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FEBRUARY, 1948

Vol. 2 No. 11

THE SCOTS ATHLETE

PRICE
6^d



GEORGE CRAIG (Shettleston Harriers) Scottish 6 Miles Champion and one of Britain's 10,000 Metres "Olympic Probables," in full stride.

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THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

EDITED BY - WALTER J. ROSS

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

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FEBRUARY, 1948.

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RUNNING COMMENTARY

By J. E. FARRELL

The English Inter-Counties Championship, representing a pre-view of England's cross-country strength, took place at Horsham in a sea of mud and provided some interesting features and several upsets in form. Herbert Swindells of Smethwick, who could finish only 10th in the Staffordshire championship, scored a somewhat surprising victory beating Jack Corfield of Tipton (well-known up here) by some fifty yards with the one and only Sydney Wooderson a good third. Wooderson's form in such remarkably heavy going is extraordinary, and as he completed the course in excellent condition one is tempted to ask what he could do over a fast racing trail on a fine day? Gosney, the holder of the individual title, finished 9th nursing a leg injury. That re-currence of muscle trouble afflicts him from time to time, but it is hoped that this latest development is not serious. Geo. Monshall, colleague of Wooderson, and an English International to boot, could finish only 38th, but even this was nothing to Bobby Reid's astonishing poor display in 75th place.

In a letter to me Bobby says he ran the worst race of his career. There was nothing wrong with him but he just could not drag his legs out of the mud. He hopes that that was the bad race he usually reserves for the International. Having indulged in very little racing up to the moment he is now getting down to things and means to make a determined bid for cross-country honours.

Incidentally Olney and Herbert, both Olympic probabilities for the 5,000 metres, have decided to give up cross-country

racing for the season. Preparation for the Olympics will now take up their full attention. Olney's defection in particular will substantially weaken England's cross-country prospects. It will be remembered how at Paris last year he made a brilliant debut finishing first Britisher home in 6th position, one place in front of our own J. C. Flockhart.

Glasgow Police form Cross-Country Section.

An interesting venture is the recent formation by Glasgow Police of a cross-country section. Tom McKie in sponsoring this innovation has been ably assisted by John Jordan the ex-walking champion. At a recent test held over Pollokshaws Estate 83 runners turned out.

K. Sigrist, the first man home on that occasion, together with Jimmy Scott the well-known half-miler, should form a fine spear-head for the Glasgow team in the first British Police Cross-Country Championship to be held at Maidstone, Kent, on Thursday, 25th March.

This pioneering effort may eventually spread throughout Scotland with beneficial results.

The Police are noted for their keenness on physical fitness and there is certainly no better method of attaining a high degree of general fitness and well-being than through running over field and fen. Nevertheless to race over country is a most exacting and gruelling test especially for the novice.



MARYHILL HARRIERS' 5 MILES OPEN "NIGEL BARGE" TROPHY RACE.

Top to Bottom—(1) The first test. (2) Stringing out along the "switchback" Bearsden road with (3) T. LAMB and A. McLEAN (Bellahouston H.) and A. FORBES (Victoria Park A.A.C.) out in front. (4) The victor, ANDREW FORBES, breaks the tape several yards ahead of A. McLEAN.

Plenty of easy jogging over country with a very gradual increase of pacing is advised especially in the case of fairly tall heavy men who invariably take some time to get used to the longer stretches. Patience pays big dividends. However the steadying influence of an experienced distance runner such as John Jordan in the ranks should curb the over-enthusiastic, while Alex. McLean of Bellahouston has also given a welcome hand on more than one occasion.

Bellahouston defend Team-Title.

As far as Scotland is concerned the blue riband of cross-country running is the National Championship to be held this year over Ayr race-course in March.

Last year in the snow at Lanark Bellahouston had a brilliant victory with a total of 59 points against Victoria Park's 90 points with Maryhill Harriers 3rd with 120 points. Shettleston Harriers who were expected to be the holder's chief rivals ran in disappointing fashion to finish only 4th.

This year it looks like a clear-cut Bellahouston-Shettleston duel for premier place with the odds just a trifle on the latter. Bellahouston are likely to include such notables as Alex. McLean, A. McGregor, G. Anderson, T. Lamb, T. Gibson, W. McKinlay, J. Christie, H. O'Neill, G. Bell and R. Climie, but this formidable array will be matched by Shettleston with such as J. C. Flockhart, Geo. Craig, E. McAllister, C. McLennan, J. Jackson, J. C. Ross, J. Clark, A. Hill, H. Howard and D. Morrison.

A notable feature of both teams is the improving form of seasoned campaigners and ex-Internationalists Tommy Gibson on the one hand and Jimmy Ross on the other. Each point gained or lost may be vital in this epic contest between two very club spirited teams.

Individual chances.

With holder Andrew Forbes of Victoria Park, a most unlikely starter owing to Olympic commitments, the race for the individual title assumes a very open appearance. In common parlance it looks "anybody's race."

Nevertheless from a host of very able contenders I fancy the chances of the winner emerging from the following quartette:—R. Boyd (Clydesdale), A. McLean (Bellahouston), J. C. Flockhart and G. Craig (Shettleston). Boyd, a most stylish runner and also very fast, has made a remarkable recovery from illness and has shown outstanding form all season over both short and long stretches. This may be his year and he has an opportunity to prove that he has adequate experience and the temperament for the big occasions. Alex. McLean, too, has a sound chance. The 10 mile champion is very fit and will make a determined bid, but until now this race has been somewhat of a hoodoo for him. Jimmy Flockhart is a veteran, but a lively veteran, and there was nothing old-mannish about his running at Paris last year when he matched pace with the elite of Europe. Considering Flockhart won the International title at Brussels in 1937 it is remarkable how he has retained form that can challenge Europe's best. He has vast experience and the right temperament for the big occasions, and that indefinable something we call "class" remains with him. If in the mood I am prepared to see him win the National outright, but nowadays Flockhart may be more concerned with gaining his team place and reserving himself for the bigger test.

Geo. Craig of Shettleston, the 6 mile champion, is another runner who is very fit, strong and keen, with the vast experience of his father, an ex-champion himself, to guide him. Nevertheless he too has still to pass the acid test of the National Championship. Of the above-mentioned quartette only Flockhart has already passed the test.

Although I have a slight preference for the chances of the above mentioned there are others in the running for International selection who can by no means be precluded from gaining the supreme honour. Within this category come such as E. McAllister and C. McLennan of Shettleston, the Bellahouston trio A. McGregor, G. Anderson and T. Lamb, Alex. Kidd of Garscube, C. Robertson of Dundee Thistle, J. Reid, West Kilbride, and Frank Sinclair of Greenock Wellpark. Little has been heard of the last-mentioned



Group of runners from various clubs about to start in the grand muster-run organised by the enthusiastic new club, Helensburgh A.A.C.

lately but if he turns out fit and well the springy turf of Ayr Racecourse should suit him. Williamson of Glenpark, after his surprising victory in the Renfrewshire Championship in which he beat the favourite Alex. McLean and other Bellahouston notables, must also come into the reckoning for International honours, whilst there are other splendid runners hovering around any one of whom might just make the grade if they have an inspired day. J. C. Morton of Springburn now resident in Glasgow again is well-fancied by his clubmates as is G. Cunningham of Victoria Park.

The Youths' Title.

After his win in the Midland race the St. Modan's boy, C. Hogan, will be the popular fancy for the Youths' Title, though placed-men, R. McLean (Springburn) and E. Bannon (Shettleston) with W. McKay (Victoria Park) must still come into the reckoning. These boys will have keen rivals in Armstrong of Greenock Glenpark, pint-sized Harry Fenion of Lochwinnoch, Ian Ross of Glasgow Y.M.C.A., Lockhart of Castlehill, whom enthusiastic Jas Watson of Carlisle thinks will ultimately develop rather over the longer stretches, and last but by no means least, the fair-headed youth from West Kilbride J. Adamson,

who has had the experience of running in senior relay races and has shown that he has the right racing temperament.

Return to Cross-Country Musters?

Quite a number of cross-country devotees feel that the racing programme is over-saturated and could be substantially reduced with beneficial effect. Some advocate the revival of the monster muster runs that took place under the auspices of the Cross-Country Association during the unofficial war period. Certainly these runs invoked great enthusiasm and benefited especially the weaker clubs. Instead of packs of just a few runners there was an added enjoyment in being one of a vast throng of either slow, medium or fast packs. They were valuable from both the practical and social point of view. As well as affording an opportunity of runners meeting each other there was the opportunity of running over a variety of trails with a variety of pace-makers.

This plea deserves earnest consideration as the sport of cross-country running has always emphasised the enjoyment and fitness of the many, rather than the eminence of the specialist. In this, as in other respects, it remains one of the purest of amateur sports.

Last Round-up.

Typical of the meticulous attention to detail of the Continentals is the news that cross-country officials of both the French and Belgian Associations have already inspected the course for the International at Reading. Moreover a group of some twenty Belgian Athletes have been earmarked for special training over trails similar to the International course.

Corfield in form.

In a 7½ mile cross-country race at Winton between teams representing Northern and Midland Counties Universities and Service teams Jack Corfield showed continued good form by being first man home in 43 mins. 53 secs., beating the fancied University runner R. V. Hughes by 100 yds. with J. A. Carrick 3rd. F. McMinnis who created a favourable impression in finishing 3rd in the recent Morpeth race came in fifth on this occasion.

Jack Corfield of Tipton who won the Scottish mile championship when stationed here in 1946 is regarded by many of the locals as a very probable successor to Jack Holden of International fame. On present form he should be a contender for the English cross-country Championship at Sheffield and should again sport the English rose at Reading.

Too Much Racing?

That strong runner Charles Hierendt who recently gained fame by beating Jack Holden and other International runners in the Marathon race at Kosice showed amazing versatility by beating Van de Wattyne of Belgium in a recent cross-country race. On this form the man "who loves running" as he has been called will prove a real live contender for the Olympic Marathon Title at Wembley this summer.

Yet one cannot help wondering whether this non-stop programme of racing is the right preparation for arriving at Wembley in peak condition even for such a rugged virile specimen as this Luxembourg miner.

Similar doubts are expressed in the case of Emil Zatopek who is regarded as Czecho-Slovakia's best bet for 5,000 or 10,000 metres. Will the man who

burned up the tracks during the summer be himself burned out by his continual racing?

Sensational defeats of McKenley.

Or were Herb. McKenley's recent defeats in Australia due partially to the reaction occasioned by repeated record-breaking? Australian, Jack Treloar's victories in 100 and 200 yards, sensational as they were are nothing compared with John Bartram's victory over McKenley in the 440 yards in 48.4 secs.; excellent time, but, should have been well within the compass of the Jamaican world-record-holder.

Finally, there is the case of Lennart Strand of Sweden, strong pre-Wembley favourite for the 1,500 metres and co-record-holder with Gundar Haegg with a time of 3 mins. 43 secs. Swedish athletic enthusiasts are worried least Strand does not recover from the breakdown occasioned by his efforts in September to run the mythical mile in four minutes. Still resting to gain strength Strand will not run at Wembley unless he can get within striking distance of his best form.

Breaking world-records is not always the best way to gain world titles.

Ayrshire Harrier Clubs' Association.

Ayrshire Harrier Clubs' Association held their 10 Miles Relay at West Kilbride on 20th December, 1947.

Details:—

1. West Kilbride A.A.C.—T. Reid 14.25; G. Houston 14.9; G. Adamson 13.56; J. Reid 13.44.—56 mins. 14 secs.
2. Kilmarnock H. & A.C.—D. C. Wark 14.18; T. Tod 14.47; J. Wyllie 13.36; W. Morton 13.45.—56 mins. 26 secs.
3. Ayr A.A.C.—57 mins. 24 secs.
4. Doon Harriers.—59 mins. 4 secs.
5. Beith Harriers; 6. West Kilbride; 7. Irvine; 8. Kilmarnock "B."

FASTEST TIMES—

1. J. Wyllie (Kilmarnock H.), 13.36; 2 & 3. J. Reid (West Kilbride) and T. Fisher (Ayr A.A.C.), 13.44; 4. W. Morton (Kilmarnock H.), 13.45.

Due to pressure on space we have been compelled to hold over a great deal of matter including the features "Photo-Flash" and "Round the Clubhouses."

RESIDENTIAL ATHLETICS COURSE

AT DUNOON, EASTER WEEK-END, 26th—29th MARCH

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Enrolments will be taken strictly in rotation, so, please apply early to:—D. McL. WRIGHT (Hon. Secy., S.A.A.A. Coaching Committee), 17 Polwarth Gardens, Glasgow, W.2.

Renfrewshire County Championships.

Renfrewshire County Championships (Senior 7 Miles, Youths' 3 Miles) were held from Auchmountain Harriers' pavilion on 24th January, 1948.

There was a surprise result in the senior race when experienced campaigners A. McLean and G. Anderson (Bellahouston H.) had to be content with 2nd and 3rd positions to nineteen-year-old W. Williamson of Greenock Glenpark Harriers.

Details:—**SENIOR—INDIVIDUAL—**

1. W. Williamson (Greenock Glenpark H.), 44 mins. 26 secs.
2. A. McLean (Bellahouston H.), 44 mins. 35 secs.
3. G. Anderson (Bellahouston H.), 44 mins. 47 secs.
4. W. Kennedy (Kilbarchan H.).
5. T. Gibson (Bellahouston H.).
6. W. McLean (Greenock Glenpark H.).

TEAM RACE—

1. Bellahouston Harriers.—McLean 2, Anderson 3, Gibson 5, Climie 8, Lamb 12, O'Neill 13.—43 Points.
2. Greenock Glenpark Harriers.—Williamson 1, W. McLean 6, Turner 7, Leach 18, Fullerton 25, Perry 28.—85 Points.
3. Auchmountain Harriers.—9, 14, 16, 20, 22, 24.—105 Points.
4. Kilbarchan A.A.C.—150 Points.
5. Greenock Wellpark Harriers.—202 Points.

YOUTHS—INDIVIDUAL—

1. J. W. Armstrong (Greenock Glenpark H.)—18 mins. 13 secs.
2. J. Fenion (Lockhart A.A.C.)—18 mins. 21 secs.
3. T. Miller (Kilbarchan A.A.C.)—18 mins. 26 secs.

TEAM RACE—

1. Greenock Glenpark H.—1.59.—18 Points.
2. Auchmountain H.—5, 7, 12.—24 Points.
3. Bellahouston H.—4, 10, 11.—25 Points.
4. Johnstone Y.M.C.A.—37 Points.
5. Kilbarchan A.A.C.—38 Points.
6. Greenock Wellpark H.—52 Points.
7. Auchmountain "B."—77 Points.

MARYHILL HARRIERS' 5 mile "Nigel Barge"
Trophy race was held on 3rd January, 1948.

Details:—

- 1.—A. Forbes (V.P.A.A.C.) 24 mins. 33 secs.; 2.—A. McLean (B.H.) 24 mins. 36 secs.; 3.—T. Lamb (B.H.); 4.—H. O'Neill (B.H.); 5.—W. Somerville (M.Y.M.C.A.H.); 6.—J. Morton (Springburn H.).

TEAMS—

- 1.—Bellahouston Harriers.—2, 3; G. Anderson 7.—12 Points.
- 2.—Victoria Park A.A.C.—1, G. Cunningham 13, D. McFarlane 14.—28 Points.
- 3.—Glasgow University H. & H.—D. Johnstone 8, J. McGhee 15, D. Wilson 21.—44 Points.
- 4.—Shettleston Harriers.—46 Points.

25 teams competed. 112 runners.

Lectures, films, and discussions, etc., will be held each alternate Wednesday in Glasgow High School, Elmbank Street.

First meeting—Wednesday, 18th Feb., at 7.30 p.m. Speaker—H. H. Hodge, Esq. Subject for discussion—"Sprinting." D. Corbet, Esq., will show films.

GET THIS WITHOUT DELAY— OLYMPIAD 1948

This is a great little book and should be possessed by all our readers. Published by Findon Publications Ltd., 2 Carmelite Street, London, E.C.4. Obtainable from "The Scots Athlete." Price 2/6 (postage 3d. extra).

CARRY ON COACHING

By ALLAN WATT
(Scottish Sprints Champion)

As I sat and listened to Geoffrey Dyson, the A.A.A. Coach, at his various lectures during the first week of January, 1948, I was tremendously impressed with his knowledge of Athletics and by the concentration of the audience. Here we saw no restlessness from the listeners who seemed spellbound by the amazing vitality and enthusiasm of this colourful personality from south of the border. Here, indeed, was a man who had studied Athletics as a science and who, while having such a great knowledge at his finger-tips, was careful to remind us that we must not be dogmatic with regards to Athletics. How true when he said that we are inclined to look on the schoolboy who jumps 4 ft. 11 ins. at his school sports as good, whereas in reality the other competitors are just plain useless and the 4 ft. 11 ins. Scissors adept not really much better. How true all this really is, not only in high jumping but in every other branch of Athletics as well.

In Scotland at present we have one of the greatest exponents of the high jump in Alan Paterson. Geoffrey Dyson paid a great tribute to Alan and his father, who has coached him, while he was here, when he said that his particular style of Western Roll was the finest in the world to-day. Let us look at that statement very carefully for it means that we have an athlete who has the finest technique in the world and the coach who is responsible for this on our doorstep. In America every high jumper who showed promise would be sent to that coach for instruction—here in Scotland we don't even bother. Let the School Sports Masters, the Youth Club Athletic Instructors, and any other type of Instructor who is attempting to teach youth to high jump remember that here we have the finest high jump coach of all and that it is the finest instruction possible that we want for our young high jumpers.

So much for our high jumpers but what of our coaches in other events. What is

to prevent the S.A.A.A. sending them down to Loughborough College for an intensive course on Athletics. A man never knows enough that he cannot learn a little more and I know most of our coaches would welcome such an opportunity. The financial aspect of this could be borne by the clubs as well as the S.A.A.A., as all would benefit by such a scheme. There are quite a number of clubs in Scotland who have had a fairly healthy Bank balance since before the war, and as this is an inflationary period what is the good of watching the money devaluating in the Bank when it could be brought out and put to the service of Athletics. By that I mean, use it to ensure that our club coaches get the finest training in the country. We may not get it back as cash but we would certainly get it back in prestige and it would be a good investment.

It may be that the coaches are only a part of the whole, but let us remember that they are a vital part of the mechanism, and what they sow we reap. Let the powers that be, help to ensure that they are sowing only up-to-date knowledge in every event. Too often have we heard from people who should know better—"Well we did it that way 26 years ago, why can't it be done that way to-day?" That approach must not stand in our road.

However, in Scotland to-day, there is a ray of hope for the future. Two men of energy and organising ability are in charge of the Olympic Games Coaching Scheme, ex-British Decathlon Champion Ronnie Walker and ex-Marathon Champion "Dunky" Wright. What they, in conjunction with the S.A.A.A. Coaching Committee, have started we may only hope will be continued after next year's Olympic Games are but a dim memory. This communal training in the winter months is the greatest thing of all. This is the time when experiments can be made and when each event can be gone into in detail and treated as a science. By next

year dare we hope to have a Scottish "Geoffrey Dyson." I can think of a number of coaches who, with the aid of a long course at Loughborough, could fill this role. It is not impossible. I am sure Mr. Struth of Rangers F.C. would let us use Ibrox Stadium during the winter months next year and I can imagine the change we would see in Scotland's Athletes within a few years.

It is a huge task this re-organisation of our Athletic potentialities. First the schools and youth organisations must be given a lead to encourage Athletics and I feel that a good Scottish A.A.A. Coach, with the boundless enthusiasm of a Dyson could hammer down all barriers of resistance. I can well imagine that if this task is enthusiastically tackled it will be accomplished. I can visualise next year Athletes and Coaches going to the Schools, lecturing to the pupils on this greatest of all sports, and of Dunky Wright bringing in pupils from the schools and youth organisations in droves to meet and receive instruction from our Scottish "Chief Coach."

Perhaps this is hoping too much for Scotland, perhaps it is a vain dream, but already the Olympic Training Scheme has accomplished much. With vision and initiative, greater and more lasting things can be done. We must give the Coaching Committee full scope and support, I believe they have the ability and the energy and I feel positive that the next few years will see a big advancement in Scottish Athletics.

HAMILTON LADIES' AMATEUR ATHLETIC CLUB.

This is a new club, formed last season, and sponsored by the Hamilton Harriers. Training during the Summer season took place twice weekly, under the capable direction of Mr. Robert Stewart, sometimes at Douglas Park, Hamilton, and sometimes at Hamilton Barracks' athletic ground. There was always a good attendance of members who are all young, indeed, mostly "teenagers." During the season the girls took part in all the local sports' meetings, which included women's events, carrying away several prizes. A number of the girls show great promise, notably 16-year-old Margaret Hamilton, who won first place in the women's 100 yards' handicap at Milngavie Highland Games.

With the kind assistance of Hamilton Harriers the girls' club held a very successful inter-club meeting in September last, at Hamilton Barracks. A full programme of events was arranged, including 100 and 220 yards' races, relay races, high jump and broad jump. Four girls' athletic clubs competed: Lewis's, Glasgow, Clydesdale, a club from Airdrie and of course, the Hamilton Ladies. The contest was very close, Hamilton winning by the narrow margin of two points. Clydesdale were runners-up.

Already a number of girls have entered their names for membership for the coming season, and a committee has been formed. It is hoped that several inter-club meetings will be held.

A. M. C.

ALFIE THE ATHLETE

By HUGHIE

THRILLS OF CROSS-COUNTRY



ADVANCING ATHLETICS

By E. R. WALKER

(Former British-Decathlon Champion)

We have selected this from "The Harrier"—Shettleston Harriers' Xmas 1947 Magazine—feeling that the ideas expressed should go beyond mere club membership to a national readership. The essay has been slightly abridged and brought under two separate headings. We are particularly interested in publishing the second part, for apart from the fact that this magazine reaches many sports' promoters, athletes must be interested in sports' organisation. Smooth-running and enjoyable sports meetings spells the popularity and advancement of athletics.—EDITOR.

Scratch Competition.

TO improve the standard of Scottish athletics the replacement of the modern handicap pot-hunting meeting is a long overdue reform. It is an old and very true saying that if a man performs badly enough, he is bound to win a prize or two, due to an ever increasing handicap allowance. But, you ask, if we do not have these sports meetings as presently constituted, what are we to have? Without hesitation I would strongly advocate a development of inter-club competitions.

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Generally speaking a track athlete can either be a good scratch runner or a good handicap one, and since all International and championship contests are scratch events, it is imperative that we encourage the better athletes by giving them every opportunity for developing that sense of timing and tactics which only running from scratch can produce.

In addition to Inter-club contests, there is also a tremendous field for development in county championships, inter-county matches, national team championships, and International contests. My advice therefore to the club interested in producing top-notch athletes is to avoid placing too much reliance on the pot-hunting meeting and to provide the opportunities for much more scratch competition.

* * * * * Sports Organisation.

In the opinion of many, the showmanship exhibited in the staging of sports meetings is exceedingly poor, and there is vast scope for improvement. Interest in the sports meeting is most always divided, so that the average spectator has either no time to get a glimpse of one event before the next one is under way, or the time lag between events is so long that he has nothing to hold his attention. Also, although there is usually an organised time schedule, it is nearly always badly drawn up or never adhered to.

To eliminate such complaints, events should be so arranged that the spectators' attention is fixed on one event at a time. To achieve this, intervals between the items should be cut down to approximately four minutes. This might appear impossible but it can be done. Skilful handling and a little attention to detail are all that is necessary.

I suggest that one man should be made responsible for the entire meeting—the announcer. He should arrange the time schedule and all details for the smooth running of the events, and broadcast all relevant and interesting information,



Awaiting word, confirming passage, Willie Sommerville of Motherwell Y.M.C.A. Harriers and Scottish Internationalist is about to leave to take up an appointment in Australia. His leaving will be a distinct loss to Scottish running circles for he has been one of our most consistent performers, and moreover has a most likeable personality—typical of a real good harrier. He has given grand service to Motherwell Y.M.C.A. Harriers, for apart from being their team's key-man in all kinds of races, he has been a thorough Hon. Secretary for a number of years. This service has been recognised by the club paying him their highest honour by making him a Life Member.

A grand all-rounder, with rather a strange running style, he is capable of running through a half-mile handicap field, off a very low mark and is equally good over longer road or country stretches and was a member of Scotland's International team in 1946 and 1947. Earning his place, particularly in the 1947 team, surprised even his club-mates, for through studies, had done very little training, but, he evidently has a flare for racing.

Speaking for all enthusiasts we wish Willie, his wife and family, every happiness in their new abode. Australia can be honoured to receive our very best type.

before, during, and after each event. It is essential that he should have a corps of assistants to enable him to have all information as soon as possible before the event, so that he can focus crowd attention on personalities participating, and later, to allow the results to be announced with the minimum delay.

The clerk of the course, who hitherto has carried out his duties more or less haphazardly, should be directed to his proper job, that is, making sure that every athlete is ready to commence his event on time.

All officials should be obliged to occupy special accommodation off the field when not officiating, and this applies to athletes not actually competing. The encroachment of non-competitors has been a complaint of long standing.

Every effort should be made to finish the meeting within two hours or so; only adverse criticism can be made after standing through a long drawn-out programme, no matter how excellent the performances have been.

Finally, it is only through conscientious co-operation between athletes and officials that athletics can become the popular spectacle it deserves to be with the public.

With a view to obtaining a rail-fare concession, Secretaries of groups travelling to the Olympic Games should contact James Bissell, Esq., c/o 286 Broadholm Street, Glasgow, N., giving approximate numbers in party, etc.



SCOTS WELCOMED TO DEVONSHIRE.

Dear Mr. Ross,

I enclose herewith my renewal for "The Scots Athlete" for another year. I really have enjoyed your Journal which in the last 12 months has contained many very interesting articles. Once again South Devon Clubs are putting on a great number of Open Meetings at Exeter, Torquay, Paignton, and Plymouth. The first dates to be announced are those of Torquay A.A.C. on 17th July, and the 1st Annual Open Meeting of the Devon Constabulary at Torquay on 30th June. Prize Value, £250.

On behalf of the Devon Clubs I once again extend to all Scottish athletes a very hearty welcome to the West Country.

Yours aye,

J. E. LEWINGTON,
Hon. Coach, A.A.A.

Teignmouth,
Devonshire.

FOOD FOR ATHLETES

READERS' VIEWS

Dear Sir,

May I take this opportunity of replying to Allan Watt's article in the December. "The Scots Athlete."

Everyone is entitled to his or her opinion, but the Scottish Sprint Champion has raised so many Red Herrings, that I feel an effort must be made to present another opinion.

While I do not wish to under-rate the importance of food, Allan, lays a stress on it, out of all proportion and then by his own words disproves his case. For even in his halcyon days of food in plenty, pre 1939, the high performance generally of British Athletes was not noticeable, and, may I add, this was particularly true of Scotland. Revert to the 1936 Olympic Games and compare Finland with Auld Scotia with population approximately the same.

Surely one of the answers to the question on the poor state of Athletic's in Britain is given by the low percentage of our youth that take part in it. The majority play soccer or rugby in the winter, soccer or cricket in the summer, then there are dozens of other sports with participants who outnumber those taking part in Athletic's. On the Continent things are vastly different with the obvious result. But this of course is not the only answer, take another point quite as important—the study and technique of Athletic's compare us with the Americans or Continentals, throughout the whole sphere of summer athletics, the answer is as if one compared men with women. By the way, with all their food, are the Yank's so outstanding at 5,000 and 10,000 metres? If we were fed as we wished it could probably make a change of 0.1 secs. in 100 yards we need 0.6 secs., we need 2 secs. in 440 yards, without Wooderson 12 secs. in the mile, dear knows how much in 5,000 metres, 10,000 metres, or field events, though we might win the Marathon with things as they are.

Surely Allan gives ammunition to the critics who talk against the holding of the Games, because he suggests that even in the country of Sportsmen the Olympic idea is missing.

Finally putting sport where it should be, does Allan really suggest that it is worth while creating another hole in a rationing system that works in order to let some silly little man run 100 yards in 9 secs. or 1 mile in 4 mins. minus.

Yours faithfully

A. BRUCE EWEN,
London, N.W.1.

IN FAVOUR—BUT

Dear Sir,

I am sure Allan Watt, through his "Food for Athletes, Food for Thought," must have started many a discussion on this subject which is so much in our minds these days. At the outset I should like to say that I agree entirely that the provision of certain extra rations for our Olympic possibles is a desirable thing, but I do not agree with the generalization that Britain is in a bad way for food compared with the Continental countries, and I certainly do not agree that it would be better not to send a team to the Games at all if we cannot get the extras we want.

On the first point I can speak from the personal experience of a holiday in Holland during last Summer, when my wife and I were only too pleased to get back to British rations. Admittedly, as Allan says of France and Belgium, shops and restaurants had an abundance of food, but we were holidaying in an ordinary home, and I maintain that it is only thus that one can get a true picture of prevailing conditions. An athletics' team on tour naturally stays in hotels, and so gets the other side of the picture, but even at that I have been told by a member of the Scottish team which went to Paris last April that they certainly didn't find things up to the standard which Allan encountered.

On the second point I should imagine we would make an even poorer impression on the world if we backed out of the Games "because we haven't got so much to eat as you have," than we would if we took part sportingly and honourably and didn't even win an event. After all, even in these days of rationing, and certainly before they arrived, there must have been considerably pronounced differences in the feeding of individual athletes in any, or at least in most races. This would depend on many circumstances, including their financial means, but we never hear of a man backing out "because so-and-so can buy more and better food than I can"—If not individuals, then why countries? After all, it is Sport we're dealing with, and while we certainly must take it seriously these days to be successful, I think there is also a danger in being too serious over it.

However, here's hoping our men will get some extras, and if they do we will at least know it has been officially granted from an honest source, and not obtained from a Black Market which causes others to go without, and which is the scourge of all these countries we have been discussing.

CHARLES D. ROBERTSON,
Dundee Thistle Harriers.

7th January, 1948.

A VEGETARIAN'S VIEWPOINT.

Dear Editor,

Allan Watt's blatant denunciation of the food rationing in this country stirs me to write you on this much discussed and controversial issue. Notwithstanding the fact that the World is facing an acute food shortage with one half more than satisfied and the other half faced with famine, there is also the ethical and vegetarian viewpoint which I want to emphasise. Thus, in reply to one of the questions raised by Mr. Watt that flesh-meat is essential if we are to succeed, I go to the current issue of "The Vegetarian Messenger & Health Review" for this answer:—"The fact that Olympic Championships—running and wrestling—

have been won by vegetarians, and that the longest British cycling records on the books of the Roads Records Association (Land's End to John O' Groats and the 1,000 miles) are held by a vegetarian, not to mention a whole series of other world and national records of various kinds, proves how unnecessary flesh-meat is for the most strenuous tasks. During the recent war and in the post-war period we observed a general clamouring of the population for 'more meat' despite the fact that most people appeared to be much better without it—the general health of the community certainly was, and still is, better than when supplies were more abundant. And so athletes, as well as a large section of the community, still cling to the fallacy (exploded over and over again) that there is something in flesh-meats which cannot be obtained from any other source."

However, as some consolation to Allan and as a salve to his conscience lest he should fail (as we have done so often in the past and to our everlasting credit, strange to say) I understand that something is being done to augment his ration. The British Trawler Owners' Federation is going to supply, free of charge, white fish each week to all the selected athletes of the British Olympic Association.

Finally, to all those who may be chosen to represent our country at the XIVth Olympiad I would respectfully suggest that they show more of the real Olympic Spirit while in course of training and be prepared to accept their share from the nation's larder like the rest of us—without any fuss!

Yours truly,

JAMES BISSELL,
(Maryhill Harriers).

Glasgow.

To make sure of "The Scots Athlete" regularly, you should become a subscriber. Subscription rates are—6 months 3/6, 12 months 6/6.

The free receipt of this paper is an invitation to subscribe.

District Junior Championships

EASTERN DISTRICT.

The 38th Eastern District Junior Cross-Country Championship for the Fraser Trophy was run at Galashiels on Saturday, 7th February, 1948.

The 7 miles' course, which was over 2 laps was well flagged and stewarded, which was just as well, in view of the blustery conditions prevailing.

Of the original entry of nine teams, Rovers were forced to drop to three individuals and H.M.S. Caledonia failed to put in an appearance, thus a field of 84 runners, comprised of 7 teams and 6 individuals, faced the starter, Provost Goodall, of Galashiels. When the runners appeared at half-way point, Braid, of University, held a slight lead from Sanderson, of Gala, with Smart and Brown, of Southern, close behind.

On checking up the team positions at this stage, Southern were found to be leading Kirkcaldy by 4 points, with University rather disappointingly, a further 21 points behind. A close contest was thus assured for the team awards.

When the runners appeared in the finishing straight, Braid was still leading from Brown and Sanderson finally running out the winner by 30 yards from Brown, with Sanderson 2 yards away, 3rd.

M. STEWART (Hon. Secy.).

Details:—

TEAM PLACINGS—

- 1.—Edinburgh Southern Harriers.—W. L. Brown 2, T. J. Logan 5, J. Smart 9, W. J. Marshall 12, J. Pearson 16, D. A. McKee 19.—63 Points: 27, 29, 30, 32, 33.
- 2.—Kirkcaldy Y.M.C.A. Harriers.—J. Preston 6, J. Ritchie 10, G. Rennie 13, W. E. Duncan 14, W. Grieve 15, J. Peacock 20.—78 Points: 21, 52, 56.
- 3.—Edinburgh University H. & H.—T. H. Braid 1, R. F. Wilby 4, R. J. Sherwin 8, R. R. Rowles 17, E. T. Graham 24, P. Lindley 25.—79 Points: 26, 28, 37, 39, 50, 60.
- 4.—Dundee Hawkhill Harriers.—J. Barbour 7, 18, 23, 34, 36, 42.—160 Points: 55, 59, 61.
- 5.—Gala Harriers.—J. Sanderson 3, J. Brown 11, 31, 43, 47, 58.—193 Points: 63, 64, 66, 67.
- 6.—Teviotdale Harriers.—22, 38, 40, 41, 44, 45.—230 Points: 49, 53, 54, 57.
- 7.—Edinburgh Eastern Harriers.—35, 46, 48, 51, 62, 65.—307 Points.

INDIVIDUAL ENTRANTS—

- D. Smith (E.R. & S.A.C.) 20; A. Dippie (E.H.) 33; W. Blair (E.R. & S.A.C.) 35; G. Aithie (E.N.H.) 42; D. R. Dye (E.H.) 64; J. T. Mitchell (E.R. & S.A.C.) 69.

SOUTH-WESTERN DISTRICT.

The South-Western District 7 Miles Junior Championship was held from Kibble School, Paisley, on 7th February, 1948.

7 teams and 16 individuals faced the starter, Mr. D. Canning, President. The two lap course was flat but very heavy. When the first mile was reached, about a dozen runners with all the "certs" among them had left the rest of the field about 150 yards behind.

At the end of the first lap W. McLean (Glenpark) was leading J. Fisher (Ayr) by 3 yards with W. Williamson (Glenpark) another 25 yards behind. It was obvious that one of these three would be the eventual winner. With less than a mile to cover, Fisher and Williamson came into view with the first-named leading by about 10 yards and he ran on to break the tape in grand style. Williamson was a good second, with McLean 3rd.

Greenock Glenpark Harriers had splendid team packing to win, whilst Doon Harriers and Kilbarchan A.A.C. did well to take 2nd and 3rd places.

Special thanks should be recorded to Mr. and Mrs. J. Gardner who looked after the runners' welfare in a most welcome manner by providing tea and provisions. Mrs. Gardner presented the awards.

G. PICKERING, Hon. Secy.,

Details:—

- 1.—J. Fisher (Ayr A.A.C.)—36 mins. 51 secs.
- 2.—W. Williamson (Greenock Glenpark H.)—37 mins. 01 secs.
- 3.—W. McLean (Greenock Glenpark H.)—37 mins. 28 secs.
- 4.—A. Morton (Kilmarnock H.)—38 mins. 03 secs.

TEAM PLACINGS—

- 1.—Greenock Glenpark Harriers.—W. Williamson 2, W. McLean 3, W. Elder 10, J. Armstrong 14, D. Morrison 15, B. Leitch 18.—62 Points: 20, 42, 49.
- 2.—Doon Harriers.—J. Munro 4, G. Mowat 8, N. Robertson 17, W. McEwan 32, T. Wilson 33, J. Wilson 37.—131 Points: 43.
- 3.—Kilbarchan A.A.C.—T. Millar 5, K. McKinnon 6, R. McCormick 26, P. Docherty 29, D. Crawford 36, G. Smith 41.—143 Points: 47, 48.
- 4.—West Kilbride.—T. Reid 11, R. Paton 12, 23, 27, 30, 46.—149 Points: 50, 52, 56.
- 5.—Auchmountain Harriers.—R. Smith 7, W. Lindsay 9, 35, 38, 44, 55.—188 Points.
- 6.—Irvine Y.M.C.A.—J. Lawson 16, 24, 25, 31, 51, 54.—201 Points: 58, 59.
- 7.—Greenock Wellpark Harriers.—T. Thomson 13, 28, 34, 40, 45, 57.—217 Points.

MIDLAND DISTRICT.

The Midland District 7 Miles Junior Championship and 2½ Miles Youths race were held at Pollok Estate on 7th Feb., 1948. The 9 teams and 14 individuals in the Youths' race were sent off first by starter, Mr. D. Corbet, into a strong wind and uphill over a rain-soaked course. In 15 minutes the leader came into sight, rather a surprise to most, in the person of newcomer C. Hogan of St. Modan's, followed by R. F. McLean (Springburn) and E. Bannon (Shettleston). Bannon, however, led his clubmates Birt, Scoular and Chisholm, to victory in the team race with a total of 40 points, with St. Modan's 2nd, 46 points, and Bellahouston 3rd, 55 points.

The Juniors next took the trail, 13 teams and 10 individuals, the 3 laps providing an excellent spectacle for the onlookers. White and Boyd (Clydesdale) with Craig (Shettleston) led the field for the first lap, and on the 2nd circuit being completed Craig was endeavouring to shake off the longer striding Boyd, followed by Kidd (Garscube), Lennie (Vale of Leven) and White (Clydesdale) leading a group close behind, and it was most striking how Garscube and Maryhill team members were "packing" well up, and their finishing places given later are a perfect illustration of teamwork "par excellence." At the finish, Boyd striding strongly through the tape, proved a worthy winner, and young Lennie with a fast burst got in front of Craig. These three are surely a promising trio for future honours.

Garscube and Maryhill teams took 1st and second places as "promised" earlier in the race, and Shettleston filled the 3rd berth. We thus saw two grand races which gave "pointers" on form for the sterner National races in March.

By the way, the Editor held back this edition to be up-to-date with results, and in view of his connection with the winning Junior team, he has had to undergo no small amount of "lek-pulling" on the matter—had he a "premonition?"

E. TAYLOR, Hon. Secy.,

Mid. Dist. N.C.C.U.

Details:—

- 1.—R. Boyd (Clydesdale)—39 mins. 33 secs.
- 2.—W. Lennie (Vale of Leven A.A.C.).
- 3.—G. Craig (Shettleston H.).

TEAM PLACINGS—

- 1.—Garscube Harriers.—A. Kidd 4, A. Warton 5, R. J. Mulgrew 10, T. McGinlay 11, J. Gunn 15, D. Murray 29.—74 Points: 59, 73, 77, 84, 88.
- 2.—Maryhill Harriers.—J. Robb 7, R. Mathieson 13, A. Stevenson 21, H. Scoles 22, J. Clark 23, J. Wilkie 24.—110 Points: 26, 33, 53, 66, 76, 89.

- 3.—Shettleston Harriers.—G. Craig 3, J. Clark 17, C. Wallace 20, H. Mills 25, W. Laing 28, C. Breechin 37.—130 Points: 57, 60, 68, 78.
- 4.—Bellahouston Harriers.—R. Climie 12, H. O'Neill 19, 30, 34, 40, 72.—207 Points: 75, 79, 80, 81, 85, 92.
- 5.—Clydesdale Harriers.—R. Boyd 1, G. White 6, 39, 43, 58, 65.—212 Points: 82, 95, 115.
- 6.—Victoria Park A.A.C.—C. Forbes 18, 31, 32, 36, 51, 71.—239 Points: 101, 113.
- 7.—Glasgow University H. & H.—J. McGhee 8, 42, 49, 50, 52, 56.—257 Points: 69, 70, 90, 98, 106.
- 8.—Vale of Leven A.A.C.—W. Lennie 2, F. Lacey 14, 55, 63, 74, 91.—299 Points: 93, 110, 118.
- 9.—Springburn Harriers.—44, 45, 46, 61, 67, 104.—367 Points.
- 10.—Hamilton Harriers.—A. Gibson 9, 47, 86, 94, 96, 112.—444 Points.
- 11.—Hillington Harriers.—J. Barbour 16, 35, 97, 100, 109, 114.—471 Points: 116.
- 12.—Glasgow Y.M.C.A. A.C.—41, 62, 64, 102, 107, 108.—484 Points.

INCOMPLETE TEAMS—

- Plebeian Harriers.—38, 48, 54, 111, 117.
Monkland Harriers.—27, 83, 99, 103, 105.

INDIVIDUAL ENTRANTS—

- G. Wood (Motherwell Y.M.C.A. H.) 7; D. Clelland (St. Modan's) 23; A. Campbell (Shettleston H.) 60; D. Agnew (Shettleston H.) 76; P. Donnelly (St. Modan's) 89; C. McGinchee (S.G.H.) 94; R. Devon (M.Y.M.C.A.) 113; A. McDonald (Larkhall Y.M.C.A.) 114.

YOUTH RACE DETAILS.

- 1.—C. Hogan (St. Modan's A.A.C.)—15 mins. 21 secs.
- 2.—R. McLean (Springburn H.)—15 mins. 30 secs.
- 3.—E. Bannon (Shettleston H.)—15 mins. 35 secs.

TEAM PLACINGS—

- 1.—Shettleston Harriers.—E. Bannon 3, M. Birt 6, W. Scoular 11, R. Chisholm 20.—40 Points: 29.
- 2.—St. Modan's A.A.C.—C. Hogan 1, M. Kaney 12, C. Girvan 16, J. Quinn 17.—46 Points: 22, 27.
- 3.—Bellahouston Harriers.—D. Muir 5, G. Calder 10, A. Calder 15, R. Graham 25.—55 Points: 45.
- 4.—Victoria Park A.A.C.—W. McKay 4, P. Bell 13, 24, 26.—67 Points.
- 5.—Springburn Harriers.—R. McLean 2, J. Coleman 7, 31, 32.—72 Points: 40.
- 6.—Clydesdale Harriers.—W. Andrew 9, 18, 21, 35.—83 Points: 42, 46.
- 7.—Garscube Harriers.—E. Murray 8, H. Hatrick 14, 34, 36.—92 Points: 38.
- 8.—Plebeian Harriers.—19, 23, 28, 30.—100 Points: 33, 37.
- 9.—Glasgow Y.M.C.A. A.C.—39, 41, 43, 44.—167 Points.

INDIVIDUAL ENTRANTS—

- J. Jordan (Victoria Park A.A.C.) 6, A. McDougall (Vale of Leven) 7, D. Reid (Larkhall Y.M.) 9, J. Martin (Maryhill H.) 11, G. Bowes (G.U.H. & H.) 15, G. Brownlie (Larkhall Y.M.) 16, J. Graham (Milngavie A.A.C.) 28, D. Walker (M.A.A.C.) 29, J. Meek (Larkhall Y.M.) 40, J. Taylor (Maryhill H.) 46.