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WEEKLY ATHLETIC NOTES BY

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MARCH, 1957

Vol. 6 No. 12

THE SCOTS ATHLETE

PRICE

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Photo by H. W. Neale.

THE TEAM THAT MADE HISTORY—Victoria Park A.A.C. at Birmingham after becoming the first club outwith England to win the English C.C. C'hip.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

A TRAINING GUIDE FOR COACHES AND
ATHLETES by H. A. L. CHAPMAN.

CHARLIE ROBERTSON.

RACE DETAILS.

OUR POST.



Photos by G. S. Barber.

AND IT'S A GOOD FINISH as I. LYLE (Cambuslang H.) wins from D. Dunn (Edin. R. & S. A.C.) and R. Campbell (Vale of Leven).

THE SCOTS ATHLETE COMPLETES IT'S SIXTH YEAR.

WITH this issue "The Scots Athlete" completes its 6th year, the first number having appeared in April, 1946.

It seems an appropriate time to thank all concerned in making it popular and guaranteeing the continuation of this essential mouth-piece and record.

The amazing loyalty of subscribers continued throughout has been very heartening and through which we have made many close friends at home and overseas. In renewing many include some encouraging words and occasionally donations. Our deep appreciation to all this, we have felt to date through time pressure, has never been adequately acknowledged.

To others also—our club readers, officials club and national, sports promoters and advertisers, and, last but not least by any means our grand, friendly and understanding team of contributors, we take this little space to say thank-you, but it is a very big "THANK YOU" indeed.

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



ALAIN MIMOUN, France's versatile distance star spread-eagled a field containing Europe's best cross-country runners in the annual International event at Hamilton Racecourse.

Unlike his narrow victory in 1949, and narrow defeat in 1950 the sphinx-like machine from Morocco went clean away at 2 miles and the further he went the better he looked. Cross-country is exceptionally tough and over the later stages of a race most runners are merely hanging on, fortunate if they are able to maintain their place. But Mimoun appeared as if he had reserves of acceleration on hand if need be; no struggling and in full command all the time.

After the Frenchman's impressive display, I found myself thinking what a runner must Zatopek be, bearing in mind the latter's even more impressive exhibition in the Olympic 10,000 metres of 1948.

Counting Six in First Ten.

France's counting 6, all coloured, finished in the first ten, a wonderful

display of team packing giving the low pointage of 35 to England's 64 points.

Belgium's Best.

That great Belgian runner Van de Wattyne was the only runner to show up prominently for his country; the boyish veteran after a great duel with Driss pulled away in the later stages.

The Belgian champion has been somewhat unfortunate in being twice beaten by great runners. Only Pujazon finished ahead of him, the last time the race was held in Scotland, now only Mimoun duplicates his compatriot's feat.

That other great Belgian runner, Chapelle, had a somewhat similar experience. In 1938 after dictating the pace for the greater part of the race he just failed to hold the fast finishing Emery.

Then again at Paris in 1947 in the deep autumn of his career he ran Pujazon at the height of his fame, to a mere 100 yards after an epic race. No runner ever

ran a more heroic race than did the veteran Chapelle on that occasion. In fact, this particular race was a real veteran's triumph with our own Jim Flockhart inspired perhaps by his friend also finishing an amazing 7th.

England Lose with Honour.

England lost their title because they met a more brilliant pack, but they went down fighting, with the colours flying, and they too packed solidly though not as brilliantly as their rivals.

Walter Hesketh did not strike me as being too happy but he fought a courageous uphill battle all the way and did England proud.

Young Sando and Norris in respectively 9th and 12th places were immense in their International debut, while last year's International title-holder, Saunders, showed his dependability on the big occasion. I was thrilled, too, by the courage and pertinacity of Frank Aaron by no means at his peak, who once again played a real captain's part and fought to the bitter end. Marathon ace, Jim Peters' 15th place completed a workman-like English "six."

Still I can't help feeling that Jim's brilliant record-breaking effort in the Ilford relay the week previous had deprived him of much of his sparkle. I feel convinced that some virtue had gone out of him and instead of gaining over the later stages he was hard put to maintain his position.

Scots Did Well.

Our boys ran comparatively well to gain 4th place with 151 points, our best since Cardiff in 1939, when we were also 4th with 120 points only 5 behind Belgium.

Eddie Bannon's 14th may appear a trifle disappointing but in such class it still represents sound running. For although his winning time in the Scottish was almost a minute faster in the bigger race there was a fresh troublesome breeze not conducive to fast times.

Tracey, Forbes, Reid and Nelson, were packed together within the space of some 50 yards. The latter's performance as a junior in his first International was very sound indeed, whilst our 6th counter, marathon contender Charlie Robertson ran a very stuffy, gallant race.

Our non-counters need not be unduly worried by their non-success. For in cross-country to have a bad day is to have a real bad day. Form can be very topsy-turvy indeed.

Tracey and Bannon who both made inauspicious debuts in the International arena did not let it worry them unduly and subsequently showed that this form was wrong by running prominently in Scottish colours.

Reference has been made in past issues to the ups and downs of cross-country form; and examples still keep on recurring. Look at John Doms of Belgium, winner at Reading in 1948, now only 41st; and what of Ireland's new star Charlie Owens, 7th in the recent English race, just behind Bannon, but at Hamilton struggling behind Charlie Robertson in 35th place.

Hamilton Held First International.

So passes another International. Hamilton Racecourse is historic in that it housed the first International in 1903.

Popular Figure.

Noteworthy too was the fact that popular George Dallas, so well known as versatile runner and official, should be this year's International cross-country President. For 30 years Secretary of the N.C.C.U., he was an appropriate and natural choice for the esteemed position of Board President—the first National Secretary to be so honoured.

On the Threshold of the Olympics.

Hardly has the curtain fallen on the cross-country season than it begins to rise again for the track and field even earlier this year than usual and eyes are already turned towards the Olympic Games and Helsinki. Athletics are very often likened to life in miniature. But these Games are capable of playing more than a minor role. When the titles have been lost and won, when the Olympic torch has been quenched and the Olympic flag gently lowered I trust that the friendly mingling of the world's athlete's may provide a truer mirror of the real relationship of the human family than the distorted one sponsored so speciously those days.

Olympic Ideal must be remembered.

De Coubertin conceived a definite ideal and formulated a specific policy—that of peace and brotherhood and understanding



Photo by H. W. Neale.

WALTER HESKETH (Manchester A. & C.C.) (eventual winner) leading from D. A. G. (Gordon) PIRIE (South London H.) in the English C.C. Championship at Birmingham. Last year Gordon beat Walter in the British 6 miles track championship in the new native record time of 29 mins. 32 secs. Subsequently in the Great Britain v. France match, Walter reversed the position, passing the 5 miles stage in native record time of 24 mins. 28 secs. and winning at 6 miles in the new all-comers' record time of 29 mins. 13.8 secs.

among the nations through the meeting of the world's finest athletes.

Such nobility and vision deserve more than lip service. Athletes must realise this for though not professional diplomats they are the true ambassadors of their countries.

The Games Ancient and Modern have much in common; they have their differences too.

The Ancient Greek states suspended their wars and disputes for the duration of the Games. We of Modern times are more civilised. We stop the Games as we proceed with war. Pierre de Coubertin may have been foolish to hope otherwise. Nevertheless I support his questing idealism for I believe in that kind of foolishness.

A TRAINING GUIDE FOR COACHES AND ATHLETES

SUGGESTIONS FOR FORMULATING SCHEDULES

By H. A. L. CHAPMAN

(Chief Athletic Coach for Scotland).

[This continues from last month and starts under the sub-heading "The Main Part of Training Schedules (early season)—Editor.]

High Jump: Warm up, etc. with extra bounding exercises. Work on the following:—

1. Train with hurdles, for quick leg lift.
2. Fix check marks and run up angle and practise hitting take-off spot to the inch (10 times).
3. Five jumps at four inches below your best. Aim to eradicate some specific fault at each jump.
4. Bar at two inches below best height. Jump to tie up previous work. (2 attempts.)
5. Set bar at height equal to your best and take four jumps. Make conscious effort to use leg and arm swing to help.

This type of work with occasional variation is all that can be done if a coach is not present. Practise the position you aim to attain over the bar, lying on the ground, and plenty of high kicking, etc.

Broad Jump: Train with sprinters after warm up, etc., and then practise run through to adjust check marks. Checks are the greatest need in early season and much time must be spent in learning uniform run up. Do not always jump from board, but bring white cloth or canvas of the same width and use in place of board. This saves early season bruising of heel. Work on technique rather than distance, practising walking through air and leg extension forward in landing. Only try for distance once a week.

Work also on the following:—

1. Three runs to adjust check marks.
2. Work constantly on technique of "take-off."
3. Practise standing long jumps. Emphasise arm swing and leg drive.
4. Work with high jumpers.

5. Slow trials. Jumping into pit with legs stretched forward and landing sitting.

6. Place target in pit beyond your best performance and aim to reach it with feet. Don't look down at pit until last moment.

Speed is most important fundamental in broad jump and must be maintained even at the expense of other factors.

Pole Vault: Train with sprinters after warm up, etc., and do extra strengthening exercises for arms and shoulders.

Much work on check marks is necessary. Checks should be at first 3 strides, next 6 strides and 6, 8 or 10 strides from take-off. Starting with take-off foot, each check should be struck with take-off foot. Individual coaching is necessary and not a lot can be accomplished without it.

1. Practise running with pole. Ten 30 yard bursts working up slowly to top speed.
2. Practise underhand pole plant with knee lift standing one pace from take-off spot and stepping forward.
3. Practise vaults slowly without bar. Emphasise swing and pull-up.
4. Place bar well above best previous height and aim to push it off with feet.

Shot Putt: Warm up, etc., and practise sprint starts occasionally.

Practise standing putts; concentrating on getting drive from legs and body. Only add glide when reasonable standing putt has been accomplished. Always work in pairs if possible, checking each other's faults if no coach is around.

Always practise from circle and always with stop board. Bad faults are developed otherwise, and if an athlete is unaccustomed to circle he will never perform efficiently when competing.

Work also on the following:—

1. Standing putts using only legs and body and not arm. Emphasise drive from legs (10 times).
2. Practise standing throws for technique and not for distance (15 throws).
3. Practise shift across circle making sure feet and body land in correct position as in standing throw (10 times).
4. Sprint starts to develop explosive drive needed in legs.

Discus Throw: Sprinting and sprint starts after warm up, etc.

Practise standing throws emphasising leg drive and practise smooth turns with and without discus. Always work in circle for the same reasons as stated for shot putters. Turn rhythm is same as in waltz. Practise throwing discus almost vertically to get leg drive.

Always practise from circle.

1. Practise standing throws emphasising leg drive. Don't worry about distance (10 times).
2. Throw vertically for height only. This makes the necessary use of legs clear (10 times).
3. Practise turns slowly making sure feet and body finish in good position for final delivery (20 times). Always make arm trail behind body when turning.
4. Practise rolling discus along ground.
5. Always concentrate on getting right hip into movements.

Javelin Throw: There is a tendency among javelin throwers to throw and throw without concentrating on technique, and only for distance. This must be avoided in early season.

1. Practise standing throws for technique, only throwing a short distance (10 times only).
2. Sprint 30 yards with javelin in carry position (10 times).
3. Walking five paces, practise Finnish cross-over step. Later add delivery slowly and later still speed up.
4. Gradually extend run to seven or nine paces with cross-over step and later add full run up.

5. Walking and throwing javelin into ground 5 yards ahead (get good whip of body and arm).
6. Don't forget to punch javelin into the air at release.

Work very slowly at correct technique at this part of season. Speed will come later.

Hammer Throw.

1. Practise swings constantly, working slowly at first.
2. Practise foot work without hammer.
3. Practise standing throws over shoulder. Only slowly at first.
4. Practise one turn and throw.
5. Practise turns without releasing hammer at end of third throw. Work in circle and see if you can remain inside it.

NOTE.

Remember that these schedules for each event are only a guide to the main part of training and that the warm-up, strengthening, loosening and form building comes first in all cases and the finishing part last. No great progress will ever be made without following some scheme.

* * *

LONG DISTANCE RUNNING.

Physiological Considerations Muscular:

1. Muscles can be stretched and contracted, force of movement being generated to the limbs by contraction.
2. The result of exercise of muscles is the production of fatigue products due to:
 - (a) Resistance of muscle fibres, increasing as shortening and stretching become greater and faster.
 - (b) Lack of a sufficient supply of blood charged with neutralizing oxygen.
3. As exercise proceeds, the accumulation of fatigue products causes:
 - (a) Diminution of muscular contractile power—lactic acid (half as strong as sulphuric acid) being a prominent factor.
 - (b) Loss of efficiency in the nerve cells and fibres associated with the muscles

4. Under normal conditions:

- (a) Muscles have the capacity of storing energy (glycogen and phosphagen) for use in emergency. Thus, for a short time, the body can function on this "accumulator" energy without increase of oxygen supply.
- (b) Additional body-energy is also stored in the liver.

RESPIRATORY.

1. Oxygen, necessary to the function of the human machine, is inhaled while carbon dioxide, a waste product, is breathed out.
2. Exercise Demands:
Increased oxygen supply to counter-balance increased carbon dioxide pressure, and thus, increased rate of blood supply, the heart beat responding to a stimulus from the "accelerator" nerve.

PHYSIOLOGICAL ACTION DETERMINES.

1. Duration of maximum effort: approximately 80 yards.
2. The existence of a "steady state," when removal of waste products exactly balances their production, i.e., an estimated speed of 3.2 metres per second (approximately 7 m.p.h. or 1 mile in 8½ minutes).
3. Thus, speed-plan of a long distance race is based on:
(a) The running of the greater portion of the race at an even pace at as near to a "steady state" as possible.
(b) Use of the "accumulator" energy in the initial and final stages.
(c) The habit of being accustomed to continue running despite the fatiguing effects of high concentrations of waste products.
4. Economy of effort in respect of running form.

BODY ACTION IN LONG DISTANCE RUNNING.

1. **Foot Action:** Source of driving power.

Comparison of two styles:

- (a) Landing on the ball of the foot, heel lightly touches the ground, immediate forward roll on to the ball of the foot, roll on to the toes as the final movement before contact with the ground is broken.

- (b) Landing on the heel, rocking on to the ball of the foot, and, immediately on to the toes (Finnish Style).

2. **Length of Stride:** dependent on individual flexibility of hips, ankles and shoulders. Note the use of hip flexibility in the increase of optimum stride length.

3. **Arm Action:** complimentary to the cadence of leg motion. Function of the arms is solely that of balance.

4. **Trunk:** a normal erect position.

5. **Head:** acts as a rudder. In natural alignment with the shoulders, or, shoulder and arm movements or consequently, breathing, may be affected.

STEEPLE-CHASING.

Steeple-chasing: Training for the Steeple-chase is the same as that for the 2 and 3 miles with the addition that he must learn to hurdle correctly. This is essential since there are so many clearances to be made in the course of a race—much energy can be conserved if the hurdles are taken economically. If a water jump is available then this must be practised also—if not, then at least a solid rail must be fixed up somewhere where the athlete can practise the correct way to negotiate it. Watch carefully the feet of the steeple-chaser, particularly with regard to the lateral arch which comes under heavy strain with the water jump.

GENERAL POINTS.

Rhythm: Teaching Rhythm to distance runners is probably one of the most neglected phases of coaching—I consider it as a fundamental and as such should occupy a unique place in any training programme.

Sometimes a runner will think of a song that will fit in with his particular breathing rhythm and this is also a good way of achieving it. Much time should be spent in the off season in perfecting this—walking and hiking are two excellent forms of off season activities in which rhythm may be practised. Deep inhalations and holding the breath for ten strides may also help in conditioning the inter costal muscles.

Monotony: The greatest enemy of the athlete in training is monotony—the first signs of fatigue are mental and brought about by everlasting repetition of the same thing. Therefore, always remember to have plenty of variety in all Schedules. When a training run over the country is part of the programme, always go in groups and stop now and again to do a few exercises—vary the pace so that the run is interspersed with fast bursts, or take a ball with the group so that now and again they can stop and play some ball game for a few minutes—anything for variety—make training sessions as much fun and as interesting as possible. If the group is large enough, stop for minor team competition now and then—e.g., leap frog, etc.

A training run should never be so exacting that the individual comes back exhausted.

Avoid running on the Road whenever possible as this hard stuff only builds hard muscles—which is the reverse of what is wanted—(Gunder Haegg (Sweden), the world's greatest miler observed this rule to such an extent that the only time he went near a cinder track was to run a time trial or competition).

(To be continued).

FIELD EVENTS Coach wanted for Glasgow athletic club. State age, experience, if available Tuesday, Thursday evenings, Saturday afternoons from now.—Box F.E.1.

DONALD McNAB ROBERTSON MEMORIAL TROPHY FUND.

Dear Editor,

You were kind enough to publish in your November, 1951 issue, the list of subscribers to the above fund and I now enclose a further list which brings the total received from all sources to £227 9s. 4d.

Knowing the very wide circulation of your estimable Magazine, I wonder if I could once again prevail on your goodness to publish this additional list.

The Scottish Marathon Club is very pleased with this total and I should like to take this opportunity to thank, through your columns all those who assisted the Club in any way in raising this sum.

Yours sincerely,

JIM SCOTT,

Hon. Secretary,
Scottish Marathon Club.

Already acknowledged	...	£184	2	1
Finchley Harriers	...	1	1	0
Motherwell Y.M.C.A. H.	...	0	8	6
F. Graham	...	1	0	0
Olympic Harriers	...	0	13	6
Auchmountain Harriers	...	0	17	6
Manchester Athletic and Cycling Clob	...	2	2	0
J. Howieson	...	0	5	0
Shettleston Harriers	...	5	0	0
G. Porteous	...	2	0	0
E. Riley	...	1	1	0
E. Farrell	...	1	0	0
Springburn Harriers	...	5	7	6
Thames Valley Harriers	...	1	13	0
Edinburgh Southern H.	...	1	1	0
Bob Lindsay	...	0	7	6
St. Modan's A.A.C.	...	0	10	0
Kilbarchan A.A.C.	...	1	0	0
J. F. Walker	...	0	10	0
Bellahouston Harriers	...	3	3	0
D. McL. Wright	...	5	0	0
Garscube Harriers	...	1	6	0
Glasgow Y.M.C.A. A.C.	...	3	10	9
Sam Ferris	...	0	10	0
Scottish Marathon Club	...	4	0	0

£227 9 4

CHARLIE ROBERTSON (Dundee Thistle Harriers)

By G. S. BARBER.

HERE is an athlete who has studied all angles of the running game and found health and joy in it. He has made running his hobby and like any hobby it has taken up all his spare time, if he has any, being a Teacher of Art in Dundee, father of four bonnie children—two boys and two girls—and a keen enough gardener to keep his family in fruit and vegetables. Charlie who is 32 years of age was pre-war a 100 per cent. cyclist and did long-distance touring and time trials from 10 to 50 miles.

In May, 1939, he was in the Territorials and on outbreak of war was introduced to running via the Army P.T. and curiously enough he liked it so much that by the winter of 1945-46 he finished up by being the captain of the B.A.O.R. team and the Army team in the Inter-Services championships—by the way with the rank of Major in the Black Watch.

When he was demobbed he joined the Dundee Thistle and has since been a stalwart for the Club. He was soon bitten by the long-distance bug and since he has had 29 firsts over all the various road races that are now so popular in Scotland. These include 4 Perth-Dundee and 5 Brechin races. He has won two full distance marathons in Scotland, the championship in 1948 and the Edinburgh Highland Games marathon in 1951, which he thinks is his best win. He has been twice second in the Morpeth-Newcastle race, 1948 and 1950, and was 4th in 1951.

He feels he ruined his chances for selection in the 1948 Olympics by trying to race Holden in the trial and he retired when lying third at 23½ miles. He won the Eastern District C.C. championship in 1947 and 1950, finished 5th in The National C.C. race 1948, 7th in 1950, and 3rd in 1951, and ran in four International races finishing 20th in 1948 (2nd Scot), 44th in 1950 (2nd Scot), 51st in 1951 (8th Scot), and ran at Sheffield (14th) in 1951 being the 3rd Scot. His track running includes 2nd in the Scottish 6 miles in 1951; his time was 31 mins. 40 secs.



Photo by G. S. Barber.

Finishing 6th in this year's National he was honoured with the captaincy of the Scottish team in the International to be 6th counter in 34th position.

I remember well his first appearance in the Perth-Dundee race with Donald Robertson in opposition. Charlie ran against advice of his friends but I can say now that I was ahead with Donald and he was very doubtful if he would win. If Charlie had made an effort going down to the Esplanade, it is possible he could have won the race easily.

Charlie adopts a common sense and fresh approach to this athletic game. He has his own ideas and says that every man should work out his own requirements and methods and apply them diligently and conscientiously.

He believes in his own training programme and does not favour coaches or text-books. He maintains the desirability, from the psychological angle, of varying roads, country, training time, methods and everything that can prevent training from becoming a monotonous grind.

He feels that the average runner does not work enough. No use running 3 miles for a 3 miles race, run 40 minutes to an hour. If you train for stamina speed will come. Distance work makes you much more supremely fit for any distance than you could be otherwise, and his tip for marathon runners, "find out what you can do, then ignore what the rest of the field are doing, you have plenty of time in a marathon race to run to your own requirements."

Charlie is a strict non-smoker and tee-totaller with no food-fads believes, eggs, cheese, milk and fish are as valuable as meat—which is a good job these days. After long experimenting he finds that his pre-race meal should be scrambled eggs with toast or brown bread and butter followed by a breakfast cereal with honey and milk. This meal should be taken 2-3 hours before a short race and 1-2 hours before a full marathon race. He feels that it is a mistake to run a long distance race without food inside. Young runners do not study pre-race feeding enough, consequently the result is tummy trouble.

His views on coaching, training and massage are interesting. He never uses massage and says if training is regular it is unnecessary. He abhors the smell of oils and embrocation in dressing rooms, one cannot oil legs like cycle wheels. On a wet day on the roads he puts a smear of vaseline on the legs from ankle to calf and on a cold day, on the knee caps. How can the skin breathe with pores filled with oil or grease? He takes very little body exercise—maybe shoulder loosening only so that arm action should be independent of any body movement. Charlie does not think walking is an efficient part of training, but useful from a general health point of view. His idea is entirely opposite from Dunky Wright who considered long distance walking an essential part of his training. He has no regrets at taking up long distance work but often wonders what he may have done over 1 mile or 3 miles.

His method of training is very elastic. He runs as to his mood, weather and time. He feels that the biggest training fallacy is that distance running blunts speed. He repeats that distance makes you fitter and if you are fit, speed will be there.

We spoke of whether the time spent in the Services would take the edge off athletic finesse—thinking of any boy going up for training. Charlie thought that he should gain in general physical development and with widened outlook on his return should be a better athlete than when he went in.

Finally his last word. He said that the amount of work done was the sole criterion for success or otherwise and athletes who wonder why they are not getting results, shouldn't have to look for a remedy, if they have it in them, and though they think they train quite hard it isn't enough for results. It largely amounts to the fact that "two club nights and a Saturday run" aren't enough.

His next big effort will be in the combined Poly. and A.A.A. marathon for Olympic selection for which we wish him all the best. It is, by the way, a test which he in no way under-estimates.

SCOTTISH WOMEN'S C.C. CHAMPIONSHIP.

The 2nd annual event was held from Springburn on 8th March, 1952. There were 22 starters from 27 entrants. The race was won by the track half mile champion, Miss Betty Moffat (Edinburgh H.), J. Webster (Edinburgh H.) was runner-up with the holder E. Young (Irvine) 3rd. Edinburgh Harriers with 23 points won the team race.

* * *

WE HAVE RECEIVED

ATHLETES IN ACTION (Sold in aid of The "Daily Mail" Olympic Games Fund. Price 1/6). This is an excellent souvenir booklet of 64 pages, containing many splendid photographs; a short Olympic history; a review of British athletes and their Olympic prospects; a full detailed time-table of the Olympic programme and other interesting features.

Produced with the free service of various firms and for a good cause it should be obtained by every sports-minded person.

OUR POST

SCOTTISH COACHES AND NEW KNOWLEDGE.

Sir,

Further, and in reply to Mr. Newton, the suggestion made by Mr. Newton that his knowledge and advice is in advance of all other contemporary knowledge including the majority of the coaches throughout the world, professional and honorary, is indeed hard to accept, especially when there is evidence to the fact that he himself does not now preach what he himself practised. (I refer to the use of protective clothing or sweat suits). However, proof of his theories, backed by practical and scientific evidence would be welcomed by most of the coaches of my acquaintance, and may I suggest that it is we coaches who are trying to make the advances in athletics.

His statement that the bulk of the coaches disregard new knowledge because they are scared to let their followers know that they have been mistaken, and that the cold shoulder is the reward if they do, is utter nonsense. The facts are that we coaches in Scotland have already admitted being mistaken in parts of technique in the throwing events and these have been made clear to our "followers," and I'm quite sure appreciated. It is unfortunate that the coaches that Mr. Newton and Mr. Carter come in contact with are in England and I do not have any extensive knowledge of them, but I can assure Mr. Newton the coaches in Scotland are not content to pass on what they read or are told without being fully satisfied, and they have, in fact, formed a Coaches Association with the intention of pursuing their experiments and investigations into the improvement of athletics on a controlled basis.

Does Mr. Newton really think that we coaches expect to produce champion runners by simply performing "stretching and suppling antics" and by only training during certain seasons of the year? If this is the case Mr. Newton cannot be very familiar with our methods and training, but if, on the other hand, Mr. Newton is so far in advance of us, taking a Senior Coaching Award would present no difficulty at all.

Pressure of work and athletic activities prevent me from dealing at any length with this correspondence in this issue, but if Mr. Newton's theories are to be applied to track and field events, I'll be delighted to continue at a later date. If, however, Mr. Newton confines his theories to long distance racing (marathon and over) then I must have the good grace to retire from further discussion as I do not have any experience of such feats.

T. MONTGOMERY.

Edinburgh.

[We ask pardon of friend Montgomery to intrude, with reference only to the first part of the first sentence of his letter. It could possibly give an erroneous impression of one of the most modest of men, and referred to as such recently by contributor, L. H. Weatherill.

In fairness to all, let's retrace. In December 1951, Arthur Newton contributed. In January, "Monty" wrote in disagreement and maintained that the expressions of Mr. Newton ran contrary to those of the vast majority of coaches and inferred his minority by stating "could they all be wrong, but one?"

Mr. Newton, neither accepting or denying minority, took up this point in the February issue and stated in effect, very rightly that being in a minority was no case against and OBJECTIVELY illustrated that a minority, even of one, could be in advance of all others.

To our mind, if we have followed the matter correctly, that is quite different from suggesting to have knowledge in advance of all others on the particular point.

We leave the rest of the field to the combatants, but might add that in Mr. Newton and Mr. Montgomery we have two very valuable men to our sport, and in whom we have nothing but the highest admiration and respect.—Editor.]

AS TO THE COACHES.

Sir,

First of all I welcome Mr. Carter's letter, I did not realise that our "Scots Athlete" had such a wide circulation, nor that "Our Post" would create such an interest.

As I said in my reply to Mr. Newton, I am not familiar with so many coaches in England, but Mr. Carter can rest assured that we coaches in Scotland have studied the methods used by the athletes named. Did they discard as much as Mr. Carter suggests or could it be that Mr. Carter is not really familiar with what we coaches do advise and practice?

It appears to me that bits and pieces of our methods have been heard or read and taken literally by themselves without the full knowledge or understanding of the whole.

I could very readily select a list of athletes who are just as prominent as those listed in Mr. Carter's letter, who have worked along the lines set out by the coaches, but have the listed athletes really discarded all that the coaches told them, I think not.

Does Mr. Carter consider that to be a good coach one has to have been a champion performer? Quite often the good coach has only been an average performer and in some cases has performed very little. One of the main requirements of a middle or long distance runner is, as I'm sure Mr. Carter will agree, natural ability and without that a coach would be able to do little, and I admit that in the past we have had champions who won through by nothing else, but the day has arrived, I feel, when the combination of natural ability and good coaching will score.

T. MONTGOMERY.

Edinburgh.

THE CROSS-COUNTRY INTERNATIONAL

Hamilton Park Racecourse
March 22nd, 1952.

Details:	m. s.
1.—A. Mimoun (France) ...	48.19
2.—M. Vandewattyne (Belgium) ...	49.02
3.—Ben A. Driss (France) ...	49.06
4.—W. Hesketh (England) ...	49.19
5.—B. Baldoma (Spain) ...	49.27
6.—R. Coucours (France) ...	49.35
7.—Ben S. Hamza (France) ...	49.44
8.—O. L. Abdullah (France) ...	49.51
9.—F. D. Sando (England) ...	49.53
10.—Ou B. Ali (France) ...	49.54
11.—F. E. Aaron (England) ...	50.02
12.—F. Norris (England) ...	50.08
13.—G. B. Saunders (England) ...	50.11
14.—E. Bannon (Scotland) ...	50.18
15.—J. H. Peters (England) ...	50.25
16.—R. Hatton (England) ...	50.31
17.—M. van Laere (Belgium) ...	50.35
18.—R. Petitjean (France) ...	50.35
19.—A. Amoros (Spain) ...	50.38
20.—A. Deschacht (Belgium) ...	50.39

21. A. Valdovinos (France); 22. B. M. A. El Krim (France); 23. T. Tracey (Scotland); 24. R. Serroels (Belgium); 25. A. Forbes (Scotland); 26. R. Reid (Scotland); 27. R. C. Adams (England); 28. P. Fitzgerald (Ireland); 29. D. Nelson (Scotland); 30. J. Simonet (Belgium); 31. P. Sierra (Spain); 32. F. Irizar (Spain); 33. J. Limbourg (Belgium); 34. C. D. Robertson (Scotland); 35. C. Owens (Ireland); 36. J. Marshall (Ireland); 37. P. Huylesbroeck (Belgium); 38. J. Guixa (Spain); 39. E. L. Hardy (England); 40. J. Coll (Spain); 41. J. Doms (Belgium); 42. T. Wood (Wales); 43. J. Deriemaeker (Belgium); 44. A. Carmany (Spain); 45. T. Stevenson (Scotland); 46. G. Rojo (Spain); 47. D. Appleby (Ireland); 48. J. McClelland (Ireland); 49. W. A. Robersson (Ireland); 50. D. G. Rees (Wales); 51. D. Rees (Wales); 52. A. C. Gibson (Scotland); 53. G. A. Phipps (Wales); 54. N. White (Wales); 55. E. H. Wilson (Ireland); 56. A. Anderson (Ireland); 57. J. L. Edwards (Wales); 58. W. E. Butcher (Wales); 59. B. Twamley (Ireland); 60. J. Quesada (Spain); 61. N. E. Wilson (Wales); 62. I. Binnie (Scotland); 63. A. Noonan (Wales).

Team Placings:

1.—France (1,3,6,7,8,10) ... 35 pts.
2.—England (4,9,11,12,13,15) ... 64 pts.
3.—Belgium (2,17,20,24,30,33) 126 pts.
4. Scotland 151; 5. Spain 165; 6. Ireland 243; 7. Wales 307.

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SCOTTISH C.C. CHAMPIONSHIPS

Hamilton Racecourse

1st March, 1952

SENIORS 9 MILES.

Individuals:

- 1.—E. Bannon (Shett, H.) ... 49m. 24s.
- 2.—A. T. Ferguson (H'gate H.) 50m. 21s.
- 3.—T. Tracey (S'burn H.) 50m. 34s.
- 4.—A. Forbes (V.P.A.A.C.), 51m. 03s.
- 5.—T. Stevenson (G. W. H.) 51m. 16s.
- 6.—C. D. Robertson (D. Th.), 51m. 29s.
- 7.—I. Binnie (V.P.A.A.C.); 8. A. C. Gibson (Hamilton H.); 9. C. D. Forbes (V.P.A.A.C.); 10. A. Black (Dundee Hawkhill H.); 11. J. E. Farrell (Maryhill H.); 12. J. Ellis (V.P.A.A.C.).

Team Details:

1. Victoria Park A.A.C. (A. Forbes 3, I. Binnie 4, C. D. Forbes 5, J. Ellis 7, R. Kane 8, J. D. Stirling 9)—36 points.
2. Springburn H. (T. Tracey 2, J. Stevenson 13, N. McGowan 15, J. Morton 16, D. Wallace 20, A. Stevenson 24)—90 points. P. McCulloch 68, H. Haughie 70.
3. Shettleston H. (E. Bannon 1, R. C. Wallace 10, J. C. Ross 18, J. Eadie 19, T. Walters 27, D. Bridges 31)—106 points. T. Clarke 35, W. Laing 37, P. Fitzpatrick 51, A. Hill 58, J. Burton 59.
4. Maryhill H. (J. E. Farrell 6, W. Hannah 11, J. Wright 22, T. Harrison 26, J. Hoskins 40, G. Porteous 53)—158 points. S. Lawson 56, D. Cowan 74.
5. Plebeian H. (A. Smith 14, J. McCann 28, F. Cassels 30, A. C. Robertson 34, D. Barclay 44, E. Letham 45)—195 points. W. Cook 57, J. Woods 77.
6. Edinburgh Southern H. (H. S. Millar 21, H. Robertson 29, G. Reid 32, W. Grant 43, G. Mitchell 46, W. J. Sander-son 49)—220 points. L. G. Kapelle 66.
7. Clydesdale H. (G. White 12, P. Younger 41, J. Higginson 42, W. Howie 47, D. Bowman 50, J. Duffy 52)—244 points. D. Stewart 65, T. Tait 73.

8. Garscube H. (A. Kidd 17, R. Black 33, D. Coupland 39, N. M. Ross 60, T. A. Gourlay 62, A. Gold 64)—275 points.
9. Paisley H. (A. Napier 25, A. Duncan 38, J. Campbell 48, W. McNeil 63, A. McGinn 71, J. Seller 75)—320 points.
10. Glasgow Police A.A. (W. Armour 36, K. Sigrist 54, H. Steven 69, J. Gird-wood 72, J. McInnes 76)—388 points.

JUNIORS 6 MILES.

Individuals:

- 1.—D. Nelson (M'well Y.M.), 33m. 10s.
- 2.—D. Henson (V.P.A.A.C.), 34m. 0s.
- 3.—A. H. Brown (M'well Y.M.) 34m. 3s.
- 4.—R. J. Stark (Ed. Eastern H.); J. Stevenson (G. Wellpark); 6. J. Finlay-son (Hamilton H.).

Team Details:

1. Victoria Park A.A.C. (R. C. Calder-wood 7, A. D. Breckenridge 8, D. Henson 1, W. Duncan 13)—29 points. S. Ellis 15, N. Ellis 34, D. Orr 43.
2. Bellahouston H. (H. Kennedy 3, F. Cowan 21, C. Milligan 19, C. Kirk 22)—65 points. R. Walsh 52, A. Scouller 61.
3. Falkirk Vict. H. (D. G. Nicoll 32, G. W. Jackson 18, S. Robertson 11, T. Dobbie 10)—71 points. R. Sinclair 33.
4. Hamilton H. (J. Finlayson 2, H. Gibson 6, J. Hepburn 24, N. Baillie 46) 78 points. D. Jeffrey 53.
5. Springburn H. (J. Wallace 9, G. Feeney 27, T. O'Reilly 49, T. Lambert 16)—101 points.
6. Maryhill H. (J. Gibson 17, J. Camp-bell 23, R. McDonald 31, S. Russell 38) 109 points. T. Pattison 42, A. Bauld 58.
7. Edinburgh Univ. (J. W. Brydie 4, O. A. Cleary 30, J. S. Barr 45, O. D. George 51)—130 points.
8. Edinburgh Rovers and Scouts A.C. (D. Hall 28, I. B. Morrison 29, N. Donachie 35, J. Crawford 40)—132 points. D. MacKenzie 41, R. A. Hender-son.

9. Shettleston H. (J. McNeil, 5, F. Scally 26, J. McIlroy 50, M. Forbes 59) 140 points. J. K. Gibson 60, E. Dolan —

10. Greenock Glenpark H. (I. Osborne 12, S. Williamson 20, W. Muir 56, H. Souttar 62)—150 points.

11. Gala H. (A. Hendry 14, W. B. Thomson 37, D. Yule 39 A. Murray 66) —156 points. W. Bryden —

12. H.M.S. Caledonia (H. Faulkner 47, J. Holder 54, M. Parker 55, G. Rule 57) —213 points. C. Daly 65.

Failed to Close in—

- Plebeian H. (E. Jallilly 36, C. Jamieson 64, J. McGregor 63, J. McEwan —, A. Shaw.

- West Kilbride A.S.C. (G. C. Adamson 25, J. Butcher 48, T. C. Coleman —, H. Dick.

YOUTHS 2½ MILES.

Individuals:

- 1.—I. Lyle (Cambuslang H.), 13m. 50s.
- 2.—D. Dunn (Edin. R. & S.)
- 3.—R. Campbell (Vale of Leven)
- 4.—C. Sharp (Glasgow Univ.); 5. P. McParland (Springburn H.); 6. J. Gillon (Greenock Glenpark H.).

Team Details:

1. Cambuslang H. (J. Lyle 1, I. Tierney 6, W. Mulrooney 14, C. Docherty 20) —41 points. F. Farrell 42, G. Eadie 60.
2. Edinburgh Rovers (D. Dunn 2, J. M. Hamilton 8, D. Nisbet 18, D. Saunders 28)—56 points. F. Rae 35, A. M. F. Jones 45, R. Crawford.
3. Bellahouston H. (R. Penman 9, F. Nelson 10, J. Connelly 15, R. Nelson 23) —57 points. J. Irvine 44.
4. H.M.S. Caledonia (A. Kendrick 12, E. Smith 16, M. Anwar 17, R. Fields 25) —70 points. B. Goodman 31, B. Moorey 38, D. Hewitt 40.
5. Vale of Leven A.C. (R. Campbell 3, J. G. Ferguson 11, G. Crawford 21, J. McLeod 49)—84 points. W. Paterson 56, G. Crichton 64.

Following the "SPRINTER'S BODY-LEAN" article by R. W. Adams, published last month, J. V. Lyons has written an excellent follow-up which must be read by every sprinter and coach. It will be published in our next issue.

6. Springburn H. (P. McParland 4, J. McDonald 7, J. Gordon 27, D. G. Harrold 51)—89 points.

7. Irvine Y.M.C.A. (K. Alexander 13, L. Jermond 19, J. Wilson 37, J. Rubie 38) —107 points.

8. Shettleston H. (J. C. Ross 26, R. E. Barr 29, R. Potts 41, D. Boyle 47)—143 points. J. Miller 52, J. K. McDimes 54, F. McAteer 57, F. Linden 58.

9. Garscube H. (P. S. Wilkie 24, G. Paris 36, H. G. Carson 43, J. Runcie 53) —156 points.

10. Victoria Park A.A.C. (J. Parker 30, J. McBeth 46, P. Callaghan 50, A. McKenzie 62)—188 points.

11. Edinburgh Nth. H. (T. Parley 33, R. Banks 34, A. McKinlay 59, W. Fyffe 63)—189 points.

Failed to Close in—

- West Kilbride A.S.C. (B. McCreadie 22, I. MacKay 32, J. McCallie 65, D. Lapsley —, H. Smith.

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