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JULY, 1957.

Vol. 12, Nos. 1 & 2.

THE SCOTS ATHLETE



DETERMINATION!—Derek Ibbotson at the start of his wonderful 3 mins. 58.4 secs. mile at Ibrox Park, Glasgow. Photo by G.S. Barber.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
PERCY CERUTTY — SOME PERSONAL DEEDS.
WEB CENTRE (Training Principles). DALE'S DIARY.
SPORTS DIARY. BEST PERFORMANCES.
SCOTTISH CHAMPIONSHIP DETAILS.



The great and historic photo shows some of the finest middle-distance runners in the world. It is the finish to the 1,500 metres final at the Melbourne Olympics. The winner was happy Ron Delaney (102). How many of the others can you recognise? We shall list them in our next issue. (This as a glossy 10 in. x 8 in. photo is included in the set advertised on this page).

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EDITED BY - WALTER J. ROSS

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JULY, 1957. Vol. 12, Nos. 1 & 2.

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

JOHN EMMET
FARRELL'S



Personalities North and South
of Border.

Down south, Derek Ibbotson and in a lesser degree Brian Hewson have taken the place of Gordon Pirie as the personality men of athletics.

The 3 miler and half-miler turned

miler have shown sensational form over the classic distance and have shown that they are on the threshold of Landy's world figures of 3:58. Can either or both cross the threshold? Ibbotson having now beaten the 4 minute mile twice and in view of his recent great Ibrox run of 3:58.4 has shown that he can beat Landy's figures and that he has a chance against any man in the world but until he meets and beats Olympic champion Ron Delaney that most under-rated of champions I would not care to say that he is definitely the world's greatest miler.

A more relaxed Gordon Pirie not quite at concert pitch after a post-Olympics rest is coming to hand gradually and must not be dismissed entirely from the picture.

THOUGH sandwiched between last year's Olympic and next year's Empire and European Games, this season may be quieter but by no means uneventful.

Field Events Advance.

It is gratifying to find the upward trend in British fields events still in operation.

The record achievements of Cullen in the javelin, Ellis in the hammer, Crutten-don in the long jump and the exploits of versatile "boy" wonder Mike Lindsay are heart-warming but again everything is comparative and world standards do not themselves remain static. For example "Corny" Warmerdam's great pole vault world record of 15 ft. 7 $\frac{1}{4}$ ins. has at last fallen—to Bob Gutowski who cleared an incredible 15 ft. 8 $\frac{1}{4}$ ins. and though super-man Parry O'Brien's shot put world figures still stand—they are being challenged by new threat—fellow American Nieder.

Some Great Scots.

In Scotland Jim Paterson and Graham Everett have been our chief personalities, the former perhaps more so because of his amazing versatility. Ex-steeple chase champion, once a competitor in a 15 mile road race, a competitor in 5 finals in the recent Edinburgh Varsity championships, 2nd in both sprints a winner in 440, 880 and 3 miles.

I doubt if anything like this has ever been seen in athletics, certainly not in Scottish athletics.

His great double in quarter and half in Scottish championship best performances underline his class and must put him in the running for the Crabbie Cup (best competitor at Scottish championships).

Whitelock and Fenion Challenge.

Nevertheless Ron Whitelock's great 9.8 sprint to equal Willie Jack's record and Harry Fenion's fantastic marathon in 2 hrs. 25 mins, 44 secs.—6 secs. inside Joe McGhee's seemingly unapproachable figures of 1955 must also merit consideration for this honour. What a wonderful season it has been for little Harry, Cross-country champion and now Marathon King! What a race could be visualised if McGhee could throw off his recurrent injury and recover his best form.

Saga of Hugo Fox.

But who remembers the second man; even though his performance is magnificent? Just as Graham Everett's great run for a new Scottish record of 4 mins. 6.6 secs, went almost unnoticed and unacclaimed in the furore over Ibbotson's sub 4 minute mile so did Harry Fenion's brilliance take the shine off the performance of his runner-up Hugo Fox of Shettleston whose time of 2 hrs. 28 mins, 54 secs. was inside the figures of Kitei Son of Japan who won the Olympic Marathon at Berlin in 1936.

But the story of Fox is an inspiring one. For 15 years a distance cyclist star he turned to athletics and long-distance

running as a hobby. 3rd—two years ago in McGhee's record marathon, injury forced him to stop running and now after a year's absence he has come back at 36 years of age better than ever to show that he may still have more world's to conquer.

Athletes and Philosophy.

Shrubb, Nurmi, Zatopek, Kuts—the greats of their days are followed by other greats. Kuts is now claimed as the greatest distance runner of all time. Yet the ink from the praise of the critics has barely dried and the echo of applause to Zatopek has hardly died away from the arenas which the great Czech graced. I will not quarrel with the new estimate for Kuts is certainly a great runner and he may reach even greater heights. But is the clock an infallible final yardstick of comparison? I think not.

Yet champions come and champions go. They have their exits and their entrances. Athletic champions too must be philosophers after their own fashion. For in defeat one may lose the record, the title and the prize but not the greatest prize of all—character. I am sure this is so with Zatopek. That loving the game above the prize he can with others accept with stoical resignation or smiling equanimity the brutal fact that "to-day is yesterday to-morrow."

STOP PRESS

As this issue goes to print, it has been reported that J. V. Paterson running at Bordeaux, France in an International 800 metres race on Saturday, 29th June finished a close second to the U.S. star Arnie Sowell with a time of 1m. 47s. which is easily the best-ever by a British athlete for the distance.

In a forthcoming issue we will publish a full coverage, including training of the career of this most amazing and colourful Scottish athlete. This will make a revealing study.

STARTING!

By PERCY CERUTTY

Starting! Even more important than finishing. If you start tensed you will continue to run tensed. As you start so you tend to continue. For the Marathon? Just line up in an easy posture: no stoop or set position. Relax and listen intently for the gun. Tend to move off without tension and strain. In 10 or 20 yards you will pick up your speed. Let it come: do not force it or you will run the whole 26 miles under strain. Give yourself up to your running as it grows on you and you will run your distance races guided by the part of your brain that CAN, and should, accurately control all that is good for you in the race. You can give yourself over to it, and it will do best for YOU, if you trust IT, and start without tension.

The 5,000 and 10,000 metres? The same principle holds good. Have you studied Zatopek starting? No? Well, you have missed a classical lesson. He does not start slowly as so many imagine: it is others who start **too fast**. He runs off at his race speed and picks it up in the first 20 yards. Most start as if it was a mile and rush into speeds they cannot maintain. Jostling for position is what they call it. Zatopek never needed to. He merely won in his own time: his own way—mostly. The jostlers jostled for the places—mostly!

The 880 and mile. Still I feel that the same principles obtain. I favour the standing start, some lean, relaxed and intent on the gun. Again let the running come even if out-positioned at the turn. If strong and relaxed you can more than make up these disadvantages. Power, not tension is what must work for you. Control: a ruthless cold certainty: not a panicky burst for position. Bannister understood these things.

The Sprints from the 100 to the 440? Now we come to it. Be **POISED** on the mark **NOT set**.



Do not look up the track from under your eyebrows, above all else do not lift the head so that you see up the track.

Keep the head in perfect alignment with the spine and back. You **must** look down where the first footfall will be if you do this. And this first step is all that you are concerned with when on the mark. Its instantaneous execution: its perfect execution. IF the first step is OK there is hope that all those after will be OK. If the first is **tensed**—I ask you!

So look down at the spot where the foot will fall: **pin/point** it in fact: wait for the gun that springs that leg and foot into action. If you do this you will feel alert yet composed and **will never break**. Breaking suggests two things: You are prepared to cheat to gain an advantage: Or, you have so little control over yourself that you act as an hysterical person could be expected to act. Going out with another who breaks is excusable when we are keyed up—but to be a chronic false starter—girls are expected to act that way—and mostly do. (At least out here in Australia—the starting of the women is often ludicrous.)

Make no effort to come upright. In fact stay down as long as you can until running at full speed, at least. Then look for the finish. If you start correctly we shall not see the customary "bob-up" as we leave the mark. It is best seen from 20—30 yards away. Get someone to check on this.

Our Contributor—PERCY CERUTTY

SOME PERSONAL DEEDS

By JAMES L. LOGAN.

Behind many of the great performers of recent years stand men who, on the testimony of the athletes themselves, share some of the credit for famous deeds. They have exerted their influence in various ways: directly, like Franz Stampfl and Mihaly Igloi; in a consultative way, like Woldemar Gerschler; and in a philosophic way, like Percy Cerutty, who is content to pass on to others the wisdom gained through experience, study and thought.

The instinctive reaction to advice of any kind is to question if the precept is based on practice. Those who seek knowledge listen more attentively to the teacher who has a background of personal success.

Percy Cerutty's name is not on the Olympic list. But his story of athletic achievement should be known to all who study his philosophy.

Looking at him now, most people would assess him as one of those leathery veterans whose fitness is founded on a naturally tough constitution. They would be wrong, for when Cerutty's athletic story began in 1939, he was 44 years of age and in poor health.

The average person in such a situation would resign himself to an armchair, a succession of doctors and the commiseration of his friends. But, with the rest of the world priming itself for World War II, Cerutty began his own solitary battle back to health.

By dieting, carefully graded exercise and gentle running he built up his strength over three years until he could cover a mile in six minutes. At 47, he could well have been content to consider that as a satisfactory climax (how many middle-aged men, with a clean history of health, can run a mile in six minutes?), but Cerutty, inspired by the writings of Arthur

Newton, the world-famous runner who had begun his career at 39, decided that a more significant target would provide the stimulus to greater achievement.

The classic marathon distance of 26 miles 385 yards was the event that challenged his ambition. No one needs to win a marathon race to achieve intense personal satisfaction: to complete the gruelling distance, even today, is a worthwhile feat in itself.

Cerutty had taken three years to build up to his mile in six minutes. He allowed himself another three years to prepare himself for the marathon. And, just short of his fifty-first birthday, he made a privately timed run over the regulation distance in 3 hours 2 minutes. He passed the mark in good shape, and went on to complete thirty miles in 3 hours 34 minutes.

Before this orthodox test, he had carried out a prodigious walking and jog-trotting demonstration in hilly country. The last 100 miles of this gruelling commando-like expedition was covered inside 24 hours!

The following year saw Cerutty gain the official hall-mark of a champion and record holder—at nearly 52 years of age. The Victoria A.A.A. staged a marathon over the regulation distance and although Cerutty did not win the event he was the leading runner from his State, thereby winning the State championship with the record time of 2 hours 58 minutes 11 seconds.

As a bare entry in a record book, that meant little but the feat was destined to have a significance far beyond a mere local championship. Obviously, a man who could work such a miracle with his own meagre physical resources must have a message to impart to others.

SPORTS DIARY

July
 10—R.N. Championships—Plymouth.
 12/13—A.A.A. Championships—White City, London.
 13—Saxone A.C.—Kilmarnock.
 13—Forres Gathering—Forres.
 13—Edinburgh City Police A.C.—New Meadowbank.
 17—Inter-Services C'ships—Plymouth.
 18—Edinburgh Press Charities.
 20—Aberdeen Corporation—Linksfield Stadium.
 20—Anster Fair—Anstruther.
 20—Gourock Highland Games—Gourock.
 27—A.A.A. Junior C'ships & Senior Relay C'ships—Hurlingham Park, London.
 27—Dirran Sports Day—Kilwinning.
 Aug.
 1—Biggar Agricultural Society.
 3—Rangers F.C.—Ibrox Stadium.
 3—Bridge of Allan Games—Bridge of Allan.
 3/5—Great Britain v. France—White City, London.
 9/10—A.A.A. Decathlon Championships—Loughborough College.

We Have Received.

The 1957 British Athletics Record Book. Compiled by N. & R. McWhirter with Ian Buchanan. Published by McWhirter Twins, Ltd., c/o Lloyds Bank, 222 The Strand, London, W.C.2. Price 7/6 post free. This is a unique publication giving full and detailed lists and every true enthusiast will find it a most interesting and invaluable reference.

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SCOTTISH SENIOR CHAMPIONSHIPS

NEW MEADOWBANK, 21st and 22nd JUNE.

Only five Scottish champions retained their titles at the 65th Annual Championships. One native record was equalled and four other 'best championship performances' were achieved.

Ron Whitelock overcoming continual break-down through injury equalled W. Jack's (1952) record figures of 9.8 secs. for the 100 yds. J. V. Paterson had a grand 'best championship' double taking .6 secs. off the 440 yds. figures of 49.2 secs. by E. H. Liddell (1925) and R. B. Wylde (1937) and five-tenths off J. C. Stothard's 1935 half-mile mark. Greenock born D. Shaw (R.A.F.) lopped 16.2 secs. off J. R. Hamilton's (1955) time in the Steeple-chase; whilst Harry Fenion skimmed a narrow 6 seconds off Joe McGhee's 1955 outstanding marathon time of 2h. 25m. 30s.

100 Yards.

1. R. Whitelock (V.P.A.A.C.) 9.8s. (equals Scottish Native Record)
2. G. Garragher (Ed. Sth H.) 10.0s.
3. J. G. Edgar (Glas. Police) 10.1s.
4. W. Henderson (Watsonian) 10.3s.
5. R. E. Hall (Pitreavie A.C.) 10.3s.
6. G. H. Cain (Ed. North. H.) 10.3s.

220 Yards.

1. W. Henderson (holder) ... 22.7s.
2. R. Quinn (V.P.A.A.C.) ... 22.9s.
3. J. G. Edgar (Glas. Police) 23.1s.
4. F. McCarvel (Polytechnic) 23.2s.
5. K. A. Robertson (Edin. Un.) 23.7s.

440 Yards.

1. J. V. Paterson (Edin. Un.) 48.6s. (Best Championship Performance)
2. J. McIsaac (V.P.A.A.C.) ... 49.7s.
3. D. MacDonald (Gars. H.) 50.6s.
4. J. R. Boyd (Glasgow Univ.) 50.9s.
5. C. A. R. Dennis (Ed. Univ.) 51.0s.
6. R. L. Hay (Edin. Univ.) ... 51.1s.

880 Yards.

1. J. V. Paterson (holder) 1m. 53.1s. (Best Championship Performance)
2. J. R. Boyd (Glas. Un.) 1m. 54.1s.

High Jump.

1. C. M. Fairbrother (V.P.A.A.C.) 6 ft. 3 ins.
2. A. M. Law (Bella. H.) 5 ft. 10 ins.
3. J. Freebairn (Glas. Un.) 5 ft. 9 ins.
4. & 5. (tie). A. J. Galbraith (Ed. Sth.) 5 ft. 8 ins.

A. Houston (V.P.A.A.C) 5 ft. 8 ins.

6. G. Turner (V.P.A.A.C.) 5 ft. 8 ins.

Long Jump.

1. T. T. Lunde (Unatt.) 21 ft. 4 ins.
2. R. Gray (Ed. Sth. H.) 21 ft. 2½ ins.
3. I. McClune (Glas. Un.) 21 ft. 2 ins.
4. L. M. Rankin (V.P.) 21 ft. 0½ in.
5. W. R. Cameron (Ed. Univ.) 20 ft. 8 ins.

6. J. W. Jamieson (Ed. Univ.) 19 ft. 10½ ins.

Hop, Step and Jump.

1. H. M. Murray (Ed. Univ.) 46 ft. 3½ ins.
2. R. Gray (Ed. Sth.) 44 ft. 10½ ins.
3. I. A. Davidson (Edin. Univ.) 44 ft. 10½ ins.

4. I. McClune ... 43 ft. 10½ ins.
5. N. Beggs (Shotts M.W.) 43 ft. 2½ ins.
6. C. J. Stalker (Glas. Un) 41 ft. 9 ins.

Pole Vault.

1. P. Milligan (V.P.A.C.) 11 ft. 6 ins.
2. T. T. Lunde ... 11 ft. 6 ins.
3. S. Mumford (Ed. Un.) 11 ft. 6 ins.
4. N. J. Brown (J.T.C.) 11 ft. 6 ins.
5. D. D. Campbell (Ed. Univ.) 10 ft. 6 ins.

6. J. Freebairn (Glas. Un.) 10 ft. 6 ins.

Discus.

1. J. Drummond (Heriot's F.P.) 150 ft. 8 ins.
2. J. Hogg (Welwyn) 142 ft. 4½ ins.
3. R. C. Buist (Field Events C.) 140 ft. 5 ins.

4. C. F. Riach (Jordanhill T.C.) 134 ft. 10 ins.
5. F. McLachlan (Edin. Sth. H.) 122 ft. 2½ ins.

6. W. A. Simpson (Edin. Univ.) 121 ft. 8 ins.

Javelin.

1. C. F. Riach ... 183 ft. 4½ ins.
2. R. A. Findlay (Ed. Univ.) 172 ft. 2 ins.
3. H. M. Murray ... 155 ft. 10½ ins.
4. T. T. Lunde ... 148 ft. 11½ ins.

Shot Putt.

1. J. Drummond ... 43 ft. 9½ ins.
2. J. Hogg ... 40 ft. 2½ ins.
3. J. L. Crosbie (Kilmarnock H.) 39 ft. 7 ins.

Hammer.

1. I. S. Bain (Achilles) (holder) 170 ft. 6 ins.
2. R. S. Scott (Glasgow Univ.) 170 ft. 4½ ins.

3. J. S. Malcolm (Edin. Police) 158 ft. 4 ins.
4. D. Brands (R.A.F.) 154 ft. 0 ins.

Tug-of-War (Catch Weights).

Hoover Sports Club (holders) beat Singer A.C. by 2 pulls to none.

Marathon.

1. H. Fenion (Bella. H) 2h. 25m. 44s. (Best Championship Performance)
2. H. Fox (Shett. H.) 2h. 28m. 57s.
3. G. C. King (Gr. Wellpark H.) 2h. 37m. 20s.
4. J. Garvey (Vale of Leven A.C.) 2h. 40m. 21s.
5. A. Hume (Lochaber A.C.) 2h. 44m. 36s.
6. J. Robertson (Ed. Sth. H.) 2h. 46m. 7s.

Junior Relay Championships.

440 yds. (4 x 110 yds.)

1. Shettleston H.—45.3s.; 2. George Heriot's 46.2s.

Three-Quarter Mile

(440, 220, 220, 440)

1. George Heriot's—2m. 30.2s.; 2. Shettleston H.; 3. Bellahouston H.

Schools' One Mile Steeplechase.

1. G. A. Manson (Fettes Coll.) 5m. 6.6s.
2. B. Denver (Dunfermline H.S.) 5m. 6.8s.
3. D. Crabb (Strathallan Sch.) 5m. 8.6s.

120 Yards Hurdles.

1. J. T. A. Johnston (Glas. Un) 15.4s.
2. R. D. M. McLeod (Aberdeen Un.) (holder) ... 15.5s.
3. A. Hannah (Edin. Univ.) 15.6s.
4. R. H. Weir (Falkirk Vict.) 15.9s.

440 Yards Hurdles.

1. A. Hannah (holder) ... 55.6s.
2. C. A. R. Dennis (Ed. Un.) 57.0s.
3. W. Hunter (Jordanhill T.C.) 58.5s.
4. R. L. Hay (Edin. Univ.) ... 58.6s.



WOMEN'S NOTES

By DALE GREIG

At the S.W.A.A.A. Championships at New Meadowbank, on Saturday 8th June in conditions which favoured fast times, it was perhaps just a little disappointing that only one record should fall and that rather unexpectedly in the 100 yds. where Isobel Bond (Ardeer) came through strongly to gain a narrow victory over D. Tyndale (Tayside) in 11.3 secs. for a new native record.

If the '100' was close, then the 220 yds. was a much closer thing with Bond just getting the verdict on the tape, again from Tyndale who at 17 looks a very promising sprinter. The Ardeer girl was selected and entered by the S.W.A.A.A. to compete at the British Championships in July together with Anna Herman (Edinburgh Southern) who regained her 440 yds. title very convincingly in 59.6 secs. and Mary Symon (Maryhill) who again won the Intermediate 100 yds. with a very fast 11.4.

Feature of interest in the half mile was the appearance of the Surrey Champion J. King (Streatham Ladies) who had come up from London for the day. The race, however, was won by a comparative newcomer to middle distance running Sheena Duncan (Edinburgh Harriers) with Miss King taking second place.

Barbara Tait, also of Edinburgh, retained her mile title in 5:35s. a time which might have been faster had the pace been a bit steadier in the initial stages of the race.

In the field events generally the standard was up on last year. It was rather significant to note that the first three places in both shot and discus went to University girls, a further indication of

the need for general encouragement at these events.

Apart from Isobel Bond only M. Bain (Dumf. College of Phys. Ed.) had a double taking the High Jump at 4 ft. 11 ins. and the 80 metres hurdles in 12.3 secs.

Performers of note among the Intermediates were Jean Muir (Springburn) also picked for the W.A.A.A. Championships who won the 80 yds. hurdles (11.7) and took 3rd place in the long jump with 15 ft. 1½ ins., Anna Dale of Ardeer gained a fine double taking the shot with 28 ft. 6½ ins and the javelin with 83 ft. 6 ins.—almost 10 ft. further than the seniors threw!

Outstanding in the junior class was W. Selley (Shotts) who took both sprint races, the 75 yds. in 8.9 and the 150 in 17.5 secs.

At the close of the meeting, which ran very well to time, the victorious received their medals from the Lady Provost of Edinburgh, A. Johnson-Gilbert—the vanquished went home vowing better things next time!

Details—

SENIOR

100 Yards.

1. I. Bond (Ardeer) 11.3 secs. (record)
2. D. Tyndale (Tayside).
3. N. Campbell (Maryhill).

220 Yards.

1. I. Bond (Ardeer) ... 25.4s.
2. D. Tyndale (Tayside) ... 25.4s.
3. M. Mitchell (Dundee) ... 25.9s.

440 Yards.

1. A. Herman (Eding Sth. H.) 59.6s.
2. I. M. Mooney (Jordanhill) 61.0s.
3. S. Duncan (Edin. H.) ... 61.1s.



ISOBEL BOND (Ardeer Rec. Club) immediately after winning the Scottish 100 yds. title in the new native record time of 11.3 seconds.



880 Yards.

1. S. Duncan (Edin. H.) ... 2m. 26.3s.
2. J. P. King (Streatham L.) 2m. 27.6s.
3. M. MacAulay (Edin. H.) 2m. 29.8s.

Mile.

1. B. Tait Edin. H. ... 5m. 35.0s.
2. H. Cherry (Bellahouston) 5m. 40.8s.
3. D. Fulton (Springburn) 5m. 58.7s.

80 Metres Hurdles.

1. M. Bain (Dunf. Coll. of Phys. Ed.) 12.3s.
2. C. Martin (Glasgow Univ.) 12.7s.
3. R. Guy (Bellahouston H.) 13.0s.

High Jump.

1. M. Bain (Dunf. Coll. of Phys. Ed.) 4 ft. 11in
2. V. Friel (Glasgow Univ. A.C.)
3. M. Bell (Shotts Miners W.)

Long Jump.

1. B. Campbell (Athenian) 15 ft. 5½ in
2. C. Martin (Glasgow U.) 15 ft. 4½ in
3. V. Friel (Glasgow U.) 15 ft. 4½ in

Shot Putt.

1. J. Pringle (Aberdeen U) 32 ft. 9 in
2. C. Charters (Ed. Un.) 27 ft. 8½ in
3. B. Campbell (Athenian) 27 ft. 1 in

Throwing the Discus.

1. D. Will (Aberdeen U) 115 ft. 6½ in
2. A. Ireland (Edin. Un) 104 ft. 5 in
3. C. Charters Edin. Un.) 101 ft. ½ in

Throwing the Javelin.

1. M. Dykes (Edin. H.) ... 75 ft. 9 in.
2. M. McBain (B'houston) 72 ft. 11½ in

INTERMEDIATE.

100 Yards.

1. M. Symon (Maryhill H.) ... 11.4s.
2. E. Watt (Edinburgh H.) ... 11.6s.

220 Yards.

1. H. Inglis (Broxburn) ... 26s.
2. J. Flannigan (Edinburgh H.) 26.6s.

80 Metres Hurdles.

1. J. Muir (Springburn H.) ... 11.7s.
2. J. Flannigan (Edinburgh H.) 12.2s.

(L.J.)—J. Flannigan (Ed. H.) 16 ft. 4 ins. (H.J.)—H. Caldwell (Broxburn A.T.C.) 4 ft. 9 ins.

(S.P.)—A. Dale (Ardeer) 28 ft. 6½ ins.

(Discus)—M. Craig (Ardeer) 90 ft. 5 ins.

(Jav.)—A. Dale (Ardeer) 83 ft. 6½ ins.

Relay (4 x 110 Yards).

1. Ardeer Recreation Club ... 53.1s.
2. Broxburn A.T.C. ... 53.1s.
3. Edinburgh Harriers ... 53.2s.

JUNIOR.

75 Yds.—W. Selley (Shotts) ... 8.9s.

150 Yds.—W. Selley (Shotts) ... 17.5s.

70 Yds. Hurdles—L. Cumming (Maryhill) 11.3s. (H.J.)—I. J. Gordon (Park School) 4 ft. 5 ins. 2. M. Porteous (Broxburn) 4 ft. 5 ins.

(L.J.)—F. Christie (Maryhill) 15 ft. 3 ins.

Relay (4 x 110 Yards).

1. Maryhill Harriers ... 52.3s.
2. Broxburn Y.A.C.



WEB CENTRE

By BRIAN MITCHELL

PART 3

TRAINING PRINCIPLES—(i)

'Training' is the process whereby a man prepares himself for a particular task. He wishes to throw a javelin or run a mile and although nobody can tell him, in exact terms, how to prepare for these actions, yet we recognise a general picture. The principles of training are visible to the searching eye, though the details may not be thoroughly distinguishable. In athletics, a man may prepare himself for a particular task by subjecting himself to a process the fundamentals of which are known. But it must always be borne in mind that no assumption necessarily lasts, final judgement should be suspended and continual examination of our beliefs is essential. New conceptions can thus be embraced and old ones adjusted.

There has been a mad rush for Zatopekian schedules during the past ten years or so and often the first principle of training, as I see it, has run the risk of being killed, or at least wounded. The 'hard-work' attitude is the only one which will get good results, but the task before any particular individual is not quite so simple that it can be solved by brute force alone; enormous training schedules make good 'copy' for melodramatic journalists, but it is the enormous accomplishment in track or field competition that an athlete is looking for. He will get this partly by observing this principle: the most essential purpose of training is the acquisition of a great fund of bodily power and energy and such a fund must be added to month by month and year by year IF the athlete has a definite and elevated target before him. It is quite possible to bank a little energy over a period of weeks and dissipate this in a few hectic races; I do not subscribe to the view that there is no such thing as staleness, for what may happen is, that

the spending of physical reserves may not leave a man any worse off than before (since he adjusts his training) but will, when emphasised, stop his progress. And such spending is just as commonly part of a training programme as of a set of races. The first principle of training is: build up physical energy, muscular and nervous, and watch for anything which tends to halt progression. If training to a 'peak' means anything, it means this.

Progress is not really so difficult to achieve, because a man has one sure guide. The body has a fair idea of the amount of exercise it can profitably take and although good athletes are not in the habit of making concessions to their tiredness, a sensible limit will be pointed out. You never have to decide whether to run six 'quarters' or twenty-six, because such extremes are marked out on your nerves. The principle here is, to watch for signs and adjust the margin of effort accordingly; the body is quite capable of grading its demands and its allowances. But there must, and will, be grading. As a capacity for withstanding pressure develops, so the pressure must be applied. New channels have to be cut out and greater efforts endured and this requires free frequency and regularity.

It is a matter of common experience that all training must be done frequently and regularly. Any refusal to accept and act upon this fact goes against another main principle. Again, the body gradually allows more frequent efforts, so that the number of outings grows necessarily larger after a time; a limit is met with and I should say that six times a week is such a limit. When frequency is no longer a problem the athlete can look to intensity. Frequency implies regularity, but neither is as important as quality—the intensity of the effort and its special nature. Later on, I shall attempt to lay bare the details of specialisation as they concern each

event. Meanwhile, the principle of 'special upset' can be outlined.

At any particular distance, in running, and for any particular action, in throwing and jumping, the normal posture of the body is upset in a special way; therefore the training principle to be observed is, that something very similar to the required competition movement should be undertaken during the time of preparation. In running, a similar degree of pressure will be applied for a comparative length of time; in throwing, a similar kind of action will be carried out (preferably the action itself); in jumping, the required muscles will be strengthened in the required way. There are, of course, further points; merely to throw and jump in training is not enough, for general fitness has to be obtained and plenty of fast running has to be done; whilst detailed work has to be

devised over many months. But the general principle of 'special upset' must be observed. The quality of training should not alter throughout the year, where quality denotes precision of movement and of effort; 'stamina in the winter and speed in the summer' is a very faulty dictum when it is taken to suggest that long, slow runs are necessary at one time of the year and short, quick ones at another, for only quantity should change, not quality. I do not suppose that this is a magic formula; but it is a sensible principle.

There is one other main and important principle to examine and it must be considered at some length. Next month, I will attempt to distinguish and defend the significance and necessity of what is generally called 'overloading.'

CONTINENTAL SPORTS FOOTWEAR

TRAINING SHOES - TRACK SHOES
(4 or 6 SPIKES)
ROAD SHOES - CROSS-COUNTRY SHOES
SPECIAL EVENT SHOES

From the most modest and inexpensive to the most luxurious in comfort.

All beautifully styled and finished.
We have a unique collection on display.

THE SCOTS ATHLETE

SCOTTISH BEST PERFORMANCES

(Marks include to 25th June).

Compiled by D. C. SINCLAIR.

100 Yards

R. Whitelock (V.P.A.A.C.)—9.8s. New Meadowbank, 22nd June
A. S. Dunbar (V.P.A.A.C.)—10.0s. Scotstoun 27th April
M. W. Hinde (Paisley G.S.)—10.0s.—Scotstoun 27th April
G. Garracher (E.S.H.)—10.0s.—New Meadowbank 22nd June

220 Yards

W. Henderson (W.A.C.)—21.7s.—Ibrox—15th June
J. G. R. Robertson (G.U.A.C.)—22.0s.—Ibrox—15th June
R. Quinn (V.P.A.A.C.)—22.6s.(e)—New Meadowbank 21st June
K. Robertson (E.U.A.C.)—22.6s.—New Meadowbank 6th June

440 Yards

J. V. Paterson (E.U.A.C.)—48.6s.—New Meadowbank 22nd June
J. McIsaac (V.P.A.A.C.)—49.4s.—Ibrox—15th June
R. A. Cairney (G.U.A.C.)—49.9s.—St. Andrews 1st June
D. McDonald (G.H.)—50.6s.—New Meadowbank 22nd June

880 Yards

D. C. E. Gorrie (O.U.A.C.)—1m. 50.8s. Oxford 11th March
J. V. Paterson (E.U.A.C.)—1m. 51.7s.—White City—8th June
L. C. LockE (L.U.A.C.)—1m. 51.8s.—White City—8th June
G. Everett (Shet. H.)—1m. 52.7s.—Helenvale—25th June

J. R. Boyd (G.U.A.C.)—1m. 53.6s.—St. Andrews—1st June
A. McNally (Doon H.)—1m. 55.0s.—New Meadowbank 22nd June

1 Mile

C. Everett (Shet. H.)—4m. 6.6s.—Ibrox—15th June
J. R. Cameron (T.V.H.)—4m. 11.8s.—Chiswick—11th May
J. L. Hendry (S.H.)—4m. 16.4s.—Barrachnie—11th June
G. Stark (E.S.H.)—4m. 20.30s.—New Meadowbank—22nd June

3 Miles

J. R. Cameron (T.V.H.)—14m. 11.0s.—Leyton—1st May
A. J. Wood (S.H.)—14m. 16.4s.—New Meadowbank—22nd June
W. A. Robertson (E.S.H.)—14m. 16.8s.—New Meadowbank—22nd June
A. H. Brown (M.Y.M.C.A.)—14m. 18.1s.—Helenvale—6th June

120 Yards Hurdles

J. Johnstone (G.U.A.C.)—15.3s.—St. Andrews—1st June
R. D. McLeod (A.U.A.C.)—15.3s.—St. Andrews 1st June
R. H. Weir (F.V.H.)—15.6s.—Westerlands—12th June
A. Hannah (E.U.A.C.)—15.6s.—New Meadowbank—22nd June

440 Yards Hurdles

A. Hannah (E.U.A.C.)—54.0s.—Reading—18th May
C. A. R. Dennis (E.U.A.C.)—56.0s.—Westerlands—12th June
A. McAdam (St. A.U.A.C.)—58.5s.—St. Andrews—25th May
W. Hunter (J.T.C.A.C.)—58.5s.—New Meadowbank—22nd June

High Jump

C. W. Fairbrother (V.P.A.A.C.)—6 ft. 3 ins.—New Meadowbank—22nd June
A. M. Law (B.H.)—6 ft. 0 ins.—Beith—25th May
H. Holden (E.U.A.C.)—5 ft. 11 ins.—Pitreavie—24th May

A. Houston (V.P.A.A.C.)—5 ft. 10 ins.—Ibrox—15th June
J. Johnstone (G.U.A.C.)—5 ft. 10 ins.—St. Andrews—1st June

Long Jump

W. R. Cameron (E.U.A.C.)—22 ft. 1 in.—Craiglockhart—25th May
D. Whyte (Bell Baxter)—21 ft. 11 ins.—Goldenacre—15th May
E. Ericson (G.U.A.C.)—21 ft. 10 1/2 ins.—Craiglockhart—27th April
H. M. Murray (E.U.A.C.)—21 ft. 5 1/2 ins.—Craiglockhart—25th May

SCOTTISH SCHOOLS CHAMPIONSHIPS

Several boys came a long way to Goldenacre, Edinburgh, for the Scottish Schools 52nd Championships on 45th June, and found their journeys well rewarded. Golspie Secondary School, Inverness Academy, Kirkcudbright Academy and Dumfries Academy all provided winners.

There were a number of worthy contenders for the Eric Liddell Memorial Trophy awarded for the most meritorious performance of the day, and a fine balance was achieved in running, jumping, hurdling and throwing. In the 17-19 age group, E. H. Tainsh (Heriot's), A. Mackie (Bell Baxter), and R. R. McDonald (Heriot's) returned 10.1, 22.9 and 50.8 seconds in the sprints and "quarter" in the hurdles, B. H. Palmer (Royal High School) and M. Thomson (Heriot's) returned 15.5 and 23.7 seconds in the 120 yards and 200 yards events; in the long jump, D. Whyte (Bell Baxter) was only one inch off 22 feet; and in the hammer, R. C. Kirkwood

upheld a Fettes tradition by throwing the 12 lb. missile 140 ft. 10 1/2 ins.

In the 15-17 age group, I. Wotherspoon, the Kiel School all-rounder, clocked 10.3 seconds, J. Jackson (Lanark Grammar School) won the 110 and 200 yards hurdles in 14 seconds and 24.5 seconds, J. Wellwood (Fettes) cleared 10 ft. 1 in. in the pole-vault and T. Gifford (Boroughmuir) retained his shot putt title with a record throw of 48 ft. 5 1/2 ins., completing a double by taking the discus honour with 147 ft. 8 1/2 ins.

In addition to the "double" winners mentioned, T. Macpherson (Golspie Senior Secondary) annexed the shot and discus titles in the 17-19 group.

From this formidable list the judges picked out R. R. McDonald's 50.8 seconds "quarter" and D. Whyte's 21 ft. 11 ins. long jump as performances of equal merit, and each boy will hold the Eric Liddell Memorial Trophy for six months.

James L. Logan.

L. M. Rankin (V.P.A.A.C.)—21 ft. 5 1/2 ins.—Westerlands—12th June

Hop Step and Jump

H. M. Murray (E.U.A.C.)—47 ft. 3 1/2 ins.—St. Andrews—1st June

I. McLune (G.U.A.C.)—47 ft. 0 in.—Westerlands—25th May

R. Gray (E.S.H.)—45 ft. 2 1/2 ins.—Westerlands—12th June

R. M. Stephen (S.H.)—45 ft. 1 in.—Helenvale—6th June

Pole Vault

P. Milligan (V.P.A.A.C.)—12 ft. 3 ins.—Westerlands—4th June

N. J. Brown (J.T.C.A.C.)—12 ft. 3 ins.—Renfrew—8th June

S. Mumford (E.U.A.C.)—11 ft. 9 1/2 ins.—Craiglockhart—20th May

T. Lunde (unat.)—11 ft. 6 ins.—Westerlands—12th June

Shot Putt

M. R. Lindsay (Q.P.H.)—52 ft. 11 ins.—Leyton—1st May

J. Drummond (H.A.C.)—44 ft. 1 1/2 ins.—Goldenacre—23rd May

J. Hogg (Welwyn A.C.)—41 ft. 8 ins.—Watford—1st June

Discus

M. R. Lindsay (Q.P.H.)—166 ft. 4 ins.—Berking—20th April

J. Drummond (H.A.C.)—150 ft. 8 ins.—New Meadowbank—21st June

J. Hogg (Welwyn A.C.)—142 ft. 4 1/2 ins.—New Meadowbank—22nd June

R. Buist (F.E.C.)—140 ft. 5 ins.—New Meadowbank—22nd June

Javelin

R. A. Findlay (E.U.A.C.)—191 ft. 8 ins.—Westerlands—12th June

C. F. Riach (J.T.C.A.C.)—183 ft. 4 1/2 ins.—New Meadowbank—22nd June

T. Holzbog (E.U.A.C.)—182 ft. 5 1/2 ins.—Craiglockhart—25th May

Hammer

A. R. Valentine (L.A.C.)—172 ft. 1 in.—White City—8th June

R. S. Scott (G.U.A.C. & F.E.C.)—171 ft. 2 ins.—Westerlands—12th June

I. S. Bain (Achill3s)—170 ft. 6 ins.—New Meadowbank—22nd June

DEREK IBBOTSON—3m. 58.4s.

Before a 20,000 crowd at Glasgow Police Sports held at Ibrox Park, Glasgow on 15th June with the temperature at 84° Derek Ibbotson in a memorable mile race set a new European record with 3m. 58.4 secs.—a mere four-tenths outside of John Landy's 3m. 58s. world record.

There were two late entries in L. Locke (London Univ.) and P. Soine, South Africa to make up nine that started.

At the quarter-mile mark, Ibbotson was in fifth position as Locke led through in 57.2 secs. (estimate for Ibbotson 58.2s.). By the half-mile stage the classy field was tailing off but Frenchman Marcel Bernard was up with Ibbotson (est. 1m. 58.2s.) with Soine in front and passing the pole in 1m. 58s.

At this stage Ibbotson looked well poised for a great time but at 660 yards to finish Soine could maintain the pace no longer and Ibbotson went right to the front with relentless running.

At the bell the time was announced as 2m. 59.8s. and with not the least sign of letting up, Athletes surrounding the track

and spectators alike sensing he could beat four minutes, broke into roars of encouragement.

It was a long lonely finish but he never faltered and with a last lap of 58.6 (58.2 60.0, 61.6, 58.6) he was home to tremendous acclaim in 3m. 58.4s.

With eyes focussed on Ibbotson other notable feats established in the race almost passed without witness. But the watches revealed a French 'best ever' mile by Bernard with 4m. 5.8s. A personal best by Mike Berisford who finished 3rd in 4m. 6.0s. with Scotland's own Graham Everett bettering his own native record of 4m. 7.5s. with 4m. 6.6s.

Other great performances at the meeting tended to be dwarfed in comparison, by the excitement created in the mile. There was a Scottish all-comers record by the great Polish javelin thrower J. Kopyto with 249 ft. 6 ins. With a polished display of hurdling T. S. Farrell equalled the all-comers record of Olympic finalist Josh Culbreath (U.S.A.) with 52.8s. in the 440 hurdles.

BRIDGE OF ALLAN HIGHLAND GAMES

(Under S.A.A.A., S.W.A.A.A., S.C.U. and S.P.B.A. Rules)

STRATHALLAN MEETING

(106th MEETING)

STRATHALLAN PARK, BRIDGE OF ALLAN
ON SATURDAY, 3rd AUGUST, 1957 AT 1.30 P.M.

Full Programme of Open Events—

FLAT RACING, TEAM AND INTER-CLUB RELAY RACES,
JUMPING, HURDLES, PUTT, HAMMER, CABER,
20 MILE ROAD RACE, CYCLING (Grass).

WOMEN'S FLAT RACING & INTER-CLUB RELAY.

JUNIOR & YOUTHS RACES.

HIGHLAND DANCING—Juniors 12 to 17 years—Heats at 11 a.m.
Senior (Ladies & Gents) from 17 years at 2 p.m.

Entry Forms and Particulars from R. FLOCKHART, Secretary,
Ashgrove, Bridge of Allan, Lumleys, Glasgow, Mackenzie, Edinburgh.

ENTRIES CLOSE, SATURDAY, 20th JULY, 1957.



HE MADE IT LOOK SO EASY!

After the race and a spontaneous crowd-loving lap of honour, Ibbotson who had thus beaten the '4 minute' barrier for the second time said "To run that last 600 yards and more, alone, was too much. If only I had had someone running with me, even to the 'bell,' passing through in the same time as on my own, I am absolutely certain I would have broken the world record easily."

Brian Hewson, himself a sub-4-minute miler asked to comment on Ibbotson's feat said "It was a wonderful race to watch. It was really amazing. He just made it look so easy!"

BUTE HIGHLAND GAMES

(Under S.A.A.A., S.A.W.A., S.W.A.A.A. Laws and S.P.B.A. Rules)

PUBLIC PARK, ROTHESAY

SATURDAY, 24th AUGUST, 1957

Commencing at 2 p.m.

TRACK AND FIELD EVENTS, 18 MILE ROAD RACE,
JUVENILE HIGHLAND DANCING, PIPE BAND CONTESTS,
DRUMMING CONTESTS—DRUM MAJORS' CONTESTS.

Entry Forms and Particulars from the Hon. Secretary—
T. B. McMILLAN, 5 Hinselwood Drive, Glasgow, S.W.1.

ENTRIES CLOSE, SATURDAY, 10th AUGUST, 1957.



**SHOTTS
HIGHLAND GAMES**
(Under S.A.A.A., S.W.A.A.A. and S.P.B.A. Rules)

AT
HANNAH PARK, SHOTTS
ON SATURDAY, 7th SEPT., 1957

AT 2.0 P.M.

EVENTS INCLUDE—

FOUR-GRADE EUROPEAN PIPE BAND CHAMPIONSHIPS
JUVENILE HIGHLAND DANCING COMPETITIONS
FIELD AND TRACK EVENTS
LADIES SECTION

WRESTLING

ENTRIES CLOSE ON SATURDAY, 24th AUGUST, with
Mr. THOMAS GRAY, M.A., 8 Hill Road, Shotts.

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TENTH ANNUAL

Highland Games

AND
International Amateur Athletic Meeting

(under S.A.A.A., S.W.A.A.A. & S.A.W.A. Laws)

MURRAYFIELD RUGBY GROUND, EDINBURGH
SATURDAY, 17th AUGUST, 1957 at 2 p.m.

INVITATION SCRATCH and OPEN HANDICAP EVENTS
FLAT RACING : JUMPING : PUTT : HAMMER : CABER
WRESTLING
HIGHLAND DANCING : PIPE AND MILITARY BANDS

GAMES RECORDS

100 Yds.	— A. Stanfield, G. Rhoden, R. Galan	... 9.7 secs.
220 "	— B. Shenton	... 21.9 secs.
300 "	— L. C. Lewis	... 31.1 secs.
440 "	— H. McKinley	... 47.6 secs.
880 "	— A. Wint	... 1m. 54.1 secs.
Mile	— K. Wood	... 4m. 8.8 secs.
2 Miles	— P. B. Driver	... 8m. 57.7 secs.
Putt	— P. O'Brien	... 55 ft. 2 in.
High Jump	— R. C. Pavitt, A. Paterson	... 6 ft. 5 in.
Long Jump	— S. O. Williams	... 23 ft. 24 ins.
Hop, Step & Jump	— A. Lindsay	... 47 ft. 2 ins.
Marathon	— E. Kirkup	... 2 hrs. 31m. 0.3s.
Pole Vault	— R. Richards	... 14 ft. 1 in.
WOMEN'S		
100 Yds.	— A. Pasley	... 11 secs.
220 "	— M. Francis	... 25.1 secs.
Hurdles	— S. Strickland	... 11.2 secs.
High Jump	— T. Hopkins	... 5 ft. 6 ins.

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Particulars and Entry Forms from:
**Mr. W. CARMICHAEL • Hon. Organiser • 329 High Street
EDINBURGH**