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APRIL, 1956.

Vol. 10, Nos. 11 & 12.

THE SCOTS ATHLETE

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Photo by G. S. Barber.

Eddy Bannon, the eventual winner, leading from Tom Stevenson who was 3rd and Andrew Brown, runner-up in the Scottish Cross-Country Championship.

JOHN EMMET FARRELL'S RUNNING COMMENTARY.

GRAHAM ROBERTSON

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100,000 MILES—ARTHUR NEWTON'S STORY.

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EDITED BY - WALTER J. ROSS

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APRIL, 1956. Vol. 10, Nos. 11 & 12.

Annual Subscription, 12/6 (U.S.A., 2\$).

JOHN EMMET
FARRELL'S



THE successful come-back of world mile record-holder John Landy and the sensational running of distance star Dave Stephens have encouraged hopes of Olympic gold medals for Australia. After his recent sub. 4 minute mile all eyes were focussed on Landy for a possible repeat performance at the Australian championships. This time he was well outside with an ordinary (for him) 4:4.2 secs. mile but the story of the race indicates one of the most fantastic feats in the history of athletics. Landy stopped in the 3rd lap and actually helped Ron. Clarke who had stumbled and fallen, to his feet. The loss of rhythm and the energy lost through such extraneous effort must have been considerable—so that 4 mins. 4.2 mile may in the circumstances have been one of the "miles of the century." Two days later the meeting of Landy and Stephens over 3 miles proved an anti-climax. Landy won easily in fast time but Stephens only a shadow of his usual self was a full minute behind.

World 220 Yards Record.

We seldom hear of world sprint records being broken in March, but Agostini of Trinidad did so in California with an amazing 20.1 secs. to break Mel Patton's 20.2 record of 1949 also set in California. Mile Winner Booed for "Slow" Time.

What is most important—the race or the time? Some of us would say the race is the main thing but not the crowd in U.S.A. who booed R. Delaney—Irish winner of a recent indoor mile because of his slow time of 4 mins. 14 secs.!

Cross-Country "Partial" Come-backs.

The Scottish Senior cross-country championship was somewhat in the nature of a come-back for both the team and individual winners. Eddie Bannon's win occasioned mild surprise only because he had appeared to have shaded off prior to the race. No one doubted his capabilities. But Victoria Park's win was as surprising as Shettleston's decline. Their team packing was superb, Calderwood, Russell and Binnie in 9th, 10th and 11th places

backing McLaren to the hilt and with Ron Kane and Chic Forbes filling sound team places they dwarfed the opposition. The fact that the dependable John Stirling was a non-counter in 26th position speaks for itself.

Brilliant leadership by the Stevenson brothers in 3rd and 4th positions greatly helped their club, Greenock Wellpark to be worthy runners-up.

Certainly Shettleston suffered a grievous handicap by the last minute withdrawal of two of their best runners in Joe McGhee and Graham Everett but their numerical all-round strength has been somewhat proverbial this year and the truth is that Bannon excepted the others did not live up to expectations.

Interesting Junior Tussle.

At least half a dozen runners were fancied to win the junior title but before half-distance it was apparent that only P. McParland of Springburn and John Wright of Clydesdale would contest the issue.

The latter running very sweetly indeed stuck to his rival closer than a brother but could not quite cope with the formers stronger finish. A grand win by McParland and a good showing for Wright's chances next year as he is still a junior. Bellahouston had a grand counting four to win the team race.

Goodwin Left at Gate.

Bill Goodwin after winning the Scottish youths' title in ready fashion went down to try his luck in the English title a week later. Despite being left at the starting gate through a bad 'draw' he threaded his way through brilliantly to 2nd place but was still some 60 yds. behind the classy Parker of Westbury Harriers at the finish.

Mimoum Still A Master.

Alain Mimoum of France ran a masterly race at Balmoral, Belfast in the International cross-country championship to win the individual title and lead his country to a great team victory. He gave the lie to those who maintained that his classic quality would be of no avail against younger and more virile athletes.



WM. C. ARMOUR
President of the National Cross-Country Union of Scotland. He also serves as an official of the Scottish A.A.A. and for many years has been the faithful and valuable Hon. Secy. of the famous Glasgow club, Victoria Park A.A.C.

England, the favourites sorely disappointed their supporters.

Brilliant Vanguard—Weak Tail.

Ken Norris, Frank Sando, and Fred Norris were brilliant leaders but their tail did not wag at all vigorously and thus they had to be content with playing second fiddle. Injury and illness did not help, yet it was felt that England had class and numbers to successfully oppose the "slings and arrows of outrageous fortune."

Great Scots.

Scotland did very well to place 4th in this 8 nation contest and this good position was due in large measure to the brilliant running of John McLaren and Pat Moy in 12th and 14th places with only 2 secs. between them. McLaren only 54 secs. behind Mimoum over this short 9 miles course showed his real form and proved that he could get the distance while even more praise is due the ever-improving Moy because less was expected of him. The other counters ran steadily but without inspiration but Bob Calderwood who came in as reserve deserves commendation for a sound 41st to make the counting six. After all remember every runner in this field of over 70 runners is an International.

Early Marks.

In the Oxford University Sports Scottish Champion David Gorrie scored a somewhat sensational victory over Derek Johnson in the half-mile with a time of 1:51.1, smart time in the height of summer but in the winter season—positively brilliant while in the L.A.C. winter meeting another Scot, J. R. Cameron of Thames Valley won an 800 metres also brilliantly in 1:52.2. "Now is the winter of our discontent made glorious summer" wrote Shakespeare. Such promising winter form should hold nothing but content to these 2 young runners, a promise which could later flower to an even more glorious summer. Certainly they have given home championship contenders something to aim at.

INTERNATIONAL C.-C. CHAMPIONSHIPS

Balmoral, Belfast, 17th March.

1. A. Mimoun (France) 45m. 18s.
2. F. D. Sando (England) 45m. 28s.
3. K. L. Norris (England) 45m. 28s.
4. F. Norris (England) 45m. 36s.
5. H. Ameur (France) ... 45m. 43s.
6. B. Allal (France) ... 45m. 44s.
7. F. Herman (Belgium) 45m. 46s.
8. A. Amaro (Spain) ... 45m. 57s.
9. B. Aissa Bakir (France) 46m. 00s.
10. B. Said Maguini (Fr.) 46m. 10s.
11. A. Khalouf (France) 46m. 11s.
12. J. McLaren (Scotland) 46m. 12s.
13. K. Gates (Eng.) 46.13; 14, P. Moy (Scot.) 46.14; J. L. Garcia (Sp.); 16, M. Van de Wattyne (Bel.); 17, P. B. Driver (Eng.); 18, M. Van Laere (Bel.); 19, F. Vanderhoeven (Bel.); 20, A. Chorlton (Eng.); 21, P. Geneve (Fr.); 22, C. Suddaby (Wales); 23, M. Faria (Portugal); 24, A. Ventura (Port.); 26, B. L. Abdallah (Fr.); 27, F. Irizar (Sp.); 28, C. B. Owens (Ireland); 29, J. Silva (Port.); 30, J. Araujo (Port.); 31, K. Huckle (W.); 32, D. Appleby (Ire.); 33, E. Bannon (S.); 34, P. Depauw (B.); 35, D. J. P. Richards (W.); 36, D. Harrison (L.); 37, D. Jouret (B.); 38, J. Stevenson (S.); 39, T. Stevenson (S.); 40, B. Messitt (L.); 41, R. C. Calderwood (S.); 42, S. Bueno (Sp.); 43, T. Dunne (L.); 44, Laratzo (Sp.); 45, J. McCormick (S.); 46, D. Ibbotson (E.); 47, F. Luis (P.); 48, J. Disley (W.); 49, J. Castro (Sp.); 50, A. Brown (S.); 51, A. Perkins (E.); 52, J. Hurtado (Sp.); 53, J. Dougan (L.); 54, J. Vande Velde (B.); 55, A. Silva (P.); 56, J. Mahood (L.); 57, T. Keegan (L.); 58, J. Todd (L.); 59, P. J. Bowden (W.); 60, G. A. Dunn (S.); 61, D. Rees (W.); 62, M. Martin (Sp.); 63, K. Flowers (W.); 64, W. E. Butcher (W.); 65, R. L. Morgan (W.).

Did not finish :

H. Addeche (F.); F. Bidaui (Sp.); J. Santos (P.); L. Theys (B.); D. Walker (E.).

Teams :

1. France (1, 5, 6, 9, 10, 11) 42 pts.
2. England (2, 3, 4, 13, 17, 20) 59 pts.
3. Belgium (7, 16, 18, 19, 34, 37) 131 pts.
4. Scotland (12, 14, 33, 38, 39, 41) 177 pts.
5. Portugal (23, 24, 25, 29, 30, 47) 178 pts.
6. Spain (8, 15, 27, 42, 44, 49) 185 pts.
7. Ireland (28, 32, 36, 40, 43, 53) 232 pts.
8. Wales (22, 31, 35, 48, 59, 61) 256 pts.

Times at other Scots positions :

33rd, 46m. 14s; 38th, 47m. 55s; 39th, 47m. 56s; 41st, 48m. 06s; 45th, 48m. 19s; 50th, 48m. 43s; 60th, 49m. 47s.

Because of rising costs and our desire to give a better coverage to our sport, "The Scots Athlete" will be 1/- in future and will have 4 extra pages. Entering our 11th year club rates will be introduced for the first time.

SCOTTISH CROSS-COUNTRY CHAMPIONSHIPS.

HAMILTON RACECOURSE.



Photo by G. S. Barber.

Leaders at an early stage, Eddy Bannon (183) with John Stevenson behind. Ian Binnie (225) in front of John McLaren. Tom Stevenson (113) ahead of Andrew Brown.

SENIOR 9 MILES.

Individual :

1. E. Bannon, Shett. Harr. 46m. 55s.
2. A. H. Brown, M'well. 47m. 06s.
3. T. Stevenson, Gk. W'pk 47m. 30s.
4. J. Stevenson, Gk. W'pk 47m. 42s.
5. J. McLaren, Vict. Park 48m. 08s.
6. G. A. Dunn, Garscube 48m. 09s.
7. P. Moy, Vale of Leven 48m. 28s.
8. J. McCormick, Sp'burn 48m. 47s.
9. R. C. Calderwood, V.P. 48m. 58s.
10. J. C. Russell, Vict. Pk. 49m. 05s.
11. I. Binnie, Victoria Park 49m. 06s.
12. A. McDougall, V. of L. 49m. 10s.

Team :

1. Vict. Park A.A.C.—(J. McLaren 5; R. C. Calderwood 9; J. C. Russell 10; I. Binnie 11; R. Kane 22; C. D. Forbes 23). 80 pts. J. D. Stirling 26; N. Ellis

5. Edin. Sth. H.—(W. A. Robertson 29; R. McAllister 35; W. A. Lyall 38; J. Smart 40; H. S. Miller 49; K. Borthwick 84). 275 pts. J. Foster 112; H. Robertson 115; T. Grainger 116; M. Logie 132.

6. Garscube H.—(G. A. Dunn 6; A. Kidd 36; D. Paton 46; J. Linn 48; E. S. Murray 78; H. Carson 90). 304 pts. D. Coupland 96; D. G. Causon 99; J. Hughes 107; R. Donald 126; A. W. Warton 146.

7. Clydesdale H.—(G. White 31; J. Hume 41; J. Young 45; W. Linton 64; J. Duffy 74; P. Younger 82). 337 pts. D. Bowman 117; J. McLachlan 120; N. Hendry 123; W. Hislop 142; M. Harvey 147.

8. Maryhill H.—(J. E. Farrell 52; J. Wright 60; T. Harrison 69; S. Lawson 119; A. Ball 128; R. McDonald 130). 558 pts. G. Porteous 153; K. Ross 157; A. Dalgleish 158.

Incomplete Teams :

Braiburn A.C.—J. K. Hislop 66; J. H. Hamilton 67; W. Henderson 89; M. Innes 98; D. W. Dunn 134.

Plebeian H.—T. Newcastle 68; J. McGregor 108; D. Barclay 110; A. C. Muir 136; J. McEwan 149.

Glasgow Police A.A.—J. Kinnell 104; W. Paul 111; A. Allan 124; J. McLeish 135; P. J. McGowan 138.

G'nock G'park H.—J. Grant 103; D. Kennedy 109; W. Kesson 133; D. Farren 137; J. McKenno 155.

Vale of Leven A.A.C.—P. Moy 7; A. McDougall 12; H. Garvey 62; J. Garvey 71.

Bellahouston H.—H. Fenion 28; G. Bell 72; R. Climie 121; R. Wilson 152.

Motherwell Y.M. H.—A. H. Brown 2; T. Scott 47; J. Campbell 131; R. Devon 159.

Kilmarnock H.—R. Miller 55; H. Rankin 86; D. D. Todd 139; J. Hamilton 143.

Edin. Univ. H. & H.—J. V. Paterson 34; M. Fraser 44; F. Eunson 141.

Glasgow Univ. H. & H.—P. Ballance 56; A. Galbraith 59; B. MacNamara 102.

Cambuslang H.—A. Fleming 37; W.

Kelly 77; J. McGovern 144.

Individual Entrants :

W. F. Lindsay (E.S.H) 13; A. C. Gibson (Ham. H.) 14; J. Lawrence (Camb. Un.) 16; T. D. Reid (Lark. Y.M.) 17; H. Gibson (Ham. H.) 19; H. Lawrence (Tev. H.) 25; A. Hadden (Aber. A.C.) 30; R. Sinclair (F.V.H.) 63; W. McBrinn (Monk. H.) 65; J. A. Newton (Perth S.H.) 70; P. Bell (Irv. Y.M.) 75; H. Phillip (Ed. E.H.) 76; T. Blackhall (F.V.H.) 79; E. Hainey (Doon H.) 83; R. A. Baird (Dun. H.H.) 85; C. Donald (Aber. A.C.) 88; W. Graham (Dun. H.H.) 94; H. Bennet (Dun. H.H.) 95; N. Ross (Ed. S.) 105; A. McBean (Perth S.H.) 106; J. J. Kielt (St. Mod.) 113; A. Dick (Ath. A.C.) 125; J. Stewart (Ham. H.) 140; S. Maxwell (Beith H.) 151.

Times :

13th pos. 49m. 16s; 14th 49.24; 15th 49.37; 16th 49.38; 17th 49.42; 18th 49.44; 19th 49.49; 20th 50.08; 25th 50.44; 30th 51.11; 35th 51.38; 40th 51.55; 45th 52.12; 50th 52.26; 55th 52.44; 60th 53.11; 65th 53.28; 70th 53.45; 75th 54.10; 80th 54.19; 85th 54.48; 90th 55.00; 95th 55.25; 100th 55.39; 110th 56.17; 120th 57.04; 130th 57.41; 140th 58.26; 150th 60.14.

YOUTHS' 3 MILES.

Individual :

1. W. Goodwin, Bella H. 15m. 05s.
2. J. Hislop, C'dale H. ... 15m. 28s.
3. W. Thomson, Irv. Y.M. 15m. 36s.
4. J. Rooney, Sp'burn H. 15m. 40s.
5. D. Simpson, Shotts MW 15m. 43s.
6. P. Maitland, Glas. Un. 15m. 56s.

Team :

1. Springburn H.—(J. Rooney 4; T. Craig 19; D. Wilmoth 29; E. Riddell 40). 92 pts. P. McNab 52; J. Murphy 63; W. Ewing 65; H. Hewitt 92.
2. Bellahouston H.—(W. Goodwin 1; J. Carry 17; T. Castre 39; A. Watt 51). 108 pts.
3. Falkirk Vict. H.—(I. Simpson 10; C. Mailer 33; R. Chalmers 37; D. Lamond 43). 123 pts. A. Hunter 81.

Continued on page 10.

Scotland's Stars of Cross-Country, Track and Field (No. 4)

GRAHAM ROBERTSON (Glasgow Univ. A.C.)

By JAMES CHRISTIE.

On the 14th of October 1935 at Shillong in Assam, India there was born to Dr. Robertson a son. The year is now 1956 and that son has matured into the genial giant, Scots athletic fans know, as Graham Robertson.

The big fellow, now 6 feet 2 inches in height and weighing 13 stone 5 lbs. is quite an awesome figure to behold when running a 220 yards leg in a relay and I am sure that once more Glasgow University will welcome his assistance in their coming Inter-University and other fixtures this track season.

Graham Robertson, like so many of Scotland's 'crack' sprinters is a product of Victoria Park A.A.C. He first came in contact with the club in June 1951 and for that season generally "mucked" about with the Junior section under the care of Willie Macfarlane. His training took the usual form of the young fellows namely, Sprints, Starts, Handicap Races and anything else that he happened to pick up through hearing more experienced athletes talking or from books. In fact a time of learning the basic fundamentals of "Athletics."

With the winter of 1951 came the usual break in athletics for Scotland and as Graham was a pupil of Kelvinside Academy at that time, then he had the usual Rugger fixtures for the school team. However, when he could manage the time from his studies he would put in some of the usual type of winter sprint training at "Dalmuir West" on a Sunday afternoon. The track season of 1952 was a very quiet affair for him, his only claim to fame being that he reached the semi-final of the 100 Yards at the Scottish Youths Championships.

Once again in the winter of 1952 he carried out much the same kind of work

as the previous "out of season," rugby for the school and where possible some athletic training. Needless to say with so very little work behind him he did not do anything out of the ordinary that season, of 1953.

With the coming of winter came the resolution to really try and do something on the track the following season as it was his last as a Junior. He started off by deciding to continue playing rugby but as far as training and fitness was concerned, then it would be for athletics he would train, and hope that the type of training he would do would be suitable enough to carry him through the rugger season.

As luck would have it he managed to survive the season and at the same time managed to put in quite a lot of hard work. Now, with the background he had, he could really get started and get down some proper and continuous sprint training. From the beginning of that season he carried all before him he tackled.

He started off by winning the Kelvinside Academy Sports Championship, but his first real test was the Scottish Schools Championships. At this meeting there was a 100 and 220 yards event for senior boy sprinters, however as Graham was to compete in the relay race for his school, and they were only allowed to compete in two track events, then it was decided that he had a better chance in the 220 yards because of his strong physique and also because of his decidedly bad starting.

As it was however, his supporters need not have worried, Graham, running with great power, but, I am afraid, little or no action pulled away strongly to win in 23.9 secs. for his first major athletic victory. The time on turf at Westerlands represented good running. He finished off



the afternoon by being a member of his school relay team which also gained first place.

At the Senior Scottish Championships he was a member of Victoria Park's successful Junior Relay Teams on which occasion they won both the 4 x 110 yards and 440 x 220 x 220 x 440 yards events. One week later at the same venue as the Inter-scholastics he took part in the Junior Scottish Championships. This time his events were the 100 and 220 yards open events. On a chilly July afternoon he won both into a relatively stiff breeze, the times being 10.7 and 23.7 secs.

As far as Graham was concerned that was the season ended. He did not compete in the Junior A.A.A. Championships as he had to go into hospital to have a Hernia removed which had been troubling him.

After his convalescence he commenced training once more for the coming rugby season. As he had now gone "Up" to the University he was now playing for Kelvinside Academicals, his old school former pupils. Once more his training was always for athletics but with the rather bad weather experienced last winter he really did not take part in a very heavy programme. Nevertheless although he competed in the Glasgow University Novice Championship in mid-week it did not stop him playing in a seven-a-side tournament the Saturday before.

In spite of this he managed to annex both sprints in 10.5 and 23.6 secs. After this he had the usual Inter-University fixtures and along with Alan Dunbar, the present Scottish Open 100 yards Champion managed to win maximum points in the sprint events in practically every tournament. The culmination of his

Scottish form came when he won both the 100 and 220 yards Scottish University Championships at what could be termed his home ground, Westerlands in 10 secs. and 22.2 secs. beating Alan Dunbar in the latter.

At Edinburgh, in the open Scottish his lack of experience was very apparent, where he not only ran poorly in the 100 but slept badly at the start of the 220. Later in the season he came again and at the U.A.U. Championships held on the White City Track at Manchester he finished 4th in both the 100 and 220 yards his time being 10.3 secs. in the final of the 100 yards. In his heat however he did a 10.2.

The next meeting of importance for him was the British Championships where he reached the semi-final of the 220 yards. He qualified for a standard medal his heat time being 22.3 and his semi time being 22.5. After his performance he was asked to represent Great Britain in the "World Student Games," and managed to reach the final of the 100 metres and semi-final of the 200 metres. His best performance here was 11 secs. for the 100 metres which was won by Vercruyse of Belgium. Once again the season was at an end and for one who had just broken into senior running Graham Robertson had done very well for himself.

Now what of 1956?

Well, for the first time Graham has not played any Rugby so that in itself is something. Secondly, he has been working to a definite schedule and, having been hard at it since early November most weeks doing 4 days a week training comprising of interval and repetition running over distances ranging from 150 yards to 440 yards, I am sure that in the coming summer he will have improved considerably on last seasons performances.

Has he any Olympic aspirations?

Well, to quote Graham: "Everybody has those, but as far as I am concerned I am not even a Scottish title holder, that being the case my training schedule is based on giving me as big a general

improvement as possible, then perhaps who knows?"

There you have it, ability, physique, and the urge to improve. Who does know, perhaps he will make that trip to Melbourne!

Continued from page 7.

4. Clydesdale H.—(J. Hislop 2; D. Stirrat 27; G. Abbot 41; E. McMahon 68). 138 pts.

5. Shettleston H.—(T. Malone 26; D. Drye 34; J. Kay 46; L. Botfield 47). 153 pts. M. Jones 86; D. Mackay 94; D. Daniels 101; W. Lawson 102.

6. Braidburn A.C.—(W. Connolly 12; J. Drever 24; W. Walker 57; T. Yardley 66). 159 pts. H. Taylor 77; T. Howie 83; A. T. D. Scott 88.

7. Dundee Hawkhill H.—(I. McDougall 13; W. Kennedy 48; J. Galloway 55; J. Kennedy 70). 186 pts.

8. Edin. South H.—(G. A. Turnbull 31; J. Bruce 42; C. Jeffrey 58; R. Anderson 64). 195 pts.

9. Vict. Park A.A.C.—(R. Lees 16; W. Lees 44; J. Taylor 60; J. Thomson 79). 199 pts. D. Campbell 80.

10. Irvine Y.M.C.A. H.—(W. Thomson 3; M. Young 54; A. Taylor 67; J. Kerr 89). 213 pts. T. McKenna 91.

11. Geo. Heriot School—(G. M. Brown 8; A. Hermiston 25; I. A. Henderson 96; L. Williams 104). 233 pts.

12. Glasgow Un. H. & H.—(P. Maitland 6; J. McLean 71; P. Martin 78; J. Watson 84). 239 pts.

Incomplete Teams:

Beith H.—T. Cochrane 35; W. Davidson 38; W. Carlyle 72.

G'nock W'park H.—A. Cairns 32; I. Ross 56; J. Melville 98.

Cambuslang H.—J. C. Brown 45; P. Mulrooney 62; T. Rafferty 95.

Edin. Eastern H.—M. Irvine 7; M. Elder 22.

Aberdeen A.A.C.—I. S. Taylor 9; J. Gray 23.

St. Modans A.A.C.—P. M. Flaherty 50; A. Roy 59.

Others:—I. Murray (St. And.) 11; J. Stewart (Gars. H.) 14; D. Small (Doon H.) 15; A. Todd (Shotts) 18;



Photo by J. Barrowman.

Leaders at half-distance in the Junior race. Geo. Govan (93), followed by John Wright, Joe Connolly, George Dickson, Gordon Nelson, Pat McParland (143) the winner, James Irvine, Billy Black (Maryhill), and Adrian Horne.

D. K. Carter (St. Andr.) 20; T. Thomson (Pais. H.) 21; R. Ritchie (Unatt.) 28; J. Fotheringham (Dun. Th. H.) 30; A. C. Mackay (V. of L.) 36; H. M. Neeson (V. of L.) 49; G. Leggat (Larkhall Y.M.) 53; R. Coyle (Pleb. H.) 61; C. Shields (G.G.H.) 69; G. Anderson (Kil. H.) 73; W. E. Crichton (V. of L.) 74; W. Patrick (Gars. H.) 75; J. Spence (G.G.H.) 76; D. C. Anderson (Lark. Y.M.) 82; A. J. Adamson (Stran. H.) 85; A. Murdoch (Pais. H.) 90; D. C. Sinclair (E.N.H.) 93; J. Smith (Mar. H.) 97; D. Houston (B. & W.) 99; W. Kinaird (B. & W.) 100; J. Storm (Pais. H.) 103.	6. J. C. Harris, Leith H. 32m. 29s. Team : 1. Bellahouston H.—(J. Connolly 4; G. Nelson 7; R. Black 10; J. Irvine 11). 32 pts. D. Wright 34. 2. Shettleston H.—(G. Govan 3; T. Kelly 9; W. Gorman 23; J. Ross 30). 65 pts. F. Linden 35; I. Donald 61; J. McDines 85. 3. Garscube H.—(G. Dickson 5; B. Linn 13; A. MacDonald 19; G. Paris 43). 80 pts. D. McFadyen 66. 4. Edin. Univ. H. & H.—(A. H. C. Horne 12; W. H. Watson 18; H. W. Alexander 38; W. Hood 57). 125 pts. A. Paulin 67. 5. Springburn H.—(P. McParland 1; E. Sinclair 15; D. Buchanan 54; F. MacDonnachy 64). 134 pts. J. Baker 92.
7th pos. 15.57; 8th 16.02; 9th 16.06; 10th 16.06; 15th 16.18; 20th 16.30; 55th 17.18.	6. Falkirk Vic. H.—(C. Rankin 26; R. Gordon 27; D. Shields 37; J. Welsh 44). 134 pts. J. Hastings 82. 7. Edin. Sth. H.—(A. Ross 14; N. Halverson 24; E. Clark 51; J. Heggie 53). 142 pts. H. Curran 58. 8. Clydesdale H.—(J. Wright 2; R. Clark 22; J. Parker 74; J. McPherson 22).

JUNIOR 6 MILES.

Individual :

- P. McParland, S'burn H. 31m. 26s.
- J. Wright, C'dale H. ... 31m. 36s.
- G. Govan, Shett. H. ... 32m. 04s.
- J. Connolly, Bella. H. 32m. 13s.
- G. Dickson, G'cube H. 32m. 25s.

Continued on page 15.

ARTHUR F. H. NEWTON'S OWN STORY

100,000 MILES COMPLETED.

[At the invitation and as the guest of South African athletes, Arthur Newton is at present touring South Africa. He will be giving lectures, attending banquets in his honour and will be present at special athletic fixtures including a marathon race which will take his name. We are proud to present in co-operation with the South Africans this story of the wonderful man of athletics.—Editor.]

LIKE the great majority of athletes I much dislike talking about myself, but the Editor says "I want it," which means I needs must. Here you are then:—

I was born, the fifth of eight children, on May 20th, 1883 at Weston-super-Mare in Somerset, but within a few months the family moved to Brighton in Sussex where my father settled into the Vicarage of St. Mark's, Kemptown. When I was 6 I went as a day boy to a Dame's school for a year, after that becoming a boarder there. I must have been about 12 when I was sent to Talbot's House, Bedford School as a boarder, and from there went on to complete my school education at a private establishment at Banham, Norfolk.

At the age of 18 my parents thought it was time I decided what profession I wanted to follow, but I couldn't make up my mind except that teaching appealed more than most things. As I had two elder brothers in South Africa my parents sent me out to make a start in life under their supervision, and in January 1902 I landed in Durban.

Business, said my brothers, was what I ought to go in for and, as I had always been taught to defer to my elders, I settled down to an office job they found for me. I must admit I wasn't a bit keen on the work and felt I needed more than £7 a month, which was my salary to begin with, so shifted around from one place to another, generally getting a slight "rise." Finally, quite fed up with business, I applied for a teaching appointment at Hilton College in Natal. From there I went on to a private school in Maritzburg. Towns were all right, but a country life always appealed to me, and presently I accepted a post as tutor on a private farm.

All this time I had kept closely in touch with my parents and they made no bones about the fact that teaching wasn't going to prove a lucrative profession. So in 1909 my father sent for me saying he had an offer of a job for me as assistant on a tea plantation in Ceylon, a country where he himself had spent many years as a civil engineer before becoming a minister.

Back to England then, but while I was on the water the offer fell through. However, my father said he'd get me another just as good if I'd wait a month or so. But loafing around didn't please me at all and presently I summoned up courage to tell him I was only too keen to get back to Africa. He said he guessed as much and I should go, but wanted me to keep my eyes open to find some other profession than teaching at which he could help me to start. A year or so later he had agreed to my becoming a farmer "out in the wilds."

Came the first World War and I joined up as a motor despatch rider with my motorcycle and sidecar on 1st September, 1914, serving in South West Africa and later in the Transvaal at Potchefstroom headquarters. My farm had been left to look after itself while I was away and when I eventually got back I found much of the grazing and all my implements had been burnt out by a grass fire the natives had let loose. So I had to begin all over again, but the residents of the district of Harding, a village seventeen miles away and the nearest civilised centre, made very sure that I was helped in every possible way and soon things began to look up.

Cotton and tobacco was what I was then after, and the cotton did so well I had a visit from the Chief of the Govt. Department who was photographed alongside a few individual plants bearing a world record number of bolls. About this time I was made a Justice of the

Crowds line the route as Arthur Newton approaches the finish of his London to Brighton run in 1924.



Peace for Alfred Division. But it wasn't long before I heard that the Government were about to declare all the land hereabouts a "black area" where only natives might hold land or reside, though they couldn't turn me out as I had freehold title. I had no intention of living an isolated life with my nearest white neighbours more than five miles distant, so applied to the authorities either to buy my farm for the natives or exchange it for one in a "white area." They refused.

Thinking that the public would never permit injustice of this sort, once they were made aware of it, I decided to make my name and case known; and the quickest way, so it seemed to me, would be via athletics. Vic. Clapham's Comrades Marathon of fifty-four miles had been started the year before (1921) and this struck me as being just what the doctor would have ordered for a 39-year-old.

This was the background to my

approach in taking up this activity. At the age of 20 I had been reading heavily in philosophy and metaphysics and after a time came to the conclusion that if I wanted to be really healthy I should be obliged to take regular physical exercise. So I started a daily walk of 2 or 3 miles—sometimes a bit further. This took up so much time that I reckoned I'd condense it by trotting. So each day or at any rate each other day I went out for 2-3 miles along a deserted road in the countryside of Natal. I soon noticed that my ability to think and work was improved and for some years kept it up to a certain extent, later doing as much as 5 or even 6 miles on occasions. About 1906 I entered for a race, I think it was 12 miles, at Kokstad and was lucky enough to win, though the time must have been deplorable. During the 1914 war of course I didn't run at all but after it was over I indulged round about the same extent as before, until I found farm work was sufficient in itself, when I stopped trotting. Having had a taste of it and knowing through my studies, that any average man could do as well as other average men if he were really determined and was in possession of an average physique, and with the Comrades Marathon already in existence, I decided that what with my age it would be quicker and probably easier to achieve publicity through long-distance running than by any other methods. It only remained to make a start and then stick to it. As you know, I did.

I found it a much more difficult job than I had imagined but, with everything to lose or gain, stuck to it. I worked so dashed hard at learning that I had no energy left for any other serious work after my day's run was accomplished: I had not expected it to be as difficult as that. Now of course I know that my age, then 39, was largely to blame and that had I been 15 years younger I could have progressed more quickly and more comfortably. Blisters, strained muscles and aching arms were my constant companions and no sooner did I get one

lot right than another cropped up without being invited. But I knew I HAD to stick to it and carried on with less training when I had troubles; less, because the uninjured leg or foot would have to do not only its own work but part of it's half-section's until recovery was complete.

However, my luck was very definitely in owing to others' mistakes. The two previous front men raced themselves nearly to a standstill in the first half of the event and another well trained competitor started off without breakfast under the impression that he would run better on an empty tummy. So when three-quarters of the route had been covered I found myself in the lead and, once there, determined to stay put. I won by nearly half an hour.

That made an impression, but not nearly enough and I had to go on training without a break for the next year's race. Again I managed to win and this time there was far more publicity for my cause. Here is a typical week's training (when I had no troubles) at this period. July 16th—22nd (Sunday) 1923.

Mon. 26 miles run. Tues. 32 m. r. Wed. 26 m. r. Thur. 26 m. r. Fri. 26 m. r. Sat. 36 m. r. and 1 m. walk.

Following week:

Mon. 27 r. Tues. 28 r. 2 w. Wed. 26 r 4 w. Thur. 26 r. 3 w. Fri. 26 r. 5 w. Sat. 36 r 1 w.

On these two Sundays I rested and took no exercise probably had to write letters and see to other things.

Then I went over to England to tackle the classic London-Brighton course and, once more being successful, the papers had a great deal to say about my plight. But the Government was adamant. So I sold the farm for a third of the former Government valuation, paid off a loan I had obtained from the Land Bank, and discovered I was worth no more than a few shillings.

I reckoned it was time to get out of a fiasco of this sort and started to walk—yes, walk like any other tramp—to Rhodesia, not having the means to travel by rail. In eight days I had managed

some 240 miles when a kindly family—entire strangers—in a car picked me up and took me on to Boksburgh, a suburb of Johannesburg. They then lent me a bike on which I rode to Messina, getting a job there on the copper mine for a month or two till Rhodesia offered me employment.

The Caledonian Society at Bulawayo shortly afterwards asked me to liven up athletics in their town, at the same time offering me work as soon as I arrived there. I could not have asked for anything better for a start so to Bulawayo I went and there, with the aid of many others—who did practically all the work—the Bulawayo Harriers came into being. This club did so well that after a couple of years there were some 250 members and every record on the Rhodesian books for cycling, swimming, running and track events had been lowered. Having tackled my first "100" there the people were so pleased at the success of the new record (14 hrs. 42 min.) that they subscribed and sent me to England where, under somewhat adverse conditions in January, 1928. I was able to take a further twenty minutes off the time.

Then I saw the advertisements about the American Transcontinental Footrace and decided I'd better have a go, as it was just the sort of thing I was prepared for. But I started with a bad Achilles tendon and after ten days had to quit. It was then that the Natal Advertiser, a South African (Durban) paper, reached me with the news that the Natal public were subscribing to help me out of the mess. It was to be a "shilling subscription" and even the Premier, General Herzog, produced his bob. The final total amounted to over twelve hundred pounds, so the public evidently were not of the same mind as their Government!

After that I had many races in the States, one of them against horses which we beat in a six-days-and-nights event: another when I managed 152 miles in 24 hours on a small indoor track in Canada; and finally I returned to England to have a last smack at the 100 miles. Again things didn't turn out too well and I took 14 hrs. 6 mins. over the

journey. This was in 1934 when I was 51. I still carried on with almost daily training just to keep fit, and on Christmas Day 1955 the number of miles I had covered during racing and training amounted to 100,001. At that I thought it was a good time to retire.

Continued from page 11.

- 76). 174 pts. W. Roddick 84.
9. Glasgow Univ. H. & H.—(P. Johnston 36; J. Pearson 40; S. MacFarlane 48; T. Robertson 56). 180 pts. D. Valentine 72.
10. Greenock Wellpark H.—(P. McConnachie 31; J. McGregor 33; J. Howe 63; R. McSwein 88). 215 pts.
11. Irvine Y.M. H.—(S. Kennedy 39; T. Parker 49; W. Kennedy 70; J. Kerr 75). 233 pts.
12. Dundee Hawkhill H.—(A. Smith 45; L. Simpson 46; J. Smith 73; D. McDonald 81). 245 pts.
13. Hamilton H.—(A. Johnstone 50; J. Orr 69; T. McCafferty 86; W. Carlton 90). 295 pts.

Incomplete Teams :

Braiburn A.C.—B. D. Underhill 16; B. Bannister 65; G. Dick 77.

G'nock G'park H.—D. McFarlane 41; M. Thomson 52.

Vict. Park A.A.C.—D. Ross 47; W. Richmond 80.

Cambuslang H.—W. Mulrooney 55; J. Mulrooney 87.

Individual Entrants :

W. Black (Mary. H.) 8; G. Watson (Moth. Y.M.) 17; I. Docherty (St. And.) 20; I. D. Maycock (St. And.) 21; J. Poultton (Moth. Y.M.) 25; W. J. More (Kilm. H.) 29; G. B. McLintock (Mary. H.) 32; G. R. Thomson (Ed. N.H.) 42; W. McLeod (Stranraer H.) 59; A. Kyle (Str. H.) 60; P. Stewart (Ed. E.H.) 62; P. Paterson (V. of L.) 68; S. Hendry (Monk. H.) 75; A. Hayes (Beith H.) 78; A. Ewing (Dumb. A.C.) 79; D. McEwan (Pleb. H.) 83; I. Wilson (Auchm. H.) 89; N. Preston (Auchm. H.) 91.

Times :

7th pos. 32.35; 8th 32.46; 9th 32.57; 10th 33.03; 15th 33.29; 20th 33.47; 25th 34.00; 30th 34.23; 35th 34.49; 40th 34.57; 45th 35.11; 50th 35.31;