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AUG. SEPT., 1953.

Vol. 5, Nos. 4 & 5.

THE SCOTS ATHLETE

PRICE
6^p



The line-up at the start of the fastest mile ever run in Britain. **ROGER BANNISTER** (centre) won in 4 min. 2 secs. but the B.A.A.B. declined to endorse it as a record (see inside). **DON McMILLAN** (inside position) and **CHRIS BRASHER** were the only other starters.

Photo by H. W. Neale.

**JOHN EMMET FARRELL'S
RUNNING COMMENTARY.**

BASIC ATHLETIC PRINCIPLES.

A.A.A. CHAMPIONSHIP COMMENTS.

IAN BINNIE'S RECORD RUN. OUR POST.

Scottish Native and All-comers and British National and All-comers Records fall like ninepins to 22 year-old Scot Ian Binnie.

AT half past two on Friday 28th August on the Cowal Stadium track, Dunoon, Argyllshire on the first day of the famous two-day Cowal Highland Games five competitors lined up for the start of a 1 hour run—the main purpose of which being to give the Scottish distance running star Ian Binnie of Victoria Park A.A.C. an opportunity of attacking Scottish and British records.

Binnie's running turned out to be one of the greatest athletic performances seen in Scotland. At each stage from and including 7 miles—8, 9, 10, 11 and 12 miles and 1 hour he recorded faster than all previous native and all-comers bests in the British Isles and the Empire.

He had to contend with a stiff breeze and though the track was in excellent condition Ian felt the effect of the fine black coal-dust top cutting up and did not think it as firm as the White City track. He commented also on being very badly stitched at around the 4 miles stage and feeling like retiring.

His 10 miles time, 50 mins. 11 secs. was superb. It broke the British All-comers record 50 mins. 30.8 standing to the name of Bill Eaton (1936) and far superseded that of any native Scot. He went on to increase the British All-comers 1 hour record of Alfred Shrubbs (1904) by 435 yards to 11 miles 1571 yards and continued to 12 miles which he reached in 60 mins. 34.2 secs. beating the previous British best 62 mins. 43 secs. created by S. Thomas at Herne Hill in 1892.

Though Ian was pleased enough with his collection of records it was typical of him to express his disappointment at not covering 12 miles inside the hour which was his personal target.

He now holds every Scottish record from 2 to 12 miles.

We give his times at each mile stage along with those of Shrubbs who established his in a similar race in 1904. (For details see April, 1947 issue.) The 7, 8, 9 and 11 miles as well as 1 hour performances shown recorded by Shrubbs were the standing British All-comers best marks.

	Binnie	Shrubbs
1 mile	4.53	4.44
2 miles	9.50	9.44
3 miles	14.51	14.45
4 miles	19.54	19.50.6
5 miles	24.57	24.55
6 miles	30.1	29.59.4
7 miles	35.1.8	35.4.6
8 miles	40.1.8	40.16
9 miles	45.5	45.27.6
10 miles	50.11	50.40.6
11 miles	55.24.2	56.23.4
12 miles	60.34.2	

Paisley Harriers are keen to have a coach to supervise the club's cross-country training. Anyone willing to serve should call at Clubhouse, Moss-side, Greenock Road, Paisley on Tuesday or Thursday evenings.

Scottish champion, C. Fraser Riach, (J.T.C.A.C.) bettered his own Scottish record with a javelin throw of 195 ft. 5½ ins. at the Inverness Games.

FOUND.—A pair of spikes (size 7) at Ibrox, (Police Sports). Loser contact Editor.

WE HAVE RECEIVED World Sports International Athletics Annual 1953.

An indispensable athletics reference book providing an authoritative record for everyone interested in international track and field events.

It includes complete details of the world's athletic performances with national records and championships summaries of nearly fifty countries, a 1952 world list, details of the Olympic Games finals and best European performers and performances, 1952.

Women's world records and a 1952 world women's list are also included, with 16 pages of pictures showing the world's greatest exponents.

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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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AUG.-SEPT., 1953. Vol. 8. Nos. 4 & 5. Annual Subscription, 7/- (U.S.A., 1\$).

JOHN EMMET
FARRELL'S



ALTHOUGH at the moment of writing, the present track season has not yet run its full course it has been one of almost bewildering brilliance with records falling like autumn leaves; and more choice moments are not unlikely in the now extending track season.

Gordon Pirie, Athlete of the Year.

The outstanding personality in Britain perhaps even in the world is undoubtedly Gordon Pirie, whose versatility, records and continuously high record has deservedly put him in the Zatopek class.

Close behind came Jim Peters with his world beating marathon and versatile running over all distances, and Bannister and Chataway. The former has done all that has been asked of him in the style of a world miler—all except beating the world record or attaining the magic 4 minute mile. But winning is more important than beating records and Bannister has not run many times in public. Chataway gave us a taste of his

real form in his wonderful 2 miles effort but has not sustained this form.

Binnie, Scotland's Best.

Ian Binnie similar to Pirie in many respects is Scotland's athlete of the year. 7 records in the 2 Scottish title races; wonderful running in the A.A.A. championships and a 2 mile native record helped to earn him his British singlet in matches on the continent, but he is still greedy for records and before the curtain has fallen on this season may have broken more of these transient things. But let us take in turn some of the season's high-lights.

Bannister's 4 mins. 2 secs. Mile.

At Motspur Park on 27th June, Roger Bannister ran the 3rd Fastest mile of all time with his 4 mins. 2 secs. but after due deliberation this was refused as a new British record by the B.A.A. board. It was a wonderful run but I must admit that after studying the full facts, I am bound to agree with the board's decision as by rule the race was not published in

the programme. Records cannot now be made in a handicap race because of the assistance given to the scratch man. A world record must be made in a bona-fide scratch race. The Motpur race was technically a scratch race but to my mind not a bona-fide one.

The runners took turns in pacing Bannister and one even loitered round so that he could take the great miler round the last lap.

It has been said that the press was to blame for an exaggerated importance of the 4 min. mile, an importance not shared by the runners themselves.

This approach does not seem to be strictly true as this race was hurriedly put on in anticipation of the record attempt of Santee of U.S.A. a few hours later.

Pirie's World Record at A.A.A. Championships.

There were many interesting features at this year's A.A.A. championships but Pirie's dazzling brilliance overshadowed all other competitors. The South London star finished in a wonderful 28 mins. 19.4 secs. or 11.4 secs. inside Heino's present world record. En route he broke native records at 4 and 5 miles (18:45.2 and 23:34.4 respectively).

Next day the lanky wonder despite a bad blister completed the double by winning the 3 miles in 13:43.4 wonderful time in the circumstances.

Rise of Freddy Green.

Noteworthy is the rise in form of Freddy Green of Birchfield whose gallant chase of Pirie gave him 2nd place in the 3 miles in 13:46.0 beating the best championship performance.

McDonald Bailey Goes Out in Blaze of Glory.

McDonald Bailey despite his 32 years pulled off the sprint double for the 7th successive year and in such a fashion as to show that he was running as well as ever. Soon after he intimated his retirement from amateur athletics and that he had accepted an invitation to take up Rugby League Football (professional).

Though obviously nearing the end of his wonderful running career the Trinidad flyer was so much part and parcel of British athletics that we shall miss his great ability and his personality. Eng-

land will miss him in their matches against foreign countries for Bailey was an almost certain winner in the sprint double and thus a great anchor in points scoring.

Binnie, a Great Scot.

Ian Binnie with a 3rd in the 6 miles and a close up 4th in the 3 miles was the most successful Scot in the British championships. His time in the 6 miles of 28 mins. 54 secs. was the finest ever put up by a native Scot but of course will not displace his own native record as it was created outwith Scottish soil. Nevertheless it was a wonderful run and there can be no doubt that Binnie's relentless pacing over the first 3 miles considerably helped Pirie to break the world record as the latter was the first to admit. Both covered the first 3 miles in an amazing 14 mins. 2.6 secs. Of almost equal merit was Binnie's 3 miles next day. His time of 14 mins. 2.8 secs. only .8 secs. outside the 3rd man's time was wonderful after his previous effort in the 6 miles. E. C. K. Douglas—the Scottish champion finished 3rd in the hammer throw with a creditable but mildly disappointing 172 ft. 11½ ins.

Breckenridge and Hamilton Westward Bound.

Fraser Riach though finishing 6th in the javelin was still one of our successes as his 190 ft. 2 ins. excelled anything he has yet done, but both Breckenridge and Hamilton had disappointing days.

The former set the pace in the mile but faded towards the end while Hamilton was unable to qualify for the final of the half-mile due to recurrence of leg trouble. A great pity because the winner's time of 1:54.2 was not outside his capabilities on this season's form. Breckenridge, like John Joe Barry, born in the U.S.A. has accepted an athletic scholarship which will take him away for at least 4 years while Hamilton leaves soon for Canada to take up a banking appointment.

Victoria Park and running in general will miss these two grand athletes but we wish them well in their new spheres.

Brilliant Bellahouston Junior.

The A.A.A. Junior championships held at Cardiff on July, 25 provided the usual high standard. H. Edwards of Bella-

houston Harriers kept Scotland's standard flying by his brilliant win in the 200 yds. hurdles in 24 secs. dead. In addition he finished 3rd in the 120 yds. hurdles.

Another Amazing Run by Peters.

Jim Peters did not show a clean pair of heels to his rivals in the A.A.A. marathon—he was so far ahead (over a mile) that one might be excused for thinking that he had run solo. Yet the time of Lawton the runner-up was comparable with the Olympic record put up by Son of Japan at Berlin in 1936. Peters time is amazing following so close on his Poly. win where he set the world's fastest marathon time of 2 hrs. 18 mins. 40 secs. even faster than the sensational Boston classic win by Yamada (Japan) in 2 hrs. 18 mins. 51 secs. closely followed by Karvonen of Finland and Leandersson of Sweden. Of course marathon records are unofficial as courses and conditions can vary so much.

Like Freddie Green in the distance track races, Allan Lawton is progressing in amazing fashion in the marathon, his wonderful 2nd to Peters in the A.A.A. championship following close on his most meritorious 4th in the Poly. marathon.

Scots Also Shine.

Congratulations are also due to Alex. Kidd of Garscube and Joe McGhee (now of Shettleston) for their most meritorious 6th and 7th places in respectively 2 hrs. 38 mins. 23 secs. and 2 hrs. 38 mins. 57 secs. times which would have won many pre-war A.A.A. championships, but not good enough to win in this amazing athletics new deal. Both boys are great enthusiasts and hard workers and so deserve their high ranking. The five runners who finished in front of Kidd rate among the world's best marathoners. Encouraged by their fine showing both Scots will no doubt renew their efforts for their target which I am quite sure is to win the Scottish title over this arduous distance.

Fireworks at Britain-France Match.

In the two-day meeting between France and England there were many good things to report.

One of these was Britain's successful attempt on the 4 by 1 mile world record

relay. Their aggregate was 16 mins. 41 secs. and the successful quartette consisted of Chataway (4 mins. 11.8), Nankeville (4:6.6), Seaman (4:15) and Bannister (4:7.6). Nankeville's effort even with a flying start was particularly excellent.

Pirie again ran a devastating 3 miles in 13 mins. 36.4 secs. a mere 4 seconds outside Haegg's world record with Green again producing a sub. 14 minute performance this time with 13 mins. 51 secs.

Bannister celebrated his last race of the season before preparing for medical exams, by winning a first class half-mile in 1:50.7 secs. and a bouquet for young Hewson—newly crowned A.A.A. champion for the best performance of his career to-date a 1:51.9 half which beat Olympic finalist into 3rd place. Another high class display was Mimoun's 6 mile win in 28:37.6. What a pity Pirie was not there to joist with him. Versatile Jim Peter's 29:6.6 secs. to gain 2nd place revealed a rare combination of speed and stamina and this time Frank Sando could not live with him.

Zatopek Running in to Form.

Emil Zatopek, hero of the 1952 Olympic who has been somewhat off form of late showed a welcome return by showing 14:11.4 in the 5,000 metres Czech. championships.

Later in the Bucharest Youth Festival Games, Zatopek was forced to bring out one of his never-say-die efforts to win the 5,000 metres in 14 mins. 3 secs. after being 30 yds. behind with a lap to go. Wonderful time but a sub. 14 minute 5,000 metres still eludes the great Czech.

Then in the 10,000 metres event Zatopek was specially timed at the 6 miles stage which he covered in 28 mins. 30.2 secs. 6/1ths. inside Heino's world record but as Gordon Pirie did 28 mins. 19.4 secs. in July—Zatopek will find himself pipped on the post. What a great runner is Zatopek! What a great runner is Gordon Pirie! And what a grand race with Mimoun, Zatopek and Pirie in the field!

Pirie's Sensational Mile.

The British Games also provided a high standard. Herman's grand finish in

the 3 miles (13:50) Gracie's grand return to form in the 440 low hurdles to win in 53.1 were among the high-lights but the piece de resistance of the meeting was Pirie's sensational defeat of mile specialists including America's latest great Wes Santee.

There is little point in describing the race in detail as it has been already adequately covered. But arising from Pirie's victory are various interesting points of discussion. First of all the Pirie tactics were somewhat different than usual. It might have been thought that his only chance lay in setting a fast pace from the start as is his custom but this time he preferred to allow others to set the pace and himself waited till the time was ripe. Just before the race Haegg is reported to have said that our runners train too hard. Yet it was the man who is reputed to be the nearest approach to Zatopek in severity of training who won the day. Logical maybe but most assuredly poetic justice. The Bannister-Chatway school of thought admitting to training harder than is often alleged definitely disclaim Pirie's spartan code.

Strange isn't it too that Pirie and Peters have respectively run their fastest mile and 6 miles since becoming essentially a 6 miler in the case of Pirie and a marathoner in the case of Peters.

Admittedly Pirie may have been putting in some extra brisk work specially for the mile but it was the background of stamina which enabled him to release his speed and pull back to victory after being passed.

Newton's chapter on "Stamina" in his "Commonsense Athletics" is I believe still worth reading.

And what of the controversy regarding cross-country and track work? Well, those who favoured the cutting-out of cross-country for ambitious track aspirants have already begun to compromise in their statements.

Pirie runs and runs, to such an extent that it is woven into the very texture of his being. He runs as the ordinary man walks. It has become his natural habit.

When Johnny Weismuller, famous Olympic swimmer of yester year was breaking records it was said of him that he was the man "who swam like a fish."

But one critic said even more appropriately that he was "the fish who walked like a man."

If Gordon Pirie continues to fly over the cinders and turf, perhaps he will be referred to as "the bird who looks like a man."

GLASGOW RANGERS SPORTS

August 1st.

Invitation Events

120 yds. H'cp: 1, R. Quinn (Victoria P.) 4; 2, W. H. Crawford (B'ouston) 5; 3, W. Henderson (Watsonian) 4. 11.5 220 (Sc.): 1, J. Schatzle (US); 2, W. J. Ferguson (A.A.A.); 3, A. Pinnington (A.A.A.) 22.2. 880 (Sc.): 1, C. Joyce (US); 2, D. McMillan (Australia); 3, F. Schlereth (US) 1:52.9. 2 M (H'cp): 1, J. Stevenson (Greenock Well Park (150); 2, L. Eyre (Leeds Harehills) Sc. 8:54.7 (Scottish All-Comers Rec.); 3, I. Binnie (Victoria Park) Sc. 8:58.4 (Scottish Native Rec.). 440 H. (Sc.): 1, D. K. Gracie (Glasgow Un.); 2, A. W. Scott (A.A.A.); 3, A. I. D. Francis (A.A.A.) 53.7 (Scottish Native and All-Comers' Rec.). LJ: 1, K. A. B. Oluwu (Nigeria) 22 ft. 4 ins; 2, R. Soble (US) 22 ft. 2 ins; 3, A. R. Smith (Glasgow Univ.) 20 ft. 5½ ins. HJ: 1, B. M. O'Reilly (Donore) 6 ft. 4 ins; 2, N. G. Gregor (A.A.A.) 6 ft. 2 ins; V. Fritts (US) 6 ft. 2 ins. PV: 1, F. Barnes (US) 13 ft. 6 ins; 2, N. G. Gregor (A.A.A.) 13 ft. 3½ ins. (Scottish Native Rec.); 3, G. M. Elliott (A.A.A.) 13 ft. 3 ins. Wt: 1, T. Jones (US) 53 ft. 7½ ins; 2, M. Engle (US) 49 ft. 10½ ins; 3, G. M. Elliott (A.A.A.) 41 ft. 9½ ins.

A.A.A. PUBLICATIONS

High Jumping (2/3)
Long Jump & Hop, Step & Jump (2/3)
The Discus Throw (2/3)
The Javelin Throw (2/3)
Middle Distance Running (2/3)
Weight Putting (2/3)
Hurdling (2/3)
Sprinting and Relay Racing (2/3)
A.A.A. Rules for Competition (1/9)

Obtainable from the
A.A.A. Crown Chambers,
118 Chancery Lane, London W.C.2.

6 Miles World Record Holder, Gordon Pirie



Photo by H. W. Neale

A striking photo of the finish at the sensational "Emsley Carr" mile race at the British Games, White City, London. The amazing and heroic British runner GORDON PIRIE wins from the famous U.S.A. champion, WES SANTEE in 4 mins. 6.8 secs.



GRADED SCRATCH EVENTS ADVOCATED

Dear Sir,

Being an exiled Scot due to Army service I see little of Scottish athletics but a good deal of English and German athletics on the club level. The comparison between Scottish athletics on the one hand and athletics elsewhere on the other does not bring a great deal of credit to Scotland. Why is this?

One may quote several reasons. Totally inadequate facilities in the thickly populated areas of Glasgow and Edinburgh is one. An unfriendly climate and too short a season are others. There is little we can do to offset these disadvantages. But are we making the best use of the facilities we have? I do not think so. I do not believe that cycling on a running track is beneficial to either athletes or cyclists. Once the cyclists have been round the track a few times the inside lane has been rutted and churned up sufficiently to knock seconds off middle distance events and even the 220 yards sprint. Five a Side Football? My experience of these games is limited to 6 meetings. Without exception these games were played at a very slow pace by players who were not very fit or who were (quite naturally) anxious to avoid injury in the off season. As a spectacle these games were more often than not received with luke warm applause, and deservedly so. The football season seems to be long enough without having to encroach on the athletes' short season.

These may be minor ills and they are not the route cause of our troubles. Handicap events are the real trouble in both field and track athletics. Why do we have so many handicap events? Every athlete who wins a handicap event is deceiving himself. How can a field of 40 or 50 get round a half mile or mile without the inevitable scrum at the

corners? The back markers have to run round the outside of the field at a pace much faster than the race really demands. Pace judgement (an essential quality), goes by the board with the result that in scratch races they are at a great disadvantage. How many runners have run in scratch races this season? In field events handicapping seems to be wholly artificial, which probably explains why they have so little appeal in ordinary competition. What then is the solution to the problem? How can our already overcrowded tracks cope with so many athletes? The solution lies in 'graded' events all from scratch. Take my own event, the half mile, as an example. The event would be graded into, say, 4 classes:—

Class 1—

Runners capable of bettering 1 m. 59s.

Class 2—

Runners capable of bettering 2 m. 2s.

Class 3—

Runners capable of bettering 2m. 8s.

Class 4—

Runners capable of bettering 2m. 12s.

These figures are merely a suggestion to work on. They can be adjusted. Most meetings attract 40 to 50 competitors in handicap half-miles. Fields of up to 12 runners in each heat or final all run from scratch. This system has the following advantages. Each runner is running not only to win but to gain promotion to a higher grade or to avoid relegation to a lower grade. It seems to me to be sufficient incentive for the average club athlete. The same system can be applied to field events with certain modifications.

All these additional races would take up extra time in a programme. How can they be fitted in? By cutting out football and cycling. This would, I suppose, mean a drop in 'gates,' but it would be a far better spectacle for the public who would in time give athletics the support it deserves.

May I make one more suggestion? The Medley Relay as at present constituted is more often than not won or lost by the half miler running the first leg. The lead or deficit he hands over to his No. 2 is generally too great for the rest of the team to lose or make good. In Germany such a relay is run as follows. 400 x 300 x 200 x 100 metres. The same type of

runners can compete in this event as in the Medley relay. The race is not dependant on any one 'star' creating a big lead. As a spectacle it has the great advantage of getting faster and faster as each leg is run, ending up with a flat out 100 metres to the tape. I have competed in many of these relays and watched many others and without fail they end with a close finish.

Yours sincerely,

H. M. DOVE,

Maryhill Harriers.

ATHLETICS FAN FROM ALASKA

Dear Mr. Ross,

As an avid athletics fan I am continually in search of any publications dealing with my favourite sport. Getting the numbers of "The Scots Athlete" certainly was a pleasure.

It is a fine magazine that is infused with the one element necessary to its success—an enthusiasm and love for athletics. Though it is thoroughly enjoyable in its entirety, "The Scots Athlete" is to be especially commended for its fine action photographs, comments on training by excellent contributors, description of outstanding races from the past and, of course, your graphic description of present day fixtures.

I now find that I would like to have a complete file of "The Scots Athlete" and am enclosing a list of copies needed. I am interested in obtaining books and photographs covering athletics.

I am a collector of autographs, photos, books, programmes, clippings, and other items covering athletics. It would please me to hear from other fans who might enjoy comparing, trading, and discussing.

Best wishes to you for another successful year.

Yours for sport,

JOHN BORBRIDGE, Jr.,

General Delivery,

Sitka, Alaska.

WEIGHT TRAINING.

Dear Mr. Ross,

First an introduction. I am writing as Chief Scottish Weight Lifting Coach on behalf of my association. The idea propounded here is my own, and arises from my enthusiasm for, not only W.L. but Track and Field athletics, from which I started my career. (I was first holder of the Churchill Trophy—Lanarkshire Sprint Champion).

As you know, the practice of resistance exercise as a means to furthering athletic process has grown in recent years, as it's effectiveness has become known. To mention only a few "Weight Trained" athletes, may I mention Whitfield, Richards, Chandler, Bailey and Savidge this covering a number of varying events. Varying in their demands on strength, stamina and speed and yet all producing weight trained champions. I realise of course that the production of these qualities (which W.T. does so admirably) is only part of an athletes training but I wish to give Scottish athletes an opportunity to utilise W.T. as their training medium this winter.

To this end, I wish to run a course in Glasgow in October, to teach athletes and coaches, the schedules and exercises produced by Geo. Dyson and his coaching committee, in conjunction with the B.A.W.L.A. two years ago. This course would be open to club coaches and athletes and would take place in early October. The scheme and syllabus would provisionally be

Total Time, 4 hrs. Say 2—6 p.m. on Sunday, 18th October.

15 mins. Intro. Lecture. Principles of Weight Training as applied to athletics. Demo. of Fundamentals. Demo. of Running Events Schedules.—1, Sprints; 2, Middle Distance; 3, Hurdles.

30 mins.—Practice of Schedules 1—3.

5 mins.—Discussion & Schedule Notes. Break.

10 mins. Demo. of Jumping Schedules with talk on schedule construction and various methods of working.

30 mins.—Class Practice.

Discussion.

30-40 mins.—Same for Throwing.

Final Discussion covering Questions, Training Facilities.

I should like all interested to contact me at this address so that I will know if it is worth while carrying on with the scheme.

Yours faithfully,

I. McINTOSH, Staff Coach.,

84 St. Meddams Street,

Tron,

Ayrshire.

26/8/53.

BASIC ATHLETIC PRINCIPLES

By JOHN V. LYONS, (Hon Sen. Coach)

WHEN I read Mr. Newton's article in your November issue I felt it had failed to come up to its title and had missed the fundamentals. Mr. Newton comes close to attempting to prove a general principle from a particular case. He uses his own experiences to point to a principle, then proves the principle by referring to his own experience with the addition of a number of vague references to nature. His ideas may or may not be correct but this is no way to prove them. He has found a system of training which suited him but has not really considered why it suited him. He lets us in on the ground floor without considering the basements and the foundations and keeping his eyes open for sand.

Let's dig down and find something basic and general on which to build our edifice of athletic training and work on principles which apply to all human beings. We have bodies which are mammals so we'll begin with mammals and living creatures in general.

All living creatures base their activities on instincts. Broadly speaking, there are two types of instincts, those which ensure preservation of the species and those which preserve the individual for the term of his natural life. In a species any factor which assists the race has developed through generations and unhelpful or unnecessary factors have tended to disappear. Individuals who have had the most favourable points best developed and lived in the environment most suitable for those points have been the most successful members of their race and by a numerous progeny have improved the species. The result is that in the basic necessities of obtaining food and escaping from their enemies, all animals are highly specialised and have become experts in certain lines. They have an innate pattern to which they react and a muscular system capable of fulfilling this pattern. When either hunter or hunted needs speed, real speed is there. A cheetah can reach 70 m.p.h., an antelope 60 m.p.h. Each fits perfectly to its normal environment.

How does this apply to man? Is he specially adapted as an animal to any

particular type of existence? He can climb, swim, run, but is not expert at any physical skill and has no special physical ability fitting him to survive as a species or as an individual. As a mere animal, he would have been exterminated long ago by other animals. His limbs and body are built for general purposes and can do all things only moderately. But the actions of animals are grooved and they operate by instinct. Man does not need instinct. He is *Homo Sapiens*. He has a mind. As a species he makes no attempt to adjust himself to his environment. Instead of specialising physically, he makes use of his environment to suit himself. He wears clothes instead of fur, uses an axe or club in place of strength and claws and fires an arrow to supply his lack of speed.

Where does that lead us? To the conclusion that all our athletic activities are unnatural in as much as we are directing the human body to ends for which it is not specially designed. Nature is very economical in design. Man's mind enables him to survive without special adaption so physically he need be expert at nothing. But perversely, we want to run far, and fast, so let us study nature's experts.

What strikes you most when you watch an animal moving fast? Apart from the speed, you see its ease and beauty. This may seem irrelevant until you study a slow motion film, when you find that this appealing elegance is not a by-product, but is an essential part of the animal's speed and is brought about by two factors:

1. Concentration on muscles and groups of muscles which assist forward motion.
2. Maximum relaxation of all muscles which at any particular instant are not contributing to forward movement.

Study a slow motion film and you will find that every unnecessary and disturbing element has been removed so that only forward and backward movements remain. Many speedy animals have a comparatively limited sideways movement

of their limbs with, by human standards, an abnormal range forward and backward.

How then are we to attain maximum speed in a human being. It is not natural to him. Animals have a built-in pattern and their movements are grooved. They walk and run inevitably according to their nature. Man staggers in to some form of walking and running. As a child he picks them up, and apart from the limitations of his own physique, is influenced by heredity and imitation. Many a runner who begins his career when he is nearing physical maturity and insists on using his "natural" style is merely perpetuating bad habits formed when he was too young to know any better. If we want better runners in the human race, our first step is surely obvious. We should teach a boy to run with good style as soon as he is capable of understanding what we want. Then as he grows up when running in his play, he will gradually build up the musculature needed until he reaches the age when he can train more seriously and use his mind to develop himself fully.

Now for the second point—relaxation. Watch a child learning to write, a beginner at the piano, a learner driver. What an excess of energy each uses in every effort! Hands taut, arms taut, neck and face strained. See them later when they have reached some degree of accomplishment. Less effort, fewer muscles used, more relaxation. Nervous patterns have been formed and constant practice in the same movements has created ease and confidence. This is true even when we are carrying out a series of inefficient and uneconomical movements. With practice we can become more and more efficient at doing something which is still not the best way. If we do not think clearly, we shall point to the fact that our performance is always improving as a proof of the fact that our method is good. In actual fact, we may surpass others who have a more efficient method but do not practice sufficiently. For efficiency in running we must find a method of using our muscles to move our limbs backwards and forwards as directly as we can, then study how many of those muscles we can relax by allowing the limbs to swing freely during recovery when they are not actively propelling the body. Then we must practise, practise and practise.

Do animals use any method in moving? In general they seem to have three gaits or "gears," walking, trotting and running. In man there are similar gears but man does not act by instinct and the difference in speed and action are not so clearly observed. (Remember the 10,000 metres walk at Helsinki?). However, in style, there are some important points of difference.

In walking the body is moved chiefly by the action of the legs and swinging from the hips and, at the low speed attained, little or no action of the arms is necessary. In trotting the body is propelled by a series of springs from one foot to the other, the take-off is usually from the ball of the foot and the legs swing to and fro in something approximating to their natural rate as a pendulum, and have at all times some amount of flexion at the knee and ankle. The arms are held in such a position that they can maintain the same rhythm as the legs without effort. In running (which we call sprinting) there is at every stride a definite drive from a straight rear leg with a take-off more or less from the toes. To balance this there has to be a compensating backward drive from the opposite arm. Both arms and legs are forcibly recovered in readiness for the next stride as there is no time for a pendulum motion.

If you must go faster than a walk, trotting is the most convenient way of travelling a long distance in a reasonable time. I have not been an eyewitness of any really long distance races (i.e., from 30 miles upwards) but judging from still photographs all these races are done at a trot—a highly efficient trot. But there is a limit to the speed which may be attained at a trot. The best way of observing this is to watch an inter-club or district race in road, track or cross-country at any distance from two miles to the marathon. Compare the average club member with the first class performers during the middle part of the race. The ordinary runner is depending on strength or stamina to carry him through and is forcing his legs to swing faster and is destroying the relaxation he had when trotting. The champion is concerned with getting there FIRST and his action is coming closer to a sprinter's action. Notice the straight back leg

combined with some degree of knee pick-up and a more vigorous swing of the arms; now study films of a world champion on the track at any distance between a mile and ten miles. Compare it with any good sprinter and—look for points of resemblance.

A hundred years ago the 440 was a distance race. Nowadays it is classed as a sprint. The 880 man can usually give a good account of himself in the 220. We have world champion milers who can do around "evens" for the 100. Does not this point the way to future world records? No matter what event you are attempting nowadays **YOU MUST HAVE A KNOWLEDGE OF SPRINTING.** Whatever type of training you intend to do, your running action must contain an element of sprinting if you want to get there first. You may be lucky (as possibly Mr. Newton was) and be born with that action. If not, you must acquire it and then the more you practise the better you'll be.

Apart from our pure sprinters, what is the career of many a runner in this country? He joins a club where the members have the idea that "you must get the distance," so as a beginner, he is taken "steady" runs at an "easy" pace over 3-4 miles and later up to 7-8 miles. He naturally develops an adequate trotting action. After a season of this he decides to be a devil and have a go at the track in a mile race. To his surprise, he finds his poor legs won't go fast enough, and his whole body is struggling and tight, so he concludes he was never meant for "short" distances and is content with a style which will never give him a championship performance in any thing less than marathon distances. Would it not be better to use the same methods as we use in other branches of human learning and begin with fundamentals?

When you are learning to type, no one gives you a letter to copy. When you are learning to read, no one says "Here's 'Gone with the Wind,' try that." If you are learning to dance, no one asks you to demonstrate the tango. You are always taught what to do before you are encouraged to practise it.

So, in running, we should teach the

beginner to move his limbs backward and forward properly, to relax his muscles when moving fast, and we should, if necessary, spend months forming a correct nervous pattern. Then, no matter how much he runs, he will always be doing the correct thing and, whatever his training speed, he will always be developing the best muscles in the best way.

(To be concluded).

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strongly in 3rd place followed by Kidd, who had run very steadily throughout. He in turn was followed by a very fresh looking Boak. Huntley, who had lead the field for so long finished 7th.

It was a well-earned victory and record for Eric Smith—a 31 year-old shift-worker who has only been running 2 years and now ranks as a strong candidate for International selection next year.

CAMPBELL, H. STEELE.

Details:		h.	m.	s.
1.—E. L. Smith (Leeds H'ills)	2	1	13	
2.—J. McGhee (R. A. F. and St. Modan's A.C.)	2	1	32	
3.—A. Lawton (Leeds H'ills)	2	2	40	
4.—A. Kidd (Garscube H.)	2	5	42	
5.—G. Boak (Elswick H.)	2	7	10	
6.—T. Phelan (Springburn H.)	2	12	11	
7.—G. Huntley (Bedlington P.W. H.)	2	16	0	
8.—A. M. McIntosh (Dundee Thistle H.)	2	16	29	
9.—D. M. Bowman (C'dale H.)	2	18	18	
10.—T. K. Wilson (M'hill H.)	2	20	19	
11.—T. E. Weatherhead (Airedale H.)	2	21	01	
12.—T. Blackhall (Falkirk Victoria H.)	2	26	33	
13.—J. Peacock (Kirkcaldy Y.M.C.A.)	2	31	03	
14.—A. Cook (Falkirk V.H.)	2	34	53	
15.—J. R. Scott (Glasgow Y.M.C.A.)	2	37	19	

Handicap Results:

1.—T. Phelan (18 min.)	...	1	54	11
2.—A. Kidd (10 min. 38 sec.)		1	55	04

12th Annual Perth-Dundee Road Race

LEEDS RUNNER, E. L. SMITH BREAKS COURSE RECORD

The promoters of the Perth-Dundee Road Race, Dundee Thistle and Dundee Hawkhill Harriers have always been proud that their event could attract an occasional entry from South of the border and this year (29th August) we had a very welcome English invasion of six runners all with formidable reputations and headed by Alan Lawton of Leeds Harehills runner-up to Jim Peters in this year's A.A.A. Marathon and by another top-notch Eric Smith of the same club, who had a recent victory over Lawton to his credit. There was general disappointment at the absence of Charlie Robertson, five times winner of the event, who, because of business commitments, has been unable to train, though this was largely allayed by the presence of Joe McGhee a very popular figure on Tayside, following his two recent road race successes in Dundee. Though not himself running, Robertson made his presence felt throughout the race in the form of his course record of 2 hrs. 1 min. 41 secs.

Mr. R. Lindsay sent the field off on a clear, cool day with a slight but noticeable head-wind. After one mile the field was strung out behind McGhee who lead by some 30 yards from Smith and Lawton, R. Turner and G. Huntley of Bedlington and A. Kidd of Garscube. At the 3 mile mark the Englishmen had made up on McGhee while Kidd was running strongly some 50 yards to the rear. It was an extremely fast start.

By 6 miles G. Huntley was 10 yards in front and amid great excitement he passed the Glencarse check-point in 32 min. 38 sec. no less than 3 min. 39 sec. inside the record for this stage with Smith, Lawton, McGhee and Turner 2 sec. behind. Another Englishman, Boak of Elswick was 300 yards to the rear, just ahead of Kidd.

It was obvious that the course record was in danger for with a 3½ min. margin over the remaining 16 miles, the runners could afford a slight easing in pace and still better the previous time. There was no letting up, however, and though Huntley lost his narrow lead to Smith

and McGhee at 8 miles and Lawton dropped back slightly, by Halfway House, Smith, Turner, Huntley and McGhee were together and had gained 4 sec. on the record, with a time of 52 min. 17 sec. Lawton was running easily some 300 yards behind with Boak about 600 yards off.

Huntley, who had been in the lead for some 6 miles now began to drop back and, indeed, the pace had now begun to slacken off for at Inchture the lead over the record had dropped to 2 min. 35 sec.

It may be said that the Perth-Dundee Race is won or lost on Snaab's Brae from Inchture to Longforgan, for in every race this incline has caused a decisive change in the positions of the leaders.

True its effect this year was delayed but by the Longforgan check point at 16 miles Turner had begun to drop back while Smith and McGhee, running together were still 2 min. 28 sec. inside the record. Our attention was attracted to Lawton who had overtaken a tiring Huntley and in the last 3 miles had gained 10 sec. on the leaders, being now 30 sec. in arrears. Shortly afterwards he overtook Turner, who had paid for his fast pace earlier and was now forced to retire.

By 18 miles the pace had again slackened and Smith and McGhee passed the Invergowrie check point a mere 43 sec. inside the record, while Lawton had gained another 7 sec. Half a mile further on Smith, slightly the fresher of the two leaders, took the lead and strode very strongly up the slight incline to Nine-wells, increasing his lead over McGhee to 60 yards, and his advantage over the record to 62 sec. Lawton made a strong effort to catch McGhee but this he could not do and over the last two miles all three slowed up somewhat, Smith running out winner in 2 hr. 1 min. 13 secs., 28 sec. inside the record, and 19 sec. ahead of McGhee who also beat the previous best time. Lawton finished

(Continued on previous page.)

Comments on the A.A.A. Championships

By L. H. WEATHERILL

THIS year's meeting was very satisfactory up to a point. The standard of performance at above 880 yards is still rising fast and our leading hurdlers and pole vaulters showed further improvement. The standard in the hammer throw continues to rise and we saw in Wilmshurst an improving performer in the Hop, Step and Jump.

On the other hand the 440 and 880 yards races are going through a lean period and the form of the home sprinters was disquieting. There is unfortunately, little sign of a real improvement in our top high jumpers though there are far more men who can do 6 feet, one inch. We are as far away, apparently, as ever from producing a long jumper of the class of 81 year old C. B. Fry or Harold Abrahams. Apart from Savidge we have no one of class in the weight, though it is true the standard in this event is very slowly rising. Let us hope that Pharaoh can continue his recent marked improvement in the discus and that Savidge will soon be able to devote more time to this event, in which he appears to have great possibilities.

Though on paper our performances in the Javelin are still very weak, it is probable that several of our young men would add as much as 20 feet to their efforts if they had the benefit of good conditions. It is high time that reasonable weapons were provided at a championship meeting and that a proper cinder run-up for this event was built at the White City.

In his heat of the 100 yards Shenton looked round over confidently and failed to qualify for the semi-final. Bailey looked as good as ever in winning both 100 and 220 yet again. His performance in his heat on the Friday, when he did 21.3 with apparent ease, even though he had some assistance from the wind, was particularly impressive. In the 220 yards final Shenton showed 21.9 secs., but otherwise the home performers did not do very well.

In the 440 yards final Rowe of Herne Hill alone seemed to avoid starting much too fast. Fryer, the winner (48.9), and

Smith were going so slowly at the finish that one was reminded of the Olympic 400 metres final at Wembley. Hewson (1:54.2) showed in the 880 yards that his boyhood promise may yet be fulfilled and the runner-up, Williamson, is evidently full of good running. Webster unexpectedly after showing inability to raise his pace in the second lap, failed to finish, and MacMillan, of Australia, was surprisingly beaten into 3rd place at the tape.

The one mile heats were run at a fantastic speed and were really more interesting than the final. Breckenridge ran away with the third heat in 4:13.4 and set the pace for Bannister's fine win (4:05.2) in the final. Brown did 4.12 for his heat on Friday, but was not very well on the Saturday and finished 6th in 4:21.8. Crook, of Paignton, did 4:12.6 in his heat, but failed to qualify for the final! I understand that the 6th man in this heat did 4:16.8! Seaman was an impressive runner-up.

Gordon Pirie won both the 3 miles and the 6 miles, beating the Championship record in each, although on Friday he was doubtful whether to run, as he had a cold! In the 6 he set a relentless pace and broke the official World Record by 11.4 secs. Ian Binnie was the only man who stayed with him after the first mile; he stuck on for over 3 miles, which was reached in 14:02.6 and eventually finished a very good 3rd, behind Sando, having beaten the previous best championship time. The 3 miles on the Saturday was a similar race, with, in this case, only Fred Green and Len Eyre making any real attempt to hold Pirie.

Green, who is being trained by C. A. J. Emery, ran surprisingly well and was only dropped by a tiring Pirie 2 laps from the end. Ian Binnie was 4th in 14:02.8, despite his grand effort in the 6 the night before. But what a pity Gordon Pirie happened to be born out of Scotland!

In his heat in the 120 yards Hurdles Parker pulled up and retired, another victim, I hear, of Sciatica. Hildreth put up the satisfactory time of 14.6 in the

final. In the 220 hurdles final Vine met with a most unusual mishap a yard from the finish, when he seemed certain to win. He stumbled and fell, though he recovered to finish a good third. Whittle broke the record (24.2s.). In the 440 Hurdles Whittle's racing sense told again and he overhauled a tiring Hardy to beat his own best championship performance and equal Gracie's British record (52.7). The dangerous-looking Francis of Puerto Rico, finished third, ahead of a Gracie who was not fully fit.

Elliott (13ft. 6 ins.), who is still improving, just beat Milakov, of Yugoslavia, in the Pole Vault, on fewer failures, but Olowu, of Nigeria (who also finished 2nd in the 100 yards) was too good for the home talent in the Long Jump. Our Scottish champion Ken Cunningham was 3rd in the High Jump, to Cox and O'Reilly, a new Irish jumper.

EDINBURGH HIGHLAND GAMES

August 22nd.

ARGENTINE EQUALS 100 YDS. RECORD.

100—1, R. Gallan (Argentine) 9.7 (eq. Scot. A-C rec.); 2, B. Shenton (A.A.A.) 9.9; 3, W. Jack (Vict. Pk.) 9.9.

220—1, B. Shenton 22.0; 2, P. G. Fryer (A.A.A.) 22.4; 3, W. Jack (Vict. Pk.) 22.6.

440—1, H. Geister (Germany) 48.7; 2, L. A. Smith (A.A.A.) 49.2; 3, S. Steger (Switzerland) 49.5.

880—1, W. Leug (Germany) 1:54.2; 2, B. Grogan (A.A.A.) 1:55.0; 3, D. C. Seaman (A.A.A.) 1:57.4.

1 Mile—D. C. Law (Achilles) 4:19.3; 2, L. Eyre (A.A.A.) 4:20.9; 3, C. J. Simpson (Small Heath) 4:24.4.

Two Miles (Individual)—1, F. Green (A.A.A.); 2, I. Binnie (Vict. Pk.); 3, C. Brasher (A.A.A.) 9:4.1; Team Placings—1, (Vict. Pk.) (10 pts.); 2, Shettleston Harriers (21); 3, Edin. Sth. (29).

Inter-City Relay (1408 yards.)—1, Glasgow (D. McDonald, W. Jack, R. Whitelock, D. K. Gracie); 2, Edinburgh; 3, Birmingham; 2 mins. 44.8 secs.

In the Hop, Step and Jump, Wilmshurst (47 ft. 1½ ins.), a Merchistonian, just beat Laing and the holder, Burgard, from the Saar, and showed remarkable consistency.

The performances in the Hammer Throw confirmed the considerable improvement which is taking place in this event in England: no doubt the formation of the "Hammer Circle" has something to do with it. In the Shot Put Savidge (53 ft. 0½ in.) was out on his own, but in the Discus Pharaoh (156 ft. 4 ins.), only prevailed over Krivokapic, from Yugoslavia, after a keen contest; Savidge was well behind. Similarly in the Javelin Throw Denley (208 ft. 7 ins.) just beat another Yugoslav, Dangubic. There was an unfortunate accident during this event, a photographer being hit in the leg by a javelin. As mentioned before, conditions, including a gusty wind, were all against a good performance.

Inter-Association Relay (1408 yards)—1, (A.A.A.) (L. Smith, A. W. Lillington, B. Shenton, P. G. Fryer); 2, (S.A.A. A.); 2 mins. 52.6 secs.

HJ—1, D. R. T. Cox (A.A.A.) 6 ft. 2 ins.; 2, N. G. A. Gregor (Kent C.C. 6 ft. 0 ins.; 3, K. Cunningham (Vict. Pk.) 5 ft. 10 ins.

LJ—1, A. R. Smith (Glasgow U.); 2, J. McAslan (Edinburgh S.); 3, B. Devine ("Q") 21 ft. 2½ ins.

PV—1, G. M. Elliott 13 ft. 6 ins.; 2, N. G. A. Gregor; 3, J. Vicario (Belgium) 12 ft. 6 ins.

Wt—1, V. Depre (Belgium) 45 ft. 5 ins.; 2, J. Drummond (Heriot) 44 ft. 2½ ins.; 3, T. Logan (Vict. Pk.) 41 ft. 4½ ins.

Women

100—1, A. Pashley (W.A.A.A.) 11.0; 2, P. Brouwer (Neth.); 3, P. Devine ("Q").

220—1, P. Brouwer 25.3 (Scot. A-C. rec.); 2, A. Pashley; 3, E. Hay.

80m.H—1, J. Desforges (Essex L.); 2, I. Pond (Lond. Olympiads); 3, W. Lust (Neth) 11.4.

Inter-Assocn. Relay (704 yards.)—1, English W.A.A.A. (Pashley, Burgess, Desforges, Johnson) 1:19.0; 2, S.W.A.A.