

CAMPSIE HIGHLAND GAMES AND INTERNATIONAL SPORTS

(Under S.A.A.A. laws and auspices of St. Machan's Boys' Guild A.A.C.)

PLAYING FIELDS, LENNOXTOWN

Saturday, 26th July, 1947, at 2.15 p.m.

Super Sports Programme of Field and Track Athletics.

Highland Dancing, Pipe Bands,

Inter-City Senior Five-a-Side Tournament, etc., etc.

Featuring

BRITISH OLYMPIC HOPES IN SPECIAL INVITATION CONTESTS

Including such "stars" as PRINCE ADEDOYIN, holder of Four Irish Titles and Triple Triangular Champion; J. J. BARRY, Irish 1-mile and 2-miles Record-holder; STEVE McCOWE, Irish Three-Miles Champion; J. P. REARDON, Irish 440 Yards (All Comers) Record-holder; DAVE GUINEY, Famous Field-Events Exponent and Record-holder. Other well-known Irish Champions including:— J. GREGORY, PAUL DOLAN, DICK O'RAFFERTY, E. O'CONNOR.

ALLAN WATT, Scottish Sprints Champion

ANDREW FORBES, Scottish Three-Miles Champion and Native Record-holder.

ALAN PATERSON, Scottish High Jump Expert.

Buses leave Dundas Street every 10 minutes for Campsie Glen. Trains leave Queen St. for Lennoxtown at 12.31, 1.12, and 2.35.

JULY 1947

VOL. 2 NO. 4

THE SCOTS ATHLETE

PRICE
6D



THE START of the first semi-final of the Scottish 100 Yards Championship at Hampden Park. Allan Watt (second nearest lane) was the winner.

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*BUTÉ
HIGHLAND
GAMES*

(Under the auspices of Bute Shinty Club, affiliated to
S.A.A.A., S.A.W.A. and S.P.B.A.)

AT THE PUBLIC PARK, ROTHESAY
Saturday, 23rd August, 1947, at 2.45 p.m.

Ballot of Pipe Bands, 1.15 p.m. Contest commencing at
2 p.m.

EVENTS:—100 Yards and 880 Yards Youths. Open
100 Yards, 220 Yards, 880 Yards, 1 mile, Medley
Relay, High Jump, Pole Vault, Putting 16-lb. Ball,
Throwing 16-lb. Hammer, Tossing the Caber.

Heavy-weight Catch-as-Catch-Can Wrestling and Heavy-Weight Cumberland Style Wrestling (Scottish Championship)

12 MILES ROAD RACE

DRUMMING CONTEST AND DRUM-MAJOR'S CONTEST

Entry Forms and further particulars from the Hon. Secretary and
Treasurer, T. B. McMillan, Knockanreoch, Rothesay.

THE SCOTS ATHLETE

To Stimulate Interest, to Develop Enthusiasm and to Encourage Sportsmanship in Scotland

Edited by WALTER J. ROSS

Editorial Offices—69 ST. VINCENT STREET, GLASGOW, C.2.

JULY, 1947.

Vol. 2. No. 4. Annual Subscription 6/6

S.A.A. CHAMPIONSHIPS

Reviewed by A. D. MacDONALD

When an athletic title goes by default, the man on the terracing is not at all thrilled; but when a champion, considered to be an absolute "certainty," is overthrown on the field —well, that is something. And in this respect only, perhaps, will the 55th Amateur Athletic Championship, held at Hampden Park, Glasgow, on 20th and 21st June, 1947, be remembered. respect; but, Sports promoters everywhere, here is somebody who will thrill and delight the fans.

Bill him at your meets. Bring him competition from wherever it can be procured. And, Olympic coaching panels, be on the spot to guide this boy to the top. Take care of him, Mr. Quskley! (Director of Physical Training, St. Andrews University.—Ed.).

A good general average performance was maintained throughout the contest, but as a discovery programme for next year's Olympiad it was disappointing. Too many veterans in experience won their respective events. However, they did not give us that touch of brilliance we look for at this "June Festival of Sport."

On my own programme I starred two newcomers who appeared to me as having the makings of top-liners.

In his 440 semi-final, C. Alexander, Edinburgh Northern H., gave us a fine showing on a bad track. On Saturday, under better conditions, he did not win, but I prefer to give him the benefit of lack of experience. Drawn outside card is a big handicap to a "green" runner, and undoubtedly this boy can do better.

To the East I again turn for my other choice, namely, A. S. Lindsay, St Andrews University. According to the records he has shown a bare two feet, less two inches, improvement on his last year's hop, step, and jump; but that is beside the point. What could he do with proper care and attention? For here is a boy who exemplifies the poetry of motion, and where an athlete is basically a sound mover his possibilities are boundless.

But do we ever see him in the West?
Maybe the East are luckier in this

respect; but, Sports promoters everywhere, here is somebody who will thrill and delight the fans.

Bill him at your meets. Bring him competition from wherever it can be procured. And, Olympic coaching panels, be on the spot to guide this boy to the top. Take care of him, Mr. Quskley! (Director of Physical Training, St. Andrews University.—Ed.).

On the track, only Allan Watt looked to me to be a made-to-measure candidate for Wembley next summer. Our new sprints champion did all that was required of him, quietly and efficiently. His race with E. Q. F. Cofie (Edinburgh University) in the final of the 220 was a real thriller; but the Shettleston boy was just too strong. Subsequent running proves Allan to be right there on the Olympic front.

right there on the Olympic front.

Of the high jump fiasco the less said the better. Alan Paterson lost because he failed to fully realise he was there primarily to defend his championship title, not necessarily to break records. In one way Alan is fortunate for he gained a timely lesson, to learn that he must weigh up the prevailing conditions and adapt himself accordingly.

It is true that, nine times out of ten, Scotland's Olympic hope should be able to clear at least 5 ft. 10 ins. at first attempt. Still, it would pay him to do a little more limbering-up, especially in a championship event. In a record attempt it might be different as too much preliminary jumping can have a tiring effect; but in the soft ground conditions which prevailed at Hampden no chances should have been taken. Even J. L. Hunter, the winner, who cleared 5 ft. 5 ins., can do much better—he has jumped 5 ft. 10 ins.—so the state of the ground must at least have



W. D. Conacher (Victoria Park) wins the 110 Yards Championship from R. Sharp (Garscadden) (right) and C. Alexander (Edinburgh Northern).

been a factor. Hunter, who is a nice stylist, seems to lack confidence in his own ability at present.

The soft, slippery conditions were a deterring factor in most of the field events, including the broad jump, but it was quite gratifying to note that the holder of the javelin throw, P. G. Skea, improved approximately 5ft. in successfully defending his title; and that the Glasgow student, R. F. Edington, with crowd-pleasing pole-vaulting that made him the champion, gained 6 ins. on his last year's championship form when he was third. His 10 ft. 9 ins. was 5 ins. better than the winning height of the previous year.

In the heavy events, in which George Mitchell, Glasgow Police, specialises, he lacks good opposition; and in the Hammer (Scots style) was the only competitor forward.

D. Young of Glasgow Police again took the discus, but hardly in his 1938 form when he made a new Scottish native record. If he concentrates to the fullest, and gets plenty of competition, there is no reason why he should not be forward challenging the best in Europe. Britain needs all her field events men, Dave, particularly of your calibre.

To my mind, the finest point about

our field performances is the almost total eclipse of the "hulk and bulk" merchant. The streamlined frame, allied to a snappier technique, brings our Crabbie Cup-winner, D. McD. Clark, into the picture with exponents of other countries; and with such an example we can look forward with optimism to a great improvement in this branch of the sport.

In the three miles, Andrew Forbes' win was an exhibition of fluent rhythmic striding. To all appearances, he is the finest Scotland has yet produced, but until he has been thoroughly tested and has knocked off that half minute we can only say "Best of luck, Andy."

Forbes has the temperament and the enthusiasm to force himself right to the front, and to my mind he is the greatest example to-day of "Easy does it." This maxim might well be copied by some of our other stars.

A great fuss was made of Panton's bad judgment in his quarter-mile. The ex-champion has had international experience—he knew the capabilities of Conacher and Sharp—there was no misjudgment there. Panton has for the present left his running on the training track, but he can come back to beat his former best times.

W. D. Conacher's strength and judgment were just too much for his opponents in an interesting but not particularly fast 440 final.

Hart and Sinclair in the mile were two favourites to get home ahead in their respective events. Hart did not seem to be at his best. He is capable of better hurdling. This he must produce to be of Olympic grade.

Cyril Hall obliged the fans. One thing to be said in Hall's favour is that he revels in the game and is a crowd-pleaser with an R. R. Sutherland-like 300 yards finish. Tommy Lamb proved that the best jumper has the best chance when retaining his steeplechase title.

George Craig of Shettleston had a nice win in the six miles, but though the track was heavy the time was nothing great, possibly because the first three miles seemed to be run like a crawl. Nevertheless Craig's judgment was good, and his first senior track title should give him confidence for the future. Alex. McLean, who was runner-up, was not the man we saw winning the ten miles championship in April, and looked over his "peak." From the spectator's point of view, it was a pity in a way that holder, J. E. Farrell (who very wisely, of course, in view of his marathon commitments) did not take the field. He would at least have shaken up the field a bit, and we might have got a truer picture of Craig's abilities.

A notable feature of the meeting was the re-emergence of Edinburgh University as a power in Scottish athletics. Their relay win must have brought back many memories of former teams—and glory. "E.U.A.C." have won the event many times since it was instituted in 1919, and their 1947 achievement, which was in the nature of a duel with Victoria Park A.A.C., will be recorded worthily. Actually the difference between the teams was Hall, who gave his team that vital opening start. Cofie and McKenzie carried on the good work, and despite a bid by Ian Panton to atone for his disappointing form of the previous night, he just failed to get on terms with the strong-going Caskey.

Other interesting features in athletic performances were: — Two Victoria Park men, namely, J. S. Hamilton and G. Lamont, who were runners-up in the "half" and "mile," respectively, last

year, had to be content with the same position this year—but to different champions; another "Vic," I. Panton, lost the "quarter" title—but to a clubmate in W. D. Conacher; and K. Maksimczyk of E.U.A.C. proved himself to be a fine all-round field events man.

And so the athletes played their part in providing us with thrills and entertainment. But the officials can do better.

The idea that such a meeting is being run only for dyed-in-the-wool enthusiasts must be cast aside. There were many cash customers completely at sea because the supply of programmes ran short. But why was the loud speaker system not brought into use to let those people know who was doing what? The announcer, G. P. Henderson, has a very good voice, but, programmes or not, to announce numbers instead of names is intolerable. **Numbers and names** in future. This should be the policy from the smallest gala to the biggest meeting. In that way only can the public become acquainted with the athletes. It will mean a greater following and interest.

To my mind, Hampden Park is not the ideal setting for our championships. Competitors are too detached from the spectators—many fine points are lost because of distance.

Could the S.A.A.A. not endeavour to get an arrangement for a reconstructed Helenvale? Once it is possible to carry out enlargements of the present stand, and improvements on the terracing, with the existing track, which is second to none, it would be the ideal place for such a meeting; allowing a necessary link-up with athletes, officials, and spectators.

FULL DETAILS

Six Miles—1, G. B. Craig (Shettleston), 32 min. 17 6-10 sec.; 2, A. McLean (Bellahouston); 3, A. McGregor (Bellahouston).

Hammer (wire handle)—1, D. Clark (R.U.C.), 166 ft. 2 in.; 2, G. E. Mitchell (Glasgow Police), 126 ft. 5 in.; 3, E. C. K. Douglas (R.A.F.), 125 ft. 9 in.

Hammer (Scots style)—G. E. Mitchell (Glasgow Police), 100 ft. 7 in.

Throwing 56 lbs. Weight—1, G. E. Mitchell (holder), Glasgow Police A.A., 30 ft. 4 in.; 2, D. McLean, Glasgow Police A.A., 27 ft. 2 in.

High Jump—1, J. L. Hunter (Edinburgh University A.C.), 5 ft. 5 in.; 2, W. B. Bland (Paisley Grammar School), 5 ft. 4 in.; 3, H. T. C. Wilson (Trinity Academicals), 5 ft 3 in.

100 Yards—1, A. Watt (Shettleston B.); 2, G. McDonald (Victoria Park); 3, J. D. McKenzie (Edinburgh City Police A.C.), 2 yds. 10 secs.

220 Yards—1, A. Watt (Shettleston H.); 2, E. Q. F. Cofie (Edinburgh University); 3, G. McDonald (Holder, Victoria Park). 2 yards. 22.5 sec.

440 Yards—1, W. D. H. Conacher (Victoria Park H.); 2, R. S. C. Sharp (Garscube H.); 3, C. Alexander (Edinburgh Northern H.). Won by 2 yards. 51 sec.

Half Mile—1, C. J. Hall (Edinburgh University A.C.); 2, J. S. Hamilton (Victoria Park); 3, T. Beggs (Glasgow University). Won by 10 yards. 2 min. 0.5 sec.

One Mile—1, F. Sinclair (Greenock Wellpark H.); 2, G. A. Lamont (Victoria Park); 3, R. H. Kendall (Aberdeen University). Won by 8 yards. 4 min. 27 sec.

120 Yards Hurdles—1, J. G. M. Hart, holder (Edinburgh University); 2, J. A. Edison (Edinburgh Southern H.); 3, D. W. Deas (Heriot's F.P.). 15.9 sec.

440 Yards Hurdles—1, J. G. M. Hart (Edinburgh University); 2, R. W. G. Jarvie (Atlanta); 3, J. Jolly (Shettleston H.). Three yards. 58.4 sec.

Putting the Weight (16 lbs.)—1, K. Maksimezyk (Edinburgh University), 39 ft. 8 in.; 2, D. W. C. Smith (Aberdeen University), 38 ft. 8½ in.; 3, M. G. Arnoux (Boroughmuir F.P. and Edinburgh So. H.), 36 ft. 4½ in.

Hop, Step and Jump—1, A. S. Lindsay (St. Andrews University), 42 ft. 4 in.; 2, J. Howden, holder (Boroughmuir F.P.), 40 ft. 2½ in.; 3, R. M. Smith (Dundee Hawkhill), 39 ft. 10 in.

Throwing the Discus—1, D. Young (Glasgow Police), 129 ft. 9 in.; 2, K. Maksimezyk

(Edinburgh University), 125 ft. 6 in.; 3, J. W. Dalziel (Edinburgh Northern H.), 121 ft. 5½ in.

Throwing the Javelin—1, P. G. Skea (Heriot's F.P. A.C.), 164 ft. 10½ in.; 2, F. S. Kynoch (Edinburgh Southern H.), 153 ft. 4½ in.; 3, F. Beattie (Shettleston and Aberdeen T.C. A.C.), 145 ft. 9½ in.

Three Miles—1, A. Forbes (Victoria Park); 2, C. McLennan (Shettleston H.); 3, H. B. O'Neill (Bellahouston H.). Won by a distance. 14 min. 55.2 sec.

Broad Jump—R. M. Smith, holder (Dundee Hawkhill H.), 21 ft. 4½ in.; 2, G. H. Caithness (Trinity Academicals), 21 ft. 4 in.; 3, J. Howden (Boroughmuir F.P. A.C.), 20 ft. 10 in.

Two Miles Steeplechase—1, T. W. Lamb, holder (Bellahouston H.); 2, G. Cunningham (Victoria Park); 3, A. McLean (Bellahouston H.). Won easily. 11 min. 57.6 sec.

One Mile Relay (880, 220, 220, 440)—1, Edinburgh University (C. J. Hall, E. Q. F. Cofie, D. A. McKenzie, and J. A. Caskey); 2, Victoria Park; 3, Bellahouston Harriers. 3 min. 39.1 sec.

Pole Vault—1, R. F. Edington (Glasgow University), 10 ft. 9 in.; 2, D. M. Hastie (Hillhead High School), 10 ft. 6 in.; 3, W. McNeish (Glasgow University), 10 ft.

Tug-of-War (catch weight)—Glasgow Police A.A.C. beat Edinburgh Corporation Lighting and Cleansing Department W.C. by two pulls to one.

Tug-of-War (100 stone)—Edinburgh Corporation Lighting and Cleansing Department beat Glasgow Police A.A.C.

COWAL HIGHLAND GATHERING

RECREATION PARK DUNOON

FRIDAY & SATURDAY

29th & 30th AUGUST, 1947

at 2.30 p.m. each day

**Running, Jumping, Field Events,
Cycling,**

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**6 Pipe Band Contests, including
World's Championship**

Piping and Dancing commences 11 a.m.

For Entry Forms and preliminary programme apply to usual sports emporiums; F. Graham, 52 Laidlaw Street, Glasgow; or Joint Honorary Secretaries, 11 Hillfoot, Dunoon.

All Entries Close on Wednesday, 30th July.

PHOTOFFLASH

No. 7

CYRIL J. HALL

(Edinburgh University A.C.)



WINNING THE SCOTTISH A.A.A. TITLE

The Edinburgh University student, Cyril J. Hall, Scottish 880 Yards Champion, is one of the most promising athletes in the country. A natural athlete, Cyril gained prominence whilst attending The Abbey School, Fort Augustus. He was the school captain, and in 1946 broke his own four school track records. Most versatile, he was also captain of the school rugby, hockey, and cricket teams.

His first public performance was in the S.A.A.A. Junior Championship of 1946, where he gained third place. Later in the year, at Rangers' sports, in the 880 yards he (off 30 yards) was second to J. S. Petty (off 38 yards) in very fast time. This year he has won the Inter-University title and followed this with winning the Scottish A.A.A. title when he defeated J. S. Hamilton (who had won the Junior title the previous year) by seven yards.

Cyril, who is also a member of Edinburgh Southern, has already beaten 1 min. 50 secs. for the half-mile, and I believe he can vastly improve on this. He is only 19 years old, and so far his running has been purely natural ability. Now in the capable hands of J. Duffy of Broxburn, I expect to see him develop a more economical arm and shoulder action which, at the moment, I think is over-vigorous. With the experience of another track season or two to develop stamina and judgment of pace, allied to his natural speed, I think he will be in a position to challenge the world's best over the half-mile.

ROY ROBINSON.

RUNNING COMMENTARY

by J. E. FARRELL.

With June over, interest in athletics will be focussed mainly on the A.A.A. championships to be held at the White City, London, on July 18-19, with the exception of the Marathon and Decathlon events which will be held at Loughborough in August.

To be selected for the Olympic Games is the highest honour in amateur athletics, and those athletes with possible chances will be busy tuning up to concert pitch to finish in the first three in the British championships and so ensure being in the short list for consideration next year at the London Olympiad.

Actually the A.A.A. championships are similar to the "Open" Golf Championship, being open to the world, and quite often foreign athletes take advantage of this rule and grace our arena. Thus it can be imagined that to win an A.A.A. championship is a most coveted honour and even of greater value than a confined British championship would be.

Scottish Hopes for Olympic Games

Some time ago it was thought that only Alan Paterson had any chance of representing Great Britain at the Olympic Games, but the recent form of the other Allan—Allan Watt of Shettleston Harriers—culminating in his recent powerful running in the Scottish championships leads one to expect great things from him, and he, too, looks an Olympic prospect. D. McD. Clark, the hammer thrower, is another Scot who seems destined for a place in the British Olympic team if he can retain his form. While these three athletes look reasonably certain for places, there are others with excellent chances of making the team, consequent, of course, on future performances, notably D. McNab Robertson who may again be one of Britain's representatives in the Marathon as he was at Berlin in 1936. He reports that he is satisfied with his form at the moment and hopes to be fully tuned up for the A.A.A. Marathon in August. The other is

Andrew Forbes of V. Park, our stylish three-miles champion, who suffers at the moment from lack of high-class competition. But "Andy" should get the opportunity of meeting the best, early this month, which should be beneficial to him and should also provide a measuring-stick for his victory chances at the A.A.A. championships.

These, I believe, are our probables, though at the moment I can visualise other two possibles, namely, Frank Sinclair (though possibly not in the mile) and J. G. M. Hart of Edinburgh University, our dual hurdling champion, who is not long out of the junior class, and may show surprising development if he concentrates on the 400 yards hurdles.

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F. SINCLAIR
Scottish Mile
Champion

The Scottish Championships

Graced by good weather and a 10,000 odd crowd, the 1947 championships were productive of good sport, though except in one or two events individual performances were nothing to write home about, and from a British or Olympic Games standard might be said to be disappointing. However, the competition was extremely interesting. The fact that University and Police athletes formed the bulk of the field event champions, is most revealing. If Scotland is ever to improve in field events,

athletes must have access to impedimenta and must also be couched in the special technique applicable to each event.

The meeting was run off with commendable slickness and kept well to the time-table, but a racy commentary of the whole meeting and especially of the field events would do much to heighten interest. A greater link would be made with the spectators. For instance, it is not enough to announce at the end of the 100 yards race that Watt is the winner. Well known as this runner undoubtedly is, it is surely more adequate to announce "Allan Watt of Shettleston Harriers is the winner"—a small point, perhaps, but important from the point of view of informing the public.

Lennoxton Experience

I remember on one occasion watching massive Dave Guiney of Eire give an exhibition of putting the weight at Lennoxton. The commentator gave a racy account of Guiney's technique, his sense of balance, and his explosive cast of the ball; also, coloured marks were put down at various distances to indicate perhaps world, British, and Scottish figures, etc., and the whole event was most intriguing and did justice to a brilliant exponent. This touch of imagination, of legitimate showmanship if you like, gave colour to the event.

Perhaps a little more advertising is called for in acquainting the public concerning the championships. A 10,000 odd crowd is very good, but in such splendid weather conditions and with such splendid sport to offer, there should have been at least double that number. At the recent meeting held at New Meadowbank, Edinburgh (where there is no stand for shelter), under the auspices of the Lighting and Cleansing Department, 12,000 people turned out on a very wet day.

At the Meadowbank meeting, by the way, Allan Watt, off a half yard, took the eye when showing 9.9 seconds for his heat of the 100 yards, whilst Victoria Park had a nice win from Edinburgh University in the relay.

Scottish Schools' Championships

On the same day (14th June) the Schools' Championships were being held at Inverleith. The interest shown and the standard achieved should be very gratifying to those fostering athletics to the schoolboys.

A new record for the meeting was made by E. Clark (Hamilton Academy) in the Javelin Throw with 168 feet, which was 4 feet better than the previous best, which incidentally was made by J. Cullin, also of Hamilton Academy, in 1938. Clark was maintaining tradition, and it is to be hoped that he will maintain interest and receive encouragement to develop his prowess at this event. He is a great prospect.

Long-striding A. Y. Monaghan only managed to take second place in the 100 yards to Kenneth Haddow, Hutchiesontown Grammar School, and also a member of Victoria Park. As was expected, I. Roberts won the "quarter," and D. R. B. Grubb, the tall Heriot's pupil, won the mile in the exceptionally good time of 4m. 41.6s. especially considering the heavy conditions.

Two competitors scored double victories. In the open events, Heriot's champion, D. A. Stewart, won the broad jump and the hurdles, while D. Corbett won two events in the under-14 class.

At Babcock & Wilcox sports at Renfrew on the same day, Garscube Harriers had a field day, easily gaining most points to take the Empire Exhibition Trophy; whilst at Motherwell that up-and-coming runner, D. Rodger of Hamilton Harriers, had a good sprint double at the Police Sports. He won both the Youths and Open "100."

Bellahouston Repeat

Bellahouston's retention of the trophy they won last year at the Bradford Police Sports in the two-mile team event is worthy of mention. This time they triumphed over Birchfield by the narrow margin of one point. Bobby Reid of Birchfield was first man home.

Chiswick High-Lights

In London on 14th June the Polytechnic Club carried through their annual Kinnaird Trophy inter-club



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THE SCOTS ATHLETE

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championship, and despite a cold, rainy afternoon there were some excellent performances. Notable in this respect was the form of McDonald Bailey of Trinidad, who carried the colours of the Polytechnic Harriers.

Britain's champion sprinter who, apparently, beats even time at will, and seems to thrive on competition, won his heat by almost 15 yards in 9.7 seconds, which equals the British record held jointly by himself (American Ed. Conwell's time of 9.6 seconds having not yet been ratified). In the final, despite being unsettled by three false starts, Bailey registered 9.8 seconds. I would not be surprised to find him get down to 9.5 seconds in perfect racing conditions.

[Editor's Note—Since this has been written, McDonald Bailey has run 100 yards in 9.6 seconds. This is likely to be ratified as a British Record.

After a neck-and-neck struggle, H. A. Olney (Thames Valley), England's first man home in the recent cross-country international, beat N. Rowe of Herne Hill by his superior finishing powers in the smart time of 14 mins. 37 secs. Intermediate miles were covered in 4m. 39.6s. and 9m. 40s.

D. C. Y. Watts, the A.A.A. broad jump champion, suffered a surprising defeat at the hands of H. E. Askew (Achilles) who had a winning jump of 23 ft. 0½ in.

"Poly" Marathon

With the favourite Jack Holden of Tipton unable to compete owing to muscle trouble, the annual classic marathon from Windsor Castle to Chiswick assumed a very open appearance.

The winner turned out to be C. H. Ballard of Surrey Athletic Club—present Sussex 20-miles champion—who beat Tom Richards of South London by approximately 40 seconds in 2 hours 36 minutes 52.4 seconds, the fastest marathon time done in Britain so far this year. Advantageous conditions prevailed for long-distance running—cool with rain and a following wind. Nevertheless the full distance has still to be covered, and such promising form must be heartening to British team

selectors. R. C. Manley finished a good third.

A certain amount of sympathy is due Tom Richards in running minutes faster than ever before, including his own previous winning times, and yet being pipped for first place.

Keen interest will be shown in the form of H. S. Oliver of Reading, who has accepted an invitation to compete in a marathon race at Enschede, Holland, on July 12th. Since his splendid win in last year's Polytechnic marathon, which earned him his place at Oslo, Oliver has been under a cloud, but the selectors are hopeful of an early return to form.

Another man who may come into the reckoning for Olympic selection is the 36-years-old Irishman, J. A. Henning of Duncairn Nomads who is apparently a most ambitious athlete and very consistent in training. Apart from his sound victory in the recent Manchester Marathon in 2 hrs. 45 mins. 37 secs., Henning has subsequently beaten 2 hrs. 40 min. to set up an Irish record; so Jack Holden may have quite a few chasing him on in the British championship in August.

An interesting fact concerns H. Tyrer of Sutton, ex-cross-country internationalist, and now a contender for marathon honours. It is to the effect that, since cross-country season, Tyrer has reduced his weight from 13 to 12 stone. Some critics have considered myself rather heavy for marathon running, but my own 10 st. 6 lbs. is modest in comparison.

Is Arthur Newton Right?

Arthur Newton always maintained—unlike most athletic experts—that an athlete's build was unimportant regarding his ability to race long distances. Certainly there have been few successful marathon runners from the ranks of the exceptionally tall and exceptionally heavy. Newton declared, however, that inner strength allied, of course, to certain mental characteristics was the most essential.

World Figures

Almost every month brings its quota of performances in the world record class. Soon after beating his mentor's all-comers figures for six miles at the

White City, we have a new world's record for 4 miles set by the modern flying Finn. Heino's new mark is 18 mins. 47.6 secs. Then Robt. Fitch of America improved on the discus figures with a throw measuring 177 ft. 9½ ins. Finally we have Mel Patton of South California University equalling world figures for 100 yards with 9.4 seconds. Patton is reputed to be definitely superior to Ed. Conwell who recently won at the White City.

Coming British Championships

It is not known yet to what extent athletes from abroad will challenge for our titles. Will we again see Slykhuis, the young Flying Dutchman, who gave Wooderson such an epic race at the White City last year and again at Oslo on the occasion of the European Games? Will Van de Wattyn be out to defend his steeplechase bay, or will Raphael Pujazon of France, European steeplechase champion, be an entrant? However, the presence of the talented coloured athletes, Bailey and Wint, will itself ensure enthusiasm.

It is to be hoped that Douglas Wilson's recent spike injury will not preclude him from defending his mile title; and Tom White's form in the 880 yards will be closely watched. If he can keep on terms with his field, he is a very dangerous finisher. J. P. Reardon of Dunore, the Irish quarter-miler, who thrilled us at Ibrox recently with a beautifully run 400 metres, is another athlete worth watching, and he is sure to make Wint and the others travel. From the Scottish point of view I hope to see Paterson, Clark, Forbes, and Watt all stake claims for Olympic recognition, and hope also to see young Hart put up a good show in the 440 hurdles.

Paterson's duel with Prince Adedoyin should be an engrossing event, as should be the three-miles with Forbes, Olney, Haw, McCooke, and Peters, although the last named may concentrate on defending his six-miles title apart from any possible Continental entrants.



W. Somerville leads from J. Bond (Shuttleton) in the half-mile held at the East Kilbride Y.M.C.A. meeting.

Wooderson and Olympics

Though Sydney Wooderson has been running in several races of less import recently, I think it is hardly likely that he will compete at the A.A.A. Championships; but I would not be surprised if he turns out at Rangers F.C. sports on August 2nd. Knowing the excellent standard of the Rangers' meeting in the past, it was no great surprise to hear that Mr. Struth had arranged for Heino to compete.

Mention of Wooderson recalls the fact that reports concerning the little Blackheath man's participation in the Olympic Games at Wembley next year are premature, to say the least of it. The European 5,000 metres champion has not committed himself either way.

After all, he has done enough to uphold his country's prestige in International competition to merit a rest from the physical strain and nervous tension which modern competition of the highest class demands. Moreover, an athlete is not a robot, and a rest from the fierce glare of the limelight can be advantageous.

Wooderson is also a splendid clubman and, particularly during the past cross-country season has done excellent work for his own Blackheath Harriers. It must never be forgotten that running is also a thing to be enjoyed, and Wooderson has been doing just that.

However, he is still in touch and should he, nearer the time, feel desirous of participating in the Games, I am sure all members of the sporting fraternity would welcome him, as he would grace the arena—win or lose.

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WINNING AN OLYMPIC CHAMPIONSHIP

HOW I TRAINED FOR THE BIG EVENT

By THOMAS HAMPSON (Holder of the Olympic 800 Metres Record)

Most young athletes are always on the look-out for hints and theories on the particular event in which they would like to specialise. Thus we reprint with acknowledgment what, in our opinion, is one of the most practical theories on half-mile training ever written, from "Amateur Sport and Athletics" (now out of print) for July, 1935. Tom Hampson, when winning the Olympic 800 metres at Los Angeles in 1932 set up new Olympic and World record time. (His World record has since been surpassed, but his Olympic record still stands.) In the series, "Heroes of the Olympic Games," which appeared in "Superman" (also out of print), Harold M. Abrahams, the famous athletic authority, writing of Tom Hampson in the September, 1934, issue, refers to the Olympic race and concludes:—

"The first lap was a corkscrew, Phil Edwards shooting ahead in 52 4-5 seconds. Hampson was in the fifth position in 54 4-5 seconds. Hampson did not get up into the lead until the final straight, and he just beat Wilson in the new record time. Actually his two 400 metres were run in almost identical time, 54 4-5 secs. and 55 secs., a marvellous piece of even-paced running indeed. Hampson did not have such a long career as most Olympic champions, and perhaps the reason that I have never fully done justice to his superb ability is that I never really got used to him as a superman. For superman he was in the widest sense of the word."

The article (including headings) is reprinted word for word as appeared in "Amateur Sport and Athletics."—Editor.

It has been suggested that my own experiences while training and racing in 1932 may be of interest to competitive athletes at the present time. It savours somewhat of horn-blowing, but I feel that since the methods I pursued suited me perfectly (and I was no better than hundreds of other less fortunate athletes of that year who had fewer opportunities and less good luck than I) it is more than probable that they may be a guide to men now training for middle distances. Were I in the running for the XIth Olympiad next year, I should not hesitate to adopt exactly the same programme.

One work of explanation, however, is necessary. There are many athletes who feel that they cannot train more than twice a week without overstepping the almost indefinable boundary between fitness and staleness. The majority, I think, could stand a course of training in which hard work predominates, but naturally every athlete must work out his own salvation, find the methods which suit him best, and stick to those as closely as possible.

There is little sense in doing five hard days' training one week, none the next, and a couple of days in the week after. Whether a man needs five days a week or only two is for himself to find out; but, having ascertained the amount of practice he requires he should, I suggest, take that amount in regular doses.

I had already decided that if I were lucky enough to be requested to "stand by" for the Olympic Team in 1932, I

would follow a course which would land me at the Championships, early in July, fit enough to retain my title, at the same time leaving me still further to go towards supreme fitness over a months later in Los Angeles. In addition to this, my training had to be so planned that, in an abnormally long and busy season, I was constitutionally sound enough at the end of August not to feel the strain of a hard race.

The initial stages of training had, therefore, to be devoted to a general strengthening process, a building up of the stamina which I hoped would serve me well against the speed of the great Ben Eastman, reports of whose remarkable times were already reaching England.

When I was satisfied that I had thoroughly toughened up my muscles and developed lung and heart power sufficiently, then, and only then, I decided I would make the attainment of speed my object, but would not even then practise speed to the exclusion of everything else. Further, some part of my training had to be devoted to finding out and "learning by heart" the best methods of getting my time down to that point where I was sure I could give anybody a run for his money and, with a little luck, beat him.

The first thing to do was to draw up a complete plan of training for the season, which I did thus. Beginning on April 1st (ominous date!) I reckoned that during the first month I would run several miles a week, often three or four in one afternoon, gently plodding



A HALF-MILE STUDY

This photograph was taken by Roy Robinson at Rangers F.C. Sports last year. C. F. Campbell (Springburn H.), here in full stride, was one of Scotland's finest half-milers prior to the war, in which he was taken prisoner. After his repatriation he again competed successfully.

W. Ritchie, seen chasing Campbell, has been one of the best half-milers in recent years. He has, incidentally, ran some great races for his club, Victoria Park A.A.C., when winning many relays.

round the track, with no attempt at speed, gaining an easy body carriage, a fairly free swing of the arms, strengthening calf and thighs by toe running and almost an excessive knee lift.

It should be generally known that the surest way of improving the quality of muscle is to give it work, not violent and exhaustive work, but regular easy movement. Towards the end of this month I found that, without any effort, I could run a mile in about 4.40 without feeling the least exhausted or without being conscious of speeding at all.

The next month, May, was occupied with the beginnings of the acquisition of some speed. I obtained this mainly by practising over varying short distances, from 50 yards to 440 yards; but I think that, for most half-milers, the ideal distance is 220 or even 300.

The shorter sprints are good in the sense that they cultivate speed at the start, which is sometimes very useful; and in a really tight finish the advantages of knowing how to get there in the last 50 yards are obvious. But

sprinting style is vastly different from middle distance style, and too much of the former may easily spoil the latter and cultivate propulsion at the expense of traction, leading to a totally unnecessary chopping of stride in the earlier stages of a race.

Whilst practising over these shorter distances, I always kept two things in mind: the smoothness of action which is half the secret of middle distance running, and the fact that I was training and not racing, which always left me with some second or so in hand over the distance.

Whether trotting up to a mark on the hundred yards straight and thence jerking into a fast 50 yards, or taking a fast stride round a furlong or even a quarter, I found great assistance in the comforting thought that I could go a bit faster if I had to.

The "Oxygen-Debt" Theory

During all this time I still ran one mile per week somewhere about 4.40 at a level pace of 70 secs. a lap, for I was convinced—having studied some of Professor Hill's researches and knowing

the working of the "Oxygen-debt" theory—that the Finnish runners were correct when they maintained that the most economical method of running was to keep as near as possible to an even pace throughout.

June, therefore, found me fit enough to work on this theory, and, with stamina and speed fairly assured, I trained mainly thus. On Monday, a mile at a level pace rather inside the average 70 sec., which was good enough for May. On Tuesday, three laps at a faster speed of 64. On Wednesday a timed quarter of 55 sec., carrying on at the same speed for another 100 yards.

On Thursday a 600 yards, striding through to get an average of about 27 sec. for each furlong, and, after a good rest, a fairly fast 300. On Friday, since I was usually racing on the Saturday, I merely went out and kicked my legs about, jogged a lap or two or did some exercises.

Although I have only mentioned the central feature of each evening's work, which never occupied long, I was rarely on the track for less than an hour. The odd time was filled in with stretching, bending, breathing exercises, short bursts of speed, some three-quarter speed striding or half-speed trotting. I endeavoured to do as much work above my distance as below, and I think the result of the race in Los Angeles justified this.

Racing, of course, I had in plenty. There were few vacant Saturdays from the beginning of May to the middle of July. I appeared early in the year running largely in miles, and I remember the howls of "Nurmi" when I ran in a Club match at Battersea Park with a watch in my hand to check off 90 sec. for each of the three laps. My last race in England before sailing was a 300 yards at the White City; and between these two I had run at a variety of distances, but mainly at 880 yards.

I usually had one, sometimes two, mid-week races, either in Club matches or in Challenge Cups, or Relays of some kind, and these were as far apart as 220 yards and a mile. On such occasions

the training schedule had to be abandoned, but I believe the racing, which was never over-strenuous, did me quite as much good.

Hardly a Fair Test

Wherever possible in racing I followed my "level pace" idea, and I found that only very rarely did my lap times show a discrepancy of more than two-fifths of a second, which showed that I had mastered the difficult subject of pace, which had been my bane two years earlier.

The only outstanding exception was the occasion of the match between the A.A.A. and Cambridge, at Fenner's. Here, purely for the purpose of seeing how I should get on, I ran my first quarter in 55 sec. Unfortunately, I dropped the others after that stage, so the fact that my second was a full minute, without any opposition, but a nasty head-wind in the straight, was hardly a fair test. But in the Surrey Southern and A.A.A. Championships (the second was faster than the third) and at the Oxford versus A.A.A. match and the British Games, the plan worked very well.

Another useful discovery was that I could run a pretty fair 440 on this method. If I went too fast over the first furlong I found myself fighting badly at the 300 yard mark, whereas, if I held back a little, but not so much as to lose many valuable yards, I found that I could not only maintain my form more easily, but actually had a reserve for the last rush up the straight.

Kept My Fitness

The intervening period between the middle of July and the beginning of August was, of course, occupied by the journey to Los Angeles. For a person who had not reached a fairly advanced stage of racing fitness, this would have meant a set-back of a fortnight. As it was, I was able to regard it as a kind of holiday, and by taking a little exercise of some sort—skipping, trotting, or walking on deck, a little P.T. in the gym., interspersed with visits to the ship's pool which did not altogether please the "old-timers"—I kept my fitness.

Three days' break in Toronto enabled

us all to regain our land legs, but the worst part of the journey was to come—the five days' train trip across America in the cramped confines of a tourist coach. Even here, however, we were able to stretch our legs with an occasional trot on the station platforms and, five days clear after our arrival in Los Angeles, was sufficient to put on the finishing touches.

With the actual racing there I cannot now deal. Suffice it to say that only the perfect atmospheric conditions in California could have produced the astounding performances and the numbers of records made.

I do, however, derive a certain amount of satisfaction from knowing that I kept to a level pace by holding myself back while others were running much too fast in the first lap (imagine 24 2/5 for the first furlong of a half mile!); that, except for the last two or three yards, my style did not go to pieces; that the general plan of my training must have been roughly correct; and that 1.50 certainly could be beaten for 800 metres.

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Across—(2) Steward; (7) Peri; (9) Corn; (11) Too; (13) Elma; (14) Tee; (15) Deleted; (17) Rex; (18) Epic; (20) Ass; (21) Norn; (22) Trot; (23) Stanley.
Down—(1) Appearing; (3) Trim; (4) Wooderson; (5) Route; (6) Inter-City; (8) Italian; (9) Contest; (10) Older; (12) Medic; (16) Exert; (18) Pore.

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(under S.A.A.A. Laws)

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LEWIS'S LADIES

Top—Alan Scally gives the girls some easy jogging.
Bottom—Practising "starts." Mr. Telford (on left) looks on.

ENCOURAGE SCOTTISH WOMEN LEWIS'S GIVE A LEAD

By Isabella M. Ross.

The recent news that British women are likely to compete in the Great Britain versus France Contest, in September, is a step forward for women's athletics, but tends to show up the backwardness of this side of the sport in Scotland.

Whilst in England the Women's A.A.A. is very active, encouraging all types of events including field events with a view to the 1948 Olympics as well as for the sake of athletics itself, there is practically no open competition for women in Scotland.

Last year British women (but no Scots included) made a satisfactory showing at the European Games at Oslo.

When the team to compete against France comes to be selected will there be any Scottish women considered? Will they get the opportunity to show their ability and develop experience at home?

This year the W.A.A.A. celebrate their 25th birthday and will hold a special Championship Meeting at Polytechnic Stadium, Chiswick, on 2nd August, and the Junior Championships will be held at Alperton on 12th July.

This means there is a live organisation in England, and it is noticeable that the women themselves play an important and enthusiastic part in the organisation of their movement.

This would suggest that for the development of women's athletics in Scot-

land there should be a link-up of all interested, with women already attached to the sport playing the major role.

One club doing their utmost to give the ladies a chance is Lewis's Polytechnic (Glasgow). Under the supervision of Asst. Staff Manager and Welfare Officer, Mr. Telford, and with the able coaching of well-known Alan Scally, the girls are making great progress.

Last July, in the first year of the club's formation, they competed against other six Lewis's Polytechnic teams and were beaten by the narrow margin of one point by Liverpool. Actually they would have won but for a mishap to the first girl in the relay team.

However, they intend to make no mistake in their second attempt this month at Manchester, and expect their relay team of Miss Blair, Miss Provan, Miss McIlvene and Miss Rue—who were second to Glasgow University in their first experience of open competition at Shawfield last month—to score one of their main successes.

The ladies of Lewis's would welcome inter-club competition, and it is hoped that opposition will be forthcoming.

Inter-club contests, on a small scale, may well be the basis of a great revival of Women's Athletics in Scotland, and perhaps we'll be able to cheer home a Scottish Woman in a British jersey at London in 1948.

SPORTS DIARY

July 12—Scottish v. English Universities—Aberdeen.
—Dairy Juniors and Shettleston Har. (Joint)—Dalry.
—Edinburgh City Police Open Sports—Meadowbank.
—Watson's College Games.
.. 10—Arbroath F.C. Supporters' Club—Arbroath.
.. 18/19—A.A.A. Championship—White City, London.
.. 19—Edinburgh Corporation "Edinburgh Highland Games"—Meadowbank.
—Victoria Park A.A.C.—Largs.
—Ayrshire Pipe Band Association—Ardeer.
.. 21—Maryhill Harriers—Dunoon.
.. 24—Maryhill Harriers—Dunoon.
.. 26—British Police Champ.—Manchester.
—Motherwell Y.M.C.A.
—Newcastle United F.C. Sports—Newcastle (St. James's Park).

—Helenburgh A.A.C.
—St. Machan's A.A.C.—Lennoxtown.
—Edinburgh Inter-Works Sports Assn.—Meadowbank.
—West Calder Athletic Open Meeting—West Calder.

Aug. 2—Rangers F.C. Sports—Ibrox.
.. 9—A.A.A. Junior Champ.—Manchester.
—Carlisle Charities.
—Cumbernauld A.A.C.
—Linlithgow Corporation Open Sports—Palace Grounds, Linlithgow.
.. 16—Milngavie A.A.C.
—Winchburgh Albion F.C. and Winchburgh Band Open Sports—Winchburgh.
.. 22/23—A.A.A. Decathlon and Marathon Championship—Loughborough.
.. 23—North Bute Shinty Club—Rothesay.
.. 23 (prov.)—Open Sports—Bonnyrigg.
.. 29/30—Cowal Games—Dunoon.

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