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THE SCOTS ATHLETE

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1/-



Edinburgh Eastern Harriers who won the "Most Meritorious" award in the Edinburgh-Glasgow Road Relay, photographed at the reception.
Photo by G. S. Barber.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

HIGHLIGHTS OF THE OLYMPICS
WEB CENTRE. WOMEN'S NOTES.
GRAHAM EVERETT. FULL RACE DETAILS.
BEST CHAMPIONSHIP PERFORMANCES.

SCOTTISH BEST PERFORMANCES 1956

Compiled by R. S. G. SINCLAIR

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Westerlands—13th June.

[Continued on page 7.]

Full details of all District C.C. races
will be published in our February issue.

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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JOHN EMMET
FARRELL'S



NOW that the Olympic Games are over we must admit that despite minor criticisms Melbourne did a most competent job. For make no mistake such an organisation is of mammoth proportions. And the organisers lacked the experience of Europe and America. Yet despite the series of crises on the eve of the Games the atmosphere was mainly warm and friendly; a sore disappointment for the exultant Jeremiahs.

As the Games have been adequately covered elsewhere I will content myself by touching on only one or two points. Britain did well in Athletics with one gold medal Chris. Brasher (Steeplechase) four silver medals. Thelma Hopkins (High Jump), Derek Johnson (800 metres), Gordon Pirie (5,000 metres) and women's 4 x 100 metres relay (Anne Pashley, Jean Scrivens, June Paul, Heather Armitage) and two bronze—Derek Ibbotson (5,000 metres) and 4 x 400 metres relay (Salisbury, Farrell, Wheeler, Johnston).

"King Pharaoh."

Wonderful too was the performance of Mark Pharaoh in the discus. His heave of 178 ft. $\frac{3}{4}$ in. for 4th place was a mere $4\frac{1}{2}$ ins. outside the range of a bronze medal and 6 ft. odds outside Oerter's winning Olympic record of 184 ft. 10 $\frac{1}{2}$ ins. Honourable mention also to Britain's Box, Sandstrom, Shenton and Segal for their 5th place in the 4 x 100 metres relay.

The "Cinderella" Hero.

Chris. Brasher's great Steeplechase win was one of the surprises of the Games for he was regarded as our 3rd string. Nevertheless his pre-Olympic form was very good, his mile speed was known, his versatility and experience unquestioned as was his strength and determination. Yet it was felt that here was a sound solid runner who just lacked the genius to win.

How strange that of the three musketeers, Bannister, Chataway and Brasher it was the least famous and least publicised Brasher who was to win the Olympic honour.

Pirie and Ibbotson ran well in the 5,000 metres but no one could live with that genius of the track Vladimir Kuts who seems to have taken over the mantle of Emil Zatopek.

Derek was Magnificent.

Brilliant too was the running of Derek Johnson in the 800 metres. Only some 2 ft. and 1/10 sec. separated him from the gold medal and victory. In intense running he was the victor's equal, lacking only the massive strength of Courtney. Another moral victory was the 2nd place of the ladies relay team. Slick baton handling helped them to push the quicksilver Aussies to within 2/10ths of a second.

Finest Performance of Games?

Thelma Hopkins though not quite at her best had the class to gain 2nd place and a silver medal but very narrowly because of lesser failures as 5 women including herself tied at 5 ft. 5½ ins.

But even at her best Thelma could not have coped with the outstanding performance of Miss McDaniel of U.S.A. whose 5 ft. 9½ ins. world record was quite out of this world.

The Games' Sensation.

Norman Read, British emigrant to New Zealand who took out nationalisation papers because there was no chance of representing his home country won the gruelling 50,000 metres walk in a heat wave in sensational style passing the Russian leader in the later stages of the race with a time only 2½ mins. outside the Olympic record.

In the marathon, experience gained the day and although the gallant Zatopek was not quite at his best it was only poetic justice that Mimoun should eventually gain the premier award after being so often outshadowed by the genius of his rival.

Danielsen of Norway deserves special mention for his world record javelin throw of 281 ft. 2½ ins. and significantly Bob Richards pole vault of 14 ft. 11½ ins. is ½ in. better than his own previous Olympic record, while the surprising Einarsson of

Iceland forced the great da Silva to a new Olympic record of 53 ft. 7½ ins. in the triple jump.

Yes it was a wonderful Olympic occasion with many Olympic and several world records broken.

Ken Norris has Right Attitude.

Despite his good performance in the 10,000 metres, a 5th place some 20 secs. behind Kuts it could not be said that Ken Norris really set the heather on fire. Yet two days later he was again back in full training because as he told a surprised Doug. Wilson. "A brand new season is about to start at home and I can't afford to take any chances." This seems to convey a picture of real enthusiasm and a love of the game for its own sake. A somewhat healthy antidote to the hosts of prima donna athletes who take such pains to intimate that they will be retiring on such-a-such specific date. Peculiarly enough the world goes on turning.

Testing Period.

With the turn of the year the eyes of cross-country enthusiasts look ahead to the big cross-country events. Recent and coming tests help to reveal form.

The Morpeth road race, and the annual Beith country race on New Year's Day as well as the Nigel Barge 4½ miles a few days later are all interesting races in themselves as well as revealing the graph of form.

Kirkup Bid Foiled.

Rotherham's Eddie Kirkup narrowly failed to win the Morpeth 13½ miles road race for the 3rd year in succession. A. P. Keily of Derby A.C. with a time of 1 hr. 9 mins. 15.8 secs. held him off by a mere 10 yds. Len Eyre of Leeds Harehills formerly better known as a miler and 3 miler was a good 3rd in 1 hr. 9 mins. 39 secs.

Gallant McDougall.

A. McDougall of Vale of Leven ran a grand race to finish 4th in the good time of 1 hr. 10 mins. 11 secs. first Scotsman home. Other Scots places were Harry Fenion (Bellahouston) 18th, J. M. Kerr (Airdrie) 19th, Geo. King (Greenock Wellpark) 28th.

Edinburgh Southern finished in 6th team position with 54 pts. led by W. F. Lindsay 29th and R. McAllister 30th.

Pat Moy also of Vale of Leven although entered for the Morpeth elected to run in the Beith 4 miles cross-country race which he won readily by some 140 yards from Steeplechase champion Gordon Nelson with Clark Wallace 3rd.

Five days later the Nigel Barge Memorial race over 4½ miles attracted an entry of over 100 competitors. Mile champion Graham Everett won by some 50 yds. from Bob Calderwood who is running very well indeed.

After his courageous Morpeth race McDougall's 3rd place was most meritorious. The winner's time of 23:35 was nearly a minute outside McGhee's course record of 22:40. Possibly heavy rain and a slight head wind contributed to the much slower time.

Smart Youths.

Among the promising boys who may be challenging for the Scottish Youth's championship vacated by Bill Goodwin are Eric Smith of Vict. Park, Tommy Sloan of Shettleston and Alex. Cowie of Springburn—the first 3 in the Helen

Corbett 3 miles Memorial race. W. Thomas of Irvine Y.M.C.A. beat the field including the fore-mentioned trio in the annual Clydebank road race and at the present must be favourite. The form of boys is often very erratic however unless as in the case of an outstanding youth like Goodwin who towered over his rivals.

J. Messer of Edinburgh Northern H. has been very impressive in Eastern League races and may well upset fancies for National honours.

The District Tests as Pointers.

Apart from recent races the forthcoming club championships and district championships though important in themselves are also important as pointers to the national championships which follow soon after.

Present holders of the district championships, are South Western Tom Stevenson (Greenock Wellpark), Eastern District A. C. Horne (Ed. Varsity) and Midland District John McLaren (Victoria Park). All races should be very open. John Stevenson just out of hospital will be missing and holder brother Tom is not as fit as he was last year. From the point

[Continued on next page.]

QUEEN'S DRIVE RACE.

The Edinburgh Eastern Harriers Open Handicap round the historic Queen's Drive provided one of the closest finishes since this annual event was instituted in 1922.

Inches separated the first two runners A. Dick, (Athenian) and H. Taylor (Braidburn A.C.), who headed the field of 60 runners. The course record of 16 mins. 10 secs. for this tough 3½ mile race was not endangered on this occasion, but the fast time award was keenly contested, N. Donachie (B.A.C.) getting home 1 sec. ahead of J. Turnbull (Shettleston).

A. Falconer, The Eastern's President, gave special welcome to the Shettleston, Gala, and Falkirk runners, and expressed the hope that they would turn out next year in stronger numbers. He also suggested that more track men should take advantage of the cross country training facilities. The outstanding perform-

ances of many British Athletes in the recent Olympic Games gave ample proof of the value of such training.

G. K. Horsburgh, President of the N.C.C.U., presented the prizes and D. McLean Wright, S.A.A.A., complimented the Edinburgh Eastern Harriers on the continued promotion of this popular event.

Handicap Results:

1. A. Dick (Athenian A.C.)
(3 mins.) 15m. 11s.
2. H. Taylor (Braidburn A.C.)
(3 mins. 30 secs.) 15m. 11s.
3. W. Henderson (B.A.C.)
(2 mins. 20 secs.) 15m. 32s.
4. B. Mather (Gala Harriers)
(2 mins.) 15m. 36s.

Fastest Times:

1. N. Donachie (B.A.C.) 16m. 45s.
2. J. Turnbull (Shett. H.) 16m. 46s.
3. R. McAllister (E.S.H.) 16m. 49s.
4. C. Frazer (E.E.H.) ... 16m. 50s.



Pat McParland (Springburn H.) (103) and John Wright (Clydesdale H.) 1st and 2nd in last year's Junior C.C. Championship. Photo by G. S. Barber.

of view of national prospects the Midland District (this year to be held at Renton) will be the most interesting and revealing event. Although a race of only 6 miles would hardly appear adequate as a guide to a race of over 9 miles it is remarkable how often district and national form tally.

Of the first 7 in last year's Midland race, six earned national places and Joe McGhee with his usual Midland 4th place probably would also have earned selection but for injury. The Stevenson brothers first 2 in South Western made up another two and only Bob Calderwood who finished 21st in Midland made the tremendous advance to 9th in the National.

Juniors Too.

The district races are open to both

juniors and seniors and here again the leading juniors will demonstrate their bona-fides for the National Junior Championship.

Slim consistent John Wright of Clydesdale looks at the moment a hot contender for this year's championship.

Last year he was 15th in the Midland and runner up in the Scottish Junior Championship. Last year's winner P. McParland is now a senior as are the Bellahouston pair Connolly and Nelson, G. Dickson of Garscube, J. C. Harris of Beith, most of whom will be chasing a leading place in the Senior National. Big George Govan 3rd last year is still eligible but Bill Goodwin now a junior and a potentially dangerous candidate may be

440 Yards Hurdles

- A. Hannah (E.U.A.C.), 54.5s.—Manchester—25th May.
C. A. R. Dennis (E.U.A.C.), 55.7s.—Meadowbank—23rd June.
D. K. Gracie (Y.Y.M.C.A.), 56.4s.—Meadowbank—23rd June.
A. F. Gray (Old Laly. A.C.), 56.5s.—Meadowbank—23rd June.
A. McAdam (St. A.U.A.C.), 57.6s.—Meadowbank—22nd June.
W. Beresford (G.U.A.C.), 58.2s.—Westerlands—13th June.

going overseas with the forces as may be Billy Black of Maryhill, 8th last year.

Saul and David.

The tremendous advance in modern athletics is largely due to harder and more training.

The revelation of the stars' vigorous schedules have heightened the aspirations of more modest performers with the result that there is a great advance in general standards. Other things being equal the more and harder the training the better the results. But other things are seldom equal.

"A" doing say a modest 40 miles per week learns that "B" is doing 60, 70 or 80 miles, and immediately attempts to adjust his schedule—perhaps too quickly—perhaps not realising that "B's" circumstances differ from his. Having say a more extensive back-ground; perhaps an easier job etc.

Even in the adjustment of a schedule caution is advisable. "Saul hath slain his thousands, but David his ten thousands." Maybe. But it is so easy to bite off more than one can chew.

Even if an athlete has built up a good, solid programme of training he should keep it somewhat elastic rather than too rigid. Not being a machine, he is subject to the sensitive ups and downs of the barometer.

The training schedule as well as the stop-watch should be the servant and not the master. In the last analysis the programme should be subject to the personal equation.

High Jump

- W. Piper (G.P.A.A.C.), 6 ft. 3 ins.—Ibrox—9th June.
A. M. Law (L.A.A.C.), 6ft. 2 ins.—Pithead—3rd July.
J. Houston (V.P.A.A.C.), 6 ft. 1½ ins.—Scotstoun—11th July.
W. Little (G.U.A.C.), 6 ft. 0 ins.—Westerlands—29th May.
J. Freebairn (Kilsyth Y.M.), 5 ft. 11 ins.—Stevenston—26th May.

Long Jump

- R. M. Stephen (G.U.A.C.), 22 ft. 8 ins.—Linkfield, Aberdeen—21st July.
T. Lunde (Ed. Un. A.C.), 22 ft. 1 in.—Craiglockhart—28th April.
G. Cain (E.N.H.), 22 ft. 2 ins.—Meadowbank—23rd June.
G. Ellis (Athen A.C.), 22 ft. 1 in.—Bangholm—28th June.
S. McDougall (E.U.A.C.), 21 ft. 10½ ins.—(W)—St. Andrews—2nd May.
R. I. Ahpata (G.U.A.C.), 21 ft. 9½ ins.—Westerlands—19th May.
J. Y. Laurie (Edin. H.), 21 ft. 9 ins.—Goldenacre—26th May.

DUMBARTONSHIRE 10 MILES C.C. RELAY CHAMPIONSHIPS YOUTHS:

1. Vale of Leven A.A.C.—(D. Kennedy, 9.49; H. Neeson, 9.27; A. MacKay, 9.34). 28m. 50s.
2. Clydesdale Harr.—(N. Buchanan, 9.43; G. Abbott, 10.33; R. Bell, 9.31). 29m. 47s.

Fastest Time:

- H. Neeson (Vale of Leven) 9m. 27s.

SENIOR:

1. Vale of Leven A.A.C.—(R. A. Steel, 13.52; A. McDougall, 13.12; P. Moy, 12.36; W. Gallacher, 13.30). 53m. 10s.
 2. Garscube H.—(B. Linn, 13.43; J. Linn, 13.31; S. Horn, 13.00; G. Dickson, 13.08). 53m. 22s.
 3. Clydesdale H.—(P. Younger, 13.55; J. Hislop, 13.37; J. Wright, 13.15; C. O'Boyle, 13.07). 53m. 54s.
- Fastest Times—1, P. Moy, 12.36; 2, S. Horn, 13.00; 3, C. O'Boyle, 13.07; 4, G. Dickson, 13.08.

HIGHLIGHTS OF THE OLYMPIC GAMES MELBOURNE, 1956

(Written specially for 'The Scots Athlete'
by Percy Cerutti of Australia).

IN the Athletics of the Games undoubtedly the 10,000 metres must take Number One precedence over all other events.

Here we saw a Two-man War: One hundred thousand spectators watching this gladiatorial contest: And a number of other athletes running along for a part of the journey in more or less close proximity to the two main contestants—Kuts and Pirie. And no one really believed any other competitor had any chance—except that both these died in their tracks, and that did not look so remote a contingency when the conflict had gone on for four and one half soul-paralysing miles.

These men dug their athletic grave; both toppled into it after faltering, the sweat dripping from them like taps, only Kuts emerged and he went on to victory. Strong again, indomitable, irresistible. The vanquished Pirie dropped further and further behind to finish far behind the placed men, but not disgraced. Pirie shared the honours, the others also ran.

Surging, resting, fighting, all-or-nothing tactics—ALL that I have fought for, taught, and yes, practised in my own running—there before my eyes, a justification if ever I needed one.

To imagine that this man of terrific mien, courage and will would set out a few days later to repeat the process at an even faster pace, and against men with times equivalent more or less to his own. To again run the athletic world into its athletic grave—as this man did—well, as Herb McKenley said when he saw his 440 yards record go when his own and Rhoden's time was lowered at 5,000 feet in South America—"I've seen the lot!" That was my reaction after seeing Kuts in the 10,000m. and the 5,000m. final.

Nurmi, Zatopek, Kuts! Who next? Only once in a decade do we see the like.



Of the rest of that Opening Day of Athletics—nothing remains but—Kuts, and the 10,000 metres.

The Second Day provided some novel features. Read, walking for New Zealand had failed to receive nomination for Great Britain: For New Zealand he was deemed "not good enough" and not good enough to receive nomination for the other walk! So much for officials and selectors, who will admit no doubt, that no man is infallible.

Well, Norm Read, whom I got to know well since he came to Melbourne over five months ago, he won—like that! Easily, strongly, modestly. He had trained over the course in the wet and heat at the hour he was to race. Well acclimatized to any conditions it all suited Norm. A well deserved Gold Medal if ever there was one.

Then, the Hammer Throw Final: Krivonosov, of the U.S.S.R. has the winning throw. Blair of the U.S.A. has been rejected from the team over a stupid technicality as to some fee for writing for the paper. Truly idiotic—when one considers all we do know about amateurs and amateurism as it is practised!

It is the last round. It is up to Connolly: True he holds just the world record. Blair out, Hall rated ninth, although he finished 4th. It all rests with Harold Connolly of the U.S.A. What a name, what a man!

I have never seen a man walk into that circle—or on any track, as Connolly walked, masterly, purposeful. What

Cyclopean demeanour! He came: He threw: He won! Almost disdainfully he walked out as he walked in, great, terrific, a man if ever there was one. A David and Goliath—in one!

Nothing else registers of that afternoon of top-class sport, nothing.

I remember that Morrow did decimate the field of sprinters, that Hogan the Australian did run a notable third, that other great sprinters unaccountably failed. Even the 400 metres final was ordinary by these supreme top-personality standards.

Monday, the Third Day!

This day produced the miracle of the Games: O, yes, it did! Bob Richards, world top Pole Vaulter and Olympic Champion was the medium of the miracle. How come? It was this way:—

I met the Rev. Bob at the Village. He tells me he is washed up, done and finished, he cannot go on. And less than a week to his event! Am I worried—for Bob.—I'll say! So I get busy on my poetry stuff; it works, Bob revives, he is up again, Just! Since he just makes the qualifying rounds with his last possible chance, and Jump. Now everyone (in his team) is worried!

But it works (so Bob. told me—afterwards, "Helped" is the word he used). Bob. had done it, Won! When all looked utterly hopeless. The poetry? Some day, there is plenty of time yet!

Another miracle of an athletic sort just failed that day when Derek Johnson just failed to clean up all the worlds top 800 metre men—and win. His effort was terrific, too. Of the best!

The Heats of the 5,000 metres produced nothing sensational. I even cannot remember who won the first heat. I remember, just 21 years old, Albert Thomas, a protege of mine gave his competitors a lesson on front running—and went on to win after no doubt, the "big" names thought he would come back. And Kuts, generous and understanding what it would mean to an Australian. and as a compliment to the

Australian people, did not run himself out in the 3rd heat, and Lawrence of Australia finished first in a deservedly well-won race—over all the others! So we come to Tuesday, November 27th of the Year of the Games!

I have nothing to comment. The Olympics are always interesting. Every event, every day, to the true "fans." But in such a galaxy of talent and splendid performances, space and time defeat us. We must "high-light," discriminate.

So to Wednesday and the 5,000m. final. On that day the big question was "Can Kuts do it again—and to the worlds fastest 3 milers, some of whom are fresh?" We all know the answer—Now! Kuts just did do it—and how! Conclusively, remorselessly, efficiently, almost easily, that was my impression. A terrific victory for "personality"! To be great as an athlete we must become great as a man, first! Kuts just demonstrated all this, exactly!

So I remember little but this other run of the master. And how my young Thomas manfully kept up to run into 5th place ahead of many athletes with far better reputations and times. And to beat the redoubtable Chataway twice in a week! For his youth, smallness, courage, I would rank Thomas second to Kuts in this event, although he was tired in the final after his meritorious run in his winning heat. The best over by an Australian eclipsing Perry's sixth at Helsinki.

Thursday, November the 29th. To be known hereafter as "Brasher's Day." Brasher's win in the Steeple Final was heroic. His finish up the straight—devastating, his win great, well-earned, and a reward for years of sterling effort. Also, I would like to put on record, a tribute to an "easy-to-meet genial-Englishman"—and a lesson to some not so "easy"! (The Norris', Clark's, Pharaoh's Shentons, and lots, lots more excluded, of course).

Also, on Brashers Day we had, almost incidentally, the Final of the 400 metres, and the Heats of the 1,500 metres Heats.

notable from an Australian point of view for the fine win of Lincoln in one of the heats, and the desperate effort for Landy to qualify in his. He received a fright that spurred him on in the Final, despite his weakness, now, as a back runner and a front runner no longer. To me, he slipped by just that much, just as Kuts gained—and became supreme. However, we must abide by results for after all it is a matter of "men" as much as of fast runners.

Friday, the penultimate day of the Athletics. It was lovely, sunny and relaxing. Mostly womens events. Delightful to watch, poor by comparison with a man's effort. (Incidentally if we must have women doing what is mostly the prerogative of men—please, a separate Olympics! A woman jumping 20 feet in a long jump is NOT an edifying spectacle nor can it be taken, athletically, seriously. Nor an equivalent of a 10.4 100 yards. Schoolboys do better at 15 years of age! It is even more pitiable to me when a country has to rely upon its immature women to win its gold medals on the athletic arena. To me, it is farcical as well as pitiable—for the men to witness, surely!).

Then came Marathon Day, Saturday December 1st. Mimoun's Day! and Zatopek's Day, since these two shared this day such was the popularity with Australians of this great runner Zatopek, and his nearly as great, Mimoun.

The self-torture heroes all got away to their personal Gethsemanes or Golgothas, or whatever their particular form of mental and physical pains express, and whilst they were away upon their personal crucifixions we waited with bated breath as it were the Final of the 1.500 metres.

At last they were away: How slow it looked in those first two laps: How much faster it can be run when we strengthen more as we shall. Then into the Final lap, a rush and hurly-burly just as fast and uncertain of results as the first part was slowish—since the race lacked the touch of a great master.

Out of the rush up the straight emerged

"dark-horse," dark-haired, pleasant-natured Delaney. Out-sprinting the opposition since Landy had taught him "how," or so the Eire gold-medalist himself told us. He won really easily from a Landy just beaten by a photo finish for second place. And the rest of the big names? The German we had heard of—Richtzenhain—but the names supposed to win—well, it is the Olympics that lifts up the lesser, and often drops the greater—and loud is the thud, thereof!

Recovering from the emotional tensions of this final, we settled ourselves for the finish of the marathon. We knew Mimoun was leading, we awaited his emergence from the shadows into the arena—as we would a man from the pits of Hades, as indeed it was that day!

There he is! Strong and dark. Deliberately he runs round the track, anxiously he looks back at the entrance as if fearing, even at this late hour, after all his heroic efforts, that Zatopek, his vanquisher of the past, would emerge to run him down. Allay your fears, conqueror of time, distance and pain for you have won!

He finishes, then the next man emerges, runs his piece, collapses, or was it the third one. And so it goes on until Zatopek comes in—sixth. A roar goes up, for he is equal victor, overcoming so much, too. So does personality impress itself upon a people—in time. But it is Mimoun's day, Mimoun's marathon, he has done well. Everyone is glad. He has got his gold medal, now. The others still come in, some to go to hospital, all heroes to live to run another marathon another day!

WOMEN'S NOTES

A ballot team race held over a rather heavy 1½ mile course at Pollokshaws Estate on Saturday, January 19th, resulted in victory for the team comprising:—

D. Greig (Bellahouston 1; M. O'Hare (Maryhill) 2; J. Norris (Ayr A.C.) 9. Total 12 pts.

Fastest Times—1, D. Greig, 10m. 21s; 2, M. O'Hare, 10m. 26s; 3, D. Fulton, (Springburn) 10m. 29s; 4, H. Cherry, (Bellahouston) 10m. 47s

EDINBURGH-GLASGOW ROAD RELAY

VICTORIA PARK'S SIXTH WIN

FIRST STAGE—5½ MILES.

Record—

R. B. McIntosh, G.G.H., 26m. 5s. (1936)		M. S.	
1.	Bellahouston H., F. Cowan ...	26.32	
2.	Vict. Park, R. C. Calderwood ...	26.34	
3.	Springburn H., J. Rooney ...	26.54	
4.	Shettleston H., G. Govan ...	26.56	
5.	Edin. Southern H., W. A. Lyall ...	27.10	
6.	Edin. Eastern H., R. Togwell ...	27.21	
7.	Ed. Un. H. & H., W. H. Watson ...	27.29	
8.	Irvine Y.M. H., H. Kennedy ...	27.41	
9.	Paisley Harriers, A. Napier ...	27.46	
10.	Clydesdale Harriers, J. Hislop ...	27.47	
11.	Falkirk Vict. H., G. J. Rankin ...	27.49	
12.	Brairdburn A.C., I. Drever ...	27.53	
13.	Motherwell Y.M. H., M. Mitchell ...	27.56	
14.	G'nock G'park H., J. Spence ...	28.16	
15.	Maryhill H., W. Kirkwood ...	28.20	
16.	Vale of Leven A.C., R. Steel ...	28.21	
17.	Garscube Harriers, J. Linn ...	28.29	
18.	Gl. Un. H. & H., P. S. Maitland ...	28.59	
19.	G'nock W'park H., H. McHenry ...	29.22	
20.	Plebeian H. & A.C., T. McQuade ...	29.31	

SECOND STAGE—6 MILES.

P. Moy, Vale of Leven, 29m. 49s. (1955)

		H. M. S.	
1.	Vict. Park, J. Russell, 30.27	0	57 01
2.	Bella. H., J. Connolly, 30.44	0	57 16
3.	Ed. Un., A. S. Jackson, 29.48	0	57 17
4.	Shett., R. C. Wallace, 31.32	0	58 28
5.	Edin. E.H., C. Fraser, 31.11	0	58 32
6.	V. of Leven, P. Moy, 30.12	0	58 33
7.	C'dale H., J. Wright, 31.32	0	59 19
8.	Brairdburn A.C., R. A. Henderson, ...	31.56	0 59 49
9.	Edin. Southern H., W. Robertson, ...	32.48	0 59 59
10.	Irv. Y.M. S. Cuthbert, 32.23	1	0 03
11.	G'cube H., S. Horn, 31.40	1	0 09
12.	Fal. Vict., R. Gordon, 32.33	1	0 22
13.	S'burn H., T. Tracey, 34.19	1	1 13
14.	Paisley H., G. Napier, 33.28	1	1 14
15.	Plebeian H., A. Small, 31.56	1	1 27
16.	M'well Y.M., T. Scott, 33.54	1	1 50
17.	M'hill H., J. D. Scott, 33.54	1	2 14
18.	Gr. Wel., T. Stevenson, 33.03	1	2 25
19.	Gl. Un., D. Johnston, 33.32	1	2 31
20.	Gr. Gl. M. Thompson, 36.21	1	4 37

New Record—A. S. Jackson, Ed. Univ.

THIRD STAGE—4 MILES.

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

		H. M. S.	
1.	Vict. Park, J. Parker, 23.03	1	20 04
2.	Bella., R. H. Wilson, 22.51	1	20 07
3.	Edin. Univ. H. & H. J. V. Paterson, ...	22.59	1 20 16
4.	Shett. H., T. Kelly, 22.35	1	21 03
5.	Ed. East., H. Irvine, 23.37	1	22 09
6.	C'dale H., G. White, 23.14	1	22 33
7.	V. of Leven, I. Young, 24.11	1	22 44
8.	Ed. Sth., R. McAllister, 23.06	1	23 05
9.	G'cube H., B. Linn, 23.08	1	23 17
10.	Brairdburn A.C., E. J. Cuthbertson, ...	24.10	1 23 59
11.	Irvine Y.M., J. Cowan, 24.14	1	24 17
12.	Fal. Vict., D. Shields, 23.58	1	24 20
13.	S'burn, J. Ballantyne, 23.52	1	25 05
14.	M'well, J. Poulton, 23.45	1	25 35
15.	Gr. Wel., C. Aitken, 23.20	1	25 45
16.	Pleb. H., A. Douglas, 24.36	1	26 03
17.	Maryhill Harr., C. B. McLintock, ...	24.11	1 26 25
18.	Glasgow Un., J. Gray, 24.14	1	26 45
19.	Paisley H. A. Murdoch, 25.59	1	27 13

FOURTH STAGE—5½ MILES.

R. C. Wallace, Shett. H., 30m. 18s. (1955)

		H. M. S.	
1.	Vict. P., J. McLaren, 30.04	1	50 08
2.	Bella. H., H. Fenion, 31.01	1	51 08
3.	Shett. H., J. McGhee, 30.12	1	51 15
4.	Edin. Univ. H. & H., A. K. Ravenscroft, ...	32.56	1 53 12
5.	Ed. E.H., P. Stewart, 32.52	1	55 01
6.	C'dale H., J. Young, 32.30	1	55 03
7.	V. of Leven, J. Garvey, 32.27	1	55 11
8.	Ed. Sth. H., J. Smart, 31.57	1	55 12
9.	Garscube H., A. Kidd, 31.57	1	55 14
10.	B'burn, D. W. Dunn, 31.47	1	55 46
11.	S'burn, P. McParland, 31.40	1	56 45
12.	Irv. Y.M., T. Parker, 33.08	1	57 25
13.	Fal. Vict., J. Welsh, 33.52	1	58 12
14.	M'well, B. McRoberts, 32.38	1	58 13
15.	G'nock Wellpark H., P. McConnachie, ...	32.30	1 58 15
16.	Glasgow Un. H. & H., D. S. McFarlane, ...	33.18	2 0 03
17.	Pleb. H., D. Barclay, 34.16	2	0 19
18.	Maryhill H., A. Bald, 33.57	2	0 22
19.	Paisley H., W. McNeil, 33.44	2	0 47
20.	Gr. Gl., D. Kennedy, 34.29	2	6 29

New Record—J. McLaren, V.P.A.A.C.

FIFTH STAGE—5½ MILES.

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

		H. M. S.	
1.	Vict. Park, R. Russell, 27.07	2	19 15
2.	Bella. H., R. Wilson, 28.34	2	19 42
3.	Shett. H., T. Walters, 28.58	2	21 13
4.	Edin. Univ., G. Smart, 31.17	2	24 29
5.	Ed. E.H., G. Mortimer, 30.10	2	25 11
6.	Ed. S., W. F. Lindsay, 30.12	2	25 24
7.	V. of L., G. Patterson, 30.27	2	25 38
8.	C'dale, J. McLachlan, 30.50	2	25 53
9.	G'cube H., H. Carson, 30.53	2	26 07
10.	Brairdburn A.C., J. M. Hamilton, ...	31.35	2 27 21
11.	S'burn H., T. Craig, 31.03	2	27 48
12.	G'nock Wellpark H., D. McConnachie, ...	30.19	2 28 34
13.	Irv. Y.M., W. Banks, 31.20	2	28 45
14.	M'well, W. Marshall, 30.51	2	29 04
15.	Paisley H., C. McCart, 30.62	2	30 24
16.	Fal. V., J. Richardson, 32.07	2	30 39
17.	Gl. Un., J. S. MacRae, 31.36	2	31 39
18.	M'hill H., R. McDonald, 31.44	2	32 06
19.	Pleb. H., J. McEwan, 35.08	2	35 27
20.	Gr. G'park, W. Burns, 35.43	2	42 12

SIXTH STAGE—7 MILES.

I. Binnie, V.P.A.A.C., 32m. 32s. (1954)

		H. M. S.	
1.	Vict. Park, I. Binnie, 33.20	2	52 35
2.	Bella. H., F. G. Nelson, 34.55	2	54 37
3.	Shettleston Harriers, G. E. Everett, ...	34.25	2 55 38
4.	V. of L., A. McDougall, 34.21	3	0 10
5.	Ed. E.H., J. Devlin, 35.29	3	0 40
6.	Ed. Un., H. C. Horne, 36.57	3	1 26
7.	C'dale H., P. Ballance, 35.43	3	1 37
8.	Edin. Sth. J. Foster, 36.18	3	1 42
9.	G'cube H., G. Dickson, 35.40	3	1 47
10.	S'burn, J. McDonnack, 34.46	3	2 34
11.	B'burn, N. McCormick, 35.52	3	3 32
12.	M'well, A. H. Brown, 34.28	3	3 32
13.	Gr. Wel., G. C. King, 36.22	3	4 56
14.	Paisley, J. Campbell, 37.18	3	7 42
15.	Irv. Y.M., S. Kennedy, 39.21	3	8 06
16.	Fal. V., R. Sinclair, 37.57	3	8 36
17.	Glasgow University, A. R. Galbraith, ...	37.13	3 8 52
18.	M'hill H., J. Wright, 37.31	3	9 37
19.	Pleb. H. T. Rawcliffe, 38.49	3	14 14

WEB CENTRE

By BRIAN MITCHELL.

[This is the first and introductory article of a series. It is self-explanatory. The complete study will represent a timely, unique and most valuable contribution to athletics. To our mind, for interest and service it should be brought before every athlete and coach throughout the world. We on our part are very proud to publish it.—Editor]

I.—The Questions.

This is a crackpot task to attempt. Anyone who goes out of his way to look for answers to large problems must run into trouble; and the trouble often starts even before the search for an answer has been undertaken, for the first difficulty is to know what questions to ask. A question is framed and it is so obviously vague that one is tempted to scrap it, but in favour of what? Every succeeding question turns out to be just as groping and loose. Is there, in athletics, any real question to be asked? Is there any problem at all, or may we not chug along quite happily, not really knowing whether, in fact, there is anything to know?

A man who is able enough to get a place in the Kent cross-country team once told me that there is no subtlety in athletics training; you merely go out and run and only the cranks make up problems. There is, of course, much truth in that belief, but I can never escape a nagging interest in the complexity of "going out to run"; going how far? how fast? for how long? how often? and why? We hear dozens of opinions expressed in many different ways, some reasonable, some not; there are a number of "authorities" to whom we listen; there are books on the subject and, one would think, all of the questions must have been efficiently dealt with. But, after reading most of the books which are directly, or closely, connected with training for athletics and after watching, talking with and running behind a fair number of people actually involved in the sport, there is (to me) an impression of either a muddle, a lot of statements tangled and without spidery precision, or (at the very least) categorical

pronouncements which have not been pulled open to reveal how they tick. Therefore, in a moment of excessive conceit and foolhardiness, I determined to try and construct my own building and to have, at least, a fortress of assessments from which to shoot at the enemy. This decision, it must be emphasised, was nothing more than a genuine desire to understand more clearly all manner of problems in the sphere of training and the fact that the desire is turning into an accomplishment is because to promise a series of articles is a good way of ensuring that the job is done regularly and, secondly, to put down thoughts on paper precludes too much vagueness and makes the clearing-up process, therefore, more efficient than it would otherwise be. "How can I know what I think until I see what I say?"

As the poet says, then—"to begin at the beginning." What are the questions? At rock bottom, the problem is to be stated something like this: a man wants to bring his body to a condition of maximum efficiency for a particular kind of activity, to get it under control and to realise its full potential; we presume that this can be done by physical and mental activity, progressive and intelligent application to the task set. From this general statement arises all the complexity and confusion and the questioner turns to men of experience and to scientists for help; from these people are obtained gleams of light and possible routes to understanding, but the ten commandments have yet to be cut out of the tablet of surmise. Not for one moment do I pretend to be able to do this chiselling work, but there is a number of partitioned sections in that first general statement above which can be looked into, even though the sectioning-off is only done in deference to space and sanity. If we approach with humility the surprise packets who leap out from the half-light and win Olympic steeplechase titles, we shall merely be

covering our tracks against what is not clearly seen and what may have been passed by. I will begin by dragging out the questions, or some of them; and I should like to apologise at the start for any repetition there may be from chapter to chapter. The sections just will not keep to themselves.

To tell my tasks in order, they are these. The attempt to follow through the numerical list may easily break down through lack of ideas and information, but I shall catch as catch can.

2—'A State of Mind' (how an athlete disciplines himself, how he regards his sport, compromising with more important matters, how he behaves in training and competition).

3—'What is the meaning of Training?' (this is the biggest question, an examination of principles, of bodily changes and possibilities, linking with number 2 above).

4—'Fast and Slow' (an examination of a particular accepted principle of running training).

5—'Specific Training' (how do principles apply to particular events and skills).

6—'The Inevitable' (some factors in training which cannot be ignored).

7—'Endurance' (how can "keeping up the same thing for a long time" be learned?).

8—'Technique' (when and where ought this to be emphasised? its principles and their application).

9—'Sprinting' (detailed examination of principles of training for these events).

10—'Middle-distance' (as for 9 above).

11—'Cross-country running' (as for 9 above).

12—'Long-distances' (as for 9 above).

13—'Jumping' (as for 9 above).

14—'Throwing' (as for 9 above).

15—'Indoor training' (the extent to which this is valuable; some suggested ideas for such training).

16—'Some Nonsense' (an examination of statements which seem to leak).

17—'Some Hypotheses' (a final attempt to assess what has been said).

That list is proposedly comprehensive, though such a list does not, of course, ensure a successful outcome. In this case, it is the deed and not the attempt which confounds us. I reserve an eighteenth chapter for use against possible aggressors.

SEVENTH STAGE—5½ MILES.

Record—

D. Henson, V.P.A.A.C., 28m. 58s. (1954)

		H. M. S.
1.	Vict. Park, N. Ellis,	30.07 3 22 42
2.	Shett, H., E. Bannon,	28.34 3 24 12
3.	Bella H., D. Wright,	30.50 3 25 27
4.	V. of L., W. Gallacher,	30.01 3 30 11
5.	C'dale H., P. Younger,	30.11 3 31 47
6.	Ed. E.H., H. Phillip,	31.14 3 31 54
7.	Edin. Un., G. Brown,	31.11 3 32 37
8.	Garscube H., G. Paris,	31.05 3 32 52
9.	Ed. Sth. H., J. Bruce,	31.30 3 33 12
10.	S'burn, D. Wilmouth,	31.55 3 34 29
11.	Motherwell Y.M. H., D. MacFarlane,	31.19 3 34 51
12.	Gr. Wel., J. Cairns,	30.53 3 35 49
13.	B'burn, D. B. Nisbet,	33.49 3 37 02
14.	M'hill, J. E. Farrell,	30.13 3 39 50
15.	Fal. Vict., W. Currie,	32.09 3 40 45
16.	Paisley H., J. Sellar,	33.18 3 41 00
17.	Glas. Un., J. Pearson,	32.32 3 41 24
18.	Irv. Y.M., R. Kennedy,	34.06 3 42 12
19.	Plebeian H., D. Day,	33.53 3 48 09
20.	G'nock Gl., D. Farren,	34.50 3 56 05

New Record—E. Bannon, Shettleston H.

EIGHTH STAGE—5 MILES.

Record—

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

		H. M. S.
1.	Vict. Park, S. Ellis,	24.58 3 47 40
2.	Shett, H., I. Cloudsley,	25.58 3 50 10
3.	Bella H., S. McLean,	25.34 3 51 01
4.	V. of L., H. Garvey,	27.06 3 57 17
5.	C'dale H., R. Clark,	25.56 3 57 43
Previous Best—3h. 45m. 23s. (1955)		
6.	Ed. E.H., W. Ramage,	25.58 3 57 52
First Entry & Awarded Most Meritorious Medals.		
7.	Ed. Un., H. Alexander,	26.33 3 59 10
8.	G'cube, D. McFadyen,	26.36 3 59 28
9.	Edin. Sth., G. Stark,	26.44 3 59 56
10.	S'burn H., T. O'Reilly,	25.29 3 59 58
11.	G'nock Wel., I. Ross,	26.27 4 2 16
12.	M'well, J. McMillan,	27.31 4 2 22
Previous Best—4h. 3m. 52s. (1956)		
13.	B'burn, W. Henderson,	27.42 4 4 44
Previous Best—4h. 7m. 0s. (1955)		
14.	M'hill H., J. Hoskins,	26.47 4 6 37
15.	Fal. Vict., D. Nicoll,	27.31 4 8 16
16.	Gl. Un., S. P. J. Kerr,	27.12 4 8 36
17.	Irv. Y.M., J. Lawson,	27.44 4 9 56
18.	Pleb. H., D. McEwan,	29.39 4 17 48
19.	Gr. Gl., I. Osborne,	29.47 4 25 52

GRAHAM EVERETT (Shettleston Harriers)

By JAMES L. LOGAN

Not since the immediate post-war days of Alan Paterson has Scotland had such an exciting international prospect as Graham Everett. There are doubtless many who feel a twinge of regret that Everett just missed the Olympic boat (or plane) but it should be understood that his performance of 1956, though splendid in themselves, were only milestones on the road to greater deeds. Barring accidents, we may confidently expect to look back on 4 mins. 7.5 secs. as an "early" Everett effort!

Graham Emmerson Everett was born in Glasgow on 20th January, 1934. There was no family tradition in athletics and at Hutcheson's Grammar School the youthful Everett's main sporting interest was rugby. A 2 mins. 19 secs. "880" at the school sports, however, persuaded him to turn some of his energy to the track and, encouraged by his sports master, he developed his natural talent by practice on Wednesday afternoons and Saturday mornings. The following year, he broke the school "880" record with 2 mins. 8 secs.

In 1951, he joined Shettleston Harriers and immediately showed his competitive qualities by winning the mile handicaps at Glasgow Police Sports (off 135 yards) and Rangers Sports (off 105 yards). He was not yet wholly committed to running, however, and played rugby during the following winter.

In 1952, he again won the mile handicap at Glasgow Police Sports, with his mark now down to 90 yards. He was also Shettleston Harriers' junior mile champion that year and runner-up in the S.A.A.A. junior championship at the distance, clocking 4 mins. 30.6 secs.

It is quite possible that Everett's athletic history could have closed with that tally of minor triumphs for the services claimed him in July, 1952. Apart from the usual

unit sports, his only running was on the soccer and rugby fields.

Returning to civvy street in 1954, he turned his thoughts seriously to running, starting again virtually from scratch. In assessing Everett's potential, therefore, we must remember that his "second" career began as recently as 1954.

After a season of cross-country foundation work, he burst into the track news in 1955 with several fine half-mile performances, with a "best" of 1 min. 55 secs. giving some idea of his latent powers. His title-winning run of 4 mins. 13.6 secs. in the S.A.A.A. mile was a tremendous "championship" bow which went almost unnoticed in the general press.

1956, of course, brought him wider recognition by virtue of his 4 mins. 7.5 secs. Scottish Native Record, established at Glasgow Police Sports in an international class field. Subsequent performances in the A.A.A. mile, when he ran fourth, and in the floodlight meeting at Manchester, when he finished second to Ken Wood, proved that he was already in the front rank of British milers. Injury and his unfortunate spill at the Ibrox floodlight meeting, however, brought the season to a close on a disappointing note.

Although there may be subtle factors in the make-up of the truly great athlete, everyone knows today that world-class performances are built on a foundation of prodigious efforts in training. We are all aware, of course, of the many different methods of obtaining sufficient time for training in this amateur sport, but as these "facilities" are beyond the reach of all but a privileged few, it is interesting to see how our own champion adjusts his extensive preparation to the demands of his everyday life.

As shown in the schedule, Everett's training is based on a twice-daily workout. He is a clerk, working in an



industrial area of the city, and the afternoon training sessions take place during his lunch break. Everett acknowledges a modest extension to his normal lunch period of 1½ hours but, even with this, he must operate within a tight schedule. When using Westerlands track, for instance, he has to come up from the Partick area, strip, do his stint, have a quick shower, hurry back to Partick for a light meal and be back at his desk inside two hours.

The main meal of the day is taken on his return from work in the evening, and he is out on the road, or on Helenvale track, about an hour and a half later.

Certainly not an ideal arrangement—most athletic advisers in other well-known countries would hold up their hands in horror at it—but it is the only way an athlete in a normal occupation can obtain the necessary training. Indeed, Everett is well-placed in comparison with many other athletes.

According to the legends, many of the great athletes of today are grim ascetics, eschewing normal pleasures and driving themselves mercilessly even when the flesh cries out for respite. Everett, we are relieved to find, is not of this breed. If he feels tired, he has a lie-off from his schedule, or adjusts it suitably. He makes

time to take his girl to the pictures, theatre or to the occasional dance. He rules the schedule. His astonishing progress to date gives proof that it is good policy.

Weight-training and general exercises play no part in the Everett preparation, although he goes through a simple loosening-up routine before an event. At 5 feet 9 inches and 9 st. 10 lbs. he has height-weight ratio similar to many of today's great middle-distance runners.

In the week before an important race, he does light training. His favourite pre-race meal is scrambled eggs and toast, and glucose. He warms-up with half-an-hour of jogging, a few one hundred yards "strides" and loosening exercises. In the fifteen minutes before the race, he likes to be left alone, to whet his nervous "edge."

In a good class field, he likes to run from behind but if he feels that he has the measure of the opposition he will take the lead.

Though Graham is of the modest type in everyday life he has an obvious flair for racing, with a great spirit of determination.

Contrary to current vogue and perhaps surprisingly to many despite his rapid rise to the fore, he does not set himself high marks to aim at, or 'far-away' targets to reach. He does not speak of "Four-minute miles" or the Empire Games in 1958, or of Rome in 1960. He works hard and conscientiously at his training, using that as his faith for the future.

He enjoys the sport as he goes along aiming to do his best for himself and his club. At present he is concerned with the cross-country programme.

Who is to say that this workmanlike, but almost happy-go-lucky approach of Graham Everett may not be the best way to specialise after all.

TYPICAL TRAINING PROGRAMME

Winter: Sept.-Nov. 1955.

Monday (Afternoon) 5 miles, cross-country, with 100-300 yards bursts. (Evening) 5-6 miles road work with bursts.

Tuesday (Afternoon).

(Evening) Same as Monday.

Wednesday (Afternoon) 6-7 miles cross-country with fast spells.

(Evening) Rest, Cinema or Theatre.

Thursday (Afternoon).

(Evening) Same as Monday.

Friday (Afternoon) If no race on Saturday, 5 miles easy cross-country.

Saturday. If no race, cross-country and road, usually anything between 8-10 miles.

Sunday. 12 miles road and country.

Nov. 1955-April 1956. Similar to above, but track was used on Tuesday and Thursday evenings.

Summer: April-Sept. '56.

Monday (Afternoon) 5 miles running on grass with about 6-8 200 yds. strides. (Evening) 2 miles warm-up 10 x 440 yds. at 60 secs.

Tuesday (Afternoon).

(Evening) Same as Monday.

Wednesday (Afternoon) 5 miles running on grass with fast spells.

Thursday (Afternoon) Same as Monday. (Evening) 2 miles warm-up 3 x 1/4 mile at 2 mins. 6 x 100 yards sprints.

Friday. Rest.

Saturday. Race.

Sunday. 12 x 200 yards, 1/4 Speed.

Best Performances.

Age	440	880	1 mle.	2 mls.	3 mls.
17	—	2.19	5-12	—	—
18	—	2.8	4-30.6	—	—
21	—	1.55	4-13.6	9-26	15-5
22	52	1.56	4-7.5	9-6	—

Do you possess the beautifully printed Souvenir book, "Jubilee History of the International Cross-Country Union 1903-1953." This is a work that every athlete, particularly cross-country enthusiasts should possess. It is a complete and unique study and is well illustrated. Inserts are included of the 1954-55 and '56 Internationals are included bringing it right up to date. Price 7/6 (Postage and packing 9d. extra) from "The Scots Athlete."

WOMEN'S NOTES

By DALE GREIG

For the last three years Maryhill Harriers have completely dominated the C.C. champs, taking both the title, and the team honours without much opposition.

But this season with the C.C. ruling changed to four to run and three to score, there will be several clubs which can field teams capable of challenging their supremacy.

Although these honours will not be easily wrested from a team which includes runners of the calibre of C. Boyes, M. Campbell and M. O'Hare, the club to run them closest will very probably be Springburn who have internationalists, D. Fulton and M. Ferguson in their ranks.

Remember they were runners up in 1955 and last year their two runners finished in the first four. This season, needing only three scoring members, they must stand a great chance and for a club with such a small membership, this would be a remarkable achievement.

Other clubs who will almost certainly field teams are Ardeer, Ayr and Bellahouston—all from the west. For C.C. running seems to have fallen away somewhat in the east. However St. Andrews University who are staging a team race on Jan. 26, will themselves probably field a team, and this would be a new marking stone in the development of this branch of athletics, for in the past the Universities have tended to frown on C.C. running. Therefore it is particularly encouraging to see them doing so much to revive this sport in the east.

Which club will seize individual honours?—Ayr might seem to have a certain advantage in that the championships will be staged over their own course; but in actual fact this doesn't make much difference, for the fastest times in the Ayr race were all achieved by Maryhill girls.

So far as one can judge at this stage of the season, the race seems to be a very open one, but almost certainly Boyes.

Fulton and Ferguson will be in at the 'kill' and possibly a surprise from the east for although few clubs there will be able to field a complete team, we cannot discount Scottish mile champion B. Tait (Edinburgh Harriers), A. Herman, third last year, and Jean Webster, a previous winner, both of Edinburgh Southern, and of course the University runners of whom we know little so far.

All in all the championship looks like being the most open and exciting to date. Certainly it looks as if there will be a record entry both as far as individual and team entries are concerned.

But who will be the new champion?—Only time can tell!

The event will be held at Ayr over 2 1/2 miles on 16th March.

* * *

A ballot relay race, held at Ayr on Dec. 1st, over a hilly 1 1/4 mile course of country and avenue, resulted in victory for the following team—

C. Boyes (Maryhill) 9m. 28s.; D. Fulton (Springburn) 9m. 56s.; A. Dale (Ardeer) 13m. 54s.; 32m. 38s.

Fastest Times—1, C. Boyes, 9m. 28s.; 2, M. O'Hare (Maryhill) 9m. 29s.; 3, D. Fulton, 9m. 56s.

* * *

"World Sports" International Athletics Annual 1956. Contains every statistic necessary for a complete appreciation of athletics. Compiled by the A.T.S.F. (General Editor, R. L. Quercetani). Contents include:—National Records and Championships; World, Olympic and European records; 1955 World List and World Best Performances; Photos of International stars; International Matches 1955; Women's World Records and World List, 208 pages. Price 7/6. 4d. extra for postage.

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Hop, Step and Jump

H. M. Murray (E.U.A.C.), 47 ft. 8 ins.
(W)—St. Andrews—2nd June.
T. McNab (J.T.C.A.C.), 47 ft. 1½ ins.—
Craiglockhart—28th April.
R. M. Stephen (G.U.A.C.), 46 ft. 5 ins.
Belfast—12th May.

Pole Vault

T. Lunde (E.U.A.C.), 11 ft. 6 ins.—
Meadowbank—23rd June.
M. J. Brown (J.T.C.A.C.), 11 ft. 0 ins.—
Meadowbank—22nd June.
D. D. Campbell (E.U.A.C.), 11 ft. 0 ins.—
Craiglockhart—12th May.
P. W. Milligan (V.P.A.A.C.), 11 ft. 0 ins.—
Meadowbank—23rd June.
W. Piper (G.P.A.A.C.), 12 ft. 0 ins.—
Dunoon—24th August.

Putt

M. Lindsay (Q.P.H.), 49 ft. 4 ins.—
22nd August.
T. A. Logan (R. & B.C.A.C.), 45 ft. 4 ins.—
Shotts—1st September.
J. Drummond (H.A.C.), 44 ft. 8½ ins.—
Craiglockhart—20th September.

C. F. Riach (J.T.C.A.C.), 42 ft. 7½ ins.—
St. Andrews—26th May.
M. H. Armour (Atlanta) 42 ft. 4 ins. (d)
Anstruther—21st July.
R. C. Buist ('Q' A.C.), 41 ft. 6 ins.—
Craiglockhart—12th April.
W. McNeish (V.P.A.A.C.), 41 ft. 2½ ins.—
Craiglockhart—12th May.
A. R. Valentine (L.A.C.), 40 ft. 10½ ins.—
Murrayfield—18th August.
R. Findlay (E.U.A.C.), 40 ft. 5 ins.—
St. Andrews—2nd May.

Discus

M. Lindsay ("Q" P.H.), 154 ft. 7 ins.—
J. Drummond (H.A.C.), 142 ft. 1 in.—
Craiglockhart—31st May.
R. C. Buist ("Q" A.C.), 139 ft. 9½ ins.—
Craiglockhart—31st May.
E. C. K. Douglas (F.E.C.), 135 ft. 1½ ins.—
Craiglockhart—31st May.
C. F. Riach (J.T.C.A.C.), 126 ft. 10½ ins.—
St. Andrews—26th May.
A. Simpson (F.E.C.), 124 ft. 5 ins.—
Craiglockhart—6th September.

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Javelin

D. W. R. McKenzie (T.V.H.), 199 ft.
4½ ins.—Manchester—28th May.
C. F. Riach (J.T.C.A.C.), 183 ft. 7 ins.—
Meadowbank—23rd June.
T. Lunde (E.U.A.C.), 175 ft.—Craig-
lockhart—19th May.
I. Gordon (Edin. H.), 173 ft. 4 ins.—
Saughton—9th May.

Hammer

E. C. K. Douglas (F.E.C.), 186 ft. 9½ ins.—
Craiglockhart—20th June.

I. S. Bain (O.U.A.C.), 184 ft.—Oxford—
10th May.
A. R. Valentine (L.A.C.), 183 ft. 2 ins.—
Croydon—15th August.
J. Simmons (F.E.C.), 161 ft.—Craiglock-
hart—10th May.
J. Malcom (F.E.C.), 156 ft. 4 ins.—
Craiglockhart—18th July.
R. S. Scott (Atlanta), 154 ft. 10 ins.—
(Army Champs), 29th or 30th June.
D. Brands (R.A.F.), 151 ft. 10½ ins.—
Meadowbank—23rd June.

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