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FEBRUARY, 1949

Vol. 3 Nos. 10 & 11

THE SCOTS ATHLETE

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The leaders in the early stages of the Midland race. Prominent are A. Gibson (89), G. White (17), with the winner J. J. BARRY seen over his shoulder and runner-up J. Fleming (134).

JOHN EMMET FARRELL'S
RUNNING COMMENTARY
AND

"HOW I TRAINED FOR THE NATIONAL"
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APRIL 1947—MARCH 1948

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THE Edinburgh Eastern Harriers Annual Open Queen's Drive Race was held on 8th January, 1949. This popular New Year Handicap attracted a good entry and was won by J. Scott (E.S.H.) off 3 mins. 15 secs. with F. Donaghy of the promoting club 2nd from the same mark, and T. Thomson (E.H.), 3 mins., 3rd.

T. H. Braid (E.U.) from scratch returned 17 mins. 19 secs. to win the fastest time award, a splendid effort over this gruelling course, considering the cold conditions prevailing.

DETAILS—

FASTEST TIMES—

1. T. H. Braid, Edinburgh University ... 17.19
2. W. Messer, Edinburgh Northern ... 17.42
3. R. Watson, Edinburgh Eastern ... 17.49

Already a very attractive list of sports dates has been fixed for the oncoming summer and it promises to be a full and active athletic season. It should be free from the strain that existed with the Olympics last year, and with a favourable summer in contrast to the very poor "summer" of 1948, it should be a very happy season for all. The S.A.A.A. Championships fall on the third week-end of June and the Triangular contest will be held at Belfast on August 13th. Star athletes of various nations will be competing at the Glasgow Police Sports on 4th June. Despite a dreadful rainstorm last year Milngavie Highland Games were still able to hand over a considerable amount to charity and its "better luck this time!" The now established and popular Edinburgh Highland Games on 3rd September winds up the season.

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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.

Vol. 3, Nos. 10 & 11. Annual Subscription, 6/6

JOHN EMMET
FARRELL'S



DESPITE the many interesting features of the Winter programme they are but the prelude to the big event of the season, the National Cross-country Championship which this year as last is to be held at Ayr Race Course on the first Saturday in March

tests though they do cast certain shadows of forthcoming events. Before giving a critical analysis of National chances I would like to say a word on the National Youths' Championship held on the same day over a 2½ miles' course.

The Youths' Championship.

This race has always held a special place in the affections of cross-country enthusiasts and the fact that Scotland's nine-man team for the International event is chosen from it enhances its interest and importance.

A Thorny Task.

I have been invited to discuss the prospects in this race and to analyse the chances, team and individual, as well as to give my opinion of those candidates most likely to be in the running for a place in Scotland's team. This is an interesting task but also a somewhat difficult one as National form is not always entirely revealed in intervening

difficulty with assessing the form of youths is the mushroom nature of their growth. A boy can improve beyond all measure within months. Sometimes slack, he can also show a correspondingly downward trend. After last year's gallant display by Gilbert Adamson of West Kilbride, when, despite losing a "shoe," he finished such a good runner-up to Harry Fenlon of Lochwinnoch, it seemed that there was no need to look further for this year's winner as he is still within the age limit. This view was strengthened by Adamson's great display in the Whiteinch relay when over the first lap he led the way home beating many

experienced seniors in the process. On these displays he must have an excellent chance of winning the title on this occasion.

Since winning the open youths' race promoted by Clydesdale Harriers however, Adamson, whether by accident or design, has shown much quieter form. On the other hand his runner-up on that occasion, J. Stevenson of Greenock Wellpark Harriers, has apparently come on by leaps and bounds and must also come very much into the reckoning. Other excellent youths are F. Robertson of Garscube and S. Williamson of Greenock Glenpark, whilst there are good reports to hand of the two Eastern candidates, A. Doctor (Edinburgh Eastern) and J. Morrison (Edinburgh Rovers).

A boy who may beat the bunch is strongly built, D. Nelson of Motherwell Y.M.C.A. Among his splendid performances is his 4th in the National Novice Championship and his narrow win over F. Robertson of Garscube in the recent Midland youths' test.

Particularly noteworthy were the recent successes of young D. Campbell of Teviotdale Harriers who brought off an amazing coup by winning both Junior and Senior club championships, the latter after a close and stirring finish. In view of these feats this lad's progress will be keenly watched.

As far as the team championship is concerned the issue seems open although the Greenock clubs and Hamilton Harriers have a fair sprinkling of good youths. Thus it is quite probable that one of these teams may take the title won so handsomely last year by Kirkcaldy Y.M.C.A.

Shettleston Harriers Should Retain

Senior Team Championship.

Because of their excellent leadership and sound tail, namely their all-round strength, I strongly fancy the chances of Shettleston Harriers in their bid to retain hold of the Senior team title. With Internationals Jimmy Flockhart and Geo. Craig, ex-Internationals Harry Howard, Charlie McLennan and veteran Jim Ross to call upon they have a good solid foundation, whilst if they can call upon the services of Jim Stuart so much the better for their chances. To back the

aiore-mentioned up are such as Mills, Wallace, Laing, Hill and Clark.

On paper Bellahouston Harriers woud appear their nearest rivals and despite the fact that few of their team have set the heather on fire up to this stage it cannot be denied that they have several candidates who might rise to the occasion in a test such as the National where experience is such a vital factor.

Forbes Preferred.

With all due respect to the many excellent runners taking part in the National I feel that the Individual title should be a straight fight between Andrew Forbes (Victoria Park) and the colourful Irish runner John Joe Barry, now with the Lennoxtown club St. Machan's. Forbes's relentless pace may blunt the edge of Barry's brilliant speed over 9 miles of country and regain for him the title he lost by default last season.

Great hopes are pinned on Barry and the Irish fraternity hope that he may even be the man to equal the feat of T. Smythe who won the International title in 1931 over Baldyole Race Course, Dublin, which will also be the venue for this year's race.

The prospective Forbes-Barry duel may give us a line on the former's prospec's in this classic International race. With no recurrence of his foot trouble I believe Forbes will give a good account of himself and gain a leading place. Would it be too much to expect him to duplicate the feat of Jim Flockhart whose brilliant win in Brussels in 1937 will always be remembered?

More Contenders for Scots Team.

I do not suggest that there will be a higher standard of entry in the National this year with the exception of the return of Andy Forbes and the possibilities of speedy James Fleming, but I do feel that there may be a keener fight for places and a larger number of contenders. In offering my opinion of the chances of those in the running for places I divide these into two categories which I shall call "probables" and "possibles." This of course is a purely arbitrary division and purely a personal opinion. In the first category I rate the following and



The Motherwell Y.M. H. youth, D. NELSON (winner) leading from Fred Robertson (Garscube) in the Midland Dist. Youths' race.

give the rough order in which I regard their chances of selection and a brief reason for same. (J. Barry is not included as he will run for Ireland if selected) :—A. Forbes (Victoria Park), R. Reid (Birchfield), J. Fleming (Motherwell Y.M.C.A.), J. C. Flockhart (Shettleston H.), Jas Reid (West Kilbride), F. Sinclair (Blaydon), Geo. Craig (Shettleston H.), J. Stuart (Shettleston H.), J. E. Farrell (Maryhill H.), A. McLean (Bellahouston H.), C. D. Robertson (Dundee Thistle), T. McNeish (Irvine Y.M.C.A.), A. Kidd (Garscube H.), and R. Boyd (Clydesdale H.).

Barring accidents I regard Andrew Forbes as No. 1 certainty for the Scot's team and as I have already indicated feel that no matter how he fares in the International he should be too strong for all his opponents in the National championship not excepting the elegant John Joe Barry about whose cross-country potentialities there is still some controversy. Forbes has been putting up some splendid performances over the shorter stretches from the start of the season and although he has not yet been tested over the longer grinds he has proved his staying power, by among

other things, his victory in the National of 1947. The only doubt regarding Andy could be the possibility of slight staleness setting in as he has been in harness right through the Winter season following on his strenuous Summer season. Against that argument is the fact of his undoubtedly class and easy action and that his recent fast times have been well within his capabilities.

Bobby Reid's selection will depend on his showing in the English National as he is not likely to compete in the Scottish event. Pursuing his usual policy of graduated training Bobby has been using intervening minor races as stepping stones to his peak which he hopes to reach for the big events in March. Fairly well back in some of these events he is now showing substantial progress, and, I feel that like Forbes he is as near a certainty as the vagaries of cross-country running permit.

James Fleming's excellent race against Barry in the Midland event shows that he can stay and the experience should give him added confidence for his National attempt. Despite his somewhat limited cross-country experience he is both fast and strong and Ayr Race

Course should suit him. I should like to see him make the grade for with his ability to follow a fast pace the mile champion could be a great asset to a Scottish team.

One of the greatest, perhaps the greatest cross-country runner Scotland has ever produced, Jim Flockhart has a great incentive to make the team this year as by so doing he would equal the great record of Dunky Wright who represented Scotland 11 times in the International cross-country championship.

Flockhart is a natural cross-country runner and despite his long service is again running with much of his old abandon. He is very fit at the moment and has the temperament for the big occasion. These qualities, plus the factor of experience, should earn him selection once again.

Jimmy Reid has got over a stale period and has recaptured his old élan. During the latter part of the track season he ran some brilliant half-miles and has been running prominently throughout the present cross-country season. I rate his chances of selection high and more so since he told me he was including some distance work in his preparation, a method which I highly recommend and have found most beneficial in my own training.

Frank Sinclair is trying with the idea of having a real crack at the mile in the coming track season, yet at the same he would like to make the team for Dublin. Thus it is somewhat difficult to estimate his chances without knowing his present state of fitness and his intentions. Nevertheless I feel bound to put him on a short list. Ayr Race Course is made to measure for him and his easy loping stride and fast finish are a danger to the very best; and after all he was runner-up last year.

Geo. Craig is essentially a cross-country type rather than a track runner. He has apparently recovered from a



stubborn period of staleness and is looking in good shape. An experienced pacer with the confidence of previous selection, last year's Scottish Junior champion will be difficult to displace.

Some critics may appear a trifle surprised that I should place James Stuart so high up in my list of probables for selection on the grounds that he might find it difficult to get the 9 miles. There may be some truth in this. Yet although ignorant of Stuart's intentions, I must rate his chances of making the team as at least sound—should he start. Though tailed at the finish of the Midland event by Barry and Fleming, Stuart nevertheless ran a good race. His qualities of tenacity and determination could be valuable assets in such a gruelling test as the National.

J. E. Farrell.

It is a somewhat delicate and difficult task to write objectively of one's chances in an event of this nature. Without confidence and a certain amount of ego an athlete will not go far. All I can say is that I feel I have a reasonable and sporting chance of making the first nine, as I feel in just as good shape as last year, and if I do not succeed will have no excuses to offer. Nevertheless I am mindful of the somewhat sterner opposition this year and the greater number of candidates in the field.

As I have indicated I find the fast starts rather difficult to cope with. To counter-balance this to some extent my marathon and distance back-ground may provide the stamina which invariably helps me to be running on at the finish. Experience and judgment acquired throughout my career are also valuable assets. Nevertheless 9 miles of gruelling country is not entirely a game of chess and from a veteran's stand-point a lot depends on how one's legs behave.

Next I couple together Alex. McLean and Charlie Robertson. The former because of the pressure of business and the latter because of indisposition may both be a bit short of training, otherwise I should have rated their chances very much higher. Both are such classy performers and have such a good background that I feel they must still be included as "probables."

The novice champion, T. McNeish, has proved himself one of the greatest running discoveries of recent years and has beaten many Senior runners of International class. Because of this some critics may feel that his chances of gaining International selection are much higher than I have rated them despite the fact that he is included in this select list. I agree that his potentialities are immense, yet he has been racing fit since the early part of the season, he has taken part in some really hard races, and lastly he lacks experience. Against that is the admitted fact of his tremendous native strength and stamina. He has a good outside chance.

A. Kidd and R. Boyd.

Both lads are enthusiastic and ambitious performers and both are real triers. Last year they both, particularly Boyd, had an off-day on National day. Now freed from Midland worries they should do better this year.

Kidd recently beat Boyd decisively in the Dunbartonshire championship, but in relation to the National this is not conclusive proof of superiority. Both have to break down the mental barrier of non-success in the National. In other words previous success gives a runner confidence that he can repeat the performance. Both have a chance even if it be an outside one.

Odd Men Out.

Above I have mentioned a select group of 14 runners which will, I imagine, provide the personnel of Scotland's team for Dublin. But as 9 men only can be selected who are to be the odd men out?

The "Possibles."

Below I give the names of runners who should run prominently; and though I am not confident of any making the International grade there is always the possibility of the odd one rising above himself and meriting inclusion.

In this category I rate such as—T. Braid (Edinburgh Varsity), H. Howard, J. C. Ross, C. McLennan (Shettleston H.), W. Williamson and W. McLean (Greenock Glenpark H.), A. McGregor, G. Anderson, T. Lamb and R. Climie

(all of Bellahouston H.), G. Porteous (Maryhill H.), J. Morton (Springburn H.), A. Gibson (Hamilton H.), J. Ellis (Victoria Park), W. Gallagher (Vale of Leven), R. Mulgrew (Garscubie H.), and J. Sanderson (Gala).

It is rather noteworthy that there are 7 ex-Internationals in this list. In addition W. McLean of Glenpark attained this honour last year.

Tom Braid is a consistent stayer and a real trier and may be worth watching. While Harry Howard, after bursting into prominence like a meteor and losing form just as quickly, is fitter than for some time back and is quietly confident of doing well. Nothing would please the sporting fraternity more than to see the popular Harry stage a come-back. One of the Bellahouston quartette may show us something, while my own club-mate, Gordon Porteous, though perhaps lacking initial speed, is a real stayer.

A Word on the International.

Evidently the spectators will be well catered for at the cross-country International to be held at Baldoyle Race Course, Dublin, on March 26th, for apart from the splendid stand accommodation the course will consist of 6 laps so that the runners will be well in the public view. Each lap will consist of 1½ miles. One mile on the race-course and the other ½ of fairly stiff open country, including 2 jumps per circuit.

As far as the Nations are concerned the issue should again lie between the continentals, France and Belgium, with the odds a shade in favour of the former regaining the title they so narrowly lost from gallant little Belgium last year. Reinforced by the return of Pujazon and with the new sensation, Algerian Mohammed El Malrouk, perhaps Mimoun (runner-up in Olympic 10,000 metres) and the capable Petit-Jean, France, will be very strong. Belgium may have Doms, Renson and Van de Wattyn but will lack the services of Reiff now touring America.

Scotland has been stuck in 5th place, and even to progress to 4th place would be substantial progress. Would it be too much to expect them to at least challenge England for 3rd place? Last year at Reading England were not so hot them-

selves but expect to have a stronger team this year with the return of such as Olney and Cox.

Despite Pujazon's lapse in the Olympic steeplechase I think the swarthy Frenchman will take some beating over the 9 odd miles of country for the individual title which he has already twice won.

Edinburgh to Glasgow Road Relay.

The dropping of the 10 miles championship has proved somewhat disappointing to some runners. Although it came at a rather awkward part of the season it attracted fairly good entries. Although when I entered for my first 10 miles' championship I had some misgivings regarding the prospect of racing 40 times round the track I found the races very enjoyable and interesting and not at all monotonous.

Ample compensation is the return to the fixture list of the very popular Edinburgh—Glasgow relay promoted by "News of the World." The race is



ANDREW FORBES (Scottish 3-Miles record-holder) leading from Alec. Olney (England) in the great 5,000 metres race in the Triangular Contest.

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scheduled for April 23rd and there are 8 legs or stages. Maryhill Harriers are holders of the last race held in 1939. Many of the clubs will be busy trying to unearth some of their speedy men who do little cross-country work to help them to field a representative team.

Words of Wisdom from an Old Champion.

At the recent Diamond Jubilee Celebrations of Maryhill Harriers I had the pleasure of a word with that versatile old champion, Jack Paterson of Watsonians. He was a Scottish champion from $\frac{1}{2}$ to 10 miles including the cross-country championship which he won 3 times. Now 73 years of age and still a marvel of fitness, Mr. Paterson is a great testimony to the sport which he adorned and of which he is now an enthusiastic patron, and his views are worth listening to.

Mr. Paterson deplores the present tendency in cross-country racing of the selection of artificial hand-picked trails more resembling tracks and makes a plea for the return to real cross-country involving natural hazards, etc. I sympathise with this view, yet at the same time realise that such show-pieces as National and International cross-country races have to be selected with an eye on the comfort of spectators who must get an opportunity of following certain stages of the race. Still it should be possible to compromise by making the open country sufficiently stiff to compensate for flat race-course conditions.

Colourful Spectacle.

One of the disadvantages of ordinary cross-country racing is the inability of spectators to follow the progress of a race in its entirety although the anticipation of waiting on the leaders affords some compensation. A certain well-known sports journalist who in his time had tasted most of the thrills of big-time sport including horse racing, boxing and football, was present at the English cross-country championship some seasons ago. He confessed that he had never witnessed such a colourful spectacle as that of the 500 odd runners provided as they started in a riot of multi-coloured singlets and to view from his vantage point the huge mass of colour taking shape and forming out into leaders and tailed much like a huge inverted V.

Before leaving Mr. Paterson there are two other points which he puts forward. He strongly advises that youths should not be over-raced and burned out before they reach maturity. Mr. Paterson was himself 23 years of age before he started his racing career and to mention only two others, Jim Flockhart and "Baldy" Craig, were somewhat latish in commencing their athletic careers with apparently beneficial results. He is also a great believer in deep breathing exercises to eliminate the shallow breathing which many athletes indulge in. Certainly the breath is the life, and in running especially there is an extraordinary demand for the vital oxygen.

12 Outstanding Scots for New Zealand.

Twelve persons good and true, at present unknown and un-named, will compose the judged and not the jury in the following case. The National Sports Federation of Scotland operating from Edinburgh recently announced that 12 outstanding athletes embodying all sports

would be selected to represent Scotland at the coming Empire Games to be held in New Zealand early in 1950. As this country is particularly well off for brilliant swimmers at the moment it would seem that this sport will provide the lion's share of those selected with athletics providing just a skeleton team. Strictly on known form and leaving aside other issues Alan Paterson should be certain of selection in the high jump, while Andrew Forbes could be a probable.

Whatever transpires it is to be hoped that no athlete who shows outstanding ability worthy of representing his country will be debarred because of economic or similar reasons. The amateur athlete motivated by the love of the game asks and receives no tangible reward for his endeavours. To reach the higher flights nevertheless he has to "scorn delights and live laborious days." The big International events take place only at rare intervals, and thus the athlete's only concern should be to fit himself to give of his best.

EASTERN DISTRICT YOUTHS' RACE

THE first Eastern District Youths' Cross-Country Race which was held in Edinburgh, on 18th December, 1948, resulted in a triumph for the Edinburgh Eastern Harriers, who won six of the medals awarded, with 1st and 3rd individual and 1st team honours.

The winner, A. Doctor, always well up with the leaders, took the lead with a little less than a mile to go to get home 25 yards ahead of I. Morrison (Rover Scouts) with R. J. Stark (Eastern) another 50 yards away. The team race provided an exciting finish with the Edinburgh Eastern, by virtue of their first three counting, 1, 3 and 5, holding off a strong challenge from H.M.S. Caledonia's well-packing team, to give them victory by 1 point. Edinburgh Rover and Scout A.C. were 3rd only seven points behind with Teviotdale H. a further point away.

It is worthy of mention that from the recently formed Perthshire Club, Strathay Harriers, there were two individual

entries and their enthusiasm in travelling so far for this race is to be commended. Next season, it is to be hoped that they will be represented in the team event.

A. FALCONER
(Eastern District N.C.C.U.).

DETAILS—

INDIVIDUAL—
1. A. Doctor, Edinburgh Eastern H. ... 19.30
2. I. Morrison, Edin. Rover & Scout A.C. 19.35
3. R. J. Stark, Edinburgh Eastern H. ... 19.45

TEAM PLACINGS—

1. Edinburgh Eastern Harriers—
A. Doctor, I. R. J. Stark, 3. F. Shields,
5. T. Johnson. 32.—41 Points.
2. H.M.S. Caledonia—
F. Evans, 6. G. Frampton, 8. P. Bennison
13. A. Plummeridge. 15.—42 Points.
3. Edinburgh Rover & Scout A.C.—
I. Morrison, 2. C. Begg, 10. W. Linton,
18. D. Hall. 19.—49 Points.
4. Teviotdale Harriers—
4. 12. 14. 20.—50 Points.
5. Edinburgh Southern Harriers—
7. 11. 16. 29.—63 Points.
6. Edinburgh Harriers—
17. 24. 25. 30.—96 Points.
7. Kirkcaldy Y.M.C.A. Harriers—
9. 23. 39. 41.—112 Points.

NON-COUNTING INDIVIDUALS—

M. Colman (Strathay H.), 23. C. Petrie (Strathay H.), 24. D. Fordyce (Edin. Rover & Scout A.C.), 25. G. Ross (Edin. Rover & Scout A.C.), 43.

AUSTRALIAN ATHLETICS

NEWS LETTER

from
WILLIE SOMMERVILLE

Monday, 31st Jan., 1949.

Dear Walter,

This is just a note to let you know I am still alive and getting on grand out here. I am very happy at my work and my family have settled down fine. The children are almost "Aussies" already and along with myself, enjoy the surf bathing immensely.

I have some data about the Australian Athletic Championships and the visit of Herb. McKenley of Jamaica and Lloyd La Beach of Panama, which I am sure will interest you.

I am training just now with the Myer Park Club in Newcastle, but I don't intend doing any racing until the Winter, as I'm not acclimatised to the heat as yet, especially over 3 miles for which I was training.

I acted as a timekeeper at our Northern District Championships in Newcastle in December and was invited by the State officials there to help at the State Trials and the Australian Championships to be held at the Sydney Cricket Ground on Saturdays, 8th, 15th and 22nd January. I attended on these dates and in the position of Track Steward, got a first class view of all events.

Here are the times and distances for N.S.W. State Trials and Australian Championships:-

N.S.W. STATE TRIALS.

Hammer Throw—K. W. Pardon
Discus Throw—F. G. Eggleton, 132 ft. 1½ ins.
Javelin Throw—F. G. Eggleton, 183 ft. 0 ins.
Shot Putt—J. W. Batters, 46 ft. 6½ ins.
Pole Vault—W. A. Cartwright, 11 ft. 6 ins.
(Denton 2nd equal).
High Jump—P. M. Mullins, 6 ft. 2 ins. (5 men cleared 6 ft. 0 ins.).
Broad Jump—G. K. Gedge
Hop, Step & Jump—G. G. Avery
2 Miles Walk—A. J. Stubbs, 14 mins. 28.8 secs.
100 Yards—E. Strickland, 9.9 secs.
220 Yards—E. C. Campbell, 21.5 secs.
440 Yards—E. W. Carr, 48.9 secs.
880 Yards—J. J. Bailey
1 Mile—N. C. McDonald, 4 mins. 20.8 secs.
3 Miles—J. K. Schwede
120 Yards Hurdles—P. M. Mullins, 14.9 secs.
220 Yards Hurdles—G. C. Goodacre, 24.8 secs.
440 Yards Hurdles—W. Brisbane, 54.8 secs.
(Goodacre 2nd).

AUSTRALIAN CHAMPIONSHIPS.

Hammer Throw—K. Allen, West Aust., 149 ft. 2½ ins.
Discus Throw—I. Reid, Victoria, 143 ft. 3½ ins.
Javelin Throw—T. J. Evans, Victoria, 178 ft. 3 ins.
Shot Putt—T. J. Evans, Victoria, 45 ft. 3½ ins.
Pole Vault—P. L. Denton, N.S.W., 12 ft. 6 ins.
High Jump—P. M. Mullins, N.S.W., 6 ft. 3 ins.
Broad Jump—T. Bruce, South Aust., 23 ft. 10½ ins.
Hop, Step & Jump—F. Day, West Aust., 48 ft. 2½ ins.
2 Miles Walk—A. J. Stubbs, N.S.W., 13 mins. 55.6 secs.
100 Yards—La Beach, Panama, 9.8 secs. (9.7 in heat).
220 Yards—H. McKenley, Jamaica, 21.0 secs.
440 Yards—E. W. Carr, N.S.W., 46.3 secs.
880 Yards—D. White, West Aust., and J. Bailey, N.S.W., 1 min. 54.7 secs. (dead-heat).
1 Mile—J. L. Marks, Victoria, 4 mins. 20.2 secs.
3 Miles—N. C. McDonald, N.S.W., 14 mins. 43.6 secs.
120 Yards Hurdles—P. J. Gardner, Victoria, 14.4 secs.
220 Yards Hurdles—G. C. Goodacre, N.S.W., 24.2 secs.
440 Yards Hurdles—G. C. Goodacre, N.S.W., 53.9 secs.
440 Yards Relay—Victoria, 41.6 secs.
1 Mile Medley Relay—Victoria, 3 mins. 26.2 secs.

Victoria won the State Championship easily with N.S.W. second. P. M. Mullins, who was 6th in the Olympic Decathlon, did well with High Jump, 1st, 120 yards hurdles, 3rd, Shot Putt, 3rd. He also represented N.S.W. in the Javelin and withdrew from the Discus to let another man compete.

The first Saturday of the Championships ended in a thunderstorm and the last race was run in almost darkness. This was the 440 yards final in which young Carr of N.S.W. just beat McKenley of Jamaica in a very exciting finish. In the 100 yards final La Beach used spikes 1½ ins. long and seemed slow away, but finished strongly to win by a yard from Bartram of Victoria with Strickland N.S.W. 3rd. Next Saturday, McKenley won the 220 yards in 21 secs. with Bartram 2nd and La Beach 3rd. La Beach caused a scene, claiming his starting blocks had slipped and the race should be re-run. His blocks did slip but I should imagine that was his fault and not the officials. He had caused a false start and his blocks were O.K.

We had a very exciting finish in the 880 yards with a dead heat. A re-run was ordered between the two winners,

DISTRICT JUNIOR CHAMPIONSHIPS

EASTERN DISTRICT RACE

By M. STEWART

(Hon. Secy., Eastern District N.C.C.U.)

THE Eastern District Junior Championship was held at West Mains Road, Edinburgh, on 5th February, 1949:

Ninety-two runners faced the starter, Mr. H. J. Scott, ex-President of the N.C.C.U.

At the end of the first lap of the 7 miles course J. Sanderson, Gala, was leading by a yard from W. Messer, Northern, with W. Grieve, Kirkcaldy, third. The team race looked as good as won by University, who were packing extremely well with seven men in the first twelve, their nearest opponents being Kirkcaldy with six inside twenty-one. The second lap caused a few minor

but unfortunately the N.S.W. runner had to withdraw on doctor's orders and the title went to White of Western Australia. We had an evening meeting in Newcastle last Wednesday. McKenley won 440 yards in 48 secs. La Beach beat Currota and Campbell of Sydney in 220 yards in 21.3 secs. and was credited with 9.4 secs. in 100 yards, but the gun had failed and a whistle was used which is bound to give a faster time. However, he did 9.5 secs. at another meeting on Saturday. At a supper after the meeting I was introduced to McKenley, La Beach, Treloar, Currota, Strickland and Campbell. Morris Currota is going to an American University shortly.

That's all the space, so all the best, to the "Scots Athlete" and yourself, and my regards to all its readers and my friends.

Yours in Sport,
W. S. SOMMERVILLE.

P.S.—I'll always be pleased to hear from any of my friends who care to write and they can be sure of a prompt answer.

W. S. S.

[Why not a shoal of letters to our former Scottish Internationalist?—W. S. Sommerville, 182 Brunner Road, Adamstown, Newcastle, N.S.W., Australia.]

changes, Messer and Grieve dropping back, to be replaced by Wilby and Rowles of University. When the runners entered the finishing straight, Sanderson was seen to be leading, and he finished very strongly to win by 150 yards from Wilby and Rowles, who did their best to stage a dead-heat. University maintained their close packing, and finished six in the first eleven, to win with the splendid total of 36 points, with Kirkcaldy Y.M.C.A. second and Southern Harriers third.

DETAILS—

INDIVIDUAL—

1. J. Sanderson, Gala Harriers 39.32
2. R. F. Wilby, Edinburgh University 40.03
3. R. R. Rowles, Edinburgh University 40.03
4. P. Husband, Kirkcaldy Y.M.C.A. ... 40.35

TEAM PLACINGS—

1. Edinburgh University Hare and Hounds—
R. F. Wilby, 2. R. R. Rowles, 3. G. Young, 5. A. Cumming, 6. R. J. Sherwin, 9. G. Walker, 11.—36 Points: J. Waterston, 13. R. Naylor, 17. A. Ross, 27. D. Chambers, 36. A. Ewing, 43. E. T. Graham, 45.
2. Kirkcaldy Y.M.C.A. Harriers—
P. Husband, 4. W. Grieve, 7. W. E. Duncan, 12. G. Gordon, 18. G. Rennie, 19. D. Beveridge, 25.—85 Points: J. Ritchie, 30. J. Peacock, 32. J. McCallum, 30. J. Frazer, 83.
3. Edinburgh Southern Harriers—
H. Robertson, 14. G. Mitchell, 15. G. C. Elliot, 23. J. Kay, 24. W. Gambles, 26. T. Henderson, 35.—137 Points: I. W. Ferguson, 40. W. Grant, 46. W. A. Robertson, 66. J. G. Scott, 73.
4. Gala Harriers—
J. Sanderson, 1. G. Wintrup, 21. D. Murray, 28. J. Conn, 55. J. O'Hara, 56. W. Murray, 62.—223 Points: P. H. L. Anderson, 82.
5. H.M.S. Caledonia—
R. J. Pasely, 10. C. Hewarth, 20. R. Pape, 42. B. J. Willis, 45. P. L. Bennison, 49. M. Hill, 58.—224 Points: A. A. Humphreys, 63. S. Smith, 70. A. F. Plumeridge, 71. Clark, 77. Johnson, 78.
6. Dundee Hawkhill Harriers—
N. Scott, 22. G. Crichton, 33. J. McKenzie, 37. A. Blyth, 44. G. Drummond, 53. C. Scott, 57.—246 Points: J. Lindsay, 59. J. Bickerstaff, 60. J. Galloway, 67. A. Mudie, 68. J. Pert, 72.
7. Edinburgh Eastern Harriers—
R. Watson, 16. F. Donaghy, 34. A. Y. Thom, 39. A. Falconer, 47. J. Rollo, 50. W. L. Sinclair, 79.—265 Points: G. Falconer, 81.
8. Edinburgh Harriers—
N. Haworth, 29. A. Dippie, 51. A. Fleming, 54. T. Thomson, 64. J. Elmes, 69. I. W. Campbell, 74.—341 Points: L. Atherton, 76.

FAILED TO CLOSE IN—

Teviotdale Harriers—
B. M. Murray, 31. J. Hogg, 41. J. Inglis, 52. J. R. W. Veitch, 61. S. Reid, 65.

Edinburgh Northern Harriers—
W. Messer, 8. G. Athie, 38. G. Parley, 75. G. S. Moffat, 84. A. H. Gordon, 85.

MIDLAND DISTRICT CHAMPIONSHIPS



By EDWIN TAYLOR
(Hon. Secy., Midland District N.C.C.U.)

ENTRIES for Midland 7 Miles' Junior titles promised attractive competition for the individual and team honours. The race was held at Hamilton Racecourse on Saturday, 5th February, 1949. As the results show, both finishes were close, Olympic runner, J. J. Barry of St. Machan's A.C., getting there by 1 sec. before Jim Fleming of Motherwell Y.M. followed by Jim Stuart of Shettleston 20 secs. behind.

These three dominated the race, taking it in turn to be in the lead and trying to "break away." John Joe made an effort twice in the wood to cut loose, Stuart had one or two tries, and Fleming about $\frac{1}{2}$ mile to go tried to shake off the opposition, but all these endeavours were unsuccessful and it was "cat and mouse" to the finish. Barry obviously has the class and these three reputed milers will shake up our long distance stars for National honours.

The team race was an open affair among the leading clubs and I believe Glasgow University nursed hopes with a team of experienced runners and prior successes in Inter-Varsity races. However at the finish 1 point separated Shettleston and Victoria Park with Springburn 3rd and the Varsity 4th. It is interesting and instructive to note that 600 yards from home Victoria Park were leading by 10 points from Shettleston, to prove once again no race is won or lost till the finishing line has been crossed.

The provinces proved successful in the $2\frac{1}{2}$ miles youths' race, W. Nelson of Motherwell Y.M.C.A. taking the individual award and Hamilton Harriers making sure of the team honour by 9 points from Garscube with Shettleston 3rd 1 point behind.

F. Robertson (Garscube) was second individual and Hamilton Harriers, J. Craig and H. Gibson, were 3rd and 4th.

The close results all round show keen competition and no runaway victories, winners and runners-ups alike providing two good races.

DETAILS—

INDIVIDUAL—

1. J. J. Barry, St. Machan's A.A.C. 38.13
2. J. F. Fleming, Motherwell Y.M.C.A. 38.14
3. J. Stuart, Shettleston Harriers 38.34
4. W. Gallagher, Vale of Leven A.A.C. 38.45

TEAM PLACINGS—

1. Shettleston Harriers—

J. Stuart, 2. E. Bannon, 9. C. Wallace, 11. E. Summerhill, 13. W. Laing, 19. H. Mills, 25.—79 Points; J. Burton, 28. G. H. Taylor, 34. T. Clark, 55. A. Maxwell, 57. A. Campbell, 86. J. Miller, 109.

2. Victoria Park A.A.C.—

J. Ellis, 4. J. Reid, 8. R. O'Hara, 12. J. Stirling, 16. D. Shuttleworth, 17. C. Forbes, 23.—80 Points; A. Johnston, 46. A. Jenkins, 51. J. Simpson, 54. B. Smith, 94. J. McClure, 114.

3. Springburn Harriers—

T. Tracey, 6. A. C. Stevenson, 14. R. F. McLean, 15. D. Fyffe, 18. D. McLachlan, 24. T. McGill.—106 Points; J. Rankin, 40. H. Frith, 47. N. McGowan, 63. S. L. Neilson, 88. A. Miller, 110. H. Harrold, 118.

4. Glasgow University Hare and Hounds—

J. McGhee, 27. J. Gourlay, 33. J. Spence, 37. W. S. Rathie, 43. C. J. Risk, 49. J. H. Jardine, 52.—241 Points; W. G. Jardine, 60. D. Johnstone, 61. H. C. Garven, 68. J. D. Hamilton, 71. I. F. Manning, 78.

5. Maryhill Harriers—

H. B. Morrison, 21. J. Nelson, 26. T. K. Wilson, 31. R. Brymner, 44. J. Brymner, 65. F. McRae, 74.—261 Points; J. Bissell, 81. G. Anderson, 101. A. McRae, 104.

6. Bellahouston Harriers—

J. Christie, 20. A. Dunwoodie, 22. G. McArthur, 53. T. Kelly, 56. D. Muir, 70. J. Ferguson, 72.—293 Points; J. W. Allan, 79. E. Oxburgh, 90. G. McAllister, 93.

7. Plebeian Harriers—

A. C. Robertson, 30. E. Latham, 32. W. McInnes, 45. J. Latham, 58. F. Cassells, 89. C. Heaney, 100.—354 Points.

8. Garscube Harriers—

T. A. Gourlay, 48. A. Gold, 50. D. G. Causon, 59. P. McGrath, 62. W. Robertson, 80. J. Andrews, 82.—381 Points; R. Smith, 83. J. McGarity, 84. I. Edwards, 92. W. J. Ross, 96. A. Veitch, 99. J. Croall, 115.

9. Motherwell Y.M.C.A. Harriers—

J. Fleming, 1. G. Wood, 7. H. Shields, 77. W. Watson, 97. G. Gordon, 103. A. Morrow, 107.—392 Points; D. Sommerville, 123. R. Devon, 128.

10. Clydesdale Harriers—

G. White, 10. D. Scott, 39. D. Bowman, 64. W. Howie, 85. E. Murphy, 111. A. Hylan, 124.—433 Points; D. Stewart, 126.

11. Vale of Leven A.A.C.—

W. Gallagher, 3. T. Wilson, 67. D. McPherson, 75. A. Campbell, 76. W. Crowe, 86. A. Murray, 129.—436 Points.

12. Glasgow Police A.A.

K. Sigrist, 35. A. Allan, 36. A. McGregor, 69. J. McLeish, 91. S. Martin, 102. G. Girvan, 105.—438 Points; W. Walker, 125. W. McSevenney, 127. W. T. Carson, 130.

13. Monkland Harriers—

F. Bradley, 38. T. Jackson, 106. G. Jackson, 108. J. Tennant, 113. J. Geddes, 121. D. Steel, 122.—608 Points.

14. Glasgow Y.M.C.A., A.C.

S. Mowbray, 73. J. Herd, 95. J. Redman, 112. D. McLean, 117. H. Clark, 119. R. Donald, 120.—636 Points.

FAILED TO CLOSE IN—

Hamilton Harriers—

A. C. Gibson, 55. G. McGill, 41. J. Stewart, 87. G. Craig, 98. —.

Hillington Harriers—

J. Barbour, 42. H. Wilkie, 116. —. —. —.

INDIVIDUAL ENTRANTS—

A. N. Other, 10. D. Brown (Larkhall Y.M.), 22. T. D. Reid (Larkhall Y.M.), 30. A. N. Other, 40. G. Russell, 62.

[Youths' Race Details continued on page 18.]

SOUTH-WESTERN DISTRICT RACE

By GEO. PICKERING
(Hon. Secy. S.W. District N.C.C.U.)

TEN teams and nine individuals lined up for the District 7 Miles Championship, run from the Kilmarnock Harriers' A.C. Headquarters on Saturday, 5th February, 1949.

The trail, a double lap one, was a real cross-country test, with a mixture of hill, plough and grassland, with approximately $\frac{1}{2}$ mile road at start and finish.

After the runners had covered about $\frac{1}{2}$ miles T. McNeish, Irvine, who had set a good pace, led T. Stevenson, Wellpark, by about 15 yards. When the first lap was completed McNeish led Stevenson by about 50 yards with Lindsay, Auchmountain, close behind. Time for first lap, 20 mins. 25 secs.

The heavy nature of the ground would probably take toll at the next lap, and so it proved. When the runners came into view it showed that McNeish, with



his devastating pace, had increased his lead to about 500 yards, and he breasted the winning tape in 41 mins. 55 secs., followed by Stevenson, fully 1 min. 10 secs. behind with T. Miller, Kilmarnock, a further 23 secs. behind for 3rd place.

The Ayrshire clubs, it will be noted, figured most prominently in the team race and Irvine Y.M.C.A. were comfortable and worthy winners.

The awards were presented at the end of the race to successful competitors by W. Stewart, Paisley, President of District who in a neat little speech, thanked the Kilmarnock club and all concerned for helping to make the race such a successful event.

DETAILS—

INDIVIDUAL—

1. T. McNeish, Irvine Y.M.C.A. H. ... 41.55
2. T. Stevenson, Greenock Wellpark H. 43.05
3. R. Miller, Kilmarnock H. & A.C. ... 43.28

TEAM PLACINGS—

1. Irvine Y.M.C.A. Harriers—

T. McNeish, 1. J. Lawson, 8. D. Lawson, 12. E. Allan, 13. H. Diamond, 18. H. Cloworthy, 24.—76 Points.

2. Kilmarnock H. & A.C.—

R. Miller, 3. W. Morton, 5. G. Martin, 9. J. McPhee, 15. G. Wilson, 28. R. Ballantyne, 29.—89 Points; D. C. Wark, 30. J. Morton, 59. T. G. Bryden, 67. A. D. Connor, 71. D. L. Richardson, 73.

3. West Kilbride A.S.C.—

G. Houston, 10. T. Reid, 11. R. Paton, 16. D. Armstrong, 22. W. McCall, 32. A. Wentburn, 33.—124 Points.

4. Doon Harriers—

B. Hainey, 6. J. Bigham, 14. T. Wilson, 19. G. Mowat, 21. N. Robertson, 25. E. Uriare, 34.—119 Points; W. McEwan, 54.

5. Auchmountain Harriers—

W. Lindsay, 4. R. G. Smith, 27. W. Carson, 35. I. Graham, 38. J. Morrison, 39. A. Smith, 48.—191 Points; P. McIntosh, 50. C. Farherty, 56. D. McNaughton, 61. A. Mills, 69.

6. Paisley Harriers—

J. Campbell, 26. R. Anderson, 37. T. Cumming, 40. J. Crawford, 44. G. Wilkinson, 51. L. Crossan, 52.—250 Points; H. Hornby, 60. R. Hill, 62.

7. Greenock Wellpark Harriers—

T. Stevenson, 2. G. King, 7. T. Thomson, 31. J. Sinclair, 41. D. Anderson, 53. R. Beaton, 63.—197 Points; A. Reid, 65. F. McLeod, 77.

8. Kilbarchan A.A.C.—

P. Docherty, 17. K. McKinnon, 45. G. Smith, 49. J. Park, 55. W. Douglas, 64. D. Crawford, 66.—296 Points.

9. Greenock Glenpark Harriers—

S. Williamson, 20. H. Beaton, 23. J. Sinclair, 42. D. Farran, 46. T. Mearns, 70. J. Gormley, 74.—275 Points.

FAILED TO CLOSE IN—

Eglinton Harriers—

S. Maxwell, 43. H. Maxwell, 47. T. Maxwell A. Laidlaw, 75.

INDIVIDUAL ENTRANTS—

1. Thompson (Ayr A.C.), 15. W. H. Whalley (Ayr A.C.), 26. J. M. Sellars (Paisley Y.M.), 40. K. Phillips (Beith), 46. R. Kerr (Ayr A.C.), 48.

"How I Trained for the 1948 National."

By J. E. FARRELL (Maryhill Harriers),
(Scottish Cross-Country Champion, 1938 and 1948.)

[J. E. FARRELL has the proud record of having finished in the "first three" in the Scottish "National" since 1937. After having the unique honour of winning the title in 1948, a feat which he had accomplished ten years previously, we felt that the recording of his experience and training programme, in his own words, would be of value to every athlete.—Editor.]

"NOTHING succeeds like success" runs the old saying, and thus the methods that won me the cross-country title at Ayr Race Course last year cannot be devoid of merit, although I by no means claim them to be the last word in cross-country training.

Training for Marathon—Won National.

I would draw attention to the heading of my article. It is a personal reminiscence rather than a blue-print for victory. Not "How to train for the National," but "How I trained for the National," a vastly different thing.

Throughout the cross-country season I trained with the coming marathon in view and largely took the National in my stride. Thus I was inclined to train over longer stretches.

A Late Decision.

About five or six weeks prior to the New Year I decided to enter for the Morpeth road race. A year earlier I had finished a good second to Jack Holden in this race and the tremendous enthusiasm for this event and its great traditions intrigued me. Twice and latterly three times per week I covered distances of 8 to 10 miles but I invariably had my Saturday cross-country run. It provided variety, and anyhow I was much too fond of it to abandon it entirely, Morpeth or no Morpeth. However, my late decision to run at Morpeth was not a wise one. My preparation was too hurried and it is now history how I finished a rather poor fourth. Worse than that was the fact that the long grind of 13 miles of road on a cold winter's day had left me somewhat stale and jaded.

Coaxed Myself Back to Form.

Looking back objectively I realise that I made an error of judgment in running

at Morpeth especially after so inadequate a preparation. Yet against this self-criticism must be put a credit item—namely, that I did not become panicky but determined that come what may I would endeavour to try and coax myself back to form and let my running come to me if it would.

This decision was to prove my ace-card. I knocked off running for a week, then pursued a steady, graduated programme of training. I was implacably determined that come what may I would not go to the starting-post of the National, ragged and over-trained, but fit and strong, in good physical shape and rarin' to go.

Programme from New Year.

On Mondays I went 6 to 8 miles of road, eventually working up to approximately 10 miles or 1 hour's running. On this run I went very slowly at first then gradually it became a steady run usually with a brisk mile finish but well within my powers.

On Tuesday I took part in the weekly run at Hellenvale Park which was held in conjunction with the Olympic training scheme. The pack consisted mainly of the Shettleston Harrier lads and was supervised by Allan Scally. We usually covered about 7 miles moving ultimately to a maximum of 10 miles of rhythmic, steady running to the watch usually topped by a brisk finish. I have previously paid tribute to the benefits of this run.

Again I emphasise the variety of this track run, its rest to the leg muscles and the fluency and rhythm gained by running over the level surface of the track.

Most Thursdays I covered about 8 miles of the roads at a steady pace and if in the mood finished with a brisk mile or so, but did not let the horse run away with the jockey, in other words, I ran under full control and without losing



Winning the 1948
"National"
at Ayr.

form. On Saturdays, of course, I had my run with the pack over approximately 8 miles of country which I thoroughly enjoyed. This is a point which must be impressed. Though I have always trained hard and consistently I have tried to get as much fun out of training as possible. I looked forward to training nights with gusto and not as a task to be accomplished as a duty. The athlete should be conscientious but not too serious, very often it is the other way round. He is over-serious and not conscientious enough. The above weekly mileage covered may seem considerable but of course I was building up a background for marathon work later in the season.

Walking and Exercise.

Walking did not figure in my programme, nor did massage. Nor except at the beginning of the season did I indulge in any exercises except a few bending and stretching ones. The reason for the non-inclusion of these items is simple. Not that I did not believe they might be valuable adjuncts to training, but my daily job being of a strenuous fatiguing nature I felt that rest and relaxation were more important. In fact at least one of my weekly runs were of an easy relaxing nature.

Unorthodox Last Week.

Most athletes rest almost entirely during the week of a race. With training completed there is little to be done at this stage but keep fit. However, in

Incidentally I indulged in a course of halibut oil capsules which I believe considerably helped my physical condition.

What Six Weeks Can Do.

Stale and jaded at the New Year and barely two months hence with effervescence regained. Sometimes it seems like a miracle, yet it is good to be able to record a personal experience of this nature if only for the benefit of others. By watching my physical condition, getting extra rest and relaxation, running easily and increasing pace gradually, I could feel myself improving literally by leaps and bounds to such an extent that a fortnight before the National I felt confident of being in the first nine, a week later of being in the first six and on the eve of the event privately felt that I might even make the first three. Although as I have said an error of judgment was made in competing at Morpeth, nevertheless the long stamina building runs prior to the New Year had given me a background which showed itself on my return to physical fitness and well being.

the last week of my preparation I ran 10 miles on the Monday at a steady gait. On Tuesday I went 6 easy miles on the track, and on Thursday, perhaps most surprising of all, I did 8 miles on the road at a good steady pace. This is much more than many runners cover at the height of their training, but I ran within myself and did not want to break my marathon training for intermediate races. The race on the Saturday certainly did not reveal any adverse effects of this policy.

Whilst I believe in tapering off my training prior to a race from the point of view of severity, I prefer to keep running right up to the threshold of the race itself. For example the Thursday run helps to banish that feeling of sluggishness sometimes produced when a runner breaks his routine of living to any great extent. The activity also helps the runner to keep his mind off the race, acts as a gentle massage and allows lungs and heart a nice pipe-opener. The circulation thus produced helps to give that feeling of glow and well-being. I have found that these methods suit me, but I refuse to be dogmatic on this point as I know many excellent runners who do no running at all a week or more before a race. Try out both methods and find what suits your personal requirements.

The Race Itself.

When the pistol went I set out with the main intention of finishing in the first six. I found the initial pace fast and was back a bit at the start. However when the runners started to settle after the first mile I felt myself nicely placed in perhaps the first dozen. After the customary first mad rush at the start I distinctly remembered advising some of the runners in my vicinity to steady up as the leaders were setting an artificial pace and would ease off soon. So it proved and as I was running a forward race I managed to thread my way gradually through to the first half-dozen where I settled down to watch the pattern of the race taking shape.

As the race developed I felt I was running rhythmically and within myself and as we started on the last lap round the race-course four of us were well-bunched. Alex. McLean and Geo. Craig



At the start of the last lap, J. E. FARRELL is seen in a handy 4th position. Leading were A. McLean and G. Craig with F. Sinclair 3rd.

seemed to be having a personal duel in the lead first one then the other showing ahead. Without forcing myself I came up almost on their shoulder with Frank Sinclair a few yards in the rear.

Acted on Intuition.

With barely 200 yards to go of the velvety race-course before reaching open country I summed up the situation at a glance and determined on an audacious move. Pulling myself together I caught my opponents by surprise and burst into a lead. I felt someone chasing me but kept going pell-mell. The real test came on entering the rough country. It was at this stage that I checked my natural desire for a breather and used my will-power to keep the brisk tempo going. A weakness revealed at this stage might inspire a rival into further efforts to get on terms. On the other it is discouraging for an opponent some thirty or forty yards behind to see his rival showing no signs of letting up; and so the last lap continued. Down the deep dip my momentum free-wheeled me further into the lead and though tired I had the feel of the race well within me and the ability to keep going right to the tape because of the stamina built up by my distance training runs. My decision to

try that surprise burst 2 miles from home was inspired not only by the leading pair but also by the knowledge that Frank Sinclair just a few yards in the rear was moving easily and well. Very few can live with Frank in a close finish and thus I was determined to make the last 2 miles as hot as possible.

Then and Now.

Ten years is an appreciable time in a person's life-time. How much more is it in the shorter span of an athlete's career: I have been asked for a comparison of how I felt in running the National in 1938 with that of 1948.

Quite frankly I don't feel much difference in my general condition now at 40 than I did then at 30. But I believe there is one vital difference. I feel that I can't take the same amount of hard continuous racing. Whereas then I seemed to be able to take all the racing I was asked to do, nowadays I have to nurse myself for specific races and don't care to have them in too close proximity. I also find it difficult to cope with a fast start. On the other hand there are certain compensating advantages which help to close the gap occasioned by Father Time—to some extent. I do feel myself running much easier and much more rhythmically nowadays and depend much less on sheer strength and stamina: and with the passing of the years have developed my judgment and knowledge of pace, factors which no blue-print but only experience can provide.

"Silk" Worth Striving For.

Retention of enthusiasm means a lot in retention of fitness. My approach to the sport has always been predominantly a physical culture one. Though not insensitive to any honours that have come my way in the field of athletic endeavour the things that perhaps appealed to me most were the sheer exhilaration of fitness and the lust of honest contest which true athletics inspire. Thus I have been able after a fashion to regard with a philosophic spirit—these two impostors success and failure—and treat them just the same. But that supreme feeling of perfect condition that an athlete calls his "silk" can be acquired by the non-champion as well as the champion if he cares to strive for it. To reach perfect

fitness is to feel as if you were "treading the milky way and rubbing shoulders with the stars." Truly and with brevity did Emerson say—"Give me health and a day—and I will make the pomp of emperors ridiculous."

Below I enumerate certain points which I believe are important and cross-country runners may find them helpful:—

1. November and December are perhaps the most important months in the cross-country training schedule and provide the back-ground of fitness. From the turn of the year the time is short and can be made more so by bad weather or indisposition.
2. Many harriers fall away in the later stages of the National. The remedy is to include more distance runs in training.
3. An extra training run of approximately 1 hour of steady running would be found most helpful. Of a building-up nature such a run would strengthen legs, develop rhythmic breathing in an easy natural fashion.
4. Vary training to relieve monotony, e.g., try a brisk start, at other times a brisk finish, perhaps even try a brisk passage in the middle or body of the run but on all occasions well within the limit of one's powers.
5. While training chiefly for stamina run over hilly trails. Later eliminate these and train over flatter trails which allow brisker and more fluent running.
6. Exercises to strengthen stomach muscles and ankles can be beneficial in cross-country training if taken in small doses and regularly, but never at the expense of a run.
7. Keep warm before a race. Put on sweat-suit and jog perhaps $\frac{1}{4}$ of a mile. The heat thus generated helps muscles to function easily when the race starts and induces a feeling of well-being which helps to eliminate nerves.
8. Last but perhaps most important of all. Train conscientiously but don't let it become a task. Running is fundamentally a recreation, a thing to be enjoyed. Being over-serious destroys the essential fun and fitness and can even defeat its own ends.

OUR POST.

THE OLYMPIC FILM.

Dear Mr. Ross,

Many thanks for the December issue of "The Scots Athlete" and congratulations on the high standard you always manage to maintain. John Farrell's "Running Commentary," in particular, always makes interesting reading.

With reference to your comments on the Olympic Film and my remarks in "Athletics," I quite agree with most of what you say. I had little space to comment fully and perhaps my reference to the photography was not too well expressed. I referred to the clarity of vision, and not to the technique, which I agree was poor.

With Best Wishes for 1949.

Yours sincerely,

P. W. GREEN,

London, W.9. Editor "Athletics."

[Our comments on the Olympic Films (1936 and 1948) in our last issue brought appreciative comments from a number of our readers. The question now is, will any of our national organisations make efforts to organise showings of the German film for the benefit of club-members and enthusiasts? As we brought out in the essay, if a non-athletic public can witness and enjoy private showings of the film, why not the athletic movement?

We are glad to publish this letter of our friend and fellow Editor, P. W. Green. He does the sport a magnificent service with "Athletics." Containing all official information and many interesting and topical features and photographs, it is invaluable to every student of the sport. You can become an annual subscriber for a very modest 10/-. The address is, "Athletics," John Langdon, Ltd., 40 Maida Vale, London, W.9.]

MIDLAND YOUTHS' RACE.

DETAILS—

1. D. Nelson, Motherwell Y.M.C.A. H.	15.17
2. F. C. Robertson, Garscube H.	15.26
3. J. Craig, Hamilton H.	15.52

TEAM PLACINGS—

1. Hamilton Harriers— J. Craig, 2. H. Gibson, 3. J. Scoular, 18. G. Hutson, 25.—48 Points; A. McGonagle 38.
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2. **Garscube Harriers**—
F. C. Robertson, 1. E. Murray, 7. W. Murray, 20. W. Stanwix, 29.—57 Points.

3. **Shettleston Harriers**—
R. Bolling, 10. J. Kirk, 12. E. Dolan, 14. J. Moore, 22.—58 Points; A. Henderson, 24.

4. **Victoria Park A.A.C.**—
W. Duncan, 6. A. Hector, 11. A. Brodie, 19. D. Orr, 28.—68 Points; D. Bowie, 30. G. Munro, 40.

5. **Bellahouston Harriers**—
C. Kirk, 8. R. Graham, 9. W. Anderson, 17. J. Carmichael, 36.—70 Points; A. Gillies, 43.

6. **Springburn Harriers**—
W. J. McAmmon, 4. J. Coleman, 21. J. Duffy, 26. J. Edgar, 33.—84 Points.

7. **West of Scotland Harriers**—
D. Robertson, 13. F. Cowan, 16. A. Campbell, 27. J. Davidson, 32.—88 Points.

8. **Maryhill Harriers**—
R. McDonald, 5. A. Gordon, 23. B. Miller, 31. M. Fletcher, 41.—100 Points; W. Appleby, 42.

9. **St. Ignatius A.A.C.**—
T. McElhinney, 34. C. McGuire, 37. J. McRoberts, 39. C. Canning, 44.—154 Points.

FAILED TO CLOSE IN—

Cambuslang Y.M.C.A. Harriers—
I. Ballantyne, 15. R. Hogg, 35. —, —.

INDIVIDUAL ENTRANTS—

A. N. Other, 7. J. Hume (Clydesdale H.), 10. D. McCallum (Clydesdale H.), 12. D. Fisher (Uddingston), 14. C. Ballantyne (Monkland), 15.

PERSONAL.

To completely cover the cost of publishing this issue the magazine should have been priced at 1/-. To suit the pocket of the very youngest club members we have refrained to charge thus.

But there is no fund or organisation which finances "The Scots Athlete" and any deficit has to be met personally. Actually we have sacrificed hundreds of pounds—yes, readers, hundreds, in continuing this service to the sport.

We do acknowledge the enthusiastic loyalty of our readers and the club support but this month we ask readers to make a very special effort in popularising our work. Please consider taking a few extra copies (after all, 4 copies is only 2/-) and interest others. If YOU do this and your club-mate does it, it obviously means a great united effort and a grand boost for our loved sport. Perhaps you could fill in the subscribers form on the back page for a friend.

"Bread will be cast upon the waters," who knows what great good and benefit may arise?

SPORTS DIARY

March.
12—English C.C. Championship, West Bromwich.
19—Y.M.C.A. International.....Westerton
English Univ. v. Scottish Univ., Nottingham.
26—International C.C. Championship.....Dublin.

April.
18—"Sheffield Telegraph" Marathon, Sheffield.
23—Edinburgh-Glasgow Road Relay Race.
30—Edinburgh Univ. v. St. Andrews Univ., Edinburgh.

May.
7—Larkhall Sports Larkhall.
Glasgow Police (Confined).
Edinburgh Univ. v. Aberdeen Univ., Aberdeen.
12—Edinburgh Police Division Sports, Stenhouse.
14—Aberdeen Univ. v. St. Andrews Univ., St. Andrews.
Edinburgh Univ. v. Glasgow Univ., Edinburgh.
St. Modan's A.A.C. Stirling.
East Kilbride Y.M.C.A. East Kilbride.
18—Victoria Park A.A.C. v. Edinburgh Univ., Glasgow.
Scottish Y.M.C.A.'s Championships, Alloa.
Aberdeen University Championships.
21—King's Park A.A.C.
Maryhill H. and Hepburn & Ross A.C.
25—Lanarkshire Police (Confined).
28—Edinburgh Y.M.C.A.'s Championships.
Angus Y.M.C.A.'s Championships.
Sea Cadet Corps Saughton
Brechin Right of Way Races.
Edinburgh Battn. Boys' Brigade, New Meadowbank.
Bellahouston Harriers.
31—Glasgow and District Co-op. Youth Club.

June.
4—Inter-Universities Championships, Aberdeen.
Edinburgh Waverley F.C., New Meadowbank
English Counties' Championships.
Singer A.A.C. Dalmuir.
Jordanhill Training College A.C.
6—"News of the World" British Games, White City, London.
7/9—East. Dist. Championships and Sports Dispatch Trophy, New Meadowbank.
8/9—Clonliffe Harriers' Meeting, Dublin.
10/11—Royal Ulster Constabulary, Belfast.
11—Bathgate St. Mary's.
Glasgow Police Sports Hampden.
City of Bradford Police Bradford.
14—Glasgow Inter-Club Contest.
18—Edinburgh Lighting & Cleansing Department Welfare Club, New Meadowbank.

August.
1—Great Britain v. France, White City, London.
6—Rangers F.C. Ibrox.
10—Shotts Welfare Shotts.
13—South Queensferry Fair, Triangular International, Belfast.
Carluke Charity Sports Carluke.
17—Lochwinnoch A.A.C. Lochwinnoch.
20—Milngavie Highland Games, Milngavie.
Ayr British Legion.
26/27—Cowal Highland Games, Dunoon.

September.
3—Edinburgh Highland Games, Murrayfield.

AYRSHIRE HARRIER CLUBS ASSOCIATION

THERE were 14 teams forward to compete in the 10 miles relay Championship, on 18th December, 1948, at Benhut, Dalmellington.

DETAILS—

TEAM PLACINGS—

1. **Irvine Y.M.C.A. Harriers**—
E. Allan, 17.06. D. Lawson, 16.47. J. Lawson, 16.46. T. McNeish, 15.44.—66 mins. 23 secs.

2. **West Kilbride A.S.C.**—
G. Adamson, 16.32. T. Reid, 17.03. G. Houston, 17.46. J. Reid, 15.49.—67 mins. 10 secs.

FASTEST TIMES—

1. T. McNeish, Irvine Y.M.C.A. H.	15.44
2. J. Reid, West Kilbride A.S.C.	15.49
3. J. Fisher, Ayr A.C.	16.10

Scottish Schools' A.A. Championships, Inverleith.
Fife & Kinross Y.M.C.A.'s Championships, Thornton.
N.B. Rubber Co. (Confined) Renfrew.
Babcock & Wilcox A.C. Renfrew.
Motherwell & Wishaw Police, Polytroch Harriers and Marathon.

21—Glasgow Eastern C.C. Helenvale.
24/25—S.A.A. Championships, Hampden.
25—Edinburgh Inter-Works Sports Association, New Meadowbank.
28—Glasgow Transport A.C. Helenvale.
Kilbarchan A.A.C. Kilbarchan.

July.
2—British Legion, Murrayfield.
Ardeer Recreation Club, Ardeer.
Hamilton Harriers, Hamilton.
English Inter-Counties' Championships.
5—Shettleston Harriers, Helenvale.
6—Motherwell Y.M.C.A. Harriers, Fir Park.
9—Dairy Thistle and Shettleston H. ... Dairy-Saxone A.A.C.
Women's A.A.A. Championships, White City, London.

S.A.A.A. Junior Championships, Ibrox.
S.A.A.A. Marathon Championship, Gourock—Ibrox.
15/16—A.A.A. Championships, White C., London
16—Edinburgh City Police A.C., New Meadowbank.
West Kilbride A.S.C. Largs.
18—Maryhill Harriers Dunoon.
20—Arbroath F.C. Supporters Club.

23—Linlithgow Town Council, Helensburgh Highland Games, Helensburgh.
British Police Championships, Hove.
Birchfield Harriers, Waddilove Meeting, Birmingham.
30—West Calder A.A. Meeting, A.A.A. Junior Championships, Vale of Leven A.A.C. Alexandria.

August.
1—Great Britain v. France, White City, London.
6—Rangers F.C. Ibrox.
10—Shotts Welfare Shotts.
13—South Queensferry Fair, Triangular International, Belfast.
Carluke Charity Sports Carluke.
17—Lochwinnoch A.A.C. Lochwinnoch.
20—Milngavie Highland Games, Milngavie.
Ayr British Legion.
26/27—Cowal Highland Games, Dunoon.

September.
3—Edinburgh Highland Games, Murrayfield.

3. **Ayr A.C.**—
G. Andrew, 17.10. J. Thomson, 17.15. J. Wylie, 16.44. J. Fisher, 16.10.—67 mins. 19 secs.

4. **Kilmarnock H. & A.C.**—
Martin, 16.46. Butter, 16.50. Wark, 17.17. Morton, 16.27.—67 mins. 20 secs.

5. **Doon Harriers**—
Haline, 16.25. Wilson, 17.23. Robertson, 17.10. Bigham, 16.41.—67 mins. 39 secs.

6. **Beith Harriers**—
Phillips, 17.50. Barr, 17.39. McLaren, 17.42. Lightbody, 17.34.—72 mins. 45 secs.