as co-ordination between arms and legs and for warming-up.

Arthur Newton has debunked the warm and sweaty idea which is supposed to be the ideal behind this jogging. Some coaches who are supposed to have attended Chapman's classes are telling youths to jog 10 laps. Sprinters and distance runners alike. At the end of this slow motion stuff they were colder than when they took off their ordinary clothes.

Chapman's sprinting booklet and schedule of training should be studied by the advocates of jogging. Such long distance jogging is only a waste of time,

does not develop the lungs or get the heart and limbs used to high speed action. This tip toe through the tulips stuff with arms hanging down like a gorilla will never make runners of international class.

Bad habits show up in a race, jogging breeds bad habits. If anyone disbelieves me, I can produce a film of 2 athletes taken after one got bitten with the jogging bug.

A year previously there was only a yard between the two at the end of a hundred yards race, but after a season of jogging, the jogger was five yards slower and had lost both style and speed.

A pony trotting horse is trotted with braces till it becomes a habit to trot always even without braces. You can see what I'm getting at. Too much jogging and the action becomes sub-conscious then it takes a conscious effort of mind to put the style right but the jogging style of arms keeps coming out to the detriment of speed.

In a race, style should be automatic allowing the mind to be free to think on tactics or pace.

If the jogging, slow-running theory is correct, marathon runners should be first class sprinters. Do we find it so? Not on your life.

Les Lewis admits he loses 2 yards on his hundred yard time after every quarter mile race and takes about a fortnight's sprint training to get it back.

I'm sure this theory applies to longer distances as well.

Jack Holden does not believe in jogging or slow running. He always starts fast in training so that he will not be left in a race.

Zatopek goes out without any warming up and runs in Army boots for half a mile. Time 2 mins. 10 secs.

I am in agreement with Fred Wilt of America who says, "distance runners should include a lot of sprinting in their training." There's sound reasons for this which I haven't space to discuss. But why sprinting? To keep the mind and body from becoming sluggish. Sprinting develops will-power to push the body at speed. Jogging encourages mental and physical laziness.

It is not generally known that Arthur Hill had a whole season of sprint racing before he won the Double at the Olympic Games long before jogging was introduced.

His theory of sprint training brought Wooderson the world record at the "half" and made the best 2 Miles in the world "hop it lively." Think it over you distance men.

The road to records is through speed and more speed not through jogging.

Yours in an effort to
improve the breed.

DAVID CORBET.

FIXTURE LIST

Feb.	3—Eastern District 7 Miles Championship	
	3—Midland District 7 Miles Championship (Youths' 3 Miles)	
	3—South Western District 7 Miles Championship (Youths' 3 Miles)	
Mar.	3—Scottish C.C. Championships (Seniors, Juniors and Youths).	Hamilton
	10—English National C.C. Championships	Richmond
	31—INTERNATIONAL C.C. CHAMPIONSHIP	Newport, Wales
Apr.	14—England, Ireland, Scotland, Wales match	Sheffield
	28—Dumbartonshire Road Championship	Balloch—Clydebank
June.	16—Scottish Schools' Championships.	
	22 and 23—Scottish Senior Championships	Hampden
	23—Scottish Marathon	Hampden
July.	7. Scottish Junior Championship	New Meadowbank
	13 and 14—A.A.A. Senior Championships	White City
	28—A.A.A. Junior Championships	Birmingham
	28—A.A.A. Marathon	Birmingham
Aug.	4 and 6—Great Britain v. France	London

ROUND THE CLUBHOUSES.

Edinburgh Harriers 45th Open Xmas Handicap Race over a course of 5 miles held from Clubhouse, Ford's Road, Saughton, on Saturday, 23rd December, attracted a field of 55 runners, and resulted as follows:—

Fast Time—1, D. Webster (E.S.H.), 28 mins. 22 secs.; 2, J. Brydie (E.U.H. & H.), 28 mins. 23 secs.; 3, A. Black (Dundee Hawkhill), 28 mins. 26 secs.

Handicap Result:—1, T. W. Connolly (Gala H.), 3 mins. 30 secs.—25 mins. 36 secs.; 2, R. Cairney (Gala H.), 3 mins. 30 secs.—25 mins. 38 secs.; 3, W. Thomson (Gala H.), 3 mins. 45 secs.—25 mins. 50 secs.

Beith Harriers Annual New Year Ballot Team Race was held over 4 miles of road instead of cross-country due to bad weather conditions and hard fields. 37 runners from 12 clubs faced the starter. After completing the smaller lap of 1½ miles, Andrew Forbes (Victoria Park) had a 50 yards lead from S. Adamson (West Kilbride) and at the tape had increased it to about 120 yards. D. McFarlane (Victoria Park) was 3rd. Winning team:—A. Forbes (Victoria Park), H. Kenedy (Irvine Y.M.), G. Lightbody (Beith H.). A fine tea after the event was well appreciated.

Larkhall Y.M.C.A. H., are staging the Scottish Y.M.C.A. Cross-Country Senior and Youths' Championships on February 17th.

Kirkcaldy Y.M.C.A. Harriers held its annual race for the Hon. President's Prize on January 6th over a five miles course of road. The winner was A. B. Thompson (4 mins.), 2nd W. E. Duncan (43 secs.), 3rd G. R. Mortimer (Sc.), the last named had fastest time.

Olympic Harriers Club Championship and Seven Miles Handicap will take place from Springburn Baths on 17th February. A keen race is anticipated as this is the final event in the "Social Shield" competition.

Two recent well-supported events were a film show and a lantern slide show, held to boost equipment funds.

PUTTING THE WEIGHT.

In line with the suggestion to our footnote to the first letter on page 13, the March issue will be mainly devoted to the event, Putting the Weight. We know that the majority of our readers in this winter period are mainly cross-country devotees, nevertheless we expect and trust that every reader should have a broad enough interest and spirit to encourage this feature (we intend covering most events at appropriate periods). The magazine will serve as probably the best hand-book for the event ever published. It will be invaluable to every Field events man, coach and student. It will mean cutting severely our normal features. For the sake of this work and with the broad interest of the sport you don't mind, do you? You will not want to part with your own copy—tell your friends to order theirs now.

The District Championships were held on February 3rd, Charlie Robertson (holder) was surprisingly beaten into 2nd place by W. G. Hunter (H.M.S. Condor) in the Eastern race. Edinburgh Varsity were ahead of Southern in the team race. Scottish Junior champion Gilbert Adamson beat young internationalist T. Stevenson and T. McNeish to head his winning team (West Kilbride) in the South-Western race. Tom Tracey (Springburn H.) forced along by junior Eddie Bannon (Shettleston) won the Midland race with Andrew Forbes taking 3rd place. Victoria Park won the team. Full details, including the youths' races held in conjunction published in the special "Putting the Weight" March issue.

A.A.A. INSTRUCTIONAL BOOKLETS

HIGH JUMPING

By G. H. DYSON
(A.A.A. Chief National Coach)

THE LONG JUMP and THE HOP, STEP & JUMP

By DENIS WATTS
(A.A.A. National Coach for the North)

THE JAVELIN THROW

By A. R. MALCOLM
(A.A.A. National Coach for the Midlands)

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