

MIDLAND DISTRICT C.C. CHAMPIONSHIPS AND YOUTHS' 3 MILES.

Lenzie, 31st January, 1953.

6 MILES RACE.

Individuals—

1. E. Bannon, Shettleston H., 30m. 53s.
2. A. Breckenridge, V.P., 31m. 28s.
3. H. Fenion, Bellahouston, 31m. 46s.
4. J. McGhee, St. Modan's, 32m. 02s.
5. H. Kennedy, Bellahouston, 32m. 03s.
6. R. C. Wallace, Shettleston, 32m. 09s.

Team Placings—

1. **Victoria Park A.A.C.**—
A. Breckenridge, 2; A. Forbes, 7;
R. C. Calderwood, 8; R. Kane,
13; N. Ellis, 16; I. Binnie, 24.—
70 points. C. D. Forbes, 26;
J. D. Stirling, 27; J. Ellis, 31;
S. Ellis, 40; P. Callachan, 43;
D. McFarlane, 62.
2. **Bellahouston H.**—
H. Fenion, 3; H. Kennedy, 5;
C. Kirk, 17; J. Christie, 28; R.
Climie, 29; C. Milligan, 32.—
114 points. J. Kelly, 48; A. Jack,
52; G. Bell, 94; P. Livingston,
98; J. McLean, 117; E. Oxburgh,
120.
3. **Shettleston H.**—
E. Bannon, 1; R. C. Wallace, 6;
J. McNeil, 22; T. Walters, 33;
J. C. Ross, 34; J. Eadie, 35.—
131 points. T. Clarke, 54; F.
Scally, 66; J. Hamilton, 79; J.
McElroy, 87; H. Simpson, 96;
W. McFarlane, 97.
4. **Maryhill H.**—
J. E. Farrell, 11; W. Hannah, 23;
T. Harrison, 30; J. Wright, 36;
J. Campbell, 41; J. Gibson, 63.—
204 points. T. K. Wilson, 80;
R. Wright, 102; R. McDonald,
106; D. Tait, 110; J. Collins,
114.
5. **Springburn H.**—
J. Stevenson, 10; T. Lambert, 25;
N. McGowan, 39; G. Feeney,
45; J. Morton, 46; J. K. Rankine,
47.—212 points. P. O'Reilly, 61;
D. Wallace, 64; R. S. McLean,
68; A. Stevenson, 70; J. Wallace,
84; J. Hart, 103.
6. **Garscube H.**—
A. Kidd, 14; G. A. Dunn, 20;
D. Coupland, 51; A. W. Warton,
56; E. Murray, 72; M. Mc-

Gunnigle, 75.—288 points. J. Linn,
88; D. G. Causon, 91; A. Gold,
92.

7. **Hamilton H.**—
J. Finlayson, 12; A. C. Gibson,
18; H. Gibson, 19; G. Craig,
67; D. Wilson, 83; J. Stewart,
90.—389 points. R. Spiers, 93.
8. **Clydesdale H.**—
G. White, 9; J. Higginson, 42;
I. Cowie, 55; J. Duffy, 57; P.
Younger, 60; D. Stewart, 95.—
318 points. D. Bowman, 111;
W. Howie, 113; F. Keilty, 116;
A. Younger, 119.
9. **Motherwell Y.M.C.A. H.**—
A. H. Brown, 21; M. Mitchell,
50; T. Scott, 65; J. Moir, 82;
J. Smith, 121; R. Barnes, 122.—
361 points.
10. **Glasgow Univ. H. & H.**—
I. Stewart, 53; P. Ballance, 69;
M. Ryall, 71; R. Paterson, 78;
G. Bowes, 81; J. Jardine, 99.—
451 points. J. Gourlay, 118.
11. **Glasgow Police A.A.**—
K. Sigrist, 37; A. Allan, 58; W.
Armour, 77; H. Stephen, 86; J.
McGuinness, 100; D. Murphy,
105.—463 points. J. Girdwood,
108; A. Williamson, 109; J.
McLeish, 112.
12. **Cambuslang H.**—
W. Green, 15; J. Lyle, 74; A.
Fleming, 89; G. Russell, 101; J.
Hay, 107; I. Ballantyne, 117.—
503 points.

Failed to close in—

St. Modan's A.A.C.—

J. McGhee, 4; A. Galbraith, 59; A.
Kielt, 73; D. Clelland, 76; P.
Donnelly, 85.

Monkland H.—

J. Kerr, 38; J. Glen, 44; F. Bradley,
49; D. McKirdy, 104; J. Murray,
115.

Individual Entrants—

D. Shuttleworth (V.P.A.A.C.), 46; D.
McPherson (V. of L.), 54; F. McKay
(V.P.A.A.C.), 72; A. Hill (Shett. H.),
74; G. Walker, Dumbarton A.C.), 81;
M. Morrison (V.P.A.A.C.), 82; G.
Cunningham (V.P.A.A.C.), 96; D. Orr
(V.P.A.A.C.), 106; P. Ewing (Shett. H.)
110; S. H. Mowbray (Glas. Y.M.), 115;
J. Smith (Shett. H.), 122; J. Crawford
(Glas. Y.M.), 125; J. McClure (V.P.
A.A.C.), 127; T. Short (Shett. H.), 130.

YOUTHS' 3 MILES RACE.

Details:—

Individuals—

1. P. McParland, Springburn, 17m. 34s.
2. G. Nelson, Bellahouston, 17m. 34s.
3. S. McLean, Bellahouston, 17m. 52s.

Team Placings—

1. **Bellahouston H.**—
G. Nelson, 2; S. McLean, 3; J.
Connelly, 4.—9 points. D.
O'Rourke, 8; J. Irvine, 18; I.
Leckie, 19.
2. **Cambuslang H.**—
I. Tierney, 6; B. Morton, 7; W.
Mulrooney, 12.—25 points. F.
Ross, 15; J. Mulrooney, 31.
3. **Shettleston H.**—
G. Wallace, 5; I. Clousley, 10;
J. C. Ross, 11.—26 points. I.

Richardson, 21; F. Linden, 25;
W. Gorman, 28.

4. **Springburn H.**—
P. McParland, 1; E. Rankine, 14;
R. Gow, 23.—38 points. R. Fisher,
30.
5. **Garscube H.**—
B. Linn, 9; I. Dougan, 13; G.
Paris, 29.—42 points. J. Runci,
26.
6. **Dumbarton A.A.C.**—
A. Dennet, 16; J. Smith, 17; H.
McIntyre, 22.—55 points.
7. **Maryhill H.**—
D. Ross, 24; G. Penrice, 27; I.
Tweedy, 29.—80 points.

Individual Entrants—

B. W. Drysdale, Monkland H., 9;
A. J. Girdwood, Hamilton H., 22; F. D.
Kaney, St. Modan's, 23.

LETTER AND ARTICLE

FROM

FAMOUS AUSTRALIAN COACH.

Dear Walter,

Here I am back home but most unsettled and nothing done. My personal life has been completely disorganised and I have not written one letter much less an article since returning. In fact, owing to one thing and another I have mislaid some 30 or 40 letters and my police driving licence. Now all this is an alibi why I have not written your promised article on mile running. But as most things happen for the best in this funny old world, or so they say—In the post to-night I received your Scots Athlete and so I sit down to honour my promise. First let me say that my trip abroad, the fellows I met, like your own good self, was a happiness almost inexpressible for me.

That I have been heartened by the good running of Landy goes without saying. Good as Landy has proved himself to be I honestly believe that he is not exceptional in lots of ways. Remember that, until 2 years ago he had not beaten 4m. 30s. for a mile although doing orthodox mile training on the ordinary lines of twice a week. This proved that he was not specially gifted physically. He was not. But he is unusually gifted mentally inasmuch as once committed to a course or task he can carry it out un-

remittently. He has amazed me with his consistency. He will train every day for months wet or fine, for from 1 hour to 2 hours and all his training is of the most punishing kind. However I shall deal with this aspect in the article I am going to enclose.

Before I start you will know that Landy has run the mile here in 4m. 2.1s. and 4m. 2.8s. On both these runs he merely set out to see how fast he could run: had no assistance at all after the 880 mark, won both races by 60 to 100 yards, no prize or incentive at all: in the second case ran on a track, clay and marl not prepared at all and with a strong breeze around 20 miles per hour sweeping across the ground and he had to finish up the straight into this wind. That he passed the 1,500 metres mark in this run in 3m. 44.4s., faster than the Olympic 1,500 metres record of Barthel says something. On a still day, some good competition, a track like Motspur Park, a crowd to cheer instead of the few hundreds who watch on our shocking tenth rate ground, boy, Landy would run nearer to 3m. 55s. than 4m. and so could many others, including blokes like Bannister IF they had someone to inspire them and had they really set about conditioning themselves.

Most sincerely,

PERCY W. CERUTTY.

[Sorry readers, article held over to next issue.—Ed.]