

May.

- 5—Edinburgh Trades Council, New Meadowbank.
- 10—N.C.B. Sports—Tillicoultry.
- 10—"Right of Way" Road Race—Brechin.
- 12—Tullibody and Cambus (Prov.)
- 19—Glasgow University Championships—Westerlands.
- 19—Edinburgh University Championships—Craiglockhart.
- 19—St. Andrew's University Championships.
- 19/21—British Games—White City.
- 26—Lanarkshire Youth Sports—Motherwell.
- 26—Scottish Y.M.C.A. Championships—Stevenston.
- 26—Scottish Deaf Assocn. Championships—Kirkcaldy.

June.

- 2—Dundee Corporation—Dens Park.
- 2—Lanarkshire Constabulary—Shawfield.
- 2—Singers A.C.—Dalmuir.
- 2—Inter-Univ. Champs.—St. Andrew's.
- 5/7—Eastern District Championships.
- 9—Glasgow Police A.C.—Ibrox.
- 9—Bathgate St. Mary's.
- 12—Larkhall Sports Association.
- 16—Scottish Schools Championships—Westerlands.
- 16—Babcock & Wilcox Sports—Renfrew.
- 18—Renfrewshire A.A.A. Championships.
- 18—Bonnybridge Festival Sports.
- 22/23—S.A.A.A. Championships—New Meadowbank.
- 26—Glasgow Transport A.C.—Helenvale.
- 26—Five Club Match at Goldenacre—Edinburgh.
- 30—Stewarton Bonnet Guild.

July.

- 7—S.A.A.A. Junior Championships—New Meadowbank.
- 13/14—A.A.A. Championships—White City London.
- 14—Edin. Police A.C.—New Meadowbank.
- 14—Saxone A.C.—Kilmarnock.
- 14—Dundee North End F.C.
- 21—Gourock Highland Games.
- 21—Falkirk Victoria H.—Brockville Park.
- 21—Aberdeen Corporation Sports.
- 28—A.A.A. Junior Champs. & Marathon.
- 28—West Calder.
- 28—Broughty Ferry.

August.

- 4—Rangers F.C.
- 4/6—Gt. Britain vs. C.S.R.—White City.
- 11—Carlisle Charities' Sports.
- 14—Larkhall Sports Association.
- 18—Edinburgh H.G.—Murrayfield.
- 18—Bute Highland Games—Rothesay.
- 18—Milngavie Highland Games.
- 24/25—Cowal Highland Games—Dunoon.

Aug.

- 25/26—Prague vs. London.
- 31/1—Gt. Britain vs. U.S.S.R.

Sept.

- 1—Shotts Highland Games.
- 8—Dunblane Highland Games.
- 29/30—Hungary vs. Gt. Britain—Budapest.

Oct.

- 10—London vs. Budapest.

Nov.

- 22/28—Olympic Games—Melbourne.

Dear Sir,

I have received the book I sent for together with the backnumbers which you were kind enough to enclose. Thank you very much indeed for taking so much trouble. I find these old magazines very interesting, especially those articles devoted to distance running training.

I have passed on to a friend the extra copy of the current number of your fine magazine.

Yours sincerely,

GEORGE R. THOMSON.

Musselburgh.

Dear Sir,

I should like to renew my subscription for a further 12 months, and enclose P.O. for 7/-. Please forgive me for not using your official form, but I am loath to tear out any of your splendid magazine, especially the "OUR POST" section of your December Issue, which I have to hand.

You may be interested to know that I am Secretary and Vice-President of the Exeter College Athletic Club, which, founded as it was in 1850, is now almost universally recognised to be the oldest surviving athletic club in the world. We have had many distinguished members in past years, including Jack Lovelock, Roger Bannister, Bob Shaw, and Chris Suddaby. For the past 2 years we have won the O.U.A.C. Inter-College Cup.

With all good wishes for the year ahead.

Yours sincerely,

SAM EADIE.

Exeter College, Oxford.

[We congratulate our reader friend on his appointments to this famous club.]

CORRECTION.

The new record time for the 2nd stage of Edinburgh-Glasgow road relay, made by Pat Moy (Vale of Leven A.A.C.) was 29m. 49s. not 29m. 40s. as given in our details last month.

THE SCOTS ATHLETE

PRICE

6^D



Photo by courtesy "Newcastle Journal."

The famous Scottish runner, IAN BINNIE leading at almost the half-way distance in the Annual Morpeth-Newcastle road race. He finished in 5th position.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

CHAMPIONSHIP CONTENDERS.

OUR POST.

SPORTS DIARY.

RACE DETAILS.

THE DEAN OF DISCUS-THROWERS.

THE ATHLETE

To give of his best must have proper kit

VESTS :: TRACK SUITS :: SHORTS
SPIKES

(Agents for Laws & Fosters)

ASK FOR OUR QUOTATION

MACKENZIE'S SPORT SHOPS LTD.

NEXT EMPIRE & KING'S THEATRES,

EDINBURGH.

GEORGE MACKENZIE, NINE TIMES C.C. INTERNATIONALIST.

The Publishers rightly say :—

"There is excellent athletics history here, and the author has rendered his sport a notable service in undertaking this work in the Amateur Athletics Association's 75th year. **ALL OUT FOR THE MILE** is accurate, informative and stimulating—an indispensable volume for the bookshelves of all lovers of amateur athletics."

ALL OUT FOR THE MILE

by GEORGE SMITH.

PRICE 15/-

(Postage 8d. extra).

OBTAINABLE FROM "THE SCOTS ATHLETE."

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

EDITORIAL OFFICES - 69 ST. VINCENT STREET, GLASGOW, C.2

TEL.-CENTRAL 8443

FEB., 1956. Vol. 10. Nos. 9 & 10.

Annual Subscription, 7/- (U.S.A., 1\$).

JOHN EMMET
FARRELL'S



WE are approaching the climax of the cross-country season with the shadow of the Olympics in proximity; and in the sun-lit shadow of Melbourne some of the native runners already appear to be nearing the zenith of their powers.

Stephens and Landy.

David Stephen's eclipse of Zatopek's 6 miles world record definitely installs the flying milkman as one of the favourites for the 10,000 metres Olympic title. His recent defeats of the brilliant Hungarians Tabori and Iharos over 2 and 3 miles in fast times set the athletics world talking. Yet with the visiting athletes running out of season after a hard and strenuous term behind them and with the Australian competing on his home ground and in his normal climatic conditions their defeats were not taken just too seriously. But Stephen's world figure represent an intrinsic standard of running which compel the critics and probable opponents to sit up and take notice.

In the mile, world record-holder John Landy makes a quite fantastic re-appearance on the athletic scene with the second ever fastest mile of 3:58.6—only .6 of a second outside his own record. Yet he himself expresses dis-satisfaction at his latest effort and asserts that to win the 1,500 metre Olympic title the equivalent of a mile in 3 mins. 55 secs. or 3 mins. 56 secs. will be required. This performance and edict from Landy bode ill for other Olympic 1,500 metres contenders as it was generally felt that if Landy did return to competitive athletics it would be as a 2 or 3 miler. Although out of competition for so long Landy must surely have been quietly training. Probably over-raced when he decided to quit, Landy now refreshed and with added experience may be an even tougher proposition than ever.

Antipodes Have Other Star Milers.

Though Landy shines brightest he is not the only pebble on the Southern hemisphere's beach. In Landy's latest

race Mervyn Lincoln finished only 15 yds. behind him in 4 mins. 0.6 secs. and 18 year-old Ron Clarke did a remarkable 4 mins. 7.6 secs. which must be a world best for a junior runner.

In New Zealand too, Murray Halberg has been credited with several efforts of just outside 4 minutes.

Peter Driver's Surprise Decision.

The decision of Peter Driver, 6 miles Empire champion and recent winner of the 7 miles inter-counties cross-country champion to bid for a place in Britain's 1,500 metres team will be received with some surprise as it was felt that either 5,000 or 10,000 metres would be his objective, especially as he has been competing over fairly long cross-country stretches. Driver has run the mile in 4 mins. 4.8 secs. but the Board have set the standard for Olympic selection at 4 mins. 4 secs. so it will be recognised that the So. London harrier has set himself a stern task both from the time point of view and from the point of view of opposition. But nowadays there are no easy events for Olympic selection. At 5,000 and 10,000 metres there are ever so many brilliant British contenders. Likewise the modern marathon is no safe refuge from the storm. As well as requiring an almost fantastic devotion to training the competition is desperately keen.

Zatopek's Fox-trot with a Difference.

While we are allowing thoughts of the Olympic Games to encroach upon the cross-country season it might be worth commenting on the latest Zatopek saga—the report that after what must have been a most disappointing season for the Czech maestro—he is again in strict training with an even harder programme than ever of forty miles per day. Whether this fantastic schedule is followed every day and whether he follows his usual quick-slow-quick tempo is not clear but there can be little doubt of Zatopek's serious intent to finish up in a blaze of Olympic glory. At the end of the 1955 season he was most pessimistic about his form but



EMIL ZATPEK, Olympic champion in 1948, triple champion in 1952 has expressed confidence for his chances at Melbourne.

now for the first time he expresses a slightly optimistic note with the statement that his experience might be helpful. All 10,000 metres and marathon contenders please take notice.

Serious Injuries of Brilliant Trio.

The fact that such brilliant runners as Gordon Pirie, Frank Sando, and Sandor Iharos are hors de combat with serious leg injuries is doubly unfortunate at the beginning of an Olympic year. As the sport is amateur, one cannot compare these stars in terms of cash but they could be priceless Olympic assets to their countries. In addition the elimination of Sando and Pirie means a serious loss to English cross-country International chances despite their vast resources. Sando is the present International champion, while one wonders if this is the one cross-country event that will always elude Pirie in view of his previous ill-luck in and on the eve of this race.

World's Best Cross-Country Runners?

Yet it is all Lombard Street to an orange on England retaining her Inter-



1938

At 28 years of age, winner of the Scottish C.C. Championship. Being chaired by Maryhill H. clubmates, the winning team.



1956

Still a champion.

HEARTIEST CONGRATULATIONS

To our contributor, John E. Farrell

On winning Maryhill Harriers club cross-country championship, 1956, and thus continuing an unbroken winning sequence since 1936 covering a period of 21 years! In 1936 he won by 5 seconds from Willie Nelson. In 1956 he won by 25 secs. from Jim. Wright.

Need we ask, "Is this remarkable winning series a record?"

national cross-country title next month. In fact if it were included as an Olympic event in the winter or spring season and thus open to the world I should confidently back Britain (composed chiefly of English runners) to win. England's recent successes on the continent have put her cross-country stock very high and none more so than her success at San Sebastian over a 7½ miles course in placing the first 4 runners home in the persons of Ken Norris, Fred Norris, Peter Driver and Derek Walker.

Goodwin's Bid For English Title.

The enthusiasm of the cross-country devotee knows no bounds. Despite the recent severe weather conditions and the incidence of chills and flu' which have interrupted many a schedule and sadly curtailed many an optimistic programme, here we are again on the eve of the national championships.

Bill Goodwin brilliant Bellahouston Harrier's youth should easily retain his Scottish Youth's title. The race for 2nd and 3rd places should be disputed by



Photo by G. S. Barber.

WILLIAM GOODWIN (Bellahouston Harriers) Scotland's Star youth runner. He has been unbeaten in major cross-country races. He is confidently expected to retain his Scottish Youths' championship title and on the following week at Warwick will make a bid to win the English title.

such good runners as J. Hislop (C'dale), J. Rooney (Springburn), W. Simpson (Shotts), W. Thomas (Irvine), J. Gray (Aberdeen) and the Falkirk Victoria pair D. Lamont and J. Simpson. For the team title the chief contenders may be Springburn Harriers, Bellahouston Harriers and Falkirk Victoria.

In the youth's section chief interest lies in Goodwin's bid to win the English title and thus emulate in his class what McLaren so gloriously did last year in the junior championship. Goodwin is so outstanding in his class that a win for him in what is for all practical purposes a British championship is confidently expected. I too, hope for a win by the young Scot but remember that the opposition will be much more severe as England with her vast numbers generally produces some very classy youths. Though good from a long-term point of view, Goodwin may suffer from the lack of competition up here. He may tend to lack the hardness which only severe opposition evokes. But he has one ace

card which may trump all these disadvantages—the ace card of class.

Very Open Junior Championship.

The race for the Junior cross-country championship of Scotland appears at least on paper to be one of the most open of the series. Last year despite the presence of such classy runners as Adrian Jackson, Jim Russell, Pat Moy and Crawford Kennedy one felt that they were overshadowed by the brilliance of McLaren. This year's race has an exceedingly open appearance. Earlier I should have preferred the chances of Bellahouston's Gordon Nelson but despite blotting his copybook in the Midland district championship he must remain on the short list as should Garscube's George Dickson who had a good though not brilliant run in the same race. Strictly on the showing at Lenzie P. McParland of Springburn and Geo. Govan of Shettleston who came to the tape in close proximity may be installed as co-favourites with that grand little Clydesdale runner J. Wright lying handy. From the South-West there is the

challenge of Ian Harris of Beith, the Ayrshire champion. Geo. Govan has made a surprising advance and as Hamilton race-course seems more suited to this long-distance striding runner, what price him adding the junior cross-title to the youth's mile track title he already holds?

However, Adrian Horne the Eastern District champion has been showing consistently good form all season that he too must be in with a great chance. It does promise to be a thrilling race.

The team title may provide a close Bellahouston-Springburn duel. Holders, Edinburgh University have a grand record in this race and we can expect to see them again fighting it out.

Intriguing Senior Race.

If the Junior championship looks an open and exciting one—the Senior race looks even more so, especially with the various trends in recent form. Earlier Eddie Bannon looked quite the best prospect but now seems to have shaded a trifle. Then McLaren's win in the Midland championship (excellently laid and stewarded by Springburn Harriers) appeared to give him a slight edge. Now Andy Brown after a season of consistent excellence defeated both his keen rivals to win the inter-district race. Brown seems to be reaching his peak at the correct time and may start a slight favourite. What an amazing advance the little Motherwell runner has made and after so many second places his win will enhance his confidence.

How I Rate Them.

Without more ado I will endeavour to place the first six runners then some of the others in roughly the order in which I fancy them. (1) John McLaren (Vict. Park), (2) A. H. Brown (Motherwell Y.M.C.A.), (3) E. Bannon (Shettleston Harriers), (4) Joe McGhee (Shettleston Harriers), (5) J. Stevenson (Greenock Wellpark), (6) P. Moy (Vale of Leven). Then I like the following (7) Tom Stevenson (Greenock Wellpark), (8) Harry Fenion (Bellahouston H.), (9) J. McCormick (S'burn H.), (10) Cyril



Photo by G. S. Barber.

EDDY BANNON, has already won the Scottish "National" on three occasions and he was a great 4th in the 1953 International.

O'Boyle (Clydesdale), (11) Gordon Dunn (Garscube H.), (12) C. Wallace (Shettleston H.), (13) Geo. White (Clydesdale), (14) T. Tracey (Springburn H.), (15) A. McDougall (Vale of Leven), (16) R. Kane (Vict. Park), (17) A. C. Gibson (Hamilton H.), (18) G. Everett (Shettleston H.), (19) W. Lindsay (Ed. Southern H.), (20) J. C. Russell (Vict. Park A.A.C.).

In that somewhat comprehensive list I have omitted the names of two runners who if fit and entered would certainly make their presence felt, Ian Binnie and Adrian Jackson. Neither has made cross-country head-lines this season and must be regarded as doubtful starters—otherwise they must have taken a high place in any list of contenders.

[Post Script. Since writing the above 22 year-old Adrian Jackson has had a great win in the British Universities C.C. championships beating the well-known runners D. J. Richards and J. S. Evans both of London Univ. by 150 yds. If the Edinburgh student elects to run in the Scottish then forced to keep playing my game, I will predict him to finish 6th which means down-pointing all others from 6th position.]

Shettleston Harriers to Retain.

For the team title Shettleston Harriers are extremely strong and must be favoured

to retain. They have leaders of class and a tail that is by no means weak. However if Victoria Park fielded their strongest team with runners such as Ian Binnie and Jim Russell producing form of which they are capable then Shettleston could well be beaten. Clydesdale and Springburn will be looking for leading places.

Final Points.

What effect will his recent defeat by Brown have on McLaren? His first by the way since he hit the head-lines if we except last year's International at San Sebastian. It may affect his confidence to some extent yet he is a most determined runner and knowing his exceptional keenness to win the National and his fighting ability I give him my vote by a narrow margin.

Brown's assets are his exceptional consistency, his versatility (speed and stamina and good on any type of going), and enhanced confidence due to defeating the bogey of being constantly in the runner-up position. Like McLaren he too is keen to win his first national.

On the other hand Bannon is a previous holder but keenness to regain is not always so strong as the thrill and desire of first victory. This subtle psychological difference can mean so much. Fitter than last year does the Bannon of to-day lack hardness, durability—that ability to fight back when the going gets toughest. There is this question mark regarding Bannon but on the credit side of the ledger is one great asset that can be written in capital—namely CLASS.

Joe McGhee training for the marathon and taking cross-country in his stride is my dark horse for a win. I hardly expect him to win the title but given good dry conditions he should safely win a jersey and no doubt will trouble the leaders if they falter.

Stevenson Brothers Consistency.

The Stevenson brothers have had a wonderful run of consistency in the National over the past few seasons. I believe that elder brother Tom has 7 International jerseys and is well in the

running for an 8th at the moment of writing and as he is still around the middle twenties he must have an excellent chance of challenging the joint record of Duncan Wright and Jim Flockhart of 11 International appearances. Stevenson won his first jersey in 1949 when he was only 19 before the new rule banned runners under 21 (unless specially voted) and thus got a flying start in his collection. Subsequently younger brother John got the edge over Tom but this season up to now the position has been reversed and one wonders if John has lost form or Tom has found something extra.

Star from the Vale.

Despite his lack of experience Pat Moy of Vale of Leven has forced himself into the lime-light by a wonderful display of consistency. His record-breaking lap in the "News of the World" relay is still fresh in the mind. Of the others their form more or less speaks for itself though there is some doubt about Tom Tracey who lost vital weeks of training but Hamilton seems a happy hunting ground for him. Harry Fenion reports fit and well and should be thereabouts.

Clydesdale Challengers.

Cyril O'Boyle is an enigma. In the mood he could possibly win outright this race on the other hand he can be without fire. The wide open spaces of Hamilton may suit him more than the restricted Lenzie trail. Colleague George White perhaps running better now than at any time in his career could fail to earn a jersey only because there are so many classy contenders in the field.

Graham Everett's Good Form.

One of the surprises of the cross-country season has been the excellent form of Scottish mile champion, Graham Everett over field and fence. The Shettleston man in whom I see a strong physical resemblance to Landy, unlike some short-distance track stars has professed a real liking for cross-country and distance work. This must be an asset and he may well finish much further up than I have placed him.

THE DEAN OF DISCUS THROWERS

Adolfo Consolini (Italy) won the Discus Throw at the 1948 Olympics. He was a close runner-up for the Olympic title in 1952. His consistency of performance and obvious enthusiasm over a long period of years marks him as an outstanding and unique figure in the world of athletics—a true noble of the sport. He has been appropriately dubbed "The Dean of Discus Throwers."

Recently this wonderful performer, in his 38th year—when others think in terms of decline and retirement—established a new European Discus record. We are proud to give tribute to this latest feat.

And who more able to make the assessment than another unique Italian in the athletics world, Roberto L. Quercetani, the universally acknowledged "king" and authority of Track and Field statisticians? The report is culled from the December 1955 number of our splendid contemporary "Track and Field News," Los Altos, California, U.S.A. :—

Consolini Throws 185 ft. 11½ ins.

1955 season with the longest throw of his 19-year career. On a fair winter afternoon at Bellinzona (Switzerland), December 11, the Italian champion recaptured the European discus record with a 56.98 metres (186 ft. 11½ ins.) throw. This is almost a foot over Karel Merta's recent

mark at Manchester (186 ft.). Consolini had the following series: 179 ft. 10 ⅞ ins.—175 ft. 8½ ins.—182 ft. 10½ ins.—186 ft. 11½ ins.—174 ft. 8 ins.—foul. Here are some points of interest about this feat :

1. Consolini's mark is best in the world for 1955. The 3-time European champion has thus topped the world discus list six times, namely in 1941, 1948, 1950, 1951 and 1955.

2. His 186 ft. 11½ in. throw betters by 1 cm. (⅜ in.) the European "All-Comers record" (which in this case is merely an expression, since no such thing does officially exit here in Europe) best by Fortune Gordien at Hameenlinna, Finland, in 1949.

3. Only two men have officially thrown the discus farther than Consolini : Gordien in 12 meets and Sim Iness once, in the 1953 NCAA Meet.

4. It is curious to note that all of Gordien's superior marks were registered in Pasadena. Fortune's official best outside Pasadena remains his above-mentioned 186 ft. 10½ ins. of 1949 in Finland. This may not mean anything, except perhaps that the gap between the world record and the European record would not be as mighty as it is (7 ft. 6¾ ins.) if Consolini had been able to throw in a series of meets all in the same place, under familiar conditions. The same applies to Karel Merta, the 25-year-old Czech, who like his Italian colleague competed all over the continent, that is under varying conditions and with fatiguing trips in between meets. (Same as Gordien in his great European "tournee" of 1-949).

5. 1955 has been Consolini's greatest year. He competed in 31 official meets, averaging 53.64 metres (175 ft. 11½ ins.). Merta competed in 33 meets and averaged 52.75 (173 ft. ¾ in.). The Italian champion also had 6 exhibitions, which if counted would raise his average a bit. His poorest mark in 1955 was 167 ft. 7¾ ins.

Continued from page 8.

It's the Race that Counts.

Though not assuming too seriously the mantle of the prophet I find it quite an absorbing pastime. But runners are not puppets and the race is a thing of flesh and blood, mind and spirit, a practical thing which can upset mere theory and favourites can fall. For though it may be too extreme to say with Bernard Shaw "it is always the unexpected that happens," we can console ourselves with the thought that it sometimes does. In that event our judgment may be censured and offended but the poet and the romantic in us is thrilled to the marrow.

SOUTH WESTERN DISTRICT C.C. CHAMPIONSHIPS.

Beith, 28th January, 1956.

Internationalist Tom Stevenson (Wellpark) was in rampant form in the six miles and eased himself away from the rest of the field throughout to win by over 180 yards from brother John with crack junior Ian Harris (Beith) a similar distance behind Sam Cuthbert—consistent as ever was fourth and marathoner George King (Wellpark) fifth. Paisley brothers Archie and Gilbert Napier staged a frantic dash to the tape for sixth place. The former got there by inches.

Wellpark repeated last years triumph and claimed the Stewart Cup for another year. Altogether a very successful day for Wellpark with both team championships, one individual championship and second individual in both events.

Irvine Y.M.C.A. were second in both team events.

Past Union President Mr. Alex. F. Neilson started the race and presented the awards.

Alex. K. MacDonald, Hon. Secy.

SENIORS SIX MILES.

Details :

Individual :

1. T. Stevenson, G.W.H. 37m. 2s.
2. J. Stevenson, G.W.H. 37m. 39s.
3. J. C. Harris, Beith H. 38m. 14s.

Team :

1. Greenock W'park H.—(T. Stevenson 1; J. Stevenson 2; G. C. King 5; W. Stoddart 12; C. Aitken 15, D. McCannachie 16). 51 pts. P. Mackay 17; E. J. Howe 23.

2. Irvine Y.M.C.A. H.—(S. Cuthbert 4; P. Bell 13; T. Parker 20; K. Alexander 22; S. Kennedy 26; D. Goodge 30). 115 pts. W. Banks 37; J. Kerr 42.

3. Kilmarnock H. & A.C.—(R. Miller 8; H. Rankin 21; W. J. More 24; J. M. Young 27; G. B. Wilson 35; J. Hamilton 41). 156 pts. D. D. Todd 44.

4. G'nock G'park H.—(D. McFarlane 10; R. Cox 18; M. Thomson 25; J. G.

Grant 28; W. Kessen 34; J. McKenna 47). 162 pts.

5. Plebeian Harriers.—(A. Small 9; J. Simpson 29; T. Rewcastle 32; A. Muir 36; J. McGregor 39; D. Barclay 40). 185 pts.

Failed to close in :

Paisley H.—(A. Napier 6; G. Napier 7; C. McCart 11; J. Campbell 31; D. Ferguson 33).

Beith H.—(J. C. Harris 3; K. Phillips 19; S. Maxwell 38).

Individual Entrants :

B. Hainey (Doon H.) 14; W. McLeod (Stranraer H.) 43; A. Kyle (Stranraer H.) 45; A. B. Howie (Stranraer H.) 46.

YOUTHS' CHAMPIONSHIP.

Individual :

1. W. Thomas, Irvine H. 19m. 21s.
2. A. Cairns, G.W.H. ... 19m. 43s.
3. W. Thomson, Paisley 19m. 55s.

Team :

1. G'nock W'park H.—(A. Cairns 2; I. Ross 7; J. Melville 13). 22 pts.

2. Irvine Y.M.C.A. H.—(W. Thomas 1; M. Young 8; W. Taylor 14). 23 pts. I. McKenna 16.

3. Beith H.—(T. Cochrane 5; T. Shields 9; W. Davidson 11). 25 pts.

4. Tie. Plebeian H.—(R. Coyle 10; H. Calder 15; A. C. Muir 19). 44 pts. A. McMillan 22.

- Paisley H.—(W. Thomson 3, A. Murdoch 18; J. Storm 23). 44 pts.

Individual Entrants :

D. Small (Doon) 4; J. Spence (G'nock G'park) 6; C. Shields (G'nock G'park) 12; G. Anderson (Kilbarchan A.A.C.) 17; W. S. Denham (Kilmarnock H.) 20; A. J. Adamson (Stranraer H.) 21.

EASTERN DISTRICT C.C. CHAMPIONSHIPS

Dundee, 28th January, 1956.

These Championships were promoted at Dundee in extremely difficult underfoot conditions and with fog which curtailed visibility to 15 yards. The fact that the Championships were completed and no complaints registered was entirely due to the superb arrangements and stewarding

by the Dundee Clubs, the tea and pies, etc. which could be obtained after the "fray" were greatly appreciated by all.

The individual title fell to A. C. Horne (E.U.H.H.) who led from start to finish to beat the Border Internationalist, W. F. Lindsay by 90 yards.

The University gained their third successive win in the Championship and retain the Fraser Trophy, E.S.H. securing the second team awards.

The Youth Championship proved a grand race, with the first six competitors finishing within five seconds, J. Gray (A.A.C.) won by a foot from D. Lamont (F.V.H.) with I. Simpson of the same club third.

Falkirk Victoria Harrier's registered their first win in this Championship by nine points from Edinburgh Eastern Harriers.

J. T. MITCHELL,
(Hon. Sec. Eastern Dist.).

SENIOR SIX MILES.

Individual :

1. A. H. C. Horne, Ed. Un. 32m. 55s.
2. W. F. Lindsay, Ed. Sth. 33m. 09s.
3. J. V. Paterson, Ed. Un. 33m. 40s.
4. A. C. Ross, Edin. Univ. 33m. 42s.
5. C. Fraser, Edin. East H. 33m. 47s.

Team :

1. Edin. Univ. H. & H.—(A. H. C. Horne 1; J. V. Paterson 3; A. C. Ross 4; M. Fraser 14; T. N. Allsup 15; N. W. Alexander 17). 54 pts. K. Crawford 21; W. M. Watson 26; A. E. Smart 38.

2. Edin. South H.—(W. A. Robertson 6; A. Ross 7; J. Smart 9; W. A. Lyall 13; H. S. Millar 25; N. Howerson 28). 88 pts. H. Robertson 35; R. McAllister 39; H. Curran 47; J. Heggie 49.

3. St. Andrews Univ.—(I. Maycock 10; I. Docherty 18; I. Murray 40; D. Carter 42; A. MacAdam 56; A. Forrest 66). 232 pts. L. MacMillan 67.

4. Dundee Hawkhill H.—(R. Baird 16; L. Simpson 24; W. Graham 44; H. Bennett 45; A. Smith 50; J. Smith 59). 238 pts. W. Addison 62; D. McDonald 69.

5. Falkirk Vict. H.—(G. Rankin 22; R. A. Sinclair 33; T. Blacklow 36; D. Shields 58; J. Welsh 64; A. Cook 65). 287 pts.

6. Dundee Thistle H.—(M. Irvine 19; C. D. Robertson 29; J. Miller 48; R. Oram 60; P. Taylor 63; J. Petrie 68). 287 pts.

Failed to close in :

Braidburn A.C.—(J. K. Hislop 8; N. Donachie 11; B. P. Underhill 12; J. M. Hamilton 30; M. Innes 51; —).

Individual Entrants :

H. Lawrence (Tev. H.) 23; C. J. Boyle (Perth S.H.) 27; A. Hadden () 31; G. Donald () 32; R. F. Aitken (Edin. Nth. H.) 34; H. Phillip (Edin. East. H.) 37; P. J. Robertson (P.S.H.) 43; J. A. Newton (P.S.H.) 46; J. Pick (P.S.H.) 52; G. R. Thomson (Ed. Nth. H.) 53; W. Riddle (Tev. H.) 55; I. Grainger () 57; M. Shanks (Tev. H.) 61; J. Scott (Tev. H.) 70.

YOUTHS 3 MILES.

Individual :

1. J. Gray, Aberdeen A.C. 16m. 25s.
2. D. Lamond, Fal. V.H. 16m. 26s.
3. I. Simpson, Fal. V.H. 16m. 29s.
4. A. T. Barrie, D'dee AC 16m. 29s.

Team :

1. Falkirk Vict. H.—(D. Lamond 2; I. Simpson 3; R. Chalmers 13). 18 pts. A. Hunter 44.

2. Edin. East. H.—(H. Irvine 6; M. Elder 10; T. Johnstone 11). 27 pts. C. Hall 42; R. Cummings 45.

3. H.M.S. Caledonia.—(Watts 5; Avey 8; Pearce 20). 33 pts. Drury 37; Beauville 41; Harle 43.

4. Braidburn A.C.—(W. Connolly 7; W. Walker 12; J. Drever 15). 34 pts. H. Taylor 27; T. Yardley 32; T. Howie 33.

5. Dundee A.A.C.—(A. T. Barrie 4; S. C. Ireland 14; A. Smart 34). 52 pts.

6. Dundee Hawkhill H.—(I. McDougal 9; W. Kennedy 16; J. Galloway 28). 53 pts. J. Kennedy 36.

7. George Heriot School.—(G. McF. Brown 18; R. K. Cowan 22; A. Hermiston 25). 65pts. R. R. McDonald 26; I. M. Thomson 35; M. J. Allison 40.

8. Edin. South H.—(G. A. Turnbull 19; J. Bruce 21; C. Jeffrey 29). 69 pts. R. Anderson 35.

9. Aberdeen A.A.C.—(J. Gray 1; I. Clark 31; P. Barren 39). 71 pts.

10. Teviotdale H.—(D. Oliver 23; J. Newbigging 38; G. Meyers 47). 108 pts.

Individual Entrants :

J. Fotheringham 17; J. Boyle (P.S.H.) 24; A. Scott 46.

MIDLAND DISTRICT C.C. CHAMPIONSHIPS.

Lenzie, 28th January, 1956

Details :

SENIORS SIX MILES.

Individual :

1. J. McLaren, V.P.A.C. 30m. 11s.
2. A. H. Brown, M'well 30m. 17s.
3. E. Bannon, Shett. H. 30m. 30s.
4. J. McGhee, Shett. H. 30m. 44s.
5. P. Moy, Vale of Leven 30m. 59s.
6. J. McCormick (S'burn 31m. 20s.

Team :

1. Shettleston H.—(E. Bannon 3; J. McGhee 4; R. C. Wallace 10; G. Govan 12; J. McNeil 13; G. Everett 14). 56 pts. J. Eadie 23; T. Kelly 24; R. Wotherspoon 33; F. Scally 55; A. Orr 75.

2. Springburn H.—(J. McCormick 6; P. McParland 11; T. Tracey 20; J. McGale 22; E. Sinclair 35; J. Ballantyne 45). 139 pts. T. Lambert 51; A. Fulton 68; P. McCulloch 84; T. Jackson 86; W. Laughlin 98; J. Price 120.

3. Clydesdale H.—(J. Wright 15; C. O'Boyle 16; G. White 18; P. Younger 27; J. Hume 29; R. Clark 61). 166 pts. J. Young 76; J. Duffey 80; R. Boyd 83; J. McLachlan 90; D. Bowman 104; J. McPherson 116.

4. Bellahouston H.—(H. Fenion 8; J. Connolly 30; R. Stoddart 32; R. Black 38; G. Nelson 40; G. Irvine 42). 190 pts. R. Climie 72; A. Jack 88; J. Gibb 91; G. Bell 108.

5. Victoria Park A.A.C.—(J. McLaren 1; R. C. Calderwood 21; R. Kane 26; J. P. Stirling 43; C. D. Forbes 49; P. Keenan 53). 193 pts. J. Whitelaw 57; D. Ross 81; D. Shuttleworth 97; D. McFarlane 112; I. Walls 118.

6 & 7 eq. Garscube H.—(G. A. Dunn 7; G. Dickson 19; A. Kidd 34; D. Paton 39; B. Linn 46; J. Linn 50). 195 pts. H. Carson 64; E. S. Murray 65; S. Horn 89; A. McDonald 93; D. G. Causon 95; R. Donald 113.

Vale of Leven H.—(P. Moy 5; A. McDougall 9; W. Gallacher 31; R. Campbell 47; J. Garvey 48; R. Steel 55). 195 pts. P. Patterson 60; H. Garvey 74; I. Young 94; W. Crowe 103.

8. Glasgow Univ. H. & H.—(A. Galbraith 41; C. Sharp 52; R. Meikle 62; S. McFarlane 67; J. Pearson 78; D. Johnston 99). 399 pts. J. MacRae 101; D. Valentine 114; B. MacNamara 115; J. A. Rose 117; S. Tindal 123.

9. Maryhill H.—(W. Black 37; J. E. Farrell 56; J. Wright 63; T. Harrison 79; G. B. McLintock 87; G. Penrice 121). 443 pts. T. Taylor 126.

10. Cambuslang H.—(A. Fleming 36; W. Kelly 70; W. Mulrooney 92; J. Hay 111; J. Mulrooney 119; G. Docherty 125). 553 pts.

Failed to close in :

Motherwell Y.M. H.—(A. H. Brown 2; J. Poulton 44; G. Watson 54; T. Scott 59; J. Smith 122, —).

Individual Entrants :

T. D. Reid (Larkhall Y.M.) 17; A. C. Gibson (Ham. H.) 25; C. M. Meldrum (St. Modan's) 28; J. McElroy (Shett. H.) 58; F. Lindon (Shett. H.) 66; J. Timmins (Dumbarton A.A.C.) 69; J. H. Murray (St. Modans) 71; M. Coulter (Shotts Wel.) 73; W. Drysdale (Monkland H.) 77; T. McCafferty (Ham. H.) 82; J. Kirk (Shett. H.) 96; J. J. Kieft (St. Modans) 100; J. Brown (Dumbarton A.A.C.) 102; W. McFarlane (Shett. H.) 105; J. Stewart (Ham. H.) 106; A. Ewing (Dumbarton A.A.C.) 107; B. Pender (Dumbarton A.A.C.) 109; S. Hendry (Monkland H.) 110; W. Hodgins (Shett. H.) 125.

Times :

7th pos. 31m. 25s.; 8th 31m. 37s.; 9th 31m. 39s.; 10th 31m. 40s.; 15th 31m. 56s.; 20th 32m. 26s.; 25th 32m. 39s.; 30th 33m. 09s.; 40th 33m. 38s.; 50th 33m. 56s.; 60th 34m. 36s.; 70th 35m. 08s.; 80th 35m. 40s.; 90th 36m. 21s.; 100th 36m. 52s.; 110th 37m. 26s.; 120th 39m. 13s.

YOUTHS' 3 MILES.

Individual :

1. W. Goodwin, Bella H. 16m. 04s.
2. J. Hislop, Clydesdale H. 16m. 39s.
3. D. Simpson, Shotts W. 16m. 57s.

Team :

1. Springburn H.—(J. Rooney 4; T. Craig 5; D. Wilmoth 11). 20 pts. P. McNab 18; J. Murphy 33.

2. Bellahouston H.—(W. Goodwin 1; J. Currie 12; T. Castro 14). 27 pts. A. Watt 26.

3. Clydesdale H.—(J. Hislop 2; D. Stirrat 7; G. Abbot 20). 29 pts. E. McMahon 25.

4. Shettleston H.—(T. Malone 9; D. Drye 10; J. Kay 16). 35 pts. L. Botfield 34; D. Daniel 41.

5 & 6 eq. St. Modans A.A.C.—(T. A. Gunning 17; A. Roy 23; D. M. Flaherty 30). 70 pts.

Glasgow Univ. H. & H.—(P. Maitland 6; J. Watson 24; J. McLean 40). 70 pts.

7. Victoria Park A.A.C.—(R. Lees 19; J. Taylor 22; W. Lees 32). 73 pts. J. Thomson 35; D. Campbell 42.

8. Vale of Leven A.A.C.—(A. C. MacKay 13; H. M. Neeson 29; W. E. Crichton 37). 79 pts.

9. Garscube H.—(J. Stewart 15; W. Patrick 36; C. McGibbon 39). 90 pts.

10. Cambuslang H.—(J. C. Brown 21; P. Mulrooney 38; T. Rafferty 43). 102 pts.

Individual Entrants :

G. Leggate (Larkhall Y.M.) 8; D. Anderson (Larkhall Y.M.) 27; J. McMillan (Maryhill H.) 28; C. Pollock (Motherwell Y.M.) 31.

Times :

4th 17m. 24s.; 5th 17m. 30s.; 10th 17m. 51s.; 20th 18m. 35s.; 30th 19m. 22s.; 40th 20m. 31s.



Dear Mr. Ross,

In renewing my subscription to the "Scots Athlete" for another 12 months, I should like to congratulate you on the very high standard you maintain.

All good wishes for this year.

Yours sincerely,

JOHN GASKELL.

(Clydesdale Harriers).

Glasgow, W.1.

Dear Sir,

I'd like to have some information as to when my subscription to "The Scots Athlete" runs out, I do not have a record of it and I'd hate to miss any issues.

To me, perhaps your material on training and running long distances are the most interesting as I'm doing a little bit along that line now.

Thank you for your help.

Yours sincerely,

DONALD V. JACOBS,

Colfax, Washington, U.S.A.

Dear Walter,

Please accept the enclosed 15/- P.O. to cover 2 years subscription to "The Scots Athlete."

May I add, Walter, my appreciation of your efforts in the interest of our Sport. I trust that the circulation is nearing the winning tape; no doubt it would if we all have the sincere Team Spirit.

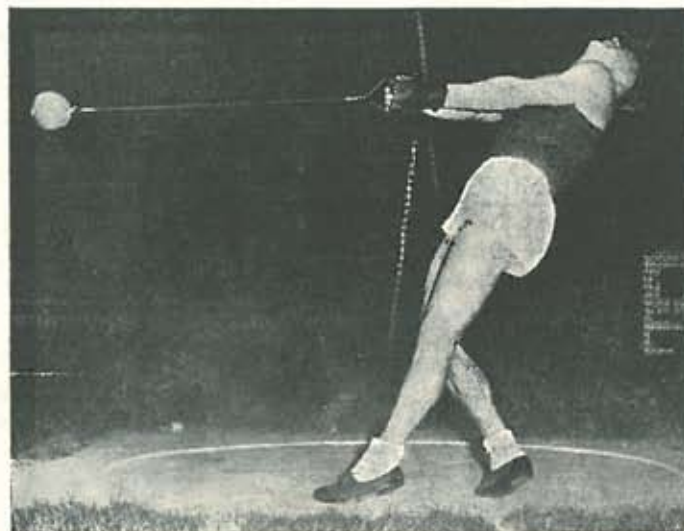
Yours in Sport,

EDDIE FARRELL,

(Garscube Harriers).

Glasgow, N.W.

HAMMER THROW EXPERT



A superb study taken at night of the world-record hammer-thrower, 26 year-old blond-haired MIKHAIL PETROVITCH KRIVONOSOV (U.S.S.R.) by our photographer H. W. NEALE at the London vs. Moscow floodlight match in 1954.

On 16th November, 1952 at Oslo the then European champion S. Strandli (Norway) threw the 16-lb. 'ball-and-chain' 200 ft. 11½ ins. It was rightly hailed as a tremendous achievement. He had become the first to throw the 'magic figure' of over 200 ft. Until then it had been a 'dream' of hammer throwers.

In 1955 the European champion Krivonosov made 200 ft. mere common-place. We are pleased to list his twelve best winning throws at meetings, which involved thousands of miles travelling, held in Europe and Asia. It is the greatest series the world has known. Obviously these are not all his 200 ft. throws. For instance, when making his world record at Belgrade he had two other throws, 209 ft. 3¼ ins. and 205 ft. 3 ins. with 3 foul throws. Our list given is according to distance thrown, readers should find it interesting comparing where and when achieved.

211 ft. 8¼ ins.	Belgrade (Yugoslavia)	19th September.
211 ft. 4 ins.	Tiflis (U.S.S.R. Champs.)	17th November.
211 ft. 0¼ ins.	Warsaw, Poland (W.Y.F.)	4th August.
210 ft. 8½ ins.	Celje (Yugoslavia)	22nd September.
209 ft. 5¾ ins.	Zagreb (Yugoslavia)	25th September.
209 ft. 2 ins.	Moscow (U.S.S.R.)	25th June.
208 ft. 8¼ ins.	Moscow (U.S.S.R.)	18th August.
208 ft. 5½ ins.	Bucharest (Rumanian Champs. Inv.)	3rd October.
207 ft. 5¾ ins.	Shanghai (China)	25th December.
202 ft. 8½ ins.	Moscow (vs. Great Britain)	11th September.
197 ft. 5½ ins.	Nalchik (U.S.S.R.)	25th April.
192 ft. 0 ins.	Minsk (U.S.S.R.)	21st May.

A.A.A. Official Publications

"WEIGHT TRAINING FOR ATHLETICS"

(JUST PUBLISHED)
by OSCAR STATE Price 6/- net.
Postage and packing 6d. extra.

A.A.A. Handbook ... Price 7/6 - 8/- post free

Contents include:
Organisation and Functions; Articles and Laws; Coaching Scheme/Honorary Coaches;
Competition Rules; Records; Clubs and Hon. Secretaries' Addresses.

A.A.A. Rules for Competition ... Price Net 1/6

How to Organise and Conduct a Sports Meeting ... 1/6

INSTRUCTIONAL BOOKLETS

HIGH JUMPING Price Net

by G. H. G. Dyson (A.A.A. Chief National Coach) ... 2/0

THE DISCUS THROW

by H. A. L. Chapman (National Coach for Scotland) ... 2/0

THE LONG JUMP & THE HOP, STEP & JUMP

by D. C. V. Watts (A.A.A. National Coach for the North) ... 2/0

THE JAVELIN THROW

by A. R. Malcolm (Ex A.A.A. National Coach for the Midlands) ... 2/0

MIDLAND DISTANCE RUNNING AND STEEPLE CHASING

by J. W. Ll. Alford (A.A.A. National Coach for Wales and West of England) ... 2/0

SHOT PUTTING

by G. H. G. Dyson ... 2/0

HURDLING Price Net

by J. Le Masurier (A.A.A. National Coach for the South) ... 2/0

SPRINTING & RELAY

RACING

by J. W. Ll. Alford & A. R. Malcolm ... 2/0

POLE VAULTING

by D. C. V. Watts ... 2/0

THROWING THE HAMMER

by J. Le Masurier ... 2/0

THE TECHNIQUE OF JUDGING TRACK EVENTS

by Walter C. Jewell (Hon. Treasurer A.A.A.) ... 2/6

THE TECHNIQUE OF JUDGING FIELD EVENTS

by Dr. S. E. J. Best ... 2/6

Postage 3d. per copy extra

Obtainable from the
A.A.A. CROWN CHAMBERS, 118 CHANCERY LANE, LONDON, W.C.2
or from "THE SCOTS ATHLETE"

MAKE SURE OF YOUR COPY.

If you are not already a regular reader or a subscriber to this magazine and yet you share our desire for the promotion and development of Amateur Athletics, you should fill in this form immediately and link up in this great work. DO IT TO-DAY!

The free receipt of this Magazine is an invitation to become a subscriber.

Our SUBSCRIPTION RATES are:—

6 months—3/9 (post free); 12 months—7/0 (post free).

To "THE SCOTS ATHLETE,"

69 ST. VINCENT STREET, GLASGOW, C.2.

Please send "THE SCOTS ATHLETE" starting with.....issue.

Name.....

Club (if any).....

Address.....

I enclose.....being 6 months/12 months' subscription.