

SPORTS DIARY

July

- 5.—TRIANGULAR MATCH (England/Wales—Ireland—Scotland)—WHITE CITY.
Ardeer Recreation Club—Ardeer.
Hamilton Harriers—Douglas Park, Hamilton.
Braw Lads' Gathering—Galashiels.
 - 12.—JUNIOR CHAMPIONSHIPS & SENIOR RELAY CHAMPIONSHIPS — HELEN-VALE PARK, GLASGOW.
Saxone Welfare Association—Kilmarnock.
Motherwell Y.M.C.A.—Motherwell.
Forres Gathering—Forres.
Dundee North End F.C. Sports—Dundee.
Edinburgh City Police Sports—New Meadow-bank.
 - 16.—Broxburn Athletic F.C.—Broxburn.
 - 19.—Aberdeen Town Council—Aberdeen.
Edinburgh Waverley F.C.—New Meadow-bank.
Linlithgow Tow Council—Linlithgow.
West Kilbride A.S.C.—Largs.
Bonnybridge Festival Committee—Bonnybridge
 - 19/23—OLYMPIC GAMES (Track & Field)—HELSINKI.
 - 21.—Maryhill Harriers—Dunoon Stadium.
 - 24.—Press Charity Sports.
 - 26.—West Calder Amateur Sports Association—West Calder.
Heart of Midlothian F.C.—New Meadow-bank.
Helensburgh Highland Games—Helensburgh.
Falkirk Victoria Harriers—Falkirk.
Inverness Gathering—Inverness.
A.A.A. JUNIOR CHAMPIONSHIPS.
- August.
- 2.—Rangers F.C.—Ibrox Stadium.
 - 4.—BRITISH EMPIRE v. U.S.A.—WHITE CITY, LONDON.

- 9.—BRITISH GAMES—WHITE CITY, LONDON.
Carlisle Charity Sports—Carlisle.
Ratford Sports—Ratford.
S.A.A.A. MARATHON CHAMPIONSHIP—PERTH—DUNDEE.

- 16.—Milngavie Highland Games—Milngavie.
- 23.—Edinburgh Highland Games—Murrayfield.
Bute Highland Games—Rothesay.
- 23/24—FRANCE v. GT. BRITAIN—PARIS.
- 29/30—Cowal Highland Gathering—Dunoon.

- September.
- 6.—Shotts Highland Games—Shotts.
 - 27.—London to Brighton Run.

- October.
- 5.—ITALY v. GT. BRITAIN (Women)—ITALY.
- (NOTE.—Any alteration in dates, etc., should be brought to our notice for revision).

ROAD RACE FIXTURES.

- July.
- 12.—Saxone A.A.C., Kilmarnock—17 Miles.
 - 19.—West Kilbride A.S.C., Largs—15 Miles.
 - 21.—Maryhill Harriers, Dunoon—12 Miles.
 - 26.—Helensburgh Highland Games.—15 Miles.
West Calder—15 Miles.
- August.
- 9.—Carlisle Charity Sports—11 Miles.
 - 16.—S.A.A.A. Championship, Perth — Dundee—26 Miles 385 Yards.
Milngavie Highland Games—10 Miles.
 - 23.—Bute Highland Games—10 Miles.
- September.
- 6.—Shotts Highland Games—14 Miles.
 - 13.—Dunblane Highland Games—15 Miles.

MAKE SURE OF YOUR COPY.

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

The free receipt of this Magazine is an invitation to become a subscriber.

Our SUBSCRIPTION RATES are:—

6 months—3/9 (post free); 12 months—7/0 (post free).

To "THE SCOTS ATHLETE,"
69 ST. VINCENT STREET,
GLASGOW, C.2.

Please send "THE SCOTS ATHLETE" starting with.....issue.

Name.....

Club (if any),.....

Address,.....

I enclose.....being 6 months/12 months' subscription.

JUNE, 1952

Vol. 7, No. 3

THE SCOTS ATHLETE

PRICE
6^p



Photo by H. W. Neale.
Scottish 440 Yards champion and 440 yards hurdles champion and record holder,
D. K. GRACIE, Glasgow University A.C., running at the White City, London.

A TRAINING GUIDE FOR COACHES AND
ATHLETES by H. A. L. CHAPMAN.
THE FANTASTIC MARATHON.
CHAMPIONSHIP DETAILS.
SCOTTISH BEST PERFORMANCES.

SCOTTISH
AMATEUR ATHLETIC ASSOCIATION

Junior and Youths' Championships
Senior Relay Championships

AT HELENVALE PARK, GLASGOW
(Parkhead Cross)

ON SATURDAY, 12th JULY, 1952
at 2.0 p.m.

JUNIOR CHAMPIONSHIPS—

100 Yards, 220 Yards, 440 Yards, 880 Yards, One Mile,
Hop, Step and Jump, 120 and 220 Yards Hurdles, High
Jump, Long Jump, Putting the Weight, Javelin, Discus,
Hammer, Pole Vault.

YOUTHS' CHAMPIONSHIPS—

100 Yards, 880 Yards, Long Jump.

SENIOR CHAMPIONSHIPS—

440 Yards Relay (4 x 110 Yards), One Mile Medley Relay
Race (880, 220, 220, 440 Yards).

ADMISSION TO GROUND, 1/-; BOYS, 6d.
STAND, 1/- extra.

All Enquiries to D. McL. WRIGHT, Hon. W.D. Secretary,
17 Polwarth Gardens, Glasgow, W.2.

CITY AND ROYAL BURGH OF EDINBURGH

HIGHLAND GAMES

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

AT

MURRAYFIELD
RUGBY GROUND

(By kind permission of the Scottish Rugby Union)

ON SATURDAY, 23RD AUG., 1952

AT 2 P.M.

CEREMONIAL OPENING AT 1.50 P.M.

Coinciding with the

EDINBURGH INTERNATIONAL FESTIVAL OF MUSIC & DRAMA

PRICES OF ADMISSION:

GROUND and STAND (including Tax), 10/-, 7/6, 5/-, 2/6.

GROUND ONLY—

ADULTS (including Tax)	1/6
SCHOOL CHILDREN	1/-

Stand and Ground Tickets can be obtained from—

R. ANDERSON & SONS LTD., 2 Queensferry Street.

R. W. FORSYTH LTD., New Athletic Department,
St. Andrew Square.

MACKENZIE'S SPORTS SHOP, 29 Nicolson Street,

NEAL'S SPORTS SHOP, 10 Antigua Street.

THORNTON & CO. LTD., 78 Princes Street.

AMERICAN, CONTINENTAL AND BRITISH
STARS OF TRACK AND FIELD

SPECTACULAR MASSED PIPE & MILITARY BAND
DISPLAYS

ONE OF BRITAIN'S PREMIER MEETINGS

ENTRIES CLOSE FIRST POST, SATURDAY, 9th AUGUST,
with Mr. WM. CARMICHAEL, 38 Royal Park Terrace,
Edinburgh, 8. (Tel.: House, 75165; Office, CEN. 6217)

A.A.A. CHAMPIONSHIPS WHITE CITY, LONDON, 20th and 21st June.

DETAILS are published for record purposes—comment may be unnecessary. As Harold Abrahams might say it's monotonous announcing each year "The best-ever." Duncan Clark and Dr. Douglas found their regular positions 1st and 2nd but eager for better figures had several no-throws on their results card. Willie Jack did not seem at his best and did not qualify for the "100" final going down to Treloar and Lillington. He shone better in the "220." David Gracie ran to form but could not hold spirited Harry Whittle record-bound. In most events the victorious were stand-outs. For punch the Saturday show missed the presence of the 4 "P's"—the polished personalities, Pugh, Parlett, Pirrie and Paterson.

100 Yards.—E. McDonald Bailey (Poly.) holder, 1; A. W. Lillington (Durham Univ.), 2; B. Shenton (Poly.), 3. 9.6 secs. 3 yds. (Equals British all-comers' national & championship records)

220 Yards.—E. McDonald Bailey (Poly.) 1; B. Shenton (Poly.), 2; W. Jack (Victoria Park A.A.C.), 3. 21.4 secs., 4 yds.

440 Yards.—A. S. Wint (Poly H.), 1; L. C. Lewis (Walton A.C.), 2; T. L. Higgins (Herne Hill), 3. 48.1 secs.; 3 yds.

880 Yards.—R. G. Bannister (Achilles), 1; A. Webster (Sutton-in-Ashfield), 2; F. Evans (Manchester A.C.), 3. 1 min. 51.5 secs.; 8 yds.

One Mile.—G. W. Nankeville (Walton A.C.), 1; J. M. Landy (Australia), 2; D. C. Law (Achilles), 3. 4 mins. 9.8 secs. 6 yds.

Three Miles.—C. J. Chataway (Walton A.C.), 1; A. B. Parker (Barrow A.C.), 2; P. R. L. Morgan (So. London H.), 3. 13 mins. 59.6 secs. 4 yds.

Six Miles.—D. A. G. Pirie (South London H.), 1; F. Norris (Bolton Un. H.), 2; F. Sando (Aylesford Paper Mills), 3. 28 mins. 55.6 secs. (new British all-comers' national and English native record).

120 Yards Hurdles.—R. H. Weinberg (Australia), 14.4 secs., 1; P. S. Hildreth (Poly.), 14.4 secs. (Both equals British and English native records); 2; K. L. Doubleday (Australia), 3 inches.

440 Yds. Hurdles.—H. Whittle (Reading A.C.), holder, 1; A. W. Scott (Achilles), 2; D. K. Gracie (Glasgow

Univ. A.C.), 3. 53.3 secs. (British national and English native records). Inches.

Two Miles Steeplechase.—J. I. Disley (London A.C.), 1; C. W. Brasher (Achilles), 2; P. Segedin (Yugoslavia), 3; 9 mins. 44 secs. (championship record). 70 yds.

Two Mile Walk.—R. Hardy (Sheffield Un. H.), 13 mins. 27.8 secs. (championship record). 1; G. H. Gregory (Belgrave H.), 2; H. T. Whitlock (Metropolitan), 3. Won by 220 yards.

Seven-Mile Walk.—R. Hardy (Sheffield United H.), 1; L. Allen (Sheffield Un. H.), 2; W. Coleman (Highgate H.), 3. 50 mins. 5.6 secs.; 350 yds. (new championship record).

High Jump.—R. C. Pavitt (Poly H.), holder, 6 ft. 4 ins., 1; P. Wells (London A.C.), 6 ft. 2 ins., 2; N. B. Osagie (Nigeria), 6 ft. 2 ins., 3.

Long Jump.—S. O. Williams (Nigeria), holder, 24 ft. 4 ins., 1; A. R. Cruttenden (Brighton), 23 ft. 3½ ins., 2; T. Breder (Saarland), 23 ft. 4 ins., 3.

Hop, Step and Jump.—W. Burgard (Saarland), 47 ft. 10½ ins., 1; N. J. Coleman (Reading A.C.), 48 ft. 5 ins., 2; L. J. Polmear (Australia) and London A.A.C.), 45 ft. 5½ ins., 3.

Discus.—M. Pharoah (Manchester Univ.), 146 ft. 8 ins., 1; I. Reed (Australia), 141 ft. 6 ins., 2; A. Janson (So. London H.), 136 ft. 9 ins.

Javelin.—M. J. Denley (Thames Valley H.), 216 ft. 1 in. (English native record), 1; R. D. W. Miller (Reading A.C.), 206 ft. 1 in., 2; D. E. Tucker (Herne Hill H.), 197 ft. 9½ ins., 3.

Weight.—J. A. Savidge (R.N.A.C.), 54 ft. 1½ ins. (championship record), 1; J. A. Giles (Southgate H.), 48 ft. 8 ins., 2; W. M. T. Hooland (Achilles), 45 ft. 3½ ins., 3.

Pole Vault.—G. M. Elliott (Woodford Green), 13 ft., 1; T. D. Anderson (Achilles) and N. G. A. Gregor (Kent County Constabulary), tied, 12 ft. 6 ins.

Hammer.—D. McD. Clark (R.U.C.), 173 ft. 11½ ins., 1; E. C. K. Douglas (Atalanta), 170 ft. 8½ ins., 2; P. C. Allday (London), 169 ft. 8½ ins., 3.

Tug of War (100 Stones).—Royal Army Ordnance Corps (Feltham) beat Wimpey (London Airport) Sports Club, holders, two pulls to nil.

440 Yards Junior Relay.—Final.—Mitcham A.C., 1; Birchfield H., 2; Poly H., 3. 44.8 secs.; 3 yds.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

EDITORIAL OFFICES—69 ST. VINCENT STREET, GLASGOW, C.2

TEL.-CENTRAL 8443

JUNE, 1952.—Vol. 7, No. 3.

Annual Subscription, 7/- (U.S.A., 1\$).

THE FANTASTIC MARATHON

JIM PETERS RETAINS A.A.A. TITLE IN WORLD BEST

TIME OF 2 Hrs. 20 Mins. 42.2 Secs.

by A. BRUCE EWEN.

THE day was cloudy and rather cool with a stiff breeze which for most of the long journey would be assisting the runners. This, with the class of runners assembled and the Olympic selection incentive to further spur them on, made it look as if the time record for this run was going to be improved on. The previous best time on the course from Windsor to Chiswick Stadium was 2h. 29m. 28s. created by J. H. Peters, Essex Beagles in the race of 1951.

The preliminaries as is usual in this race rather inclined to be over formalised and long winded, and while accepting it with grace, surely a better method of checking the starters could be devised.

However to the race itself. The start is made in the grounds of Windsor Castle, where this year the Honorary Starter was the Duke of Edinburgh, whose interest in athletics has done no little part in popularising this Cinderella of sports. The streets of Windsor were thronged with spectators as the runners emerged from the Castle grounds and at last were able to get down to the serious business of endeavouring to get to Chiswick Stadium before any of their rivals.

At Ager's Plough, a well-known local landmark, about a mile from the start, the leader was Jim Peters wearing the coveted number 1 given by tradition to the winner of the event in the previous

year. At this stage he was already about 30 yards ahead of Cox, Southgate H., with Iden, Victoria Park H., a further 30 yards away. Some distance back lay a small bunch containing the Dutch champion Van de Zande as its only runner of note. Then a gap, and to my mind, the main group of challengers for the elusive Olympic ticket, this group included Tom Richards, second in the 1948 Olympic Marathon, and Charlie Robertson, Dundee Thistle H., who was determined this time not to lose his place in the team, by starting too fast which was his undoing in his only previous visit to Windsor. McMinnis, Sutton H. was another of the fancied men in the bunch. The rest of the huge field followed, and it was noticed that Farrell, Maryhill, Kidd, Garscube, McGhee, St. Modan's, and Gallacher, Vale of Leven, were all in handy positions.

Our next viewpoint was at the five mile mark which Peters passed in just over 26 mins. with Cox about ½ min. behind, and Iden a similar time third. Robertson was still leading the main group, but they had lost a considerable amount of ground at this point. The Dutchman with his small retinue still lay between Robertson and Iden. At this early stage it did look that this large group were tending to slow down their pace, thus allowing the leaders to open a large gap.

10 miles saw Peters go racing through in the fantastic time of 51m. 43s., a time which when telephoned to the experts at the Chiswick Stadium was so disbelieved that it took some consideration on their part, before they released it to the crowd gathered. Cox while still second was now about 2½ mins. behind; Iden still in third place was doing no more than holding his distance from Cox.

Robertson and McMinnis having settled down were now breaking the main group up and had all but caught the Dutchman with his little group. They were now some 5 mins. behind Peters.

15 miles was reached with no change in the leadership though the gap between Peters and Cox showed no further signs of increasing, they had, however, definitely dropped Iden, who was still managing to run strongly. Robertson, McMinnis and E. L. Smith, Leeds Harehills H., had now got clearly away from the secondary group. Their only hope, one had to confess event at this point, to get into the Olympic team, lay in one of the leaders cracking. At this stage they were 7 mins. behind Peters.

20 miles, Peters reached in 1h. 44m., a time that really had us gasping, considering that Peters was some 8 mins. slower than this when winning the Finchley "20" and in record time! Could he keep the pace up? Because if so, then we need not worry if Zatopek had decided to run in the Marathon. However, the excitement was not over, Cox had now reduced the time gap for the first time, it was now less than 2 mins., having been as much as 3 mins. Iden was having a rough time of it and his feet appeared to be giving him some considerable amount of trouble. He was still full of fight and quite capable of hanging on to his lead. Robertson had now decided to have a go at this third place and was after Iden with a vengeance. He at this point looked so good that I thought if only he could have seen Iden then this spur would have carried him forward to the coveted place. It was not to be, though he never gave up trying right to the end.

At 23 miles Cox had now cut the lead of Peters down to 1½ mins. Could he do what we had considered earlier to be impossible, catch Peters?

Peters had too much in hand for him and the race ended in this order, main positions:—

1. J. H. Peters, Essex Beagles—2 hrs. 20 mins. 42.2 secs.
2. S. Cox, Southgate Harriers—2 hrs. 2 mins. 42 secs.
3. C. Iden, Victoria Park Harriers—2 hrs. 26 mins. 53 secs.
4. C. Robertson, Dundee Thistle—2 hrs. 30 mins. 48 secs.
5. R. W. McMinnis, Sutton Harriers—2 hrs. 31 mins. 42 secs.

Now look again at the times and consider the shattering that the previous times had been given and by the first three home. Here undoubtedly is our Greatest Olympic Marathon trio. One can only commiserate with Robertson at not being able to join them. His time has only once been beaten before in this country and he could only finish fourth. His performance was a great consolation. It was the fastest ever returned by a Scot.

The 10th man A. Lawton (Leeds Harehills) finished in 2 hrs. 36 mins. 37 secs. but 2 secs. behind an Anglo-Scot J. Duffy (Hadhley H.) in 8th position. J. Duffy hails from Broxburn but claims no professional connections and holds to the name of his birth certificate!!

Alex. Kidd (Garscube H.) the joint Dumbartonshire road champion was 13th in 2 hrs. 38.39, a place behind the Dutch champion, and J. McGhee (St. Modan's) 16th in 2 hrs. 39 mins. 29 secs.

DUNOON SPORTS GALA

Promoted by MARYHILL HARRIERS
(Under S.A.A.A. Rules)

AT COWAL PARK, DUNOON,
ON MONDAY, 21st JULY, 1952.

OPEN HANDICAPS ROAD RACE WOMEN'S EVENTS SPECIAL INVITATION EVENTS

Entry Forms from usual Sports Shops, or
from Hon. Secy., T. K. WILSON, 101
Carlabar Road, Barrhead.

SCOTTISH SENIOR CHAMPIONSHIPS NEW MEADOWBANK, 6th/7th JUNE.

NATIVE RECORDS FOR BINNIE AND GRACIE.

THE 60th Annual S.A.A.A. Championships were held for the first time in the series at New Meadowbank, Edinburgh. The lay-out for the various events was excellent but a strong wind (facing the sprinters) was against record-making at both the Friday and Saturday sessions.

For the one final on the Friday evening, the 6 miles, only two were forward, the holder Jim. Ellis and club-mate 21-year-old Ian Binnie. Undismayed about a leg recently injured in training, which was well strapped; the bitter blast and the dismal entry, Binnie from the gun was out for a new record. At 5 miles with 24 mins. 59 secs. he had a new native record (prev. 25m. 12s.) but this went unnoticed to all present, and at 6 miles swamped J. F. Wood's other native record of 30 mins. 34 secs. with 30 mins. 4.2 secs.

Out for the championship but with no record ambitions D. K. Gracie with 54.7 secs. took the native (56.2 secs.) and the all-comers (F. Ault, U.S.A., 55.1s.) records as well as the 10 barriers in his stride in the 440 yards hurdles and was untroubled in making it a double when also winning the 440 yards flat.

Snatching victory with his last throw, holder D. M. McKenzie was 2 ft. less half an inch further than his 181 ft. 4 ins. native record though on account of the wind it was discounted for record purposes.

Willie Jack was on his own in the sprints. Despite being unwell (suspected food poisoning) and the onfacing wind he had a superb sprint double—an "evens" in the 100 final and recorded 22.2 secs. in the 220 semi-final.

Details:—

100 Yards—1, W. Jack (Vic. P. A.C.), 10s.; 2, J. McLachlan (Maryhill H.), 10.4s.; 3, W. Henderson (Watsonians A.C.), 10.5s. Other Finalists—W. H.

Crawford (Bellah. H.); A. S. Dunbar (Stranraer H.); A. Watt (Shettles. H.)

220 Yards—1, W. Jack, 22.5s.; 2, W. Henderson, 23.7; 3, W. S. Crawford. Other Finalists—D. P. Marshall (Shettleston H.); R. Quinn (V.P.A.A.C.), A. Watt.

440 Yards—1, D. K. Gracie (Glasgow Univ.), 50.5s.; 2, D. Macdonald (Garscube H.), 51.2s.; 3, W. G. McMillan (Heriot A.C.), 51.3s. Standards (52s.). R. M. Leslie (Tayside A.A.C.), and R. Mill (Victoria Park A.A.C.).

880 Yards—1, G. Sorbie (Hamilton H.), 2m. 0.3s.; 2, H. M. Dove (Hamilton H.), 2m. 0.6s.; 3, W. J. Spiers (Shettleston H.), 2m. 0.8s.

One Mile—1, K. Coutts (Edin. Univ. A.C.), 4m. 21.2s.; 2, D. F. Henson (Vict. P. A.A.C.), 4m. 23.6s.; 3, A. D. Breckenridge (Vict. P. A.A.C.), 4m. 23.7s. Standards (4m. 30s.).—R. C. Calderwood (V.P.A.A.C.), T. Lambert (Springburn H.) and T. Stevenson (Greenock W.H.).

Three Miles—1, A. Forbes (Vict. P. A.A.C.), 14m. 26.9s.; 2, E. Bannon (Shettleston H.), 14m. 29.3s.; 1. Binnie (Vict. P. A.A.C.), 15m. 9.1s.

Six Miles—1 Binnie (V.P.A.C.), 30m. 4.2s.; 2, A. J. Ellis (V.P.A.A.C.), 32m. 8.6s. (Scottish native record and Best Championship performance).

Two Miles Steeplechase—1, J. W. Brydie (Edin. Un. A.C.), 10m. 57.5s.; 2, R. S. Kane (Vict. P. A.A.C.), 10m. 58.2s.; 3, D. Cleland (St. Modan's A.C.) 11m. 5.6s.

120 Yards Hurdles—1, J. G. M. Hart (R.A.F. and Atalanta A.C.), 16.3s.; 2, J. P. McAslan (Edin. S.H.), 16.3s.; 3, C. A. R. Dennis (Edin. Un. A.C.), 17s.

440 Yards Hurdles—1, D. K. Gracie (Glu.A.C.), 2, W. H. Clephan (Watsonians A.C.), 3, D. A. Stewart (Ardeer A.C. and Heriot A.C.).—54.8s. (Scottish native and Scottish all-comers' record).

High Jump—1, W. Piper, 6 ft. 2 ins.; 2, K. Cunningham (Vict. P. A.A.C.), 5 ft. 10 ins.; 3, R. M. Weldon (Vict. Park A.A.C.), 5 ft. 9 ins. Standard 5 ft. 9 ins.—J. Payne (Vict. P. A.A.C.).

Long Jump—1, J. M. R. Fleming (1st Royal Scots F.), 20 ft. 11½ ins.; 2, H. Ferguson (G.U.A.C.), 20 ft. 8 ins.; 3, P. McArthur (Edin. S.H.), 20 ft. 5½ ins.

DONALD McMILLAN

Australian 24 year-old world-famed miler. He holds his country's National Records with 4 mins. 9 secs. for the 1 mile; 3 mins. 51.8 secs., 1,500 metres; and 1 min. 52.4 secs., 880 yards. Under the eye of the renowned and unique coach, Percy Cerutti, he has shown tremendous improvement this past Australian track season.



Hop, Step and Jump—1, R. M. Stephen (Shettleston H.), 44 ft. 11½ ins.; 2, S. F. Weir (Edin. C. P. A.C.), 44 ft. 5½ ins.; 3, T. M. M. McNab (Shettleston H.), 43 ft. 7½ ins. Standard 42 ft. 0 ins.—R. B. Robertson Lochwinnoch A.C.; R. R. Epton (Edin. H.); H. K. Lawson (Edin. Un. A.C.); A. S. Findlay (Atalanta A.C.); P. McArthur (Edin. S.H.).

Pole Vault—1, W. Piper (Glasgow P. A.A.), 12 ft. 0 ins.; 2, J. Urquhart (Jordanhill T.C.), 10 ft. 6 ins.; 3, J. C. Clement (Edin. H.), 10 ft. 6 ins. Best Championship performance. Standard 10 ft. 0 ins.—J. M. Gibson, P. McAndrew, I. C. Francis (all Jordanhill T.C.) and D. M. Hastie (Heriot A.C.).

Throwing the Discus—1, W. J. Leckie (Edin. Un. A.C.), 129 ft. 4½ ins.; 2, R. C. Buist ("Q" A.C.), 123 ft. 9½ ins.; 3, L. Velecky (G.U.A.C.), 121 ft. 8½ ins.

Putting the Weight—1, I. H. Drummond (Edin. H.), 44 ft. 6 ins.; 2, D. McD. Clark (R.U.C.), 41 ft. 10 ins.; 3, S. Olafssen (Edin. Un. A.C.), 41 ft. 9 ins.

Throwing the Hammer (Wire Handle)—1, D. McD. Clark (R.U.C.), 167 ft. ½ in.; 2, E. C. K. Douglas (Atalanta A.C.), 165 ft. 5½ ins.; 3, W. J. Leckie (Edin. Un. A.C.), 132 ft. 7½ ins. Standard 120 ft. 0 ins.—A. J. Simpson (Glas. Un. A.C.).

Throwing the Javelin—1, D. W. Mackenzie (Edin. Un. A.C.), 183 ft. 3½ ins.; 2, C. F. Riach (Jordanhill T.C.), 178 ft. 2 ins.; 3, I. H. Drummond (Edin. H.), 168 ft. 1 in.

Tug-of-War (100 Stones)—Glasgow Police A.A. (walkover). **Catchweights**—Glasgow Police A.A. (walkover).

Junior Relay (4 x 110 Yards)—1, Victoria Park A.A.C. (G. Turner, S. Moore, R. Grant, T. Hamilton), 46.5s; 2, George Heriot's School, 46.6s.; 3, Shettleston Harriers, 47.1s.

Junior Relay (440, 220, 220, 440)—1, Hamilton Harriers (D. Jeffrey, J. Rhind, R. McKenzie, A. Stewart), 2m. 36.9s.; Victoria Park A.A.C., 2m. 38s.; 3, Falkirk Victoria Harriers.

MARJORIE JACKSON



En route to the Olympics, 20 year-old MARJORIE JACKSON, member of the Australian team competes at Glasgow Police Sports. Miss Jackson holds the world record (10.7 secs.) for the 100 yards (She has actually run 10.5 with wind). With 10.8 secs. and 24.3 secs. she won the British Empire 100 and 220 yards championship.

A TRAINING GUIDE FOR COACHES AND ATHLETES

SUGGESTIONS FOR FORMULATING SCHEDULES

By H. A. L. CHAPMAN
(Chief Athletic Coach for Scotland).

[This is the fifth published part and concludes the "Training Guide." It has been continued in each issue since January.—Editor.]

Example—

High Jumping.

Out of Season: 2 days per week
Winter months beginning about Nov.

Cross-Country running—basketball—any other game during winter. General body building exercises and suppling exercises only.

Preliminary Season (6 weeks before Competition—4 days per week).

1st Day.

Warm Up.
Jog and walk 440y.
5 minutes exercises suppling and strengthening.
Jog 330y.
Shower.

2nd Day.

Warm Up.
Jog 220y.
Exercises.
Stride an easy 100y. on a white line learning to toe straight ahead—repeat 3 times.
Take 3 standing long jumps.
Jog 440y. and run over 2 low hurdles 3 times.
Shower.

3rd Day.

Warm Up.
Take 2 easy 150y. runs on white line.
Walk and jog 880y.

4th Day.

Warm Up.
Jog and walk 440y.
Stride 200y. easily.
Rest 5 mins. then run 180y. at good speed, then over 2 low hurdles 3 times.
Jog 440y.
Shower.

Early Season (3 weeks before Competition).
(4 days per week).

1st Day.

Warm Up.
Stride 150y. fast on white line.
Jump 10 times at easy height working on form. Stress proper take off spot; also arm and leg action on leaving the ground.
Jog 440y.
Shower.

2nd Day.

Warm Up.
Jog 440y.
3 or 4 25y sprint starts with sprinters.
Take 10 jumps at a height that requires about 75% of effort.
Stressing same fundamentals as on 1st Day run over 2 or 3 low hurdles twice.
Jog 440y.
Shower.

3rd Day.

Warm up.
Jog 440y.
Set bar 3 ins. below best height. Jump eight times.
Raise bar to best height and jump 5 times.
Concentrate on fundamentals.
Jog 440y. Occasional bounding.
Shower.

4th Day.

Warm up.
Bar 2 ins. below best height and work on the fundamentals, jumping 12 times.
Jog 440y.
Shower.

During 4th week the athlete concentrates on position of head and shoulders when on top of bar.

5th week, is spent on position of legs and arms on top of bar.

6th week, spent going over all the various main points of the jump.

Competitive Season (End of 6th week onwards) (4 days per week).

1st Day.

Warm up.
Jog 440y.
6 25y starts with Sprinters.
Bar 4 ins. below best, work on clearance fundamentals 10-12 jumps.
Jog 440y.
Shower.

2nd Day.

Warm up.
Jog 440y.
Stride 150y—white line.
Place bar at competition starting height.
Take 8-10 jumps raising bar to just above best height.
Jog 440y and run over 2 or 3 low hurdles.
Shower.

3rd Day.

Warm up.
Jog 440y.
25y dashes with Sprinters (3).
Bar 6 ins. below best—take 6 jumps—concentrate on form in which you show weaknesses.
Run over 3 or 4 low hurdles several times.
Jog 440y.
Shower.

4th Day.

If a competition on Saturday then this must be a light day.
Jog 440y.
Exercises.
Shower.

Competition.

Warm up (lighter than on training days).
Keep warm between jumps.
Keep off the feet and relax.

If signs of staleness set in add more variety to schedules or cut out some jumping.

* * *

Examples of Middle Distance Schedules for early, middle and late Seasons.

Early (3 or 4 weeks before the first Competition) (5 days per week).

1st Day.

Warm up—Jog 440y.
Run 100y on a line for forward foot action.
Repeat 3 times.
Run 250y at $\frac{3}{4}$ effort.
Rest 2 minutes.

Run 200y fast—rest 3 minutes—repeat.
Jog 440y.
Shower.

2nd Day.

Warm up.
Take 6 starts and run into the bend.
Take 6 starts with a gun and get away fast.
Spend 5 or 6 minutes with baton passing practice.
300y at $\frac{7}{8}$ ths effort loose striding.
Rest 3 minutes and repeat.
Jog 200y.
Shower.

3rd Day.

Warm up.
Run 330 yards at 9/10 effort and note times at 110 yards and 220 yards and finish.
Immediately walk 440 yards easily.
Rest 10 minutes.
Run 220 yards at 9/10 effort note times at 110 yards and 220 yards.
Jog 200 yards.
Shower.

4th Day.

Warm up.
Spend 5 minutes or 10 minutes on starting practice.
10 mins. baton passing practice.
Run 660 yards as follows:—
1.—110 yards at $\frac{7}{8}$ effort.
2.—110 yards at $\frac{3}{4}$ effort.
3.—110 yards at $\frac{3}{4}$ effort.
4.—110 yards at $\frac{3}{4}$ effort.
5.—110 yards at $\frac{7}{8}$ effort.
6.—110 yards at $\frac{3}{4}$ effort.
the purpose being to develop ability to reduce and regain speed.

Jog 200 yards.
Shower.

5th Day.

Prepare for time trial at your distance, in company with others. Rest 15 minutes after it.

Take 4 trials at starting and going flat out into the 1st bend with 7 or 8 others all trying to get to the corner first—this will involve a lot of jostling and pushing—to which one must get used.
Shower.

There are several ways of running a time trial.

- (a) Run full effort the complete distance. $\frac{1}{4}$ -1 mile—2 or 3 miles.
- (b) Run less than distance at over speed. 330 yards, 660 yards, $\frac{1}{2}$ mile, 1 $\frac{1}{2}$ miles, 2 $\frac{1}{2}$ miles.
- (c) Run more than distance at under speed. 660-1, 100 yards, 1 $\frac{1}{2}$ miles, 2 $\frac{1}{2}$ miles, 3 $\frac{1}{2}$ miles.
- (d) Run 50% of distance at full effort. 220 yards, 440 yards, $\frac{1}{2}$ mile, 1 mile, 1 $\frac{1}{2}$ miles.

Rest 20 to 35 minutes dependent on distance and repeat.

MID SEASON TRAINING

(commencing with 1st competition until about half way through the complete athletic season. Four days per week).

1st Day.

Warm up.

Starting practice and have start line about 50 yards from curve and with about 6 trial runs at 9/10 effort for about 100 yards with brief rest in between.

Take a start with gun and run 100 yards round the bend at about 9/10 effort then gradually reduce pace to normal for the distance and continue to the 220 yards mark—walk and jog another 220 yards—repeat.

Jog 220 yards.

Shower.

2nd Day.

Warm up.

Devote this day to Pace Judgment training as illustrated previously with whistle and watch.

Shower.

3rd Day.

Warm up.

Baton passing practice 10 minutes.

Stride 50% of racing distance at 9/10 effort, then continue running for 1/3 distance at normal distance pace.

Jog 300 yards.

Shower.

4th Day.

Jog 440 yards.

3-5 minutes on loosening exercises.

Games for 15 minutes, e.g.—

Leap Frog Relay.

Jump-stick Relay.

Medicine Ball games or

Football games.

Brush up on Baton exchange drill.

LATE SEASON

(From now to end of the Competitive Season. 3 days per week).

1st Day.

Warm up.

Jog 300 yards; Run 100 yards; Sprint 25 yards; 6 speed bursts of 25-30 yards with easy walk and jog between.

Shower.

2nd Day.

1. Warm up.

2. Set Start and run 50% of the racing distance at 9/10 effort.

3. Walk or jog easily for 2 or 3 minutes then

4. Rest 15 or 20 minutes.

5. Run 25% racing distance at 9/10 effort.

(note the effect of the physiologic adjustments occasioned by item 2).

(An alternative for 2 and 5 here would be to run complete distance, first 50% at easy pace; 2nd 50% at 9/10 effort).

Jog 220 yards.

Shower.

3rd Day.

1. Warm up.

2. Concentrate on speed work. Compatible to your racing distance.

3. General games as a squad.

Jog 440 yards.

Shower.

GENERAL.

1. At the end of each week always hold a post mortem of the Schedule—find out if it requires changing—

(a) Is there enough speed work?

(b) Is there enough stamina work?

(c) Is there enough coasting practice?

(d) Is the athlete good enough at starting, etc., etc.?

2. The warm up must always precede every training session and the athlete must be well clad.

3. The warm up before a competition is not as heavy as that before training.

4. Every now and then give the boys short talks on technique, training, etc.—films if you have them.

5. Always train whatever the weather.

6. The 2 and 3 milers would, of course, increase the distances shown in the schedules here, or make repetitions more numerous.

7. Have a fixed horizontal bar somewhere in the training ground for daily use during the warm up.

8. An alternative for the middle and long distance runner for a training session now and again is to warm up and then run for a time (say 10-15, 20-25 minutes) using what the Finns call "Fartlek" or speed play—alternate fast and slow running—(220 slow; jog 220; fast, etc. or 220 slow; 440 fast; 220 slow, etc., etc.). There are many variations of this walk.

9. If you have a cinder track for training don't use it continuously but sometimes use the grass. Keep muscles soft.

10. It is a good plan always to carry a baton in training—get used to it.

11. When a cold is apparent it is often advisable to rest.

—If you have or can obtain a weighing machine it can be of the greatest help and all athletes should keep a record of their weight as illustrated in another article of mine in the "Scots Athlete" called "The Training Board"—a means by which I have found it easy to get and keep people interested in all the activities of a club—Training, etc.

Perhaps these general remarks concerning training will be of some small assistance to all concerned, and help athletes to decide on a training programme.

Finally, however, I must emphasise that what has been said in this article is only intended to "guide" the athlete and should not be followed without considerable thought.

"ARTHUR NEWTON" TROPHY APPEAL.

[Since the idea of an "Arthur Newton" Trophy will appeal to many of our readers, it is with the greatest of pleasure we publish the following letter received.]

Arthur Newton in his day was an amazing athlete; undoubtedly one of the greatest of all time. He is a gentleman in the most noble spirit of the word. Living in retirement in Middlesex he continues to actively assist whilst finding sparkling joy and pride from the athletic endeavours of a younger generation.

J. R. Scott, Esq., Hon. Secy. of the Scottish Marathon Club, has consented to act locally on behalf of the appeal and will be pleased to forward donations received.—Editor.]

We believe your readers will be interested in the following scheme for which we ask support. It is proposed to raise by donations from the distance running fraternity in general, and friends and admirers of Arthur Newton in particular, a fund wherewith to purchase a Perpetual Trophy to be awarded each year to the winner of the London-Brighton 52 mile race which was inaugurated last year and is now to be an annual event.

In contributing to this Trophy, which will be known as the "Arthur Newton" Trophy, one will be paying tribute to a great athlete and sportsman who has

been a continual source of inspiration and encouragement to long distance runners all over the world. At the same time the donation will serve the very practical purpose of providing a suitable award for the winner of a race which calls for courage and fitness of the highest order and which we are certain will soon establish itself as a classic in the calendar of long distance runners. It will be recollected that the name of Arthur Newton is inseparably linked with the famous Brighton road.

It is suggested that a basic donation of 2/6 will enable us to raise the amount required, though, of course, one is free to donate a larger sum if so desired. It is hoped the Trophy will be available in time for the London-Brighton race to be run September 27th, 1952. Donations should be sent to J. C. Jewell, 9 Amherst Road, Ealing, W.13., and cheques and postal orders made payable to "Arthur Newton Trophy Fund."

JOE BINKS.

SAM FERRIS.

JACK HOLDEN.

ERNEST NEVILLE.

TOM RICHARDS.

BEST SCOTTISH PERFORMANCES

This list compiled jointly by Robert Sinclair, Jr., Currie, Midlothian, and the Editor, includes performances to 16th June. Any possible omission should be brought to our notice, giving full details.

(* established outwith Scotland;

e.—estimated; w.—wind assisted).

100 Yards—

W. Jack, Victoria Park A.A.C., 9.8s.
W. Hall, Jordanhill T.C. (w) 10s.
J. McLaughlan, Maryhill H. (e) 10s.
J. J. Donnelly, Glasgow Un. A.C., 10.1s.
W. J. Crawford, Bella. H., (w) 10.1s.
W. Henderson, Watsonians A.C., 10.2s.

100 Metres—

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

120 Yards—

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

200 Metres (round bend)—

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

220 Yards (round bend)—

W. Jack, Victoria Park A.A.C., 22.2s.
W. J. Crawford, Bellahouston H., 22.6s.

220 Yards (straight)—

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

440 Yards—

D. K. Gracie, G.U.A.C., 49.4s.
(400 metres time plus 0.3s.)
D. K. Gracie, G.U.A.C., 50.5s.
D. McDonald, Garscube H. 51.2s.
J. M. Cameron, G.U.A.C., 51.3s.
W. G. McMillan, Heriots A.C., 51.3s.
W. H. J. Campbell, St. And. Un. 51.5s.
Note.—D. K. Gracie returned 48.7s. at Fir Park, track measurement doubtful.

880 Yards—

H. M. Dove, Maryhill H., 1m. 57.4s.
H. A. Cumming, Ed. Un. A.C. 1m. 59.3s.
H. Hatrick, G.U.A.C., 1m. 59.4s.
F. W. Sime, Victoria P. A.A.C. 2m. 0.3s.
G. Sorbie, Hamilton Harriers, 2m. 0.3s.

Noteworthy—R. Stoddart, Bellahouston 1m. 52.2s., off 34 yds.

1 Mile—

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

2 Miles—

E. Bannon, Shettleston H., 9m. 23.5s.
R. C. Calderwood, V.P.A.A.C., 9m. 26s.
A. Forbes, Vict. P. A.A.C., 9m. 28.9s.
A. T. Ferguson, H.H., 9m. 31.6s.

3 Miles—

A. Forbes, Vict. P. A.A.C., 14m. 26.9s.
A. T. Ferguson, H.H., * 14m. 27.6s.
E. Bannon, Shettleston H., 14m. 29.3s.
I. Binnie, Vict. P. A.A.C., 14m. 50s.
W. A. Robertson, Edin. S.H., 15m. 4.4s.
J. W. Brydie, Edin. Un. A.C., 15m. 5.5s.

6 Miles—

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

120 Yards Hurdles—

J. P. McAslan, Edin. S.H., (w) 15.3s.
J. G. M. Hart, Watsonians A.C., 15.5s.
J. P. McAslan, Edin. S.H., 16.0s.
R. D. Unkles, G.U.A.C., 16.0s.
C. A. R. Dennis, Edin. Un. A.C., 16.0s.
G. Mackie, Jordanhill T.C., 16.0s.

440 Yards Hurdles—

D. K. Gracie, G.U.A.C., 54.7s.
D. H. McKenzie, Edin. Un. A.C., 57.5s.
W. H. Clephan, Watsonians A.C., 58.6s.
D. A. Stewart, H.A.C., 58.6s.

400 Metres Hurdles—

D. K. Gracie, G.U.A.C., * 53.6s.

High Jump—

W. M. Piper, Glas. P. A.A., 6 ft. 2 ins.
R. M. Weldon, V.P.A.A.C., 6 ft. 0 ins.
K. S. Cunningham, V.P.A.C., 6 ft. 0 ins.
M. Jenkins, Gordonstoun, 5 ft. 11 ins.
A. G. Ramsay, G.U.A.C., 5 ft. 10½ ins.

Women's Best Performances will be published next month.

Long Jump—

P. McArthur, Edin. S.H., (downhill)
22 ft. 9 ins.
W. N. Laing, St. And. Un., 22 ft. 3 ins.
H. C. Ferguson, G.U.A.C., 22 ft. 0½ ins.
J. M. R. Fleming, S. Fusiliers 21 ft. 9½ ins.
J. P. McAslan, Edin. S.H., 21 ft. 8 ins.
G. Storey, St. And. Un., 21 ft. 7½ ins.
J. L. Hunter, Edin. Un. A.C., 21 ft. 7½ ins.

Hop, Step and Jump—

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

Pole Vault—

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

Putting the Weight—

J. Drummond, Heriots A.C., 44 ft. 6 ins.
S. Olafsen, Edin. Un. A.C., 43 ft. 0½ ins.

D. McD. Clark, R.U.C., 41 ft. 10 ins.
K. Maksimczyk, Edin. E.H., 41 ft. 7½ ins.
H. K. McLachlan, G.U.A.C., 40 ft. 0½ ins.

Throwing the Discus—

W. H. J. Leckie, Edin. Un., 137 ft. 0½ ins.
K. Maksimczyk, Edin. E.H. 129 ft. 5½ ins.
L. Velecky, G.U.A.C., 128 ft. 2½ ins.
R. C. Buist, "Q" A.C., 123 ft. 9½ ins.

Throwing the Javelin—

D. W. R. McKenzie, (w) 183 ft. 3½ ins.
C. F. Riach, J.T.C., 180 ft. 1½ ins.
G. M. Fisher, L.U.A.C. * 168 ft. 7 ins.
I. H. Drummond, Edin. H., 170 ft. 4 ins.
G. A. Bell, H.A.C., 164 ft. 4½ ins.

Throwing the Hammer—

E. C. K. Douglas, Atalanta * 179 ft. 1½ in.
D. McD. Clark, R.U.C., * 171 ft. 10 ins.
A. R. Valentine, 168 ft. 7 ins.
W. H. J. Leckie, Edin. Un. 150 ft. 1½ ins.
W. McNeish, V.P.A.A.C., 135 ft. 5½ ins.

WEST CALDER AMATEUR ATHLETIC SPORTS ASSOCIATION

SPORTS MEETING

(UNDER S.A.A.A. & S.W.A.A.A. LAWS)

AT BURNGRANGE PARK, WEST CALDER,
ON SATURDAY, 26th JULY, 1952,
at 2.40 p.m. prompt,

OPEN EVENTS:

15 Miles Road Race, Individual and Team (Edinburgh to West Calder),
100, 220, 880 Yards, One Mile, Two Miles, High Jump, Discus, Javelin,
Putting 16-lb. Ball, Throwing 56-lb. Weight over the Bar, Tossing the
Caber, Invitation One Mile Relay Race, Youths' 100 Yards, Junior 880
Yards, Invitation Junior Relay Race.

LADIES' EVENTS:

100 Yards, 220 Yards, Invitation Relay Race.

ENTRIES CLOSE, 16th JULY, 1952.

ENTRY FORMS can be had at the following Sports Emporiums:—
GLASGOW—Messrs. LUMLEY'S and RUSSELL MORELAND'S;
EDINBURGH—Messrs. MacKENZIE'S and THORNTONS; or from
the Hon. Secy., DAVID WILSON, Maybank Cottage, West Calder.