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WEEKLY ATHLETIC NOTES BY

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THE SCOTS ATHLETE

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Photo by G. S. Barber.
THE LAST CHANGE-OVER as SYD ELLIS (Victoria Park A.A.C.) hands over to ALEX. BRECKENRIDGE in the Edinburgh—Glasgow Relay.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

HINTS FOR YOUNG CROSS-COUNTRY RUNNERS.

ARTHUR NEWTON—LET'S BE SENSIBLE.

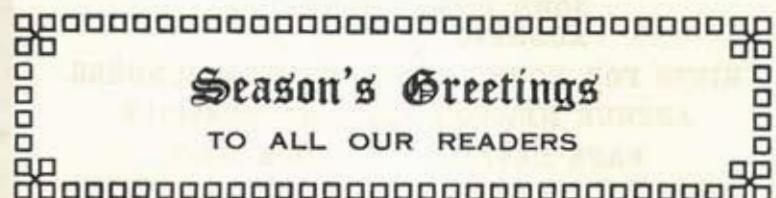
RACE DETAILS. OUR POST.

CHANGE-OVERS IN THE EDINBURGH-GLASGOW RELAY



Photos by G. S. Barber.

The winning club, Victoria Park A.A.C. led from start to finish and we see here some of the change-overs. (Top L.) IAN BINNIE hands the baton to JIM ELLIS at the end of 1st stage. (Top R.) JIM ELLIS over to BOB KANE at the 3rd change-over. (Bott. L.) and he passes on to C. D. FORBES starting out on the 5th stage. (Bott. R.) The baton has been handed to brother ANDREW and here it is passed to SYD ELLIS (brother of Jim).



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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DECEMBER, 1951. Vol. 6, No. 8.

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JOHN EMMET
FARRELL'S



WITH half of the present cross-country season now almost completed form is beginning to display itself for the big national events which climax the season. Perhaps not fully and perhaps a little shadowy yet as in the proverb "Coming events cast their shadows before."

Victoria Park Live Up to Their Name.

Victoria Park have taken the lion's share of the team spoils, their one failure being in the Midland District relay in which Springburn Harriers scored their sensational victory with sound team running.

However in the "News of the World" relay they got back into winning vein, the brilliant but erratic Binnie giving them a lead which they maintained to the end.

Shettleston The Pioneers.

At the moment despite the dispersion of forces due to the new junior event Victoria Park will be strong favourites to retain the National team title.

They may even travel down to "Brum" to compete in the English National and after Shettleston's magnificent and surprising 2nd place last year—Victoria Park could quite well go one better and win.

"Nothing succeeds like success" and Shettleston Harriers club deserve every credit for their pioneering efforts and encouragement to other Scottish clubs.

Upward Trend.

Apart from Springburn and Shettleston Harriers—chief rivals to Victoria Park—several other clubs though with plenty room for improvement are showing upward trends. Bellahouston for example with little Harry Fenion back to form and new discovery H. Kennedy are one of these clubs. Their close 4th in the Midland relay was a particularly fine effort. Hamilton Harriers with brilliant youths champion J. Finlayson now a junior, assisting Internationalist Archie Gibson and his colleagues are also show-

ing encouragement form. Coming into the Edinburgh—Glasgow relay only at the last minute their eight won the special medals awarded by the "News of the World" for the most improved team.

Close neighbours Motherwell Y.M.C.A. keep on improving and could they get former mile and cross-country champion Jim Fleming into full training they would test the best.

Strong Junior Contender.

In David NELSON, present International Y.M.C.A. individual champion they have a runner of great strength and verility. At the moment he is my tip to win this year's Scottish Junior title vacated by the brilliant Eddie Bannon now a full-fledged senior. I believe that if Nelson were eligible to run in the Senior National he would be placed in the first six.

Then we have Plebeian with their great traditions of the past of the days of Gunn, Tombe, Rayne and McGregor showing signs of recovery slow but sure. Their latest star Angus Smith seems to have the makings of a right good one.

In the East, it is welcome to find Edinburgh Eastern now challenging the recent more established powers, Edinburgh Southern and University teams, for supremacy. In R. J. Stark the Eastern club have an amazingly versatile youth who is bound to go far in the sport.

Heartening too, is the bold efforts of new or reformed clubs, such as Ayr, Falkirk Victoria, Perth Strathtay, Paisley and Stranraer Harriers, which does go to show what can be done when a few enthusiastic people "are gathered together."

The Big Three.

Coming to the individuals Scotland's big three are undoubtedly Eddie Bannon (Shettleston), Andy Forbes (Victoria Park) and Tom Tracey (Springburn); and of these Bannon is the bright particular star and on present form must be a strong favourite to win our National cross-country title. Up to the present he has shown devastating speed and last year's brilliant 4th in the English National demonstrated that he has the stamina to go with it. Andy Forbes, present National holder, despite some worry over foot trouble continues to reveal remarkable

consistency of form and with his ability to rise to the occasion is a hard man to beat. Tom Tracey is also running well though perhaps not at the peak of his form.

Ferguson's Chances.

These 3 are out on their own this side of the border. Down south however there is Anglo-Saxon Andy Ferguson of Highbury Harriers fast returning to the form which made him one of Britain's best distance prospects. Previously Ferguson has shown brilliance on track and over country and if he retains his present form and comes up for our National which he is planning then the sparks will fly!

All Of A Muchness.

These 4 runners with Bobby Reid could be a grand nucleus for Scotland. Outside of these we have a group of good consistent runners any one of whom could make the team if he rises to the occasion on the day. But I may return to our National chances later.

England Impress In Race of Champions.

On Sunday November 25th on the Evere Military Airfield, Belgium, in the invitation "race of champions"—Lucien Theys of Belgium International cross-country champion of 1950 narrowly beat Gordon Pirie of England in a 5 miles race with Belgium's Vandewattyne 3rd.

The other English places were Hesketh 4th, Hardy 6th with present International champion Saunders 14th. Although run so early in the season and over such a short fast course English runners did enough to show that they will make a strong defence of the team and individual title in March up at Hamilton Race-Course.

Who do I fancy for the individual title? Theys, Saunders, Vandewattyne, Pirie or Hesketh, any one of whom could win the coveted individual award. Surprisingly enough none of these is my choice, which is—Frank Aaron. But here again there is time enough to discuss International chances somewhat nearer the time.

Grand Scottish Veterans.

Among our greatest enthusiasts are some who have never made the headlines yet who nevertheless reveal infectious enthusiasm for the sport and

maintain an exceptionally high standard of fitness.

They are the life-blood of the sport and exert a great influence on their colleagues. Such grand veterans as Alec Brown of Motherwell Y.M.C.A., Peter Taylor of Dundee Thistle and Jimmy McLure of Victoria Park are this type.

Peter Pans.

46 year-old Brown who recently finished 10th in the Edinburgh Highland Games Marathon beating 3 hrs. over this gruelling course has a son now hitting the head-lines for his club—Taylor, also 46, but still boyish and trim has been a grand servant and team man for Dundee Thistle especially over the longer stretches. He was the New York State junior champion away back in 1929. McLure on the other hand is a mere stripling of 43, but in 1927 he was competing in the old Western District championship. Still fresh and trim Jimmy hopes to make the Victoria "Twelve" in the forthcoming National race.

With his long experience and knowledge of athletics, Jimmy's advice and encouragement is of great value to his younger colleagues.

Coming Events.

Road racing has its final fling around the NEW YEAR. Thereafter the cross-country fraternity will concentrate on club district and finally the National cross-country championships. If Charlie Robertson, the Dundee Thistle crack elects to compete in the Clydebank—Helensburgh 16 miles road race he should repeat last year's victory.

Should he prefer the even sterner Morpeth race over 13½ miles he still stands an excellent chance of going one better than he did in 1950 when he was runner up to Jack Holden in 1 hr. 11.57 against Jack's 1 hr. 11.24 1/5. Robertson shares with Holden the feat of being the only two runners to beat 1 hr. 12 mins. over the modern established course. Bert Hemsley in his great victory last year was just outside—1 hr. 12 mins. 3 secs.

A victory in the Morpeth would be very popular up here especially as he is sure to be a strong challenger for a place in Britain's marathon Olympic team next year. A Scot's win is long overdue, our last victor being Donald Robertson in

1936. But this particular race will always be associated with the name of Duncan Wright who holds the record number of wins 7, 6 of them in succession, a truly phenomenal record.

An Open Race.

With Robertson a non-starter and Harry Howard our other Olympic marathon hope off with a foot injury, the Clydebank—Helensburgh race may gain in interest what it loses in class. Scottish Champion, Jack Paterson, runner-up Andy Arbuckle and those improving distance men Alex Kidd and Joe McGhee all hold obvious chances. I preclude Willie Gallacher as I am advised he is unlikely to compete.

A "Nigel Barge" Record!

Maryhill's Nigel Barge Memorial road race over 4½ miles should ensure a grand race on the first Saturday of the NEW YEAR. Should Forbes, Bannon and Tracey all compete fit and well and weather conditions are reasonable I would not be surprised to see a record run.

First run and won in 1943 in 24 mins. 56 secs. this race has become progressively classier and faster. Andy Forbe's present record is 23 mins 33 secs set up in 1950.

Classy Youths'

Scottish Youths' champion Jim Finlayson of Hamilton has now entered the Junior ranks and it is asking something of our new crop to equal such a high standard.

R. Wotherspoon of Glasgow Y.M.C.A. put up a fast time in winning Clydesdale's open race while in the "News of the World's" relay young Jack Paterson of Edinburgh ran a sensational race for Edinburgh Southern in the short but stiff 4 mile sector to clock fastest time and beat all his senior rivals. These two among others should be well in the running for this year's youth title.

Dr. Parnell's Recipe for a Champion.

Dr. Parnell apparently believes he has the mathematical formula for the champion. Recently he examined 583 Oxford undergraduates under a complicated points system, which is as follows. Divide the athlete's height by the cube root of his weight. Next multiply this result by the diameter of his heart and

multiply again by his leg length. No maximum is announced but middle and long distance runners should score over 15,500 with sprinters a little below. Now let me quote a contemporary—"Now, whom do you think had the highest total of 18, 869 points?—Roger Bannister, the miller.

It will gratify many to know that at the end of his talk Dr. Parnell predicted with assurance that Bannister will not only win this event at the next Olympic at Helsinki but also crack the record."

Synthesis Not Analysis Makes the Champion.

The eminent Doctor's choice of Bannister is certainly a good one as the Oxford man reveals class in every way; though some may declare that such boasting is hardly fair to our distinguished Olympic candidate.

But I venture to suggest that the Doctor's examination of the Oxford undergraduates is hardly representative of Britain's athletes. Were such men as Jim Peters, Stan Cox, Tom Richards, Pirie Hesketh, Saunders, Aaron, Nankeville, Eyre, Beckett, Chataway examined, and if so what is their pointage?

That Certain Something.

The mental qualities of the champions no less than their physical qualities are of the utmost importance; and what tape measure, what scientific instrument can measure and analyse the qualities of judgment, of determination, of the will to win.

How Would Zatopek Rate?

Even on the purely physical plane it may be that it is in the special co-ordination of the organic functions rather than in the strength and vitality of specific organs and specific muscles that the secret lies. In support of that contention let me quote Dr. I. F. "A critical and unconditional examination of such super athletes shows always that no such miracles exist. The individual measurements and figures are far from sensational. The underlying secret of above average ability will lie rather in an innate and especially favourable co-operation of the most perfect organic function and circulation—conditions which cannot be expressed in concrete measurements and which are only met in one in a thousand

athletes . . . the findings from medical examinations of the running phenomenon "Zatopek"—show that he is basically a normally built athlete who with the help of this certain something and with hard training—is capable of above average performances."

Medical examination therefore shows that Zatopek is a normal robust athlete but by no means abnormal, and certainly not a freak. I am quite certain that this wonder runner of the age would not head Dr. Parnell's league table.

Records Fall To Amazing Zatopek.

Just as jet propulsion gave way before the supersonic so do distance records fall before the onslaught of the grimacing Czech. Zatopek represents a paradox. He contorts his features, he expresses the agony, the fatigue of the human, yet on the other hand he leaves his opponents behind with the relentless speed of the machine. He has the body of a man but the mind of a superman. His capacity for training is prodigious. He is satiable for work.

His daily interval training of fast bursts interspersed with slow running represents 2 hours or at least 20 miles per day. And he is not training for the marathon! At least not so far as we know.

Heino's 20 kilometres record was 1 hr. 2 mins. 40 secs. set in 1949.

Zatopek reduced it to 1 hr. 1 min. 16 secs. A fortnight later he returned the magic figures of 59 mins. 51.8 secs (i.e.) 2 separate 10,000 metres in under 30 mins. each. In his first run he also beat Heino's 1 hr. record of 12 miles 29 yds. with 12 miles 268 yds. In the second attempt he increased it to 12 miles 809 yds.

Heino's other record—10 miles in 49 mins. 22.2 was set in 1946. In his first run Zatopek unofficially passed the 10 mile stage in 49 mins. 34.5 secs. In his second run he was officially timed at the 10 miles stage which he passed in 48 mins 12 secs. for one more astounding record—in all 3 world records in one run.

Changed Psychology of Training And Racing.

Zatopek's severe training programme, his pillar to post, devil take the hindmost racing tactics have tended to create a different approach to training and racing

in which aggression is the key note. "Nothing succeeds like success" and Zatopek must necessarily have his imitations and his disciples.

But Caution To His Disciples.

Zatopek represents the "heroic" type of athlete so beloved by Cerutty, a likeable modest personality, but with intense, determination and will. Inevitably he must raise the standard of athletics by his influence, demonstrating that "an intense capacity for taking pains" is the recipe not only for genius but for athletic success. But I should like to caution athletes especially the younger and less experienced, that no matter how severe a training programme may be planned it must be arrived at gradually and progressively and personal conditions of physical, daily job etcetera must be taken into consideration.

Zatopek now 29, has been running for 11 years and showed only moderate form in his first few years. His build up was continuous running.

He has a good back-ground and had to serve his apprenticeship. In 1946 when Wooderson beat Slikjus in the sensational European 5,000 metres, Zatopek was just another finalist.

Patience and perseverance were his boon companions in his striving for success.

The proverb "Festina Lente—hasten slowly, is even more indispensable to the ambitious athlete than to his less ambitious brethren.

"RUNNING"

We continually receive enquiries about Arthur Newton's famous book "Running." It is out of print. One of our most keen readers—F. S. Jarvis, of Christchurch, New Zealand, is particularly anxious to have a copy. We hope one of our readers can oblige. Friend Jarvis will put it to good use—he is building a small library for the use of a circle of enthusiasts. Send through this office or to his pen-friend G. A. Humphries, 17 Boxted Close, Buckhurst Hill, Essex.

The editor's proud of his new tie. Why? Because it's the official tie of the Scottish Cross-Country Union. You can do yourself and the Union a good turn by getting one, too! Price 7/6 from Messrs. Rowans, Buchanan Street, Glasgow (must mention your club) or from Convener and Treasurer of the Appeals Fund Committee, Mr. Tom Fraser, 75 Carsaig Drive, Glasgow, S.W.

Incidentally, we have at once, both the honour and responsibility of holding the International this season and funds will be greatly needed for all the arrangements including the hospitality to the visiting teams. We want to make their visit memorable, don't we? It is up to each one of us to support Mr. Fraser and the General Committee in every way.

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Make your enquiry IMMEDIATELY we may not be able to repeat this invitation.

Edinburgh-Glasgow Road Relay

Victoria Park lead from start to finish in easy win.

The annual "News of the World" race held on Saturday, 19th November, was but a runaway victory for the holders Victoria Park A.A.C. A contemporary suggests that the standard of the opposition has diminished. Springburn failed to provide the hoped-for fireworks. As a team they seemed to be without inspiration.

Other main features were Ian Binnie's fine running in the first leg, Charlie Robertson taking his team up from 12th to 3rd in the 2nd stage and the excellent running of Eddy Bannon and Andy Forbes in the long 6th stage.

Perhaps as a team the non-fancied Plebeian were admired most by their determination to keep to the fore which they did right to the later stages.

Details—

FIRST STAGE—5½ MILES.

Record—

R. B. McIntosh, Greenock G.H., 26m. 5s. (1936)

		H. M. S.
1.	Victoria Park A.A.C.—I. Binnie	26.55
2.	Motherwell Y.M.—A. H. Brown, Jr.	27.49
3.	Springburn H.—J. Stevenson	27.56
4.	Plebeian H.—F. Cassella	27.58
5.	Edinburgh Univ. A.C.—D. T. Hunt	28.01
6.	Greenock Glenpark H.—S. Williamson	28.05
7.	Shettleston H.—B. Bickerton	28.13
8.	Monkland H.—C. Ballantyne	28.18
9.	Hamilton H.—J. Finlayson	28.23
10.	Bellahouston H.—H. Kennedy	28.32
11.	Garscube H.—D. Coupland	28.36
12.	Dundee Thistle H.—J. Miller	28.37
13.	Irvine Y.M.C.A. H.—S. Cuthbert	28.43
14.	Edinburgh Southern H.—J. Smart	28.57
15.	Vale of Leven A.A.C.—J. Ferguson	29.30
16.	Maryhill H.—J. Wright	29.36
17.	Glasgow Y.M. A.C.—S. H. Mowbray	29.40
18.	Clydesdale H.—F. Clarke	29.48
19.	Kirkcaldy Y.M.C.A. H.—J. Mitchell	30.02
20.	St. Modan's A.A.C.—M. Kaney	30.13

SECOND STAGE—6 MILES.

Record—

J. C. Flockhart, Shettleston H., 30m. 26s. (1936)

		H. M. S.
1.	Victoria P. A.A.C.—J. Ellis	32.39
2.	Plebeian H.—A. Smith	32.92
3.	D'ee T.H.—C. D. Robertson	32.08
4.	Shett. H.—R. C. Wallace	32.34
5.	Greenock G.H.—J. Grant	33.28
6.	S'burn H.—S. McFadden	33.42
7.	Garscube H.—A. Kidd	33.16
8.	Edin. U.A.C.—J. W. Brydie	34.03
9.	Moat. H.—A. MacPherson	34.03
10.	Hamilton H.—H. Gibson	34.11
11.	Irvine Y.M.—D. Andrews	34.05
12.	V. of L. C.—W. Gallacher	33.29
13.	Bellahouston H.—J. Christie	34.28
14.	Ed. S.H.—W. A. Robertson	34.29

THIRD STAGE—4 MILES.

Record—

P. McNab, Springburn H., 21m. 56s. (1936)

H. M. S.

1.	Victoria P. A.C.—R. Kane	23.54	1	23	28
2.	Shettleston H.—J. McNeil	23.41	1	24	28
3.	Plebeian H.—D. Barclay	24.00	1	24	30
4.	S'burn H.—J. C. R. Morton	23.54	1	25	32
5.	D'ee T.H.—S. Cunningham	24.48	1	25	33
6.	Edin. Un. A.C.—K. Coutts	24.28	1	26	32
7.	Monkland H.—R. Bell	24.26	1	26	47
8.	Garscube H.—A. W. Warton	24.57	1	26	49
9.	Edin. S.H.—J. Paterson	23.28	1	26	54
10.	Greenock G.H.—H. Beaton	25.42	1	27	15
11.	V. of L. A.A.C.—R. Steel	24.18	1	27	17
12.	Bellahouston H.—J. McLean	24.22	1	27	22
13.	Hamilton H.—J. Hepburn	25.09	1	27	43
14.	Gl. Y.M.—R. Wotherspoon	23.41	1	27	59
15.	Irvine Y.M. H.—J. Lawson	23.38	1	28	26
16.	Clydesdale H.—J. Higginson	24.26	1	28	50
17.	Maryhill H.—S. Lawson	24.28	1	29	23
18.	M'well Y.M.—W. Watson	24.42	1	29	50
19.	K'caldy Y.M.—W. E. Duncan	25.11	1	31	32
20.	St. Modan's—P. Donnelly	27.43	1	34	24

FOURTH STAGE—5½ MILES.

Record—

A. T. Whitecross, Dundee T.H., 30m. 24s. (1937)

H. M. S.

1.	V. P. A.C.—J. D. Stirling	32.32	1	56	00
2.	Shettleston H.—J. Burton	33.15	1	57	43
3.	Springburn H.—J. Wallace	33.37	1	59	09
4.	Plebeian H.—A. Robertson	34.43	1	59	13
5.	Bellahouston H.—H. Fenlon	32.26	1	59	48
6.	Edin. S.H.—D. Webster	33.30	2	0	24
7.	Monkland H.—I. MacKenzie	33.47	2	0	34
8.	Gl. G.H.—J. W. Armstrong	33.28	2	0	43
9.	Dundee T. H.—D. Miller	35.32	2	1	05
10.	Hamilton H.—G. McGill	33.27	2	1	10
11.	Garscube H.—G. A. Dunn	34.22	2	1	11
12.	V. of L. C.—D. McPherson	34.01	2	1	18
13.	Irvine Y.M.—H. Kennedy	33.30	2	1	56
14.	Edinburgh Un. C.—J. Barr	36.32	2	3	04
15.	M'hill H.—R. A. MacDonald	33.59	2	3	22
16.	Glas. Y.M. C.—R. Donald	35.44	2	3	43
17.	Clydesdale H.—P. Reynolds	36.10	2	5	00
18.	M'well Y.M. H.—J. Scott	36.56	2	6	46
19.	K'caldy Y.M.—W. Corroon	37.03	2	8	35
20.	St. Modan's—C. Meldrum	35.21	2	9	45

FIFTH STAGE—5½ MILES.

Record—

J. Campbell, Bellahouston H., 27m. 57s. (1938)

H. M. S.

1.	Vict. P. A.C.—C. Forbes	29.52	2	25	52
2.	Shettleston H.—J. Kirk	31.16	2	28	59
3.	S'burn H.—J. K. Rankin	30.24	2	29	33
4.	Plebeian H.—E. Latham	30.36	2	29	49
5.	Bellahouston H.—F. Cowan	30.48	2	30	36
6.	G'nock G.H.—W. MacLean	31.12	2	31	55
7.	Edinburgh S.H.—W. Grant	31.33	2	31	57
8.	Monkland H.—R. Muir	31.55	2	32	29
9.	Garscube H.—J. Gunn	31.33	2	32	44
10.	Hamilton H.—D. Wilson	31.36	2	32	46
11.	Edin. Un. A.C.—A.C. Ross	30.25	2	33	29
12.	D'ee T.H.—J. Fitzpatrick	32.43	2	33	48
13.	Maryhill H.—R. Brymer	30.51	2	34	13
14.	V. of L. A.A.C.—F. Lacey	33.10	2	34	28

SIXTH STAGE—7 MILES.

Record—

J. C. Flockhart, Shettleston H., 33m. 32s. (1937)

H. M. S.

1.	Vict. P. A.C.—A. Forbes	34.30	3	0	22
2.	Shettleston H.—E. Bannon	34.19	3	3	18
3.	Springburn H.—T. Tracey	35.28	3	5	01
4.	Plebeian H.—T. McQuade	37.56	3	7	45
5.	Bellahouston H.—J. Kelly	37.36	3	8	12
6.	Edin. S.H.—W. G. Hunter	36.20	3	8	17
7.	G'nock G.H.—A. MacLean	36.27	B	8	22
8.	Hamilton H.—A. C. Gibson	36.33	3	9	19
9.	Garscube H.—J. Duffy	37.34	3	10	18
10.	Monkland H.—A. Arbuckle	37.56	3	10	25
11.	Edin. Un.—J. P. McRoberts	38.52	3	12	21
12.	Irvine Y.M.—T. McNeish	37.55	3	13	08
13.	Dundee T.H.—P. Taylor	39.47	3	13	35
14.	Maryhill H.—T. Harrison	39.36	2	13	49
15.	V. of L. A.C.—M. Connell	39.39	3	14	07
16.	Glas. Y.M.—D. McFarlane	37.16	3	14	15
17.	M'well Y.M. H.—D. Nelson	35.34	3	15	25
18.	Clydesdale H.—W. Howie	38.48	B	16	20
19.	St. Modan's—J. McGee	37.11	3	20	34
20.	K'caldy Y.M.—P. Husband	38.39	3	21	11

SEVENTH STAGE—5½ MILES.

Record—

D. Urquhart, Garscube Harriers, 29m. 3s. (1937)

H. M. S.

1.	Victoria P. A.C.—S. Ellis	30.17	3	30	39
2.	Shettleston H.—J. Turnbull	30.26	3	33	44
3.	S'burn H.—R. F. McLean	30.35	3	35	36
4.	Bellahouston H.—G. Bell	30.28	3	38	40
5.	Edin. S.H.—G. Reid	31.18	3	39	35
6.	Plebeian H.—W. Cook	32.13	3	39	58
7.	Greenock G.H.—H. Coll	31.55	3	40	17
8.	Garscube H.—R. Blak	31.49	3	42	17
9.	Hamilton H.—N. Baillie	32.58	3	42	17
10.	Monkland H.—J. Brown	33.38	3	44	03
11.	Dundee T. H.—H. Irvine	30.54	3	44	29
12.	Irvine Y.M.—G. Leggat	31.57	3	45	05
13.	Edin. Un.—J. Robertson	32.52	3	45	13
14.	Maryhill H.—J. Campbell	32.11	3	46	00
15.	V. of L. A.C.—J. McNabb	33.18	3	47	25
16.	M'well Y.M.—D. Mitchell	32.54	3	48	19
17.	Glas. Y.M.—H. Clarke	35.31	3	49	46
18.	Clydesdale H.—F. Kelty	34.09	3	50	29
19.	St. Modan's—A. Galbraith	34.20	3	54	54
20.	K'caldy Y.M.—R. C. Hewson	34.03	3	55	14

EIGHTH STAGE—5 MILES.

Record—

A. Austin, Bellahouston Harriers, 24m. 23s. (1938)

H. M. S.

1.	V.P. C.—A.D. Breckenridge	25.25	3	56	04
2.	Shettleston H.—J. Eadie	25.46	3	59	30
3.	Springburn H.—T. Lambert	25.33	4	1	09
4.	Bella. H.—A. Dunwoody	26.06	4	4	46
5.	Edin. S.H.—H. S. Miller	26.04	4	5	39
6.	Greenock G.H.—I. Osborne	25.44	4	6	01
7.	Plebeian H.—C. Heaney	26.12	4	6	10
8.	Garscube H.—F. B. Russell	26.16	4	8	23
9.	Hamilton H.—G. Craig	27.07	4	9	24
10.	Monkland H.—A. Farmer	26.51	4	10	54
11.	Edin. Un.—D. V. Ellis	26.11	4	11	24
12.	Irvine Y.M.—E. Allan	27.01	4	12	06
13.	Maryhill H.—J. Gibson	26.24	4	12	24
14.	Dundee T.H.—A. McIntosh	28.05	4	12	34

NORTH-EASTERN

CROSS-COUNTRY LEAGUE.

In the first race, of the North Eastern League, held on 8th December, The league holders, Perth Strathtay were successful in finishing with an 8 points lead over Dundee Thistle.

Charlie Robertson took the lead after about 1 mile of the 5 mile course had been covered but Pat Boyle (Strathtay) held on to finish second only 20 secs. behind with R. Baird (Dundee H'ill) just getting ahead of P. Dobbie (Strathtay) for 3rd place.

1. Perth Strathtay H.—P. Boyle 2; P. Dobbie 4; J. Dick 7; J. Thomson 8; C. Boyle 9; M. King 13—43 Points.
2. Dundee Th. H.—C. D. Robertson 1; S. Cunningham 5; J. Miller 6; H. Irvine 10; A. McIntosh 14; J. Fitzpatrick 15—51 Points.
3. St. Andrew's Univ.—11, 12, 20, 21, 23, 27—114 Points.
4. Dundee Hawkhill H.—3, 16, 18, 25, 31, 34—127 Points.

INDIVIDUALS—

Individuals—

1. C. D. Robertson, D. Th. H. 30m. 24s.
2. P. Boyle, Strathtay ... 30m. 44s.
3. R. Baird, Hawkhill ... 31m. 8s.
4. P. Dobbie, Strathtay ... 31m. 10s.

DUMBARTONSHIRE A.A.A.
10 MILES CROSS-COUNTRY RELAY.
Westerton, 20th October, 1951.

1. Clydesdale H.—R. Boyd 16.37; F. Clark 16.38; P. Younger 16.35
2. Garscube H.—D. Coupland 16.43; J. Duffy 16.12; G. A. Dunn 16.41
3. A. Kidd 16.31—66m. 07s.
4. Vale of Leven A.A.C.—D. McPherson 16.48; J. Ferguson 17.13; R. Steel 16.37; W. Gallacher 16.14—66m. 47s.
4. Clydes

HINTS FOR YOUNG CROSS-COUNTRY RUNNERS

By L. H. WEATHERILL.

Our contributor is a member of South London Harriers. Pre-war he was one of the best distance runners in the country and was a competing member of the winning English cross-country teams in the 1934 and '36 Internationals. Amongst a host of other distinctions he represented England in the 3 and 6 miles in Australia at the Empire Games, 1934.

His name will bring recollections of him being invited also to represent Scotland in International cross-country. This rightly did not come to fruition but it is true that he has a distinct and close Scottish background. He is at present resident in Glasgow.

We welcome him as a contributor and due to his great retention of interest and a wealth of experience to draw from, readers will look forward to this being but the first of a regular series of articles.—Editor.]

PERHAPS the best single piece of advice that one can offer to the novice distance runner is to suggest that he thinks things out for himself. Of course he should carefully listen to all suggestions, from whatever course they may come; and at first, rightly and naturally, he may want to give most of them a trial. However after a couple of seasons or so he should, have worked out some sort of basis for his running and thereafter new ideas will be considered more carefully and, if it is decided to test their usefulness, the young runner will have to fit them into his own scheme of training. Coaches are essential so far as field events are concerned and almost necessary to sprinters: a longer distance runner who must rely on a coach is unlikely to meet with much success.

2—Most runners to my mind, do not keep themselves warm enough when running in the winter. I know that, as one gets older, generally one feels the cold more. Still, I believe most novices would do well to wear, say, 2 vests on a cold day, even in a race. Before the start of a race it is most important to get warm and keep warm till you leave your mark. This can be done by "warming up" before wearing a track suit or a sweater and flannels, which should not be discarded till the last moment. Don't get cold immediately after your run or race, either.

3—It is good advice, I think, not to be in too much of a hurry in one's first 2 or 3

seasons. Don't race, or even train, too hard at first. Keep your eyes open and get experience of as many types of country as you can. Gradually try a few experiments, such as starting fast; but find out first how they work in training. Don't be discouraged if you run a bad race, particularly if it is a case of fading away unaccountably towards the end. Remember your stamina will grow as time goes on and also your strength for strength is the deciding factor, as a rule in cross-country running.

4—Don't let yourself be "talked into" taking part in many races as first; be adamant in your refusal to race at a longer distance than that for which you have trained. Remember that, when you are young, the "breaking down" effect of hard racing is much more severe than it will be later on in your career. So have patience, and don't let anyone persuade you that, by declining some invitations to race, you are "letting down" your club. In the long run they will be the gainers by your present restraint.

5—If, as is probable, most of your training, especially in the winter, can only reasonably be done on the road, try not to damage your Achilles tendons through jarring. This can be prevented by taking some of your runs at a very easy pace and by wearing shoes with sorbo in the heel. As my bugbear was weak Achilles tendons I used to have sorbo both inside and outside the leather heel; or, in the case of canvas shoes, I would get these with as much sorbo in the heel as possible and then, sometimes put another piece inside. Later on, if you run longer distances, say over 12 miles, you may find that sorbo pads inside the heels cause blisters: but don't worry about that for shorter runs at any rate on cold winter evenings.

6—It is, in my experience, much better if you can avoid running on the road as training for cross-country races. For years I did nearly all my training, especially in the winter, on a cinder track.

This has many advantages over the road. However in the case of many, or most young runners the fact is that no track is available. If you can find any suitable grass or paths on which to train, so much the better.

7—Don't worry about diet. You will find out in the course of time what suits you. Happily it is usually just what you like most: unhappily nowadays you probably can't get it, or enough of it. What suited me was a big meal—the largest of the week, usually—3 or 4 hours before a race. Once or twice though when, for some reason or other, the race was run earlier than was expected and I had only just finished a particularly large meal, the effects, strange to say, were wholly good. Don't, above all, listen to "cranks" on diet.

8—Sleep, again is largely a matter for the individual. It is normal, or perhaps I should say, fashionable to prescribe long hours of sleep for runners. I have never had much myself, as I have always had

far too many things to interest me. To my mind, and this is purely a personal view, the day is too short for one to be able regularly to give up anything like as much as 8 hours to sleep.

9—It does not matter much whether you get a lot of sleep on the night before a race: the time when it is important to sleep long and well is the night after a race. At first, though, you may perhaps feel too tired or excited after a race to sleep well. This will soon pass if you train properly.

10—The most important thing about running is for the runner to enjoy his running. If he is really keen, he will indubitably improve, and go on improving. If he just wants to have a pleasant run on Saturdays without worrying much about training during the week, by all means let him do so. But then he must not expect ever to run well, or to do himself good, physically, if he endeavours to move fast. It is a moot point which type of runner enjoys his exercise most!

SCOTTISH AMATEUR ATHLETIC ASSOCIATION Western District Committee COACHING BULLETIN

Course	Commencing	Details
"A"	TUESDAY, 8th JANUARY	S.A.A. and club coaches under National coach H. A. L. Chapman will instruct a selected number of track athletes each Tuesday and Thursday at Helenvale Park, Glasgow, from 7 till 9.
"B"	TUESDAY, 8th JANUARY	Six athletes from as many clubs as possible for training by the coaches of course "A."
"C"	MONDAY, 7th JANUARY	Marathon and cross-country runners, "International" aspirants, at Clydebank Baths, each Monday and Wednesday at 7. Coach—D. McL. Wright.
"D"	WEDNESDAY, 6th FEB.	A series of four lectures will be given in the Glasgow High School, detailed as under, for Club Officials and Senior Athletes.
"E"	AS ARRANGED	Wednesday, 6th and 13th February—"Duties of Track Officials"—Lecturer: D. McSwein, Esq.
		Thursday, 21st and 28th February—"Duties of Field Officials"—Lecturer: E. R. Walker, Esq. Film and discussion nights can be arranged in your club headquarters or Town Hall.
		DUNCAN McL. WRIGHT, Hon. Secretary.

LET'S BE SENSIBLE

By Arthur F. H. Newton

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

METHINKS I shall become a victim of "assault and battery" one of these days if I persist in debunking so many of the ideals we have been brought up to accept as "the last word in training." Yet there are so many faulty precepts that I feel it would be letting our athletes down badly if I didn't point a danger signal at those that frustrate rather than actually help fellows to teach themselves the game they're trying to learn.

Almost every training text-book you pick up—even the newest and most expensive, four of which I've just been studying—emphasises that you ought to wear a track suit on practically all occasions except racing: we are even told that the greater part of your training and warming up should be done in one. There can be only one explanation of such advice, i.e. the authors had just passed on what they had been told themselves without ever giving a passing thought as to whether it were correct or not. YOU can move up one by doing the necessary thinking for yourselves, which is what every one of us ought to do.

What is actually the chief object in athletics? I should say it was to build up a healthy body. Some fellows of course add championships and perhaps even records to that, but unless they make themselves decently fit to start with they can't proceed to these higher grades. So I'll take it that real fitness is the first consideration.

All nature around us seems to be incessantly striving to be fit and, on the whole, managing to become so. Only when you're not in top condition with regard to the surrounding environment do you have to rely on some outside "assistance" to enable you to meet the conditions without flinching. We know too that we can, like all other animals, make ourselves so impervious to change of temperature and weather that even considerable alterations at short notice will not have any adverse effect on our health and ability. Horses don't catch cold if they're out in the rain, nor does

a cross-country merchant once he's got used to training in all weathers. Yet take some not-so-fit specimen, put him into shorts and vest, and make him go out for a few miles in "bad" weather, and as likely as not he'll catch "a shocking cold."

Our business then ought to be to battle against weather conditions as they appear and get on with it till our bodies develop the habit of doing the right thing at the right time so that no outside influences will ever catch us on the hop. Until comparatively recently all athletes carried on like this, but later teaching advises us to shield ourselves against nature's changes because, so they tell us, we shall get better results thereby. Put that into plain language and you get "act unnaturally in order to obtain natural results."

Ordinary sense of course tells us that after all these centuries of clothes and semi-molly-coddling we cannot expect to go about without sufficient covers: in the monkey stage we were adequately clothed, but now we've lost our original coating we must make good with what we can gather from other forms of life, animal and vegetable. Even so, nature doesn't forget to tell us when we are diverging from the standard in normal bodily heat, for we either start shivering or perspiring. Discomfort in either of these ways means that we have stepped outside the moderate boundary, and surely therefore we ought, as far as possible, to avoid a surplus of one as much as the other. We're warned against cold, yet are definitely told to make ourselves "hot and sweaty" and then to don sweat-suits to make sure we stay in a hothouse stew. Sounds like sheer idiocy to me! What sort of sissies can our young men and women be if they daren't risk exposing their bodies to the devastating effects of a summer zephyr?

I would suggest then that you go to work in a natural manner, and that means allowing your body to adjust its temperature as required without seeking

-:- Our Post :-

ANDY FERGUSON ACTIVE!

Dear Walter,

Thanks for your card and the November "Scots Athlete" which as usual was most interesting and certainly worth waiting on. I hope you will now continue to keep fit. I have some very slight experience of my own club's magazine's production and can well appreciate what a strain it must be to continue to produce such a polished effort as "The Scots Athlete" without the assistance of a co-ordinated team behind it, to share the donkey work. Anyway, here's wishing you well in all that you are doing for our sport.

I wrote last time, just before a race on 3rd November when I said I would be meeting Harry Hicks. You may be interested in this result plus a few odds and ends.

First of all, I'd like to mention a fast run I had on the track, before this race.

Continued from Page 12.

to "assist" it more than is absolutely necessary for comfort and decency. ALL assistance of this sort is weakening: we only indulge in such because civilisation has already permanently removed some of our natural safeguards. Apply ANY "assistance" or support for any length of time and you weaken the bodily functions you are supplanting, and you don't need to be a scientist to understand that. If you're going for a training run you need never put on a sweat suit in this country: I myself have trained through summer and winter without ever using such a thing. What's more, every time I start out in cold weather I make sure my clothing leaves me uncomfortably chilly for the first mile or so, because I know that after that I shall have warmed up sufficiently to be able to forget the temperature, though not enough to produce more than a trifle of perspiration. For the last fifteen years I've never found it advisable or necessary to train in a sweat suit; and although I occasionally catch colds like all the rest of us they've never yet prevented me either training or going to my daily work.

On Sunday morning (28th October) I had a fast run over 1½ miles on my own (no pacemakers) and was aiming at something like 71-72 secs. per lap average for the 6 laps. I often used to do this, usually with a few friends as pacemakers on a Sunday morning prior to a "big" race the following Saturday. (This I mean during the past two cross-country seasons, weather permitting).

I used to be quite satisfied if I could clock about 7m. 12s. or a shade faster last winter. Anyway on 28th October, I got Sam Ferris to clock me and told him beforehand that I would be very pleased with 7-6 to 7-10. I had no one to pace me at any stage and when the first lap was 65, half in 2m. 15s., I knew I was going well. I give the lap times as follows—

1.—1m. 5s.	65.0 secs.
2.—2m. 15s.	70.0 secs.
3.—3m. 26s.	71.0 secs.
4.—4m. 38.5s.	72.5 secs.
5.—5m. 51s.	72.5 secs.
6.—6m. 58.5s.	67.5 secs.

This 6m. 58.5s. is only about 5 secs. slower than my best recorded summer '51 when I should have been training for "speed." Best flat out was 6m. 53s.

It only goes to show again that "speed" really is a result of fitness, and this for me is required by covering in 4 or 5 training runs, a weekly average of 40 to 45 miles. My average for each of 3 or 4 training runs in a week is around 10 miles each, and then a race over 5 miles or one short faster run per week, has made up my week's work.

Going back to my 1½ miles in 6m. 58.5s., I think that if this had been run in the afternoon instead of morning, under racing conditions or with pacemakers, I could certainly have been inside 6m. 50s., or made it up to 2 miles inside 9m. 20s. Of this I am absolutely certain, and as Sam Ferris said afterwards, it seems I must be running somewhere around my 1950 track season level. Maybe not quite that yet, but I'm sure that this was the best performance of mine since the Middlesex County Championships last January.

Regarding the race on November 3rd, though you'll probably know the result, I beat Hicks by 12-15 yds. and my own course record for the third successive year to clock 26m. 50s. (21 sec. faster than previous). Ron Lee (Shaftesbury H.) was 3rd, some distance away. In this "Liddiard Trophy" race there were 8 clubs, 18 to enter, 12 to run and 8 to score. Shaftesbury H. won the team, Queen's Park H. 2nd and Highgate H. 3rd.

I believe I may have got a slight "flier" at the start as I lead by a few yds. after the first 50 yds! However Hicks soon joined me and after one small 1 mile lap, we were running level, and well clear of the other 94 runners. I led going out "into the country" for the first 2 mile lap and I was told afterwards that everyone expected a "race to the death" between Harry and myself! And since Harry has been going "great guns" recently not many could have expected him to be beaten.

However during the race, by the first 2 mile lap, I had taken the lead and was definitely keeping the pace up, and quite frequently had 15-20 yds. lead. As it was, the most pleasing part to me was that we passed (under) a high fence 300 yds. from the finish, almost dead level.

HAVE YOU READ
COMMONSENSE
ATHLETICS
4/6

POST FREE

OR

RACES & TRAINING
(ILLUSTRATED)

By

ARTHUR F. H. NEWTON

6/6

POST FREE

From "THE SCOTS ATHLETE."

although I was actually first through, and from that point I opened up a bit more than 15 yds. gap which Harry reduced slightly in the last 50 yds. or so but evidently he didn't pull out his usual devastating, if desperate, finish.

My own opinion is that Harry under-estimated my ability and, to a certain extent was rather taken by surprise. But I contend, that as I led for 95% of the race, he had every opportunity of watching me and preparing for a good finish.

However, I meet him again in another similar race called the "Fraternity Cup" 5 in on Dec. 1st. This time he will be prepared—"forewarned is forearmed" no doubt, and I do not under-estimate him one little bit. Again I meet him, together with Alec Olney in the Middlesex 7½ miles. This is the first "big" race to which I am looking forward. Anyway I'll write again of these.

Yours sincerely,
ANDY FERGUSON.
London, N.W.

[Regularly, we receive quite lengthy letters from our Anglo-Scottish friend discussing his races, training, plans, etc. The above letter was obviously not written for publication but we feel that the matter contained is of a great general interest and to even more than Scottish enthusiasts. If it serves the sport we know "Andy" won't mind.

In the "Fraternity Cup" race mentioned he finished 5th and the race was won by Harry Hicks. Without detracting honours from those that finished in front of him, it is fair to say that the Scot's boy was affected by foot trouble for which he has been receiving attention.—Editor.]

INTERNATIONAL
THOUGHTS.

Dear Walter,

Two things can account for Scotland's repeated failures in the C.C. International and although either one can improve the position we will have to employ both if Scotland is to gain a place which will be in keeping with the calibre of runners in this country.

The team selection must be overhauled completely. There are several good ideas on paper and that suggested by G. S. Barber in a recent issue could well be given a trial. The National is a sore race for all the runners and it should be fairly obvious to the selectors that some men recover very quickly whilst others are not fit for another gruelling race that

season. Yet, repeatedly such men are selected. Other men can train to reach their peak at the National and as a result they gain selection but four weeks later they are far from being fit. A perusal of National placings and time difference between the selected runners and compare them in the same way with the International placings will let you understand what I am getting at, especially if taken over a great number of years. Another point which might be carried further back in the race is how seldom the International Champion is also his own National Champion.

The second point is the methods used in this country for training and for racing. How utterly removed is the style of our National Race from the style of the International. We cannot expect to train for one type and do well in another type. What we are doing in this country is like training for the Steeplechase and then competing in the one or three miles. The only way for us to do better in the International, under present selection methods, is to run in the National in the same manner. The only way that can be done satisfactorily is to train for it.

Men with International aspirations must be prepared to give up their pleasant Saturday afternoon's running and get right down to it, preferably in groups. But the selectors would have to realise that these men are training for the International and not just to be in the first six in the 'national' because there is a tremendous difference.

Is it too much to hope that officialdom will realise that they are the people who must give the runners a lead? Will they realise that the disappointment which descends upon us year after year is out of all proportion to the standard in this country? If they do, and plan accordingly we can look forward to better showing of Scottish teams in future Internationals.

Yours in sport,
BOB CLIMIE,
Bellahouston Harriers.

[We had to hold over this letter, when received after the C.C. International last winter. Publication now seems timely. We trust the letter will help stir movement in the right places.

Our view is that of complete opposition to the first main suggestion (i.e. the method of team selection) despite the good case put forward. The method normally employed in Scotland, that of the first 6 in the "National" being more or less automatically selected and the other 3 places filled

after careful scrutiny of all other factors is a sound and fair practice (and incidentally has been much more satisfactory than methods used in the past by other countries, England for instance). Selection without a race trial would, in our opinion cause individual upset and be most unsatisfactory, to put it mildly! An athlete expected to do well in the International should be capable of the first 6 in the "National". True, often the International champion has not been the current national champion—a vagary typical of cross-country—but how often has he not belonged to his LEADING 'National' group?

The second suggestion (group training of our known best men) we wholeheartedly support.

This whole matter was discussed in an inspiring manner by a thrashed but a resolute Scottish team returning from Newport by bus-coach after the 1950 International. Mr. P. Crosbie, then President, and Mr. P. Leggat now President of the N.C.C.U. made valuable contributions to that free-and-easy discussion. Is it reasonable to expect that the executive will consider this fully before it's too late? It's the wish of many enthusiasts.—Editor.]

EASTERN DISTRICT
CROSS-COUNTRY LEAGUE.
KIRKCALDY.

Saturday, 24th November, 1951.

There were 77 runners in the 2nd race started by Baillie Fleming at Kirkcaldy on 24th November.

Details—

1. Edinburgh Univ.—J. W. Brydie 2; D. T. Hunt 4; J. P. McRoberts 5; D. V. Ellis 7; A. C. Ross 10; C. F. Barrett 17; —54 Pts.

2. Edinburgh Sth. H.—W. Hunter 1; S. Millar 6; D. Webster 8; G. Reid 9; H. Robertson 13; W. Grant 14.—51 Pts.

3. Falkirk Victoria—G. W. Jackson 3; D. G. Nicoll 18; S. Robertson 22; W. B. Gardiner 27; A. Cook 28; R. Letham 29. 127 Pts.

4. Edinburgh Eastern H.—143 Pts.

5. Edinburgh Rover Scouts—144 Pts.

6. Kirkcaldy Y.M.C.A.—188 Pts.

7. H.M.S. Caledonia—205 Pts.

8. Edinburgh Northern H.—273 Pts.

Individual Placings—

1. W. Hunter (E.S.H.) ... 25m. 09s.
2. J. W. Brydie (Edin. Un.) 25m. 19s.
3. G. W. Jackson (F.V.H.) 25m. 20s.

Midland District Championships at Woodilee Asylum, Lenzie, on 2nd Feb., 1952, at 2.30 p.m. Admission Silver Collection. Entries close Tuesday, 22nd January, 1952. Youths: 6 Run and 3 Count. Seniors and Juniors: 12 Run and 6 Count.—E. Taylor, Secretary, 212 Broomfield Road, Glasgow, N.

* * *

Corrections and amendments to our "Best Performances, 1951," list will be published next month.