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WEEKLY ATHLETIC NOTES BY

JOE BINKS

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AUGUST, 1951

Vol. 6 No. 5

THE SCOTS ATHLETE

PRICE
6D



Photo by H. W. Neale.
THE MOST EXCITING FINISH of the season. W. BECKET (Hythe A.C.) beating C. CHATAWAY (Walton A.C.), No. 7, in the 3 miles British c'ship.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

MIDDLE-DISTANCE RUNNING
MILDEWED METHODS CONDEMNED by A. Newton.
CHAMPIONSHIP DETAILS.

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ALL ENTRIES CLOSE, Saturday, 11th August, 1951.

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



WHAT if anything has been the feature of athletics in Britain this season? Has it not been the tremendous upward trend in the flat events? The field events and hurdle and steeplechase events have already made substantial gains and no longer belong to the Cinderella class. But this season these gains have become somewhat static. But right from the hundred yards flat—to the marathon there is class with a capital C.

Bailey-Wint Saga Continues.

From the sprints to the half-mile coloured stars McDonald Bailey and Arthur Wint have set the standard and a right high one it has been. Bailey appears to be running better than ever while Wint has retained to a remarkable degree his impeccable Olympic form.

Six Milers Inside 4 Mins. 16 Secs.

Bannister, Nankeville, Parlett and Eyre, are considered the pick of our milers. All potential Olympic finalists and even potential winners of the

Helsinki 1,500 metres with Bannister slight favourite as Britain's best bet. But apart from this startlingly brilliant quartette we have lads like A. B. Parker and J. Ashby clocking respectively 4m. 12.4s. and 4m. 15.6s.—yet finishing only 5th and 6th in the A.A.A. Championships.

3 Miles Terrible Twins.

The 3 miles event was an amazing one and augurs well for Britain's prospects in the 5,000 metres next year. The time of 14m. 2.6s. clocked by Beckett and Chataway in their photo-finish is superb enough but when it is remembered that their last lap was timed at a shade over 57 secs. with both apparently playing a waiting game—what may both show running to a more even schedule and with another year's experience behind them. The much improved Hicks with old friends Olney and Forbes running perhaps better than ever may have been shaded somewhat by this

devastating pair. But what a standard to find 6 men within 14 mins. 15 secs.

6 Miles Record Goes.

If the mile was glorious, the 3 miles devastating then the 6 miles was magnificent. Gordon Pirie's time of 29 mins. 32 secs. set up a new British National and English native record displacing Frank Aaron's figures with Walter Hesketh another 100 yards away.

And Again.

With the ink extolling this great exploit hardly dry we had the thrilling and heart-warming experience of the record going once again.

This time the strongly-built Hesketh turned the tables on his brilliant colleague with an even more devastating performance on the occasion of the Britain-France match—his time of 29 mins. 13.8 secs. for the six miles left behind a fireworks trail of records. Hesketh now holds 6 miles English native and British National record, British all-comers, displacing Heino's figure of 29 mins. 22.4 set up in 1947. At 5 miles he was inside the great Alfred Shrubb's native figures of 24 mins. 33.4 set up in 1904. A truly pyrotechnic display in strange contrast to the damp dull weather conditions!

What a notable pair wears the British vest at Helsinki in the distance track event. Admittedly they are not yet quite in the Zatopek class but hardly less surprising they are on the fringe of the Zatopek class. They have at least reached the threshold of what was exclusively the Czech's domain. With Zatopek's recent defeat underlining the fact that he is human and no machine plus the potential of our young pair—the 10,000 metre event suggests intriguing possibilities.

Ambition And Hard Work.

In many ways the two are individualists; much is made of Pirie's fondness for swimming, his training in heavy army boots. Of Hesketh they note his fancy for a pre-race hot bath, his giving up of work, his 2 training sessions per day. The fundamental point is that both are determinedly ambitious and willing to work hard for their athletic

success. Frequent and conscientious training is still the way to the stars. "Per ardua ad astra." There is no substitute for hard work intelligently applied.

Our New Marathon Star

Now we come to that paradoxical event, at once gruelling and glamorous—the marathon. Jack Peter's world class marathon running compensates for Jack Holden's retiral.

Jack's still the boy; and the new one seems to be as good if not better than the master.

Peter's defeat of Holden in the Poly. marathon in the wonderful time of 2 hrs. 29 mins. 24 secs. was superb. But this was a comparatively easy course. How would he fare over the arduous A.A.A. trail? Peter's magnificent win in 2 hrs. 31.42 over this hilly course aggravated by warm conditions was sufficient answer. I believe that this 2nd win is even more meritorious than the first taking into due account the difference in severity of the respective courses. Here we have a potential Olympic victor always making due allowances of course for the traditional unpredictability of the marathon event.

Marathon Incentive.

Full marks must go to Tom Richards for a grand come-back after a lean period. The Welshman unmistakably demonstrated his flair for the big occasion. Similarly Jack Winfield star of the '30's and an ex 10 miles A.A.A. champion at 43 ran a wonderful race in his second marathon. What competition there will be next year for Britain's 3 man team for this event!

Some Juniors!

This brief review of our immediate prospects would not be complete without mention of our up-and-coming stars.

Many of the A.A.A. junior champions would not be disgraced in the A.A.A. senior championships. As a matter of fact the furlong junior champion G. S. Ellis finished 3rd in both senior sprints to McDonald Bailey, an astounding performance, while I'm afraid that most of our Scottish Senior champions would have a lean time against the pick of the A.A.A. junior winners.

With practically every champion a star in his own right it is somewhat invidious to mention individuals. But consider soberly some of the performances by these under 19's.

G. Ellis's victory in the 220 in 21.9 secs. Derek Johnson's 49.1 quarter. Hewson's 1.55.3 half and Humphrey's 4:19.2 mile where even our own boy wonder Hendry of Elgin could only gain 3rd place. Consider too Broad's double in long jump and pole vault, clearing respectively 23 ft. $\frac{1}{2}$ in. and 12 ft. and Chambers 4-star-triple jump of 44 ft. $3\frac{1}{2}$ ins. as well as Harradine's Javelin throw of over 200 ft. to take clubmate's Michael Denley's name off the record book.

Perhaps best of all was the unique double of the Manchester Grammar schoolboy, D. Shaw, with his discus victory and then his terrific run of 14.7 secs. against more popular fancies in the 120 yards hurdles!

In such company our small Scots contingent did exceedingly well to take one win (the hammer), two 2nd, three 3rd, and two 4th places, for in so doing some of the boys recorded their personal best

Yes Britain's athletic future looks promising if these young men are to be taken as a guide. The study of their progress affords an opportunity to weigh for and against the old query. Do precocious juniors bloom to full senior stardom?

Fetish For Records.—A Caution.

This is an age where there is a craze for speed—and demand. It is true that an athlete who aspires to championship calibre must reveal times at least approximate to his desired status. But I dislike intensely too many specific attempts on records and fast times. When these come spontaneously in a race because an athlete has reached a peak and is running with exhilaration it is alright and natural. But an artificial attempt is somewhat different. The body's resources can be a sensitive as a barometer, and an athlete may find that he is not just in the mood yet is expected not merely to win but to strain these resources to the limit. An athlete at his peak often feels that his energies are boundless. That his speed and stamina are limitless. When an athlete reaches

such a peak it is natural and right that he should express himself in action. It is the exhilaration of supreme fitness. Yet due caution must be observed even here.

The bridle is sometimes more important than the spur. Even the champions have known what it is to strike a stubborn period of staleness.

Classic Examples.

It could happen even to wonder-man Zatopek. Let us recall two famous cases of the past. The great Paavo Nurmi reached such a stage once—hence his classic statement in his own quaint English "My kick, he is gone."

On a yet more previous occasion Suzanne Lenglen recognised by many experts as the greatest lady tennis champion of all time complained "Je n'ai pas de jambes," (I have no legs).

However, enough of that. The future looks bright for British athletics. In 1950 inspired by Holden Britain excelled at the European Games. In 1951 the trend is still upward. Let us hope that next year in the even sterner Olympic test—more than one British vest will be first to hit a tape.

A.A.A. CHAMPIONSHIPS, White City, London, 13th and 14th August, 1951.

Details:—

100 Yards—E. McD. Bailey (Poly H.) (holder), 9.6 secs. (equals British All-comers and British National records and championship best), 1; B. Shenton (Poly H.), 9.8 (equals English Native record), 2; G. S. Ellis (Cumberland G.S.), 10.0, 3; P. A. Whaley (London A.C.), 4; N. D. Stacey (Achilles Club), 5; A. R. Pinnington (Achilles Club), 6.

220 Yards—E. McD. Bailey (Poly H.) (holder) 21.4 secs., 1; N. D. Stacey (Achilles Club), 21.9, 2; G. S. Ellis (Cumberland G.S.), 22.0, 3; N. D. McWhirter (Achilles Club), 4; W. Jack (Victoria Park A.C.), 5; C. N. Gibbs (Herne Hill H.), 6.

440 Yards—D. C. Pugh, S. London H., 47.9 secs. (English native record, championship best), 1; T. L. Higgins, Herne Hill H., 48.6, 2; L. C. Lewis, Walton A.C. (holder), 48.8, 3; F. P. Higgins Stockton H., 48.8, 4; J. C. M. Wilkinson, Herne Hill H., 49.6, 5; O. Hardmeir (Edin. S.) 50.5, 6.

880 Yards—A. S. Wint, Poly. H. (holder) 1 min. 49.6 (championship best) 1; F. Evans, Manchester A & A.C., 1 min. 53.2, 2; C. T. White, Appleby-Frodingham S.C., 1 min. 53.5, 3; A. Webster, Sutton-in-Ashfield H., 1 min. 53.7, 4; E. K. Robinson, Achilles Club, 1 min. 54.6, 5; J. D. Prince, S. London H., 1 min. 56.4, 6.

Mile—R. G. Bannister, Achilles Club, 4 mins. 7.8 secs. (championship best), 1; G. W. Nankeville, Walton A.C. (holder) 4 mins. 8.6, 2; H. J. Parlett, Dorking St. Paul's A.C., 4 mins. 9.2, 3; L. Eyre, Leeds Harehills H., 4 mins. 10.6, 4; A. B. Parker, Barrow A.C., 4 mins. 12.4, 5; J. Ashby, Westbury H., 4 mins. 15.6, 6.

Three Miles—W. R. Beckett (Hythe A.C.), 14 mins. 2.6 secs., 1; C. J. Chataway (Walton A.C.), 14/2.6, 2; H. J. Hicks (Hampstead H.), 14/10, 3; D. A. G. Pirie S. London H.), 14/12, 4; H. A. Olney (Thames Vale H.), 14/14.9, 5; A. S. Forbes (Victoria Park A.A.C.), 14/15, 6.

Six Miles—D. A. G. Pirie, S. London H., 29 mins. 32 secs. (British, National and English Native record, championship best), 1; W. Hesketh, Manchester A. and C.C. 29 mins. 50, 2; C. M. Gray, Small Heath H., 30 mins. 12.4, 3; J. C. Birch, Leeds Harehills H., 30 mins. 19.8, 4; J. C. Smart, Belgrave H., 30 mins. 23.6, 5; R. F. Robins, Essex Beagles, 30 mins. 25.2, 6; Dr. F. E. Aaron, Leeds St. Mark's H. (holder), 7.

120 Yards Hurdles—F. J. Parker (S. London H.), 14.8 secs. 1; P. B. Hildreth (Poly H.) (holder), 14.9, 2; O. Clausen (Iceland), 15, 3; P. A. L. Vine (Achilles Club), 4; R. Barkway (Achilles Club), 5; R. T. Tolson (Hull Univ. Coll.), 6.

440 Yards Hurdles—H. Whittle (Reading A.C.) (holder), 54.2 secs. 1; A. W. Scott (Achilles Club), 54.7, 2; F. J. Parker (S. London H.), 55.2, 3; J. Davis (Ealing H.), 55.5, 4; D. K. Gracie (Glasgow Univ.), 55.5, 5; G. P. Lloyd (Achilles Club), 57.8, 6.

Two Miles Steeplechase—P. Segedin (Yugoslavia) (holder), 9 mins. 58.6 secs. (championship best performance), 1; J. I. Disley (London A.C.), 10/4, 2; R. W. Howell (Poly H.), 10/25, 3; C. E. Puddecombe (S. London H.), 10/27.6, 4; M. G. Barratt (Univ. of London), 10/34, 5; J. C. Green (Reading A.C. 10/35, 6.

High Jump—R. C. Pavitt, Poly H., 6 ft. 5 ins. (championship best), 1; J. Deleienne, Belgium, and W. Herssens, Belgium, 6 ft. 4, 2; A. S. Paterson, Vict. Park A.A.C. (holder), 6 ft. 4, 4; S. J. Freeman, Surrey A.C., 5 ft. 10, 5; A. G. Ramsay, Vict. Park A.A.C., 5 ft. 10, 6.

Long Jump—S. O. Williams, Glasgow Univ. 23 ft. 1½ ins., 1; A. R. Cruttenden, Brighton and C.H., 23 ft. 0½, 2; I. G. H. Walker, Herne Hill H., 22 ft. 7½, 3; H. E. Azkew, Achilles Club (holder), 22 ft. 6½, 4; R. G. Springate, Dartford H., 21 ft. 9½, 5; R. A. Sleigh, Sutton and Cheam H., 21 ft. 14, 6.

Hop Step & Jump—S. E. Cross, Small Heath H. (holder), 47 ft. 0 ins. 1; P. E. Goldsmith, Worthing and D.H., 46 ft. 8½, 2; R. C. Salmon, Achilles, 46 ft. 1, 3; W. N. Laing, St. Andrew's Univ., 45 ft. 7½, 4; W. J. Doherty, Albert Foundry H., 45 ft. 6½, 5; G. T. Wells, Cardiff Univ. 44 ft. 7½, 6.

Pole Vault—T. Bryngairsson, Iceland, 13 ft. 3 ins. 1; G. Chiesa, Italy, 12 ft. 9, 2; N. G. A. Gregor, Kent County Const., 12 ft. 6, 3; G. M. Elliott, Woodford Grn. A.C. 12 ft. 4; N. E. C. Dear, London A. C., 11 ft. 6, 5; R. Petitjean, Manchester A. and C.C., 10 ft. 6 in. 6.

Discus—G. Tosi, (Italy), 175 ft. 9½ ins. (British All Comers' record and championship best), 1; C. Mertens, (Belgium), 144 ft. 1½, 2; R. Kintziger, (Belgium) holder 143 ft. 8, 3; M. Pharaoh (Manchester Univ. A.C.) 141 ft. 3½, 4; A. Janson, S. London H., 137 ft. 10½, 5; T. Barratt, Nat. Gas Turbine Est. S.C., 132 ft. 8, 6.

Javelin—A. Matteucci, Italy, 200 ft. 5 ins. 1; M. J. Denley, Thames Valley H. (holder), 197 ft. 4½, 2; M. J. W. Dalrymple, L.A.C., 183 ft. 4½, 3; H. J. Moesgaard-Kjeldsen, Poly H., 182 ft. 3, 4; N. R. Hughes, Welch Regt., 178 ft. 10½, 5; R. D. W. Miller, Dublin Univ., 176 ft. 10, 6.

Weight—G. Huseby, Iceland, 52 ft. ½ ins. (championship best), 1; J. A. Savidge, 51 ft. 6½, 2; W. Wuyts, Belgium, 47 ft. 7, 3; J. A. Giles, Southgate H., 47 ft. 6½, 4; M. Pharaoh, Manchester Univ., 47 ft. 6½, 5; J. P. Horn, Portsmouth A.C., 44 ft. 5, 6.

THE SCOTS ATHLETE

Hammer—T. Taddia, Italy, 177 ft. 2½ ins. 1; D. McD. Clark, R. Ulster Const. (holder), 172 ft. 0, 2; P. C. Allday, London A.C., 163 ft. 0½, 3; C. J. Reidy, S. London H., 153 ft. 7, 4; H. Haest, Belgium, 152 ft. 3½, 5; D. N. J. Cullum, London A.C., 151 ft. 9½, 6.

Two Miles Walk—R. Hardy Sheffield Utd. H. (holder), 13 mins. 43.2 secs. 1; G. H. Gregory, Belgrave H., 4 mins. 0.8, 2; G. W. Coleman, Highgate H., 14 mins. 15.6, 3; I. Allen, Sheffield Utd., 14 mins. 33.4, 4. Style prize: Hardy.

Seven Miles Walk—R. Hardy, Sheffield Un. H., (holder), 51 mins. 14.6 secs. 1; I. Allen, Sheffield Un. H., 52 mins. 54.4, 2; H. G. Churcher, Belgrave H., 54 mins. 4, 3; Style Prive Hardy.

Tug-of-War (100 stones).—Final: Wimpey London Airport S.C. beat Cowbeech Tug-of-War Club (Sussex) by 2 pulls to 0.

Tug-of-War—(Catchweight)—Wimpey, London Airport S.C. (holders) beat Bursledon S.C., Hants, by 2 pulls to 0.

440 Yards Junior Relay (4 at 110 yds).—Mitcham A.C., 44.6 secs. 1; Belgrave H., 45.1, 2; Blackheath H., 45.1, 3.

A.A.A. JUNIOR CHAMPIONSHIPS

Perry Barr, Birmingham,

28th July, 1951.

Details :—

100 Yds.—1. K. T. Scott (Swindon A.C.); 2. A. Breacher (Mitcham A.C.); 3. R. Pinnington (Rydal S.); 10.3.

220 Yds.—1. G. S. Ellis (Holder) (Keswick Sch.) 21.9 (Champ. best); 2. A. F. Hatch (Poly H.); 3. R. G. Carlisle (Lochwinnoch A.A.C.), 22.6; 4. W. Kinnis (Shuttleton), 22.7.

440 Yds.—1. D. J. W. Johnson (Holder) (Fairbourn Hse.); 2. W. H. Dangerfield (St. Albans C.); 3. J. D. Clark (Victoria Park A.A.C.); 49.1.

880 Yds.—1. B. S. Hewson (Mitcham A.C.); 2. P. D. Barber (Darnley A.C.); 3. B. E. Eldridge (Lozell H.); 1:55.3 (Champ. best); 4. H. A. Cumming (Heriot's), 1m. 58.4s.

Mile—1. D. M. Humphrey (Horsham B.S.H.) 4:19.2; 2. W. I. Williams (Salford H.) 4:19.2; 3. J. L. Hendry (Elgin Academy) 4:25.8. (Champ. best).

Mile Walk—1. J. Lowther (St. Julian's H.); 2. J. D. Devis (Highgate H.); 3.

R. L. Hutchinson (Latymer Upper); 6:59.2 (Champ. best)

120 Yds. Hurdles—1. R. D. Shaw (Mang.G.S.); 2. J. A. Frampton (Shaftesbury H.); 3. J. B. Duffy (Poly H.); 14.7 (Champ. best).

200 Yds. L. Hds.—(new event): 1. J. B. Duffy (Poly H.); 2. P. N. Trim (Cheltenham Coll.); 3. G. F. Parr (Poly H.); 23.3.

Long Jump—1. G. A. Broad (Herne Hill H.) 23 ft. 0½ ins. (Champ. best); 2. M. F. Eggleton (R.A.F. Halton) 21 ft. 3½ ins.; 3. R. F. Hawley (Claymore Sch) 21 ft. 0½ ins.

High Jump—1. T. J. Reynolds (Queen Elizabeth G.S. Walkefield) 6 ft. 0 ins.; 2. B. Freeman (Liverpool H) 6 ft. 0 ins.; 3. P. J. Brinson (St. Dunstan's Coll) 5 ft. 10 ins.

H.S.J.—1. K. C. Chambers (Ilford A.C.) 44 ft. 3½ ins. (Champ. best); 2. R. M. Stephens (Shuttleton H) 43 ft. 6½ ins.; 3. G. A. West (Hanley H.S.) 42 ft. 6½ ins.

Pole Vault—1. G. A. Broad (Herne Hill H.) 12 ft. 0 ins. (Champ. best); 2. R. B. V. Pedlar (Leighton Pk.S.) 10 ft. 6 ins.; 3. V. D. T. Jones (Caerphilly G.S.) 10 ft. 6 ins.

Weight—1. J. M. Hutchinson (Keswick Sch.) 46 ft. 1 in.; 2. D. R. Chappell (Holder) (Airedale H.) 46 ft. 0½ in.; 3. W. H. Robbins (Maltby G.S.) 45 ft. 8½ ins.

Discus—1. R. D. Shaw (Manchester G.S.) 137 ft. 5 ins.; 2. P. Atkinson (Holder) (Shaftesbury H) 135 ft. 7 ins.; 3. P. M. Clarke (Leicester C.A.T.) 124 ft. 9½ ins.

Hammer (new event): 1. T. S. Bain (Fettes Sch.) 143 ft. 11 ins.; 2. W. M. Young (Herne Hill H.) 83 ft. 10 ins.

Javelin—1. H. R. Harradine (Thames Valley H.) 201 ft. 1½ ins. (Champ. best); 2. D. Leith (Robert Gordon's Sch.) 195 ft. 0 ins.; 3. P. Scott (Birkenhead Sch.) 188 ft. 9 ins.

A.A.A. MARATHON

Held in conjunction with Junior Championships from Perry Barr.

- h. m. s.
1. J. H. Peters, Essex Beagles 2:31.42
 2. T. Richards, Sth. Lond. H. 2:37.02
 3. J. W. Winfield, Derby & C. 2:41.42
 4. G. L. Iden, Victoria Pk. H. 2:44.39
 5. B. Richards, Bournemth A.C. 2:46.03
 6. C. Busby, Blackheath H. ... 2:46.25

MIDDLE DISTANCE RUNNING

By T. MONTGOMERY (Hon. Senior Coach).

MIDDLE distance running is usually taken as being the $\frac{1}{2}$ mile up to 3 miles. What then are the essentials for this type of racing? First of all, in my opinion, natural ability; a lad must be blessed with the gift of being able to run, really run with a smooth fluent movement. Secondly, fitness; thirdly, a thorough knowledge of pace judgement and lastly, a sound knowledge of tactics.

Let us consider the half mile and the scheme of things can, along with schedules be modified to suit the longer distances. Assuming we have a natural runner with a fair turn of speed, say a lad around or just over 20 (I do not believe in forcing lads who have not matured) let's see how we are going to go about his training and preparation for what I would say should be his ultimate goal, a national championship, at the least. Let us further assume that he did a bit of running at school and is a second year runner showing say 2 mins. 10-12 secs. for the half. Being under my supervision, he would have had a winters preparation building, strengthening and getting fit, really fit generally. This would have consisted of training three times a week on the lines set out in my article of January 1951 and would have included exercises, gym. work, weight training if necessary and running. His running would not have been done in a long series of cross country races. Having started in October he could run in some of the shorter cross country races say 3 miles but would not take part in races after January. He need not forsake the country completely, but any work done over the country would have the minimum of road and plough as we must bear in mind that supple and pliant muscles are what we are trying to build up. The country will provide variety in the training but continual racing over the country and long distances will not in my opinion meet the requirements although the 3 milers may indulge in more C.C. than the shorter distance man. Stamina can be built up just as efficiently without cross country, probably better.

I realise at once that these remarks will probably bring the wrath of the C.C. brigade about my head, but I do not wish to distract any from C.C. running as I know it gives pleasure to thousands but I do say that cross country racing can be best tackled when the runner has passed his peak on the track when he will have built up stamina and resistance to the rigorous conditions. However that topic is not the subject of this article and before anybody writes to point out the great runners of the past who did both with success I hasten to add there are as many who shone on the track who never raced cross country and the point really is how much better would the former have been on the track if they had not raced cross country at the same time.

So much for the preparatory work, and before dealing with the other training let's see what is wanted on the technique side. Middle distance running requires less technique than any other event but there is still a certain amount required. The technique or running action required for middle distance running (man or woman) is that action which gives the greatest speed with the least effort. Therefore we want a smooth, relaxed, rhythmic action using the minimum energy yet maintaining speed. We just can't get away from that word, SPEED, it comes up in every event. The action to be aimed at is an easy carriage of the body with a slight forward lean with arms carried slightly lower than in sprinting but not used as drivers as in sprinting but completely relaxed and as balancers. A slight cross body swing of the arms is permissible but the main point about the arms is that they should be as completely relaxed as possible even to the extent of the hands dangling from the wrists. The leg action should follow the action in sprinting, everything moving in a straight line thro, hips, knees, ankles and feet but without excessive knee lift in front (but a study of the fast half milers will show that the faster they run the nearer they come to sprint action, arms carried

higher, knees picked up higher). In the recovery phase do not be tempted to inhibit the heel flying up high behind as this will only prevent the leg relaxing for that fraction of a second and also prevent the short lever being formed to allow the leg to come thro quickly. The leg should not be driven to the ground in front as hard as sprinting and the foot should make contact with the ground ahead of a perpendicular line drawn thro the c. of g. The M.D. man should run on the ball of the foot and during the supporting phase the heel may just touch the ground. The longer the distance the more flat footed he should run. Hip extension is just as vital to the M.D. man as to the sprinter as the length of his stride comes from the rear not the front, and this should be given lots of attention. An ideal way of developing this is to run fast up a slope of as much as 45° or up stairs three or four at a time extending the leg as much as possible at each stride.

Our example being a natural will have a certain amount of smoothness and rhythm about his running but attempts to improve his form should not be given up until it has been proved by trial that his style cannot be improved without adversely affecting his speed. Relaxation and conservation of energy are absolutely vital to the M.D. man and this should receive lots of attention during the winter preparation and early season training. One way of doing this is to run (striding) fully relaxed concentrating on form just as long as relaxation remains, stopping as soon as any tendency to tie up is felt, this probably won't be far to start with, but constant repetition will soon increase the distance. During this training concentrate on running action.

Let us now deal with the early season training when we will be working on the track. We shall still be building up fitness, notice I say building up fitness, but we will be more concerned with pace judgement. Building up is very important and to my mind must be watched very carefully and schedule set so that there is no breaking down of fitness during the early season, such as over-work when the athlete is tired and work which is too fast. Now what do we mean by pace judgement? Well simply this

that the M.D. man should know just exactly at what speed he is running at any time during a race. The easiest and only way to gain this knowledge is to practice, practice, and practice running at various speeds until the runner can lap the track or any distance chosen at predetermined times to within an error of not more than 1 sec. either way. The times selected must of course be within the limits of the runners otherwise we are going to have a breaking down of his fitness. All the equipment required is 4 markers, a watch (preferably a stop watch) and a whistle. Assuming that we are using a 440 yds. track fix a marker at each 110 yds. and we are ready to start. Decide on what is going to be done, a 440 in 72 secs., 68 secs. or 64 secs. or a 220 in 30 secs. etc. etc., the coach or helper takes up his or her station in the middle of ground, and having set the runner off pays no further attention to him, but concentrates on the watch and blows his whistle at the correct times, i.e. every 18 secs. if we are doing a 72 secs. 440 yds. The runner notes his position in relation to the markers at each whistle and adjusts his speed according to whether he is ahead or behind with a gradual decrease or increase so that he will arrive at the next marker as the whistle goes. The times etc. will be varied and gradually the speed will be increased, also as the knowledge of pace develops the whistle need only be sounded at half laps and finally the only the whole lap but this should be practised until the runner can run the distance in the time decided on. I daresay some will say, what use is this in a race? The answer is that it is of the greatest value as the runner can regulate his pace during a race so that he will show his best time over the distance regardless of the other competitors. It is generally agreed that even pace running gives the best results, as we have an even expenditure of energy and unless the runner has really sound knowledge of pace he will not be able to assess the speed at which any stage of the race is being run. There are many examples of this even with really top class runners. However back to training, this type of work, with attention to form, will be carried on thro the end of March, April and the first part of May,

with sprinting, sprint starts etc., added in the later stages. Being M.D. runners the sprinting should be done over 220 yds. and the intervals between each 220 should not be too long, as stamina can be built up with quick repetitions.

I am thinking of Scotland when I say this phase of training should finish about the middle of May as our championships are held in June (too early in my opinion). We now have to think more of the particular distance being attempted and some time trials should now be run, inter-club scratch races provide an excellent opportunity to test our training etc. During this stage and in our time trials, experiments can be carried out, in our example the $\frac{1}{2}$ mile, we can try running the first lap at various speeds and compare the overall times resulting. For example we can try the first lap at each sec. between 58 and 62 and compare the times for the distance, this will help in deciding how to run in future races. At this stage running faster over shorter distances with frequent repetitions is very helpful as it helps to gain speed and also increases stamina. Training generally should follow along these lines but I personally do not lay down fixed schedules which must be rigidly adhered to, I prefer to work to suit the conditions and the runner concerned, and to me the schedules we get printed in books etc. should only be taken as a guide as to the training to be done. Before leaving the training side of M.D. running when our runner has reached his peak, (championships) his training should be confined to speed work and just sufficient to keep him on his toes as he will no doubt be racing each Saturday and in many cases running for his club during the week.

Now as to tactics during a race, I have read the suggestion that this amounts to trickery, an opinion I do not agree with, our runner must run with his head as well as his legs otherwise he is going to be out of it at the finish. First of all find out all you can about your opponents, how they like the race to be run, whether they like a very fast first lap, whether they like a slow start with a sprint finish or whether they like an even pace throughout etc. Having assessed your opponents find out where

the start is, whether it is at the first bend or in the middle of the straight, test the track, and once you have drawn your position make up your mind as to what you are going to do. If you have been lucky enough to draw No. 1 and the start is in the straight you will try to maintain the pole position round the first bend so as to avoid running any further than need be, and at the same time keep your opponents wide, on the other hand if you are drawn on the outside and the start is at the bend you will be foolish to try for the pole position until the race has settled down in the track straight as you will either have to sprint too fast to gain it or you will have to run a much greater distance round the bend, and in top class racing you certainly would be kept on the outside. The race will usually have settled down by the end of the first 220 yds. and if you have decided not to make the pace the best position is 2nd and 3rd so that you are well placed to keep an eye on the leader and yet know what is going on in the main group. Farther if you are running 2nd or 3rd run on the outside shoulder of the man in front so that if anyone wishes to pass you he has to go well wide to do so, this especially applies on the bends. At this stage your knowledge of pace judgement, will pay dividends. If

ATHLETES' DANCE CLUB.

The Editor of "The Scots Athlete" will welcome all interested Athletes to this popular club recently formed. The intention is to make this a fine social centre and a pleasant Saturday evening re-union of Athletes and Friends who like to dance or are keen to learn.

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for instance your pace at say 300 yds. is 58 secs./440 and the leader (as long as he is not Wint or Whitfield) is chasing away ahead you will disregard him realising that he cannot keep it up, and will fade out but if on the other hand at the same stage the leader tries to slow the pace you will realise it immediately and take the lead yourself and make the pace what you want it to be, taking care of course that you do not cut in until you are the required 2 metres ahead. If on the other you've decided to lie handy and put in a sprint finish you've got to decide from where you are going to make your effort. Are you going to wait till the home straight or are you going to try and carry it for the last 220 yds. A word of warning here, do not be tempted to sacrifice your form for a so called sprint effort, that will only tie you up and in all probability will make you travel slower than if you had kept your form. Training shows up here, and if form running has been practised as I have suggested the tendency to tie up will be all the more remote but if you do feel yourself tying up relax for two or three strides by letting your arms flop right down in relaxation this will allow you to gather for further effort. Other considerations need to be kept in mind when competing in the smaller meetings

where there is no cinder track. Where there is sloping ground etc. make your running with the slope, note any bad patches before the race and if there is a strong wind use your opponents as wind breaks if possible. I have only touched on a small part of the tactical possibilities but I think sufficient to give an idea of how to tackle your races.

In conclusion I would stress that unless the training is put in the racing won't come out. Training must be a gradual building up, making ever increasing demands on your respiratory system and muscles, and never forgetting the need for speed in your work. Learn pace judgement, conserve your energy through relaxation and above all remember "Rule 17" "Aye keep the heid" (a favourite expression of mine). Just a word more about the example we took our half miler doing 2 mins. 10-12 secs. at the start of his second season. He may never make a half mile champion and if he did not show the required improvement in his second season I would not hesitate to move him up to the mile in his third and likewise a miler to the 2 and 3 miles. A boy may think the $\frac{1}{2}$ is his race but it may be wiser to move him up if after a fair trial he proves he has not got the speed required.

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MILDEWED METHODS CONDEMNED

By Arthur F. H. Newton

(Author of "Commonsense Athletics": "Races and Training" etc.)

I feel like snarling and biting somebody's ear. Why? Because I've just got through the latest and—according to our "experts"—most up-to-date book on athletic training. If there's one thing I'm solidly up against all the time it is the stick-in-the-mud inflexible policy adopted by nearly all our modern treatises on athletics; and this newcomer seems to take a particular pride in the meticulous manner in which it "stays put."

When ARE we going to be taught that strict attention to outmoded ideas can never lead to genuine progress: that without changing our methods we cannot go ahead? Nothing in life ever stood absolutely still; if it tried to it was mighty soon exterminated by its more pushful rivals. Runners and athletes have got to fall in with this universal rule of life or they, too, will find themselves out of the picture, and in half of no time. It gives any thinking man more than a pain in the neck to know that all our young-and-coming athletes are advised by so-called "authority" to waste their time and energy over a whole lot of frivolous antics instead of getting stuck into the practice of what they want to learn. Yet that's the method adopted by nearly all our present-day training manuals.

Shall I fork out examples? In unctuous and weighty terms you are told to indulge daily in a set schedule of walking, jogging, calisthenics and massage, plus a weekly time trial. For a quarter of a century perfectly sound reasons have been given in print for the discontinuation of every one of these, anyway so far as runners are concerned, seeing it's only running they're supposed to be learning at the moment. Yet our manuals rake up all this old athletic garbage dress it in high-falutin language to make it sound duly abstruse and impressive, and deliberately assure readers that that's exactly what they've got to do if they wish to succeed. Thank heaven we've got some worthy exponents who, though they don't perhaps call themselves "experts," know that such advice amounts to a complete

waste of time; they've spotted the red light long ago though their teachers seem to be still quite unaware that it exists.

Suppose I run casually through the more outstanding items and offer alternatives, then you'll understand why I'm so rampant. A "set schedule"? Well, if you can tell what the weather is going to be the day after tomorrow, what your form will be like at the time, what the temperature, and so on, it'll be safe enough to stick to the schedule you set. Since you know none of these conditions what on earth is the sense of arranging beforehand just how you'll meet them? The sane method would be to map out roughly a week's work, and then adjust each day's "ration" according to conditions, a bit more or less as appeared suitable; because you might find it advisable to alter the procedure almost without notice.

"Walk such-and-such a distance as part of your daily schedule." Surely it's running you're trying to learn? If that is so my advice would be exactly the opposite:—do as little walking as possible during your training period; any walking you want to do can be done at any other time. Would any race-walker ever consider it necessary to practice a daily run to help him learn walking? Then why should runners attempt the same sort of thing? If some of our teachers are unable to learn this lesson that's no reason why the rank and file shouldn't acquire it for themselves.

"Jog a lap or two." Are you at any time expected to jog during a race? Then don't waste your time practising what isn't required: it would be using time for an unwanted action which might have been more usefully applied to running training.

Calisthenics? All the above arguments apply to these too. If you're going to divide your attention between running and half a score of other things at the same time you'll get just what you deserve—a very second rate result. Twenty years ago you might have done

that sort of thing and got away with it because nearly all runners carried on like that—all perhaps except a few of the best. Since then however, specialisation has been intensified considerably, and unless you follow suit you haven't a chance of achieving outstanding success.

"A daily Massage"? It seems almost unbelievable that men who are supposed to be in the van with regard to tuition should continue to display such ignorance. Massage is purely a medical adjunct and should not be applied unless, through carelessness or accident, injury of some sort has occurred. Massage "helps" the circulation. Help any natural action, continue to help it, and the only result is that you weaken the ability of the system to carry out its normal routine.

Time trials? A murrain on such

BOOKS RECEIVED.

BRITISH ATHLETES, 1951 (Published as advertised). For those who wish to be informed on British athletes this is a most valuable reference, thanks to the neat biographies by Norris McWhirter and Fred Blackmore. The 143 action photographs make the biographies all the more intimate. As is admitted by the publishers it is unfortunate there are some omissions. We would have liked included other Scots such as Jack, Gracie, Hamilton and Howard. This minor criticism can't detract from a most pleasing and worthwhile effort. Recommended to all enthusiasts.

GET TO YOUR MARKS! By Ross and Norris McWhirter (Published by Nicholas Kaye, Ltd., 1 Trebeck Street, London), 15/0d. A short history of World, Commonwealth, European and British Athletes. If you have 15/0 to hand by the publishing date, August 30th don't wait to our full review in September. "Get to your marks" now! It's a great work, including unique ranking lists, by the Scottish International and his twin brother, Ross.

RANGERS SPORTS.

The usual crowd, estimated at 65,000 and the usual good weather turned out for Rangers Sports on 4th August.

Top places, first to the record makers. Big, modest record holder, Jim Fuchs

absurdities! What are races if not time trials? If you need a trial, then, wait till your next race: to undertake one previously is merely to put the clock back for a day or two so that you have a chance to recover. A time trial is a deliberate and thoughtless waste of the reserves you have built up, and is undertaken only with the idea of providing evidence that you actually possessed such reserves. Do you trust your brain so little that you cannot believe what it tells you? If that's how you feel, carry on with your time trials.

I'll leave it at that. From what I've said you can decide for yourselves which is the better. As the advice in each of the above instances is commended by one party and condemned by the other, one of them must assuredly be wrong. It's for you to judge which.

shot-putted 55 ft. 1½ ins, considerably better than the Scottish all-comers' figures of 49 ft. 10 ins. Herb McKenley, only finishing 3rd, showed 47.7 secs. to equal Arthur Wint's Scottish all-comers' record. Granted 17 yards Scottish champion Dave Grace pulled that little extra out to win in 47.6 secs. Jack Davies (U.S.A.) romped the high hurdles to win in 14.4, 3 tenths better than Finlay's record, but we doubt if it will be ratified due to a tail wind. Same applies to U.S.A. champion Jim Ford with his polished 11.5 secs. in his heat of the 120 yards flat. Scottish champion Bill Jack, off 3 yards, again proved his capacity by winning the final of this event in 11.5 secs. with Ford unplaced.

Almost a record and certainly a heroic bid was Len Eyre's wonderful mile victory in 4 mins. 11.6 secs. Out in front from the gun he left standing the invitation field including Semper and Capazolli (U.S.A.).

Alan Paterson had a grand duel with Bob Wyatt (U.S.A.) in the high jump. What a pity they both also had to compete against a 5-a-side football tournament. To the promoter catering for 65,000 that may be nothing to worry about. To the enthusiast and the jumpers it's more than a little disconcerting! Bare left-footed (for physiological reasons) Wyatt won at 6 ft. 6 ins. with fewer failures.

TRIANGULAR INTERNATIONAL

DUNOON, 28th JULY, 1951.

Main feature of this annual from the Scottish view was the unexpected failure and success. Defeat in the hammer and discus was unlooked for, but then so was the full-points victory of Bill Jack and Norris McWhirter in the 220 yards. Alan Paterson turned the tables on his A.A.A. conqueror, Ron Pavitt, and in no uncertain fashion—he was all but over at 6 ft. 8 ins.

Apart from Pat Devine scoring in the long jump the Scots girls did not show to their best in the individual events but gave a heartening display in winning the relay by 2 yards. A young Irish girl, 15-year-old T. Hopkins was quite a discovery clearing 5 ft. 0½ ins.

Details:—

100 Yds.—1, B. Shenton (England) 10.2; 2, W. Jack (Scotland) 10.4; 3, N. McWhirter (S) 10.5.

220 Yds.—W. Jack (S) 22.4; 2, N. D. McWhirter (S) 22.6; 3, J. Gregory (E). 22.7.

440 Yds.—D. Pugh (E) 49.5; 2, T. Higgins (E) 50.1; 3, D. K. Gracie (S) 50.4.

880 Yds.—1, F. Evans (E) 1:57.3; 2, R. Bannister (E) 1:58.3; 3, C. Kelly (I) 1:58.9.

Mile—1, A. B. Parker (E) 4:16.8; 2, V. Milligan (I) 4:17.3; 3, L. Eyre (E) 4:21.8.

3 Miles—1, W. R. Beckett (E) 14:34.5; 2, H. J. Hicks (E) 14:34.7; 3, A. Forbes (S) 14:44.1.

120 Hurdles—1, F. Parker (E) 15.0; 2, P. Hildreth (E); 3, J. Hart (S).

4 x 110 Relay—1, England-Wales (N. Stacey, A. Pinnington, J. Gregory, B. Shenton), 42.8; 2, Ireland; Scotland disqualified.

High Jump—1, A. Paterson (S) 6 ft. 5½ ins.; 2, R. Pavitt (E) 6.2; 3, S. J. Freeman (E) 6.0.

Long Jump—1, S. O. Williams (S) 24 ft. 1½ ins.; 2, A. R. Cruttenden (E) 23.5; 3, W. Doherty (I) 22.3.

Pole Vault—1, M. Furlong (I) 11 ft. 1 in.; 2, U. O'Connor (I) 11.1; 3, N. C. Dear (E) 10.7.

Weight—1, D. D. Guiney (I) 47 ft 8½ ins.; 2, J. H. Drummond (S) 45.7½; 3, J. B. Byrne (I) 45.5½.

Discus—1, M. Pharaoh (E) 138 ft. 6 ins.; 2, H. I. Dugid (S) 132-2; 3, T. Barratt (E) 131-3.

Hammer—1, P. Alday (E) 160 ft. 1 in.; 2, E. Douglas (S) 158-9; 3, C. Reidy (I) 146-8.

Javelin—1, M. J. Denley (E) 189 ft. 3½ ins.; 2, M. Dalrymple (E) 172-1; 3, R. D. W. Miller (I) 166-6½.

Result—England and Wales 102 pts.; Scotland 66½; All-Ireland 46½.

Women's Events

100 Yds.—1, M. Pletts (E) 12.1; 2, J. Foulds (E) 12.2; 3, E. Hay (S) 12.3.

80 Metres Hurdles—1, J. Desforges (E) 11.8; 2, S. Pratt (E) 11.9; 3, M. Fischbacher (S) 12.4.

4 x 110 Yds.—1, Scotland (M. Carmichael, E. Hay, Q. Shivas, P. Devine), 49.7; 2, England-Wales 49.9; 3, Ireland 52.5.

High Jump—1, D. Tyler (E) 5 ft. 11 ins.; 2, T. Hopkins (I) 5 ft. 0½ in.; 3, J. G. Thompson (S) 4.9½.

Long Jump—1, P. Devine (S) 17 ft. 7½ ins., D. Tyler (E) 17.4½; 3, J. Desforges (E) 16.9.

Result—England 33 pts.; Scotland 21; Ireland 12.

ROUND THE CLUBHOUSES.

Maryhill Harriers.—The Club has continued to run off its championship events in recent weeks. The Senior half-mile was won by J. McBride and the Quarter by S. Irvine. The Junior Quarter was won by S. Russell and the 220 by D. Galloway. The Ladies have continued to train hard and at Rothesay were able to beat Bellahouston in the relay helped by an excellent first "leg" run by W. Lennox.

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