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**The Week's MOST COMPLETE
SURVEY OF ALL SPORTS**

CLYDESDALE HARRIERS'

YOUTHS' BALLOT TEAM RACE

6th November, 1948.

1. G. Adamson (West Kilbride A.S.C.), 14 mins. 57.5 secs.
2. J. Stevenson (Greenock Wellpark H.), 15 mins. 8 secs.
3. F. Robertson (Garscube H.), 15 mins. 16.5 secs.
4. S. Williamson (Greenock Glenpark H.), 15 mins. 21 secs.
5. W. Bownes (Auchmountain H.), 15 mins. 29 secs.
6. H. Beaton (Greenock Glenpark H.), 15 mins. 35 secs.
7. D. McCallum (Clydesdale H.); 8. J. Craig (Hamilton H.); 9. J. Kirk (Shettleston H.); 10. E. Murray (Garscube H.); 11. H. Gibson (Hamilton H.); 12. R. Macdonald (Maryhill H.); 13. J. Hume (Clydesdale H.); 14. J. Scouler (Hamilton H.); 15. R. Graham (Bellahouston H.); 16. I. Ross (Airdrie H.); 17. A. D. Murdoch (Airdrie H.); 18. E. Dolan (Shettleston H.); 19. C. Kirk (Bellahouston H.); 20. D. Appleby (Maryhill H.); 21. A. Hector (Victoria Park A.C.); 22. J. Girvin (Plebeian H.); 23. J. Robertson (Plebeian H.); 24. A. Brodie (Victoria Park A.C.); 25. A. Gordon (Maryhill H.); 26. D. Bowrie (Victoria Park A.C.); 27. R. Bolling (Shettleston H.); 28. A. R. Girvin (Plebeian H.); 29. J. Coleman (Springburn H.);

30. J. Walker (Airdrie H.); 31. R. Clark (Auchmountain H.); 32. A. Henderson (Shettleston H.); 33. T. Brands (Greenock Glenpark H.); 34. A. McLean (Hillington H.); 35. D. McFarlane (Shettleston H.); 36. J. Duffy (Springburn H.); 37. J. Houston (Maryhill H.); 38. T. Noon (Shettleston H.); 39. Jas. Davidson (West of Scotland H.); 40. C. Bais (Maryhill H.); 41. H. Glasgow (Plebeian H.); 42. J. Thomson (Greenock Wellpark H.); 43. R. Davidson (West of Scotland H.); 44. J. Rushberry (Maryhill H.); 45. J. Carmichael (Bellahouston H.); 46. W. Anderson (Bellahouston H.); 47. T. Cowan (West of Scotland H.); 48. J. Bridgewater (Shettleston H.); 49. W. Waddell (Airdrie H.); 50. J. Condie (Bellahouston H.); 51. H. Weir (Springburn H.); 52. W. Paterson (Airdrie H.); 53. H. Shaw (Babcock & Wilcox A.C.); 54. W. Andrew (Clydesdale H.).

Winners time beat previous record by 24.5 seconds.

WINNING TEAMS—

- 1st—H. Gibson (Hamilton H.), J. Kirk (Shettleston H.), I. Ross (Airdrie H.)—Total 36 points.
2nd—J. Craig (Hamilton H.), J. Hume (Clydesdale H.), J. Robertson (Plebeian H.)—Total 44 points.

DECEMBER, 1948

Vol 3 Nos. 8 & 9

THE SCOTS ATHLETE

PRICE
1/-



Recognise him? Our Scottish 6 and 10 miles champion, ALEX. McLEAN, when winning the famous war-time Gezira 10 miles road race.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY
THE GLORY OF SPORT
TRAINING FOR THE STEEPCHASE
COMPLETE RACE DETAILS

SCOTTISH NOVICE, 1948

UNDER the new qualifying rule the National Novice Cross-Country Championship was held over a 2-lap circuit making up 5 miles at Hamilton Race-course on Saturday, 20th November, 1948, during heavy intermittent rain-showers on a raw winter day.

Of the 251 starters, well-built Tom McNeish (Irvine Y.M.C.A.) at half-distance, running with the leaders looked strong enough to win. This he did magnificently but only after shaking off a persistent J. Ellis (Victoria P.A.A.C.) who finished 2nd.

T. Tracey, one of the popular "fancies," after showing signs of dropping back badly showed grand pluck to finish a good 3rd, D. Nelson (Motherwell Y.M.) was 4th, the up-and-coming Wellpark youth, T. Stevenson, was 5th and stylish F. W. Syme (Scottish Youths' quarter-mile champion) of the newly formed Strathgait Harriers made a promising cross country debut finishing 6th.

Congratulations goes from the sport to Victoria Park's counting four (J. Ellis, J. Stirling, D. Shuttleworth, A. Jenkins) who, by winning the team title made their club holders for the 2nd year in succession.

DETAILS:—

1. Individual.—T. McNeish (Irvine Y.M.C.A.) Time 29 mins. 30 secs.
1. Victoria Park A.A.C.—(J. Ellis 2; J. Stirling 9; D. Shuttleworth 21; A. Jenkins 23).—55 Points. T. Burns 77; D. Masters 108, 154, 198.
2. Edinburgh University H. & H.—(A. Cumming 12; R. Naylor 15; R. J. Sherwin 29; G. Walker 41)—97 Points. W. Parkes 44; D. Chambers 48; W. P. Honeyman 54; J. Thin 72.
3. (Tie) H.M.S. Caledonia—(C. Howarth 17; J. A. Wyatt 20; R. J. Pasely 30; F. Meaden 35)—102 Points. G. J. Frampton 71; A. A. Humphries 75; F. Evans 83; B. J. Willis 102.
3. (Tie) Irvine Y.M.C.A. H.—(T. McNeish 1; E. Allan 22; J. Lawson 28; D. Lawson 51)—102 Points. F. Muir 92; H. Clothworthy 93, 179, 190.
4. Maryhill H.—R. Brynner 13; J. McBride 37; F. McRae 45; T. K. Wilson 55).—150 Points. T. Brynner 65; D. Tait 81; D. Wright 115; C. Roach 144.
5. (Tie) Shettleston H.—(S. Pollock 24; A. Campbell 31; T. Fletcher 50; T. Clark 61)—166 Points. I. Colquhoun 68; P. Duff 70; A. Blackhurst 74; H. Hunt 91.
5. (Tie) Glasgow Univ. H. & H.—(J. Gourlay 10; H. Garven 38; G. Bowles 56; I. F. Manning 62)—166 Points. W. S. Rathie 101; G. B. McColl 104; H. R. Livingstone 126; J. H. Jardine 148.
6. Vale of Leven A.A.C.—(A. McDougall 14; W. Crowe 46; D. McPherson 49; M. Connell 66)—175 Points. J. McNabb 85; E. Murphy 113, 162, 212.
7. Springburn H.—(T. Tracey 3; T. McGill 32; J. Rankin 53; G. Pollock 112).—200 Points. S. Neilson 117; J. McKay 122, 165.
8. Bellahouston H.—(J. Kelly 8; C. Kirk 43; W. Bisland 69; E. Oxburgh 87)—207

- Points. G. McArthur 106; J. S. Taylor 120; P. Livingstone 132, 170.
9. St. Modan's A.A.C.—(A. Crawford 26; M. Kaney 33; G. McCracken 58; P. Donnelly 95)—212 Points. A. Lafferty 109, 155, 178.
 10. Edinburgh Southern H.—(J. Kay 25; J. White 39; H. Robertson 78; G. G. Elliot 94)—256 Points. D. L. Gowans 97; J. Clifton 118; R. M. Paul 127.
 11. Greenock Glenpark H.—(S. Williamson 18; H. Beaton 19; T. Brands 103; D. Farren 137)—277 Points. 152.
 12. Greenock Wellpark H.—(T. Stevenson 5; G. King 7; J. Sinclair 124; R. Beaton 145)—291 Points.
 13. Plebeian H.—(E. Latham 63; W. McInnes 67; H. S. Patterson 88; J. Girvin 110).—328 Points. 199.
 14. Strathgait H.—(F. Syme 6; J. S. McKechnie 96; J. Newton 99; D. Macbeth 153).—354 Points. 163.
 15. Garscube H.—(E. Cormack 57; F. Russell 82; W. McNeil 102; J. McIntosh 125).—364 Points. 166, 184.
 16. Kilmarnock H.—(G. Martin 34; J. McPheely 47; R. Ballantyne 140; D. Todd 147).—368 Points. 200, 206, 215.
 17. Motherwell Y.M.C.A. H.—(D. Nelson 4; J. McMillan 76; D. Sommerville 136; 176)—392 Points. 217.
 18. Cambuslang H.—(W. Scoullar 42; G. Russell 73; J. Brew 124; 160)—399 Points. 167, 207, 208, 209.
 19. Clydesdale H.—(J. Hume 64; P. Younger 80; A. Divers 107; A. Donaghey 150).—401 Points. 201, 213.
 20. Helensburgh A.A.C.—(J. Arroll 84; P. Milligan 105; P. Campbell 121; J. Cowie 123)—433 Points. J. Mauchline 130; J. Arroll 139.
 21. Doon H.—(B. Hainey 27; J. Galloway 135; 164, 169)—495 Points. 187, 195.
 22. West of Scotland H.—(A. Freegard 52; J. Douglas 89; 168, 188)—497 Points. 202.
 23. Glasgow Police A.A.A.—(A. Allan 11; S. Martin 138; 182, 183)—514 Points. 191, 196, 199.
 24. Dumbarton A.A.C.—(J. Malcolm 39; H. MacNee 146; 159, 175)—519 Points.
 25. Monkland H.—(F. Bradley 60; H. Upton 114; 182, 192)—555 Points.
 26. Edinburgh Eastern H.—(R. Stark 90; F. Donaghy 129, 185, 204)—608 Points.
 27. Paisley H.—(A. Brown 133; T. Cummings 149; 158, 171)—611 Points. 172, 173, 174.
 28. Auchmountain H.—(I. Graham 141; C. Fackerty 142; 161, 181)—625 Points.
 29. Edinburgh Northern H.—(W. Messer 86; G. S. McGowan 143; 186, 216)—631 Points. 218.
 30. Eglinton H.—(H. Maxwell 111; 157, 180, 203)—651 Points. 210, 211.
 31. Olympic H.—(R. Houston 151; 156, 177, 214)—698 Points.
- FAILED TO CLOSE IN—**
Uddingston Welfare A.A.C.—(W. R. Hunt 40; J. Simpson 116; W. Graham 128. —).
Glasgow Y.M.C.A. H.—(D. Lindsay 36; D. McLean 79; 191; —).
Larkhall Y.M.C.A. H.—(T. D. Reid 16; P. Corrigan 131; 193. —).
Shotts Welfare A.A.A.—(A. McNeil 98; J. Shields 119; 205. —).
- INDIVIDUAL ENTRANTS.**
A. Foster (Airdrie H.), 84; G. Gordon (Kirkcaldy Y.M.), 96; J. Thompson (Ayr A.A.C.), 97; A. W. Ikie (Dundee T.), 110; D. Wylie (Lochwinnoch A.A.C.), 141; F. Wilson (Airdrie H.), 158; G. Ness (Airdrie H.), 167; M. McCormack (Lochwinnoch A.A.C.), 183; J. Frazer (Kirkcaldy Y.M.), 202; W. Douglas (Hamilton H.), 207.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

EDITED BY - WALTER J ROSS

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JOHN EMMET
FARRELL'S



THERE is no finer sport known than that of cross-country running. At least that is my opinion based on having experienced most of the more vigorous sports. One of the purest of amateur sports and completely dissociated from any form of commercialism, it does not receive the advertisement its benefits deserve. Perhaps in the future it will receive Government sponsorship and encouragement on a basis of healthy citizenship. Besides being one of the purest of sports it is also one of the simplest. All that is required are the regulation shoes, shorts and jersey, and access to hot and cold showers after the run. Besides the exhilarating effect of running in the pure air there is the added mental tonic of change of scenery encountered. Flat meadowland, hedges, streams, fences, perhaps "up the airy mountain, down the rushy glen," ploughed fields, "the wind on the heath," and ever the open sky and far horizons. Yes, there is poetry in

cross-country running and escape from every-day routine. Undoubtedly too, the sport draws its adherents mostly from the keep-fit enthusiasts. For attaining a high degree of fitness amidst goodly company it is without peer.

Racing is Tough

Yet paradoxically cross-country racing is one of the toughest competitive sports known requiring a superlative degree of general fitness, a combination of speed, stamina and judgment.

There are few prizes open to the racing enthusiast, yet there is a supreme prize or honour for the few. For the 9 men each year who are selected to represent their country in the 6 nations' International cross-country event. Even those of us who have had the fortune to wear Scotland's jersey on more than one occasion are still sensible of the honour. So you young fellows keep fit, pursue a steady graduated programme, and aim to be at your peak in March; "Beware the

Ides of March," said the Sooth-Sayer, and if I may add a last word try not to be too finely drawn on the day of competition. Determination and the will to succeed mean a lot and remember that unlike the animal kingdom "rabbits" can and do turn into "hares."

Having delivered this little homily and before turning to specific cross-country features I should like to make a few comments on some of the late events of the past track season.

Last Round Up

Take for example the Scottish Marathon Championship which Charlie Robertson of Dundee Thistle won in 2 hrs. 45 mins. 12 secs. Perhaps not a particularly brilliant time, yet representing nevertheless a sound workmanlike performance. My own time was mediocre and far behind last year's form, however, the general standard was very good with six runners getting inside 3 hours and several just outside.

Bob Sime of Edinburgh Southern ran a remarkably fine and gallant race though desperately tired at the finish, while George Taylor (Shettleston) club-mate G. Porteous (Maryhill) and namesake E. Farrell (Garscube) were the essence of steadiness. For a runner who harbours no championship aspirations Eddie Farrell is a remarkable athlete. He finished the course in 2 hrs. 55 mins.—without turning a hair, apparently as fresh as paint. Recently in the A.A.A. Marathon he just missed standard by being a fraction over 3 hrs. From a comparative point of view I would bracket Sime and Farrell as gaining chief honours in the race apart, of course, from Robertson's actual winning of the championship.

Charlie Robertson's Athletic Future

Incidentally Charlie Robertson tells me that he may give up Marathon running temporarily and have a real go at the cross-country championship and perhaps the 10 and 6 miles track events. Being the holder of the title Charlie may find it difficult to do so. Road-running is his first love and there is a certain lure in it which gets into the blood. The prospect of a trip to New Zealand for the British Empire Games is not one that can be lightly dismissed either; and it must be remembered that Scotland has separate representation in these games.

However Marathon running requires specialised training and takes up a terrific amount of time. As Charlie himself put it to me—"After Marathon training, any other kind of training seems easy," with which sentiments I am in cordial agreement. Not so long ago he had practically decided against the possibility of competing at Morpeth but subsequently felt the urge that he might go down and try to go one better than last year.

And Donald Robertson's

It is good news to learn that ex-champion Donald McNab Robertson has at long last a clean bill of health and has started light training.

The 6 times British Marathon Champion is not yet content to rest on his laurels now that among other things he has shaken off the effects of a stubborn achilles heel injury.

He hopes that a winter's season of road and cross-country running will provide the back-ground for a good start off to future Marathon ambitions.

Perhaps an onslaught on the Scottish and especially the British title with selection for the British Empire Marathon to be held in New Zealand in early 1950 is his goal!

I believe Donald still secretly harbours a desire and an ability to duplicate the feat of his older renowned club-mate, Duncan McLeod Wright, who won the Empire Marathon title in Canada in 1930. Donald has two tries to his credit. In London, 1934, he finished 2nd and in Australia, 1938, in very warm weather he finished 4th. What an amazing feat could the youthful veteran pull it off! Two years ago his record-breaking Perth-Dundee run over a fast flat course was good enough for anything.

But can he at 43, with almost a year's idleness behind him, get back to his magnificent shape of 1946? I'm afraid we'll just have to wait and see. With his determination and consistent training plus his native stamina I rate him a fifty-fifty chance.

It must be remembered, too, that it was the hardy 45 years-old Canadian Webster who surprised Donald for the title in 1934 when the latter was presumably in his prime.

Holden's Return to Form

Jack Holden again won the 30 miles road race promoted by South London Harriers in 3 hrs. 3 mins. 9 secs. under ideal running conditions. Though 3 mins. 26 secs. behind last year's super time the performance is still a superlative one. This time it was Tom Richards turn to retire, probably the reaction to his gallant display in the Olympic marathon.

I was more than a trifle surprised to find Holden coming up trumps again so soon. Knowing Jack's temperament I felt he might make an effort to show that his Olympic form was all wrong but did not expect him to succeed so soon. I felt that his loss of form was due somewhat to an over-strenuous programme over the past two seasons and to an over-intensive schedule that had culminated in Jack finding himself too finely drawn on the day. But four weeks after the Olympics, this was not the performance of a stale-jaded man who had the edge off his running. Was he after all just the victim of an off-day?

The Worth of Reiff

When Emil Zatopek was narrowly beaten by Gaston Reiff of Belgium in the Olympic 5,000 metres despite the former's grand-stand finish it was felt that his defeat was largely due to his own lack of judgment. Whilst I cannot help feeling that Zatopek, with his strong make-up, should have the edge on his brilliant opponent on most occasions, it is only fair to mention that this is not the first occasion on which Reiff has lowered the colours of the irrepressible Czech. Before the Games and now subsequent to them, Reiff has beaten Zatopek. Perhaps not so colourful as his opponent Reiff is nevertheless a shrewd runner with a brilliant turn of speed as witness his international successes at distances of 1,500 and 3,000 metres, and his exceptional times at 2,000 metres. It must never be forgotten, too, that in his Olympic success Reiff broke the Olympic record on practically a water-logged track.

British Team in Denmark

The small British team which competed in Denmark recently gave a good account of themselves and first places were secured by G. Archer, 100 metres (10.8), L. C. Lewis, 400 metres (49.6), and D. G. Wilson, 1,500 and 2,000 metres with

respectively 4 mins. 1.6 secs. and 5 mins. 29.6 secs. The latter is indeed beginning to show some of the form which had apparently escaped him for some time.

Forbes Pleases

Andy Forbes put up a good performance in the 3,000 metres (a distance which by the way is somewhat strange to him) to finish 2nd to Poulsen of Denmark, clocking 8 mins. 52.4 secs. It was gratifying to hear of Andy's selection for this trip and even more so to learn that team manager Jack Crump was pleased with his showing.

Olympic Champion Breaks World Record

On 10th October at Milan, Olympic discus champion Adolfo Consolini created a new world record of 181 ft. 6 5/16th ins. for this event as against Fitch of U.S.A.'s 180 ft. 2 1/4 ins. after a sporting duel with his almost equally renowned compatriot Tosi.

Consolini has evidently a flair for the big occasion as he proved at the Olympic Games. Right up to the eve of the Games he had been over-shadowed by rival Tosi, but on the supreme occasion the former world record holder found something to win and set up a new Olympic record of 173 ft. 2 ins., and now he has again shown himself capable of that little bit extra that makes all the difference between success and failure.

Are Football Tournaments Necessary?

Before finally leaving the track season I should like to comment on an interesting feature concerning the Murrayfield Highland Games of 4th September. On a none too favourable day this meeting attracted an audience of approximately 25,000, and remember there was no 5-a-side football, and that a major first league match was taking place on the same day at Tynecastle. Surely this is an answer to those who assert that an athletic meeting must include such a tournament to attract a crowd. Perhaps active Eastern District Secretary Willie Carmichael who has been connected with several of these successful Edinburgh promotions can tell us the secret of success. No doubt the programmes were comprehensive and attractive and good prizes offered, but similar conditions pertained in the past

with less successful results. Could a better advertising campaign have something to do with it?

Runners as well as Swimmers

The sensational victory of Motherwell Y.M.C.A. in the recent Victoria Park road relay race demonstrated that the steel town can produce runners as well as swimmers.

In one of the most keenly contested races of the series a superb record-breaking last lap by Scottish mile champion, James Fleming, gave his side the victory.

While Fleming's magnificent running gained most of the lime-light the other members of the young Motherwell club ran a great supporting race, while T. Wood's 3rd lap of 16.22 was instrumental in providing his last man with a sporting outside chance. It was good for the sport to find such a "wayside" club breaking the Glasgow monopoly. Another feature was the even team running of Springburn Harriers which gained them 3rd place. This club deserve praise for the enthusiasm and perseverance that has taken them from zero over the past 2 or 3 years to be again a force to be reckoned with.

It was indeed a magnificent race in which the lead changed every lap. West Kilbride, Shettleston, Bellahouston and finally Motherwell led on the tape.

Now that Fleming has shown such form over this tricky $3\frac{1}{4}$ mile trail perhaps he may decide to have a real go at cross-country this season. He has proved that he has the stamina to go with his undoubted speed. Since winning the mile championship Jimmy has had a most disappointing track season. Perhaps his latest feat will help to restore the confidence all athletes must possess if they have to do justice to themselves.

It was not surprising to find Alex. McLean producing the next fastest lap of 15 mins. 58 secs. as he is a model of consistency, while young Walter Lennie of Vale of Leven's 16 mins. 2 secs. effort reveals that his great promise is rapidly being fulfilled.

time of 16.16 secs. led the way home at the end of the first lap. Last year he finished a good runner-up to Harry Fenion of Lochwinnoch in the youths' cross-country championship despite losing a shoe, and as he is still eligible for this race it will take something extra special to beat him.

While these were the bright particular stars there were others who shone. Particularly would I like to mention such as R. Climie (Bellahouston H.) 16 mins. 17 secs., T. Tracey (Springburn H.) 16 mins. 20 secs., and C. Wallace (Shettleston H.) 16 mins. 21 secs.

Climie, tall and well built, is better known as a track runner, having completed with success in 880 yards and even 220 yards' handicaps. He was most impressive over this longer distance and I should like to see if he could extend his distances and tackle the longer cross-country stretches.

Tracey, who proved the best of a well-balanced Springburn quartette looks a good prospect as does Clark Wallace who on the day proved Shettleston's best. There were others of course who were equally impressive as these but hardly being in the surprise category scarcely need further mention.

Mr. "Mercury" Again

Andy Forbes thwarted by being unable to show his paces in the Whiteinch relay owing to the unfortunate break-down of his club's first man adopted the role of Mr. "Mercury" in the Kingsway relay at Dundee and thus duplicated Fleming's feat of the previous fortnight. Taking over in 5th place he made a characteristic last lap effort to pass all his opponents and win by the narrow margin of some 8 secs. His time of 13 mins. 56 secs. is only a few seconds short of his last year's record effort. On the same day in the Dumbartonshire relay championship young Walter Lennie, with a fastest lap effort of 11 mins. 46 secs. was making "siccar" Vale of Leven's victory against Clydesdale and Garscube.

Scotland's Cross-Country Department

invariably disappointed although as a consolation the odd individual manages to give a creditable and sometimes brilliant display. This season, on paper, Scotland would seem to have some very fine material from which to select a really representative team for Dublin next March. This does not always work out in practice, yet surely there is the nucleus of a good counting six from such as the following:—A. Forbes (Victoria Park), Jas. Fleming (Motherwell Y.M.C.A.), C. D. Robertson (Dundee Thistle), A. McLean (Bellahouston), F. Sinclair (Blaydon), Jas. Reid (West Kilbride), R. Reid (Birchfield) and G. Craig (Shettleston).

Flockhart Again!

I hear a whisper too that veteran Jim Flockhart of Shettleston may decide to make another attempt to wear Scotland's singlet. Can the old master's natural ability' experience and shrewd timing of his preparation defeat the ravages of that hard task-master Anno Domini? Despite increasing age and the strength of the opposition I think Flockhart can still make the first 9 and will if he has the ambition to do so.

Winter Training Scheme

It is good news to learn that the winter training scheme is again in operation. As far as cross-country runners were concerned there is no doubt that the steady communal training at Helenvale Park, under Allan Scally, was distinctly advantageous. Stamina without speed is not much use for International cross-country especially on modern race-course trails. Personally I feel that the nicely graduated track-lapping helped to give me the fluency which won me the cross-country title though unfortunately I was unable to sustain my form at Reading later on in the month.

News from Birmingham

Bobby Reid of Birchfield is the latest to join the ranks of the benedicts. His wife, is herself a noteworthy member of the Birchfield Ladies, so that Bobby should get every assistance in his athletic

Green who during the war years achieved prominence by defeating Jack Holden and Bobby himself at distances of 3 to 4 miles. Green put up some excellent performances doing around 9 mins. 22 secs. for 2 miles and being a close runner-up in a scratch mile to the Midland champion in a shade over 4 mins. 20 secs. Bobby fancies that Green could get down to 9 mins. 14 secs. for 2 miles as he runs only to win, a very sensible formula and used by the great Jack Holden himself in many of his races. There is no point in constantly burning oneself up to achieve fast times unless one is forced to do so.

Bid for English Title

Bobby Reid emphasises that Birchfield will be all out to win the English National title especially as this race takes place in their own home town of Birmingham. Whilst it is the team title that is specifically mentioned I feel Bobby would like to have a real crack at winning the individual title. In 1946 he finished a close runner-up to Holden and last year he was also well up.

However with a field containing, as well as others, men of the class of Wooderson, Blowfield and Olney, this is a task of the first magnitude.

Brilliant veteran track runner and present English cross-country champion that he is, Wooderson nevertheless lacks experience over field and fen and may not yet have realised his full potentialities in this branch of the sport. I would not like to say that he will win the International individual title, for nowadays he runs more for enjoyment and the fire of ambition may not burn so fiercely within him.

Yet if Wooderson finds himself in the mood I would not in betting parlance care to take odds against him and certainly would look to him gaining a higher place than his 14th of last year.

Bobby Reid has never realised expectations in the International arena. Nevertheless, last year's 12th position, while perhaps not coming into the category of brilliant, was a very sound performance indeed and as he finished

Last Lap Duel

Birchfield retained their grip of the Manchester-Blackpool relay after one of the closest races on record, climaxed by a tremendous last lap duel. Birchfield frittered away a useful lead of over 1½ mins., and with Timmins of Tipton running a grand sector in the 2nd last lap, the stage was set for a great duel between Bobby Reid of Birchfield with a lead of 23 secs. over Jack Corfield of Tipton.

Corfield caught Reid ¾ mile from home, but in the run home the latter proved the stronger to win by 11 secs. A gallant effort by Corfield and a shrewd run by Reid. Bellahouston Harriers, last year's runners-up, were not so successful this year and could finish only 5th on this occasion. They never really got over a bad start being as far back as 16th at one time but recovered in the later stages to put a better complexion on the result.

BEAUTIFULLY CLOTH BOUND
GOLD LETTERED

SECOND VOLUME

APRIL 1947—MARCH 1948

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THE GLORY OF SPORT

OLYMPIC FILMS—CRITICISM AND COMMENTS.

BY this time most of our readers will have seen the Olympic Games film, "XIVth Olympiad—The Glory of Sport," and will have formed their own conclusions as to its entertainment value, and as to how far it captured the spirit and drama, and its use-value as a record of the London Games.

The October issue of "World Sports," published by Country and Sporting Publications, Ltd., carried a page review by Willy Meisl. The review, though friendly, was critical.

In a much more condensed review, our friend, P. W. Green, nicely commented on the film in the Editorial of "Athletics" for October, and which we here reproduce:—

"The film of the XIVth Olympiad has been received with mixed feelings and much comparison with its Berlin counterpart. Produced in a fraction of the time which was taken over the German film, it is much shorter and covers far less of the actual competition. Its greatest sins are the many omissions, some of which are difficult to understand. The women's high jump, the 800 and 1,500 metres, boxing and wrestling, are but a few of them.

The photography is good and technicolour helps to make many of the shots really great, but little has been done to capture the drama and excitement which characterises so many of the Olympic events.

The battle between the British and American girls in the women's high jump which nearly all the packed stadium waited over an hour to see, the breakdown of the Jamaican, Arthur Wint, in the 1,600 metres relay, and the great 800 metres final were omitted altogether, while the greatest thrill of all—Zatopek's glorious but vain attempt to catch Reiff in the 5,000 metres final—was almost completely missed.

The best and most striking part of the entire film was, to my mind, that which covered the winter sports. Some of these shots were superb and one could not fail to be impressed with the beauty of it and the thrills which were so realistically caught by the camera.

I think I quote the general view when I say that the film was enjoyable, but that there was much that was missing and so much more which could have been done to perpetuate the Games of 1948."

Whilst agreeing in the main with P. W. Green's comments we would make further observation.

In our opinion the filming and dramatic effects of the marathon was a high-light. It did capture the feeling of a great Olympic struggle.

The incidental music throughout the film provided an excellent background.

and the waltz movement was particularly pleasant and appropriate.

Writing now of the athletics part of the film, we cannot concur that the photography was good. True, the technicolour presented all the splendour of the Opening Day and we must confess we were no more impressed in reality as watching the film, but the photography of competitive events was poor.

For instance we agree with Willy Meisl when he states that:—

"The enthusiast will feel disappointed about the astonishing decision to photograph most of the short races from a head-on position—the surest possible way to lose the whole drama of such races."

Though filmed twelve years after, the camera technique was much inferior to that of the German film of the 1936 Games, to which we shall refer later.

Add, the twelve years disparity in which time reasonable advancement is expected, to the fact that the German film was an excellent ready-made standard to work from, and it is easy to understand why enthusiasts have been disappointed with "The Glory of Sport."

This disappointment was expressed in the following rather blunt, but sincere comments by Mrs. W. E. Hughes, Hon. Secy, Women's A.A.A., under the W.A.A.A. official notes also in the October "Athletics":—

"By comparison with the German film after the Berlin Games, "The Glory of Sport" is a disappointment. In particular, the duel between Mrs. Tyler and Miss Coachman in the high jump—a worthy climax to the Games—was not even mentioned. The German epic will be shown again and again, but it is very doubtful if the one of Wembley will."

Since play was made of the fact that "The Glory of Sport" was produced in a fraction of the time needed for the German film it is only fair to acknowledge that it is an inferior film.

Though neither P. W. Green or W. Meisl brought it out directly we feel that a great failing of "The Glory of Sport" was the film commentary. Unlike that of the German film which had feeling and colour, in the main it was cold and unimaginative.

Despite the criticism here made, with P. W. Green we acknowledge "The Glory of Sport" as an enjoyable film.

Reference was made to a showing of the German film at the Cosmo Cinema, Glasgow, on Sunday, 21st March, under the auspices of the Glasgow Film Society, in our May, 1948, issue.

Here is a most interesting comment which appeared in "The Evening News," Glasgow, on the day following the showing:—

NAZI FILM.

"Elation, chagrin, nervous finger-drumming on his knee, and other emotionalism on the part of Hitler watching the 1936 Olympic Games are highlights of the official four hours' Nazi record of the event, a 90 minutes portion of which was thoroughly enjoyed by the Glasgow Film Society last evening.

The excitement of the running, the pole-vaulting and jumping events was imparted to the audience, who cheered whether the winner was Finnish, American or Japanese.

I understand that the film was never shown in this country because of its Nazi propaganda. This copy was seized by the British Army in Germany.

British cameramen will have their work cut out to achieve its vivid quality at this summer's Games in London."

We are intrigued by the suggestion here that the film was not previously shown in this country "because of its Nazi propaganda." Though confessing only to having seen 90 minutes running of the film, that 90 minutes does not contain one iota of Nazi propaganda. In fact, in spite of Nazi regard for the superiority of the Aryan race, there is no cutting of parts gained by negroes in particularly the sprints and short-distance races.

Indeed, a great but merited compliment is paid that wonder negro athlete of the 1936 era, Jesse Owens, with superb, breath-gripping shots as he sits on his mark, awaiting the gun, to be off. Having once seen the film who will ever forget the marvellous study. Like the great portraiture of the masters, who did not concern themselves only with physical likeness in line or shape and colour but with the deft stroke of the brush or the blend that only the genius can give to portray man, not just a resemblance or a dead man, but man in reality, vital and dynamic, man and his life-work, man and his character, man and his message, man and the soul of man,—then so it is with this study of Jesse Owens, the hero of the Xth Olympiad!

A figure of an athlete is not projected on to the screen. It is Jesse Owens in reality competing in the hardest, greatest and most thrilling race of his time! Could one stand only a few yards from a top-ranking athlete on any track and be presented with such a complete and wonderful picture as the camera does here? Even as we watch Jesse on his mark—the boyish but fine face, the close-cropped hair, the tiny beads of sweat passing down the dark-skinned cheek from below the lower part of his round clear eyes, and the very twitching of his nose—one is conscious of those nerve-racking seconds to the gun. One sits with him in the tense atmosphere of the seriousness of the occasion and in that one moment, beyond his alertness and composure is perceived his speed and his power, his greatness and glory.

To witness this very study the film ought never to have been withheld for a day. Who or what organisation was responsible?

Athletes of the world, sportsmen all, are upstanding to join in the toast, glasses meet and clink with gladful appreciation. To "Jesse Owens", Olympic Cameraman!"

Returning to the "propaganda" suggestion, was it that Hitler is revealed in the film behaving like a normal or average citizen that gave cause for complaint? This would have been an absurd approach. No intelligent person who seeing Hitler freely on a film, would, through this fall in love with his politics.

Not athletically, but in a general approach, the shots of Hitler (and Goering and others of the Nazis) are very interesting and sometimes very amusing. Digressing, Adolf can be imagined as really Charlie Chaplin playing his famous comedy satire, "The Great Dictator."

Or was the "propaganda" that the Germans had produced a wonderful film that as such the world would have been proud?

Bearing in mind the "silly schoolboy" attitude shown in the banning of German and Japanese athletes at the Olympic Games in London, the film, true, gives a reminder (but only proportionate to their relative Olympic performance—even of the Germans) of the excellent athletic

calibre of representatives of both these nations, ranking with the world's best and in some events even in advance.

The 90 minutes showing is definitely not "propaganda." It is an objective record, highly entertaining and educational, revealing athletics at its highest.

Note again the "Evening News" reference—"the audience cheered, whether the winner was Finnish, American or Japanese." This speaks more than the sporting spirit of the Glasgow audience. Fancy, those in the main, not athletically-minded over middle-aged men and women film fans, cheering at the showing on a screen of victors of events held 12 years previously. There need be no further proof of its dramatic quality. It is really a "propaganda" film. A great ATHLETIC propaganda film!

Here is the Glasgow Film Society's programme note:—

THE OLYMPIAD FESTIVAL OF NATIONS

Directed by—Leni Riefensthal (Germany).

Alan Dent wrote about this film in "The Illustrated London News" a fortnight ago. "The original print of the English version was held at the German Embassy. Through the courtesy of the War Office and the Army Kinema Corporation this very remarkable film has just been shown in two screenings—it lasts nearly four hours—to the Press.

"It is, in the first place, an expert piece of photography, of sustained brilliance. Let me put my hand on my not-predominantly-sport-loving heart and declare that I would rather have the privilege of seeing this amazing film all over again than receive a season ticket for the forthcoming British Olympic Games. Why so? Because of its strikingly slick camera-work, and its immeasurable dramatic qualities.

"The film is in the topmost rank of cinema art and, pictorially, an achievement of great beauty. The music, composed by Herbert Windt, is appropriately virile and Brahmsian. . . . I'm amazed that no cinema manager has to date even asked if he can try this magnificent feast of health, grace and prowess on his dope-ridden, glamour-dizzy public."

The Council proposes to make extracts from the film to run for about one hour—that is to say, to show about one-quarter.

Prior to the show, Mr. C. A. Oakley, Chairman of the Society, and also of the Glasgow Board of Trade, announced that the showing would be for an hour-and-a-half instead of one hour. This was because that after a previous showing to a kindred Edin-

burgh Society the members had clamoured for a complete showing of the film.

If film students can be so thrilled with the "Olympiad Festival of Nations" what must its value be to the athletic movement?

Mrs. W. E. Hughes is constantly emphasising its recruiting value. Do all our Scottish club* not badly need new life-blood? A widespread showing of this film could give our sport a great impetus.

The work of "Dunky" Wright, Hon. Secy. of the S.A.A.A. Coaching Committee, must be acknowledged in this connection. He has gone to great lengths to give enthusiasts (certainly in the Glasgow district) the opportunity of viewing and studying the film. Most of the athletic reels were shown to an appreciative mass audience last May and several of the reels have been shown and re-shown at the excellent weekly Wednesday evening meetings in Glasgow High School.

Unfortunately, at these S.A.A.A. shows it has only been possible to use 16 mm. film and without detracting from their great worth, the stopping to change the reels and the smaller screen makes it much less effective than shown from a larger projector.

Could the S.A.A.A. or the N.C.C.U. of Scotland (for funds) not organise Sunday Cinema meetings in the best picture-halls in our larger athletic centres, say, Dundee, Edinburgh, Glasgow and Greenock. The enterprise would be worth-while.

Perhaps, Scottish Schools' Athletic Association Secretary, Walter S. McFarlane, B.Sc., who with his colleagues does tremendous work with amazing thoroughness in the advancement of athletics in Scottish schools could press, with S.A.A.A. backing, for its inclusion in the schedule of films for school classes.

"The Olympiad Festival of Nations" can do much to bring athletics from a sadly shunned Cinderella of pastimes to its rightful place of honour as a King of Sports!

DISTRICT RELAYS

SOUTH-WESTERN RELAY

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

THE S.W. District 10 miles C.C. Relay Championship was held from Greenock Wellpark Headquarters on Saturday, 4th December, 1948. There were 20 teams from 13 clubs, facing the starter Mr. R. Whitson the Wellpark President. The trail was roughly $1\frac{1}{2}$ miles country with a $\frac{1}{2}$ mile road start and finish.



At the end of the first lap J. Lawson (Irvine Y.M.C.A.) was the leader with a time of 12 mins. 19 secs, just handing over ahead of G. King (Wellpark) with B. Hainey (Doon H.) 3rd. Only 24 secs. separated the first six runners.

The second lap brought Glenpark into the lead, Irvine Y.M.C.A. now 2nd and Auchmountain had come from 6th to 3rd position.

The lead had changed hands again by the end of the 3rd lap. Wellpark through a fastest lap so far by J. Stevenson (12.12) had as he handed over to his brother a 6 secs. advantage over the previous holders, Glenpark, who were followed by West Kilbride having moved up from 11th at the 1st lap, to 7th at the 2nd lap and now to 3rd. An unfortunate fall to Irvine's 3rd man put them out of the running though they had novice champion T. McNeish for the last lap.

Though being chased by the young but proved runner W. Williamson (Glenpark) and the experienced Internationalist West Kilbride "flyer" Jimmy Reid, Wellpark's youth, T. Stevenson, carried his colours well and actually returned fastest time of the day (11 mins. 57 secs.) to finish 19 secs. ahead of Glenpark with West Kilbride 3rd, the positions not having changed over the last lap.

The following are the results:—

1. Greenock Wellpark H.—(G. King 12.20; R. Beaton 13.26; J. Stevenson 12.12; T. Stevenson 11.57)—49 mins. 29 secs.
2. Greenock Glenpark H.—(S. Williamson 12.38; H. Beaton 12.55; W. McLean 12.31; W. Williamson 12.10)—50 mins. 14 secs.

3. West Kilbride A.A.C.—(T. Reid 12.59; G. Houston 13.08; G. Adamson 12.35; J. Reid 12.15)—50 mins. 57 secs.
4. Kilmarnock H.—(G. Martin 13.03; M. Butler 13.03; D. Wark 13.07; W. Morton 12.26)—51 mins. 39 secs.
5. Auchmountain H.—(J. Bownes 12.43; W. Bownes 12.59; J. McKiven 13.23; W. Lindsay 12.38)—51 mins. 47 secs.
6. Irvine Y.M.C.A. H.—(J. Lawson 12.19; D. Lawson 13.15; J. Jackson 14.21; T. McNeish 12.00)—51 mins. 55 secs.
7. Doon H.—(B. Hainey 12.36; T. Wilson 13.08; G. Mowat 13.23; J. Bigham 12.53)—52 mins. 00 secs.
8. Greenock Glenpark "B."—(J. Sinclair 12.52; B. Leitch 13.32; J. Grant 12.34; W. Armstrong 13.47)—52 mins. 45 secs.
9. Ayr A.A.C.—(J. Andrew 12.58; I. Thompson 13.22; W. Whallay 13.37; J. Wylie 12.51)—52 mins. 48 secs.
10. Kilbarchan A.A.C.—(K. McKinnon 12.44; W. Douglas 14.08; P. Docherty 13.04; T. Millar 13.19)—53 mins. 15 secs.
11. West Kilbride "B."—(J. Butcher 13.11; D. Armstrong 13.27; W. McCall 13.44; R. Paton 13.14)—53 mins. 36 secs.
12. Auchmountain "B."—(I. Graham 13.21; W. Carson 13.34; A. Mills 13.25; P. McIntosh 13.30)—53 mins. 50 secs.
13. Paisley H.—(J. Campbell 12.40; J. Crawford 13.39; A. Brown 13.49; T. Cummings 13.54)—54 mins. 02 secs.
14. Beith H.—(J. McLaren 13.20; K. Phillips 13.25; J. Davidson 14.52; G. Lightbody 12.56)—54 mins. 33 secs.
15. Eglinton H.—(S. Maxwell 13.49; T. Maxwell 13.46; H. Maxwell 13.42; H. Pritchard 13.36)—54 mins. 53 secs.
16. Greenock Wellpark "B."—(D. Anderson 13.56; T. McCluskey 13.41; J. Sinclair 14.20; T. Thompson 13.33)—55 mins. 30 secs.
17. Doon "B."—(M. Robertson 13.26; J. Galloway 13.46; E. Urriarte 13.58; W. McEwan 14.34)—55 mins. 41 secs.
18. Greenock Glenpark "C."—(D. Farren 13.43; C. Berry 14.17; T. Brand 14.24; W. Elder 13.37)—56 mins. 01 sec.
19. Lochwinnoch A.A.C.—(H. Fennion 12.53; J. Johnston 15.57; R. McCormack 13.35; D. Wylie 14.18)—56 mins. 43 secs.
20. Eglinton "B."—(J. Wallace 14.30; J. Clements 14.38; R. McCaig 16.50; T. McKenzie 14.19)—60 mins. 17 secs.

Fastest Times.—1. T. Stevenson 11.57; 2. T. McNeish 12.00; 3. W. Williamson 12.10; 4. J. Stevenson 12.12; 5. J. Reid 12.15; 6. J. Lawson 12.19; 7. G. King 12.20.

THE MIDLAND RELAY

THE Midland District 10 miles C.C. Relay was held at Stirling on Saturday, 4th December, 1948. It was a dry and clear day favouring the runners and spectators both.

Internationalist G. Craig of Shettleston ran a nice race to hand over a lead to his clubmate at the end of the first lap but honours of this first lap really went to practically unknown A. Crawford of St. Modan's A.A.C. (Stirling) who

finished a very strong 2nd in front of many fancied men. A. Kidd (Garscube) was 3rd.

As the runners went off at the first change-over it seemed that the winning of the race was "all over" as Shettleston with a good all-round team were well ahead of their considered challengers. But what a shake-up! For at the end of the 2nd lap, though Shettleston were still leading, J. Ellis (Victoria Park) runner-up in the National Novice had with a dramatic effort brought his club right up from a seemingly hopeless position of 10th to a good 2nd. And they still had Scottish 3 miles record-holder Andrew Forbes for the last leg! Meanwhile, A. Allan also showed splendid form to bring the Glasgow Police team (on their first entry to this race) from 7th to 3rd place. Shettleston's "B" team were also well in the running in 4th place.

Over the 3rd sector Willie Ritchie (Victoria Park) dropped a place to Shettleston "B," but at the last change-over the stage was set for a "battle-royal" indeed. This was the line-up as the runners went off in handicap fashion on the vital last lap:—leading—Scottish 2 miles Steeplechase champion, actor Jim Stuart for Shettleston, followed by Jim Flockhart, several times National and 1937 International champion (Shettleston "B"), then about 80 yards behind the leader, Andrew Forbes, with Scottish mile champion Jim Fleming about another 40 yards behind for Motherwell Y.M.C.A. who through steady team-work had pulled to 4th position.

The actual race equalled the promise! Forbes setting out very fast soon past Flockhart but with over a mile covered was still 10 secs. behind Stuart. He gradually closed the gap and with little more than a half-mile to go, got on terms with Stuart and then gained 6 or 7 yards. But Stuart, never easily beat, was not finished. Fighting it out with Forbes he challenged him on a downhill field path approaching the finish and forced a 10 yard lead. The effort had been too much for the now-tired Forbes and though still running strongly he could not respond. The weary but game Stuart was glad to break the tape just 2 secs. ahead of his rival to end a great race!

Fleming managed to pass Flockhart near the end to give Motherwell Y.M.C.A. 3rd place.

Thanks go very sincerely to the St. Modan's club for the excellent facilities provided, their school accommodation and the tea arrangements went to make the day very sweet and enjoyable.

The following are the results:—

1. Shettleston H.—(G. B. Craig 15.08; H. Mills 15.37; C. McLennan 15.27; J. Stuart 14.47)—60 mins. 59 secs.
2. Victoria Park A.A.C.—(C. Forbes 15.50; J. Ellis 15.05; W. Ritchie 15.33; A. Forbes 14.33)—61 mins. 01 sec.
3. Motherwell Y.M.C.A. H.—(G. Wood 15.19; J. McMillan 16.09; D. Nelson 15.07; J. Fleming 15.52)—61 mins. 21 secs.
4. Shettleston "B."—(J. C. Ross 15.23; W. Laing 15.37; C. Wallace 15.17; J. C. Flockhart 15.13)—61 mins. 30 secs.
5. Vale of Leven A.A.C.—(F. Lacey 16.05; H. Coll 15.32; W. Gallagher 15.21; W. Lennie 15.17)—62 mins. 15 secs.
6. Bellahouston H.—(J. Christie 15.57; H. O'Neil 15.55; T. W. Lamb 15.35; R. Climie 15.14)—62 mins. 41 secs.
7. Clydesdale H.—(C. Hadlow 15.59; D. Scott 15.58; W. Andrew 15.58; R. Boyd 15.04)—62 mins. 59 secs.
8. Glasgow Univ. H. 6 H.—(D. J. Johnston 15.34; J. McGhee 15.17; W. C. Jardine 16.10; J. Spence 15.57)—63 mins. 08 secs.
9. Garscube H.—(A. Kidd 15.18; T. McGinlay 15.39; R. J. Mulgrew 15.59; J. Gunn 15.59)—63 mins. 15 secs.
10. Springburn H.—(W. McMillan 16.25; F. McGill 15.42; A. Stevenson 15.46; J. C. Morton 15.56)—63 mins. 19 secs.
11. Maryhill H.—(A. Robb 15.44; R. Brynner 15.58; J. McBride 16.02; T. Harrison 15.37)—63 mins. 21 secs.
12. Glasgow Police A.A.—(K. Sigrist 15.43; A. Allan 15.16; S. Martin 17.12; A. McGregor 15.34)—63 mins. 45 secs.
13. Garscube "B."—(J. D. Fly 15.36; T. D. Fly 15.53; A. Vetch 16.25; D. Murray 15.58)—63 mins. 52 secs.
14. Shettleston "C."—(D. Morrison 16.08; J. Burton 15.51; J. Eadie 15.57; J. Clark 16.00)—63 mins. 56 secs.
15. Bellahouston "B."—(G. Bell 16.02; J. Kelly 15.54; A. Dinwoodie 16.02; J. Allen 16.12)—64 mins. 10 secs.
16. St. Modan's A.A.C.—(A. Crawford 15.10; M. Kaney 17.15; J. Wilson 16.21; D. Clelland 15.28)—64 mins. 14 secs.
17. Glasgow Y.M.C.A. A.C.—(S. Mowbray 16.32; D. McFarlane 15.37; J. Reid 16.51; D. Shaw 16.17)—65 mins. 17 secs.
18. Victoria Park "B."—(D. Shuttleworth 16.01; J. Stirling 17.02; J. Reid 15.54; A. Johnston 16.21)—65 mins. 18 secs.
19. Hamilton H.—(G. McGill 16.09; J. Stuart 17.03; B. Hendry 16.42; A. Gibson 15.23)—65 mins. 19 secs.
20. Vale of Leven "B."—(D. McPherson 16.13; W. Crowe 16.20; A. McDougall 16.21; T. Wilson 16.33)—65 mins. 27 secs.
21. Shettleston "D."—(A. Hill 16.19; J. J. Young 17.33; H. Howard 16.15; D. Bannion 15.35)—65 mins. 42 secs.
22. Springburn "B."—(A. Reid 16.29; H. Frith 16.35; J. Raskine 16.20; D. McLaughlin 16.23)—65 mins. 47 secs.
23. Maryhill "B."—(T. K. Wilson 16.26; F. McRae 16.12; J. Wright 16.36; A. McRae 17.03)—66 mins. 17 secs.

24. Plebeian H.—A. C. Robertson 16.24; H. S. Paterson 17.39; E. Latham 16.10; W. McLennan 16.46.—66 mins. 56 secs.
25. Victoria Park "C."—A. Jenkins 16.41; J. Simpson 16.32; B. Smith 16.48; R. O'Hara 17.44.—67 mins. 45 secs.
- Olympic H.—(R. Houston 16.49; C. Mathers 17.53; R. Gifford 18.31; J. Joyce —)
- Fastest Times.—1. A. Forbes 14.33; 2. J. Stuart 14.47; 3. J. Fleming 14.52; 4. R. Boyd 15.04; 5. J. Ellis 15.05; 6. G. B. Craig 15.08; 7. D. Nelson 15.07; 8. A. Crawford 15.10; 9. J. C. Flockhart 15.13; 10. R. Clinie 15.14; 11. A. Allan 15.16.

EASTERN DISTRICT RELAY

By M. STEWART

(Hon. Secy. Eastern District N.C.C.U.)
THE Eastern District Relay Championship for the George McKenzie Trophy was held at Kirkcaldy on 4th December, 1948.

A second entry of 22 teams was received, and specially welcome were Strathgait Harriers, a new club from Perth, with two teams.

The first lap runners were sent off to a good start by Chief Constable Baldie, of Kirkcaldy.

Edinburgh University led throughout to score a convincing win by over 200 yds. from the holders, Edinburgh Southern. This was University's second success in the event, their previous win being in 1921.

The result of the race was never in doubt, thanks to a splendid first lap by R. F. Wilby in which he led J. Sanderson, Gala, by 65 yards, with Scottish half-mile champion, J. Smart, Southern, 20 yards further behind.

At the end of the second lap, University "B" had moved up into second place, with Southern still third. Kirkcaldy Y.M. and Northern picked up several places to put themselves within striking distance of the leaders, while Caledonia were also lying handy in sixth position. The third lap saw Southern move up into second place, 85 yards behind University, with University "B" the same distance away, third. Kirkcaldy maintained their 4th position over this lap.

Tom Braid, Eastern District Junior Champion, set off on the last lap, followed by W. L. Brown, and although Brown had a grand bid and closed the gap to within 25 yards out in the country, Braid proved too strong for him, and finally ran out a fairly easy winner, to record

joint second fastest time. University "B" held their position to finish third, with Kirkcaldy, fourth, once again just missing the medals.

The following are the results:—

1. Edinburgh Univ. H. & H.—(R. F. Wilby 15.44; G. Young 16.24; R. R. Rowles 16.56; T. H. Braid 15.57).—65 mins. 1 sec.
2. Edinburgh Southern H.—J. Smart 16.01; J. Pearson 16.51; T. J. Logan 16.29; W. L. Brown 16.22).—65 mins. 43 secs.
3. Edinburgh University "B."—A. Cumming 16.08; W. Parkes 16.36; R. Naylor 16.54; R. J. Sherwin 16.11).—65 mins. 49 secs.
4. Kirkcaldy Y.M.C.A. H.—W. E. Duncan 16.38; D. Beveridge 16.21; P. Husband 16.54; J. Preston 16.14).—66 mins. 7 secs.
5. Gala H.—J. Sanderson 15.57; D. Murray 17.42; G. Wintrop 16.47; W. Scott 16.37).—67 mins. 3 secs.
6. H.M.S. Caledonia.—D. F. Lucas 16.30; C. Howarth 16.33; A. A. Humphreys 17.32; R. J. Pasely 16.29).—67 mins. 4 secs.
7. Edinburgh Southern "B."—W. J. Marshall 16.54; H. Robertson 16.47; W. A. Robertson 16.36; G. Mitchell 17.03).—67 mins. 20 secs.
8. Edinburgh Southern "C."—J. Lindsay 17.05; G. Boyle 16.57; J. Kay 16.48; T. Henderson 17.11).—68 mins. 1 sec.
9. H.M.S. Condor.—N.A.A. Humphries 16.43; N.A.A. West 17.11; N.A.A. O'Brien 17.10; N.A.A. Weller 17.02).—68 mins. 6 secs.
10. Edinburgh Rover & Scouts.—C. Jones 16.43; R. Pearson 16.55; W. Linton 17.11; G. Strachan 17.20).—68 mins. 9 secs.
11. Edinburgh Northern H.—D. Dick 16.33; W. Messer 16.27; S. B. Robertson 17.37; G. Aithie 17.38).—68 mins. 15 secs.
12. Dundee Thistle H.—C. D. Robertson 16.23; D. Gowans 16.59; C. Donnet 17.13; J. Taylor 17.49).—68 mins. 20 secs.
13. Dundee Hawkhill H.—J. McVie 17.20; A. Blyth 17.43; N. Scott 16.46; G. Crichton 16.34).—68 mins. 23 secs.
14. Edinburgh University "C."—J. Thin 16.34; J. Waterson 17.14; D. Chambers 17.36; G. Walker 17.05).—68 mins. 29 secs.
15. Strathgait H.—J. Newton 17.05; J. S. McKechnie 17.15; R. P. Kirk 18.04; F. Sime 16.32).—68 mins. 56 secs.
16. H.M.S. Caledonia "B."—G. J. Frampton 16.54; B. J. Willis 16.41; R. C. Clark 18.16; F. Evans 17.18).—69 mins. 9 secs.
17. H.M.S. Caledonia "C."—R. J. Wilde 17.36; J. A. Wyatt 17.38; F. Meaden 17.49; P. L. Bennison 17.14).—70 mins. 17 secs.
18. St. Andrews University.—De Crespigny 18.14; R. Templeton 17.41; W. Volume 17.31; J. Buchan 17.20).—70 mins. 45 secs.
19. Strathgait "B."—J. Dick 17.30; N. Campbell 18.05; M. King 17.41; D. MacBeth 18.22).—71 mins. 38 secs.
20. H.M.S. Caledonia "D."—A. F. Plummeridge 17.34; A. McDonald 18.27; E. F. Prestidge 17.48; J. Single 18.43).—72 mins. 32 secs.
21. Edinburgh H.—A. Dippie 17.48; R. Epton 18.19; I. Wilson 17.45; J. Elmes 18.44).—72 mins. 36 secs.

Edinburgh Eastern H.—R. Stark 17.21; F. Donaghy 17.41; A. A. Falconer 25.43).—Did not finish team.

Fastest Times.—1. R. F. Wilby 15.44; 2. J. Sanderson and T. H. Braid 15.57; 4. J. Smart 16.01; 5. A. Cumming 16.08; 6. R. J. Sherwin 16.11; 7. J. Preston 16.14; 8. D. Beveridge 16.21; 9. W. L. Brown 16.22; 10. C. D. Robertson 16.23.

Training for the Steeplechase

By TOMMY LAMB (Scottish Champion, 1946-47).

(Reprinted from "The Blue Cross," No. 6.)

STEEPLECHASING in Scotland

has never enjoyed the prominence at sports meetings that it has over the Border. This is a great pity because here is an event that is "right up our alley." Isn't it a test of stamina, speed and technique? And the athletes competing under the Scottish Association Rules have at least their share of the first category—stamina. As far as speed is concerned, sufficient inclusion of this event in various meetings would make it worth while for a top-notch 2-miler, with a flair for hurdling, to turn his attention to this event and, knows, one day Scotland may have its own "Iso-Hollo."

Initial Training

To the beginner, uninitiated in the art, I would suggest training to begin in the Cross-Country Season, with runs up to five miles. In the spring the distance should be shortened and the speed improved. This is very necessary as in the English Championships we find the mile type of runner taking the honours. Therefore, where there is no Steeplechase in the programme, the budding champion should take part in the half mile and mile races.

Technique and Tactics

The correct technique for high hurdling (as shown by Don Findlay in David Corbet's Lecture Film) could be adapted to the requirements of the potential steeplechaser. I say "adapted" as the exaggerated flight action is not useful to the steeplechaser, whose main aim for staying the distance is conservation of effort.

After the opening burst the speed should be steady throughout with the exception of a spurt approaching the water jump, and the practise of rushing a hurdle should be avoided.

I have heard it laid down "as gospel" that the secret in steeplechasing lay in speed between the hurdles. I would say that this is a wrong notion because it suggests running in bursts in the stretches between almost fifty hurdles. Also, viewed from the mental aspect, this hurdle which is only 3 feet high is being accepted as an obstacle instead of only something



that should be negotiated with care and ease throughout with no loss of pace.

Helpful Exercise

Various exercises can be performed to get used to the hurdling action. Doing the splits, and sitting on the ground with the left leg straight in front and right knee at right angles to the body, bending forward and touching the toes, helps to loosen the hip joint. Another exercise for this is to stand on the floor and put one leg on the table, then bend forward touching the knee with the brow, if possible. Broad jump practise should also be used to advantage.

Previous to the actual race it is a good plan to "Vaseline" lightly the legs. Only up to the calves is necessary. This should prevent the cold water at the water jump chilling the leg muscles.

The two mile team races, which are at present a popular event at sports meetings, could be used to advantage to ascertain one's own time for the distance. With allowances made for the hurdles and water jumps it could roughly be gauged how one was shaping towards W. C. Wylie's time of 10.38 seconds for the existing Championship record figures.

Lastly, all the good rules for athletes should be followed. Plenty of sleep, non-smoking, avoiding too much food or water during the few hours before racing.

EDITOR'S RUN-AROUND

OUR NEXT ISSUE.

Our next issue will also be a double number which will help to overcome some of our present publishing difficulties, and will be available from 5th February, 1949.

Though not carrying so much essential race details as this number it will contain many interesting features. Following the "Training for the Steeplechase" article in this issue National Cross-Country champion, J. E. Farrell, will continue a new series of training essays by several of our Scottish Champions, with "How I Trained for the National." In his easy and reminiscent style his essay makes revealing reading, containing perhaps some unorthodox theories, according to some schools of thought. It will undoubtedly prove stimulating and of value to our young—and our experienced athletes.

BETH HARRIERS.

Now in their 25th year will hold their New Year's Day ballot Team Race this season. This was a very popular race prior to the war and all athletes in the West wishing a good day's sport on this festive day should enter. Entries will be taken up to the start at 3 p.m. prompt. 2½ mile road trail, 3 team and fastest lap prizes.

TEAM SPIRIT.

Two Scottish Records.

Bellahouston hold two cherished Scottish records, the One Mile Relay and the Edinburgh-Glasgow Road Relay. In the first instance we beat Glasgow University A.C. by one yard; this was achieved not by any brilliant individual effort, but by four men giving of their best plus first class baton changing. On the second instance, "Bella" regained the record which had been wrested from them by that fine Northern club Dundee Thistle. After the race when the individual times were scrutinized, it was ascertained that over the eight lap journey not one lap record had been broken, yet, "Bella" had lowered the course record, an outstanding example of solid team strength.

JACK GIFFORD in

"The Blue Cross."
Jan., 1948.

FOOT RACING FOR WOMEN IN ANCIENT GREECE.

Our Torquay friend, J. E. Lewington, A.A.A. Hon. Coach, always interested in the encouragement of Women's Athletics, has been doing some research work and has forwarded the following interesting data in view of the fact that it has often been asserted that women played no part in the Ancient Greek Games. For some of the research, he is indebted to the Superintendent of the Reading Room, British Museum, London, and to Mr. Bernard Ashmole, the Keeper of the Department of Greek and Roman Antiquities of the British Museum, London:—

Whilst the actual date of the first race is not known, it is fairly certain that probably as far back as the 8th century B.C., a Festival was held in Greece called the Heraea in honour of the Goddess Hera, and this Festival was celebrated every 5th year at Elis, near Olympia, in Greece. 16 married women delegates used to weave a sacred robe for the Goddess, and, in connection with this Festival, there was a ceremonial sacrifice of a cow.

The women delegates organised races between virgins drawn from all parts of Greece. The runners were of various ages, and, of course, ran in their own groups and not by handicap. Pausanias, the Greek Traveller, who wrote a Guide to Greece about 175 A.D., says, "They run thus, their hair hangs down, they wear a shirt that reaches to a little above the knee, and the right shoulder is bare to the breast." The winner received a garland of Olive Boughs, together with a part of the sacrificial cow. The winners were allowed to dedicate their own painted likenesses in the Temple of the Goddess.

The races were held over a course in the Olympia Stadium measuring about 160 metres. The Festival was concluded by sacred dances performed by the 16 matron delegates.

Maryhill Harriers celebrated the Diamond Jubilee year of their club by holding a Dinner in the Grand Hotel, Glasgow, on Friday, 26th November, 1948. There were many distinguished athletic people present. The Toast "Maryhill Harriers" was made by Mr. M. Stewart (Edinburgh Northern H.), the Hon. Secy. of the Eastern District N.C.C.U.

A silver medal was found at Wembley during the Olympics bearing this inscription "Clydesdale H. Team Race 3rd, won by J. Foster, 1920." Would anyone knowing owner please contact the Editor.

OLYMPIAD VERSE.

The following excellent poem was written by Laurence Housman for the opening of the 1908 Olympic Games (London). It appears in his collected works published by Sidgwick & Jackson. It was published in the London "Evening Standard" in 1908 and on the eve of the opening of the 1948 Olympics:—

"Rejoice, we conquer." So from
Marathon word
Came, by the fleetest of foot, to
the gates of Greece.
And the hills of Athens, the
marble mother, were stirred.
And the echo thereof to the life
in her womb cried "Peace."
A bubble of wine from those lips,
and a city was drunk
With the sudden joy of a birth
when its throes are past:
Europe is saved from the flood,
and Asia shrunk
Back to her borders for ever
while Greece shall last!
While Greece shall last!—while
joy for the strength of a steed
And delight in the limbs of a
runner inspire man's will.
So long in our midst shall be
found the Grecian breed.
By the dark Semitic gods
unconquered still.
O ghost of the great Pheidippides,
hear that shout
Ringing the vast arena! You
they acclaim—
You, the runner of old, whose
life went out
In praise of your gods, young
lord of the deathless name!

A. M. JAMIESON—

WORTHY SCOTTISH CHAMPION.

When Sandy Jamieson of Dundee Hawkhill next defends his S.A.A.A. 3 miles' walk title it won't be in any apologetic fashion for Sandy has realised a long nursed ambition—to prove he could stand the test of bigger and better class fields.

After his first one or two runs in the pre-war Scottish championship Sandy hankered after the idea of having a crack at some of the big English events, but before he could make up his mind the war came and the idea was shelved. Post-war, the idea returned. Shortly after registering his seventh successive S.A.A.A. win this year he took a job in London and settled down till after the Olympics. He immediately joined up with Highgate Harriers and within a week had estab-



lished himself as one of their best. Sandy's first big success came at Brighton in the Sussex County 5 miles where he led home a big field and lowered the course record with 39 m's. 13 secs.

At Walthamstow on the Central Bases open 5 miles against all the cracks in the London area he finished fourth in 38 mins. 34 secs. to lead Highgate to their biggest success of the season.

Then in the A.A.A. 7 miles at the White City he finished fifth breaking standard time (56 mins.) with 55 mins. 20 secs., and on that performance was invited to take part in the special 5 miles which was included in the programme of the triangular athletics at Fallowfield, Manchester, to give the Olympic walkers a final try-out.

These were the highlights of Jamieson's brief but eventful spell in English walking circles. He is now back in Dundee content that he has proved himself a champion in his own right.

KINGSWAY RELAY, 1948

Dundee's biggest athletic annual, the Kingsway Relay, promoted by Hawkhill Harriers, was held on Saturday, 16th October, 1948.

For this 8th race of the series we had glorious weather, crystal-clear and sunny with no wind and conducive to foot running. Our splendid entry of 23 teams did not disappoint in that respect. They provided us with a hard fought contest where there was a high standard of performance, where the leading places constantly changed and a delicious state of uncertainty prevailed right to the end.

As usual the contingent from the West of Scotland dominated the proceedings, provided most of the colour and athletic glamour besides most of the big names and personalities. We missed old friends Maryhill and Garscube but were delighted at the presence of newcomers Springburn and Motherwell.

Mr. Tom Cook, senior M.P. for Dundee, performed the duties of starter, and as he dropped the flag the first lap runners swept forward into a spanking pace. The Kingsway course, with its flat stretch and double carriageway, separated by a grass centre, is easiest described as resembling an ordinary running track though more elongated and under such good visibility the runners were not long out of sight. As they returned along what can be called the back straight, the bright red colours of Dundee Thistle were easily discernible worn by marathon champion Charlie Robertson who was running abreast of the Shettleston man Charlie McLennan in front. Next close together came McLean of Springburn, Casby of Rosyth, Charlie Forbes of Victoria Park, and Humphries of the H.M.S. Condor. A good lap this for the East.

Rounding into the finishing half-mile stretch McLennan broke away to be first man home in 14 mins. 25 secs. to be followed by G. McLean 14 mins. 32 secs., Robertson 14 mins. 35 secs., Humphries 14 mins. 40 secs., Casby 14 mins. 48 secs. with the joint favourites Victoria Park (Forbes 14 mins. 50 secs.) and Motherwell (Nelson 14 mins. 53 secs.) filling sixth and seventh places respectively and

Shettleston "B" through Harry Howard 15 mins. 2 secs. being eighth.

The second lap witnessed an astonishing switch over of placings with Shettleston alone of the leaders maintaining their position. Mills with a 15 mins. 2 secs. handed over a narrow 3 secs. advantage from Victoria Park McFarlane had jumped them into second place. Shettleston "B" had meantime surprised by taking over third, Springburn had slipped to fourth, Victoria Park "B" had moved up to fifth, Rosyth were still sixth, Condor were seventh, while Thistle had lost a lot of ground and were now eighth. Disaster had overtaken Motherwell who were temporarily out of the picture altogether.

The end of the third lap found Shettleston still in the lead but only by the skin of their teeth, Morrison with 15 mins. 1 sec. having only 4 secs. to spare from Tracey, whose 14 mins. 45 secs. had brought Springburn back to second place. Victoria Park's "B" team had caused a stir by moving up to third, pegging Shettleston "B" back a place and passing their own first team who were now fifth. Meanwhile Motherwell had come back into the picture by taking sixth place. So here we had the two favourites with very little improvement showing from the first lap and hardly in a comfortable position at this stage of the race.

However the battle was far from lost as far as Victoria Park was concerned. They had still their trump card to play in Scottish three-miles record holder Andrew Forbes. Forbes ran a smashing last lap to mow the opposition down in fine style, was still a bit from home when he took the lead and went on to bring the Victoria Park colours through the tape with 8 secs. to spare. His time of 13 mins. 56 secs. was just 7 secs. slower than his last year's individual course record. This was a repeat victory by Victoria Park although their team time was half-a-minute slower than last year.

Bickerton, running the final lap for Shettleston, although he clocked 14 mins. 34 secs. which was well up among the

VICTORIA PARK ROAD RELAY

3rd OCTOBER, 1948

MOTHERWELL Y.M.C.A.'s GRAND WIN

JIM FLEMING BREAKS RECORD

DETAILS—

1. Motherwell Y.M.C.A. H.—65 mins. 48 secs. (A. Nelson 16.34, W. Watson 17.15, T. Wood 16.22, J. Fleming 15.37).
2. Bellahouston H.—65 mins. 53 secs. (G. Bell 16.49, R. Climie 16.17, A. McLean 15.58, H. B. O'Neill 16.49).
3. Springburn H.—66 mins. 1 sec. (R. McLean 16.32, A. Reid 16.40, T. Tracey 16.20, J. Morton 16.29).
4. Shettleston H.—66 mins. 20 secs. (C. Wallace 16.21, B. Bickerton 15.27, H. Mills 16.55, C. McLennan 16.37).
5. Vale of Leven A.A.C.—66 mins. 29 secs. (W. Gallacher 16.32, A. Campbell 16.51, F. Lacey 17.04, W. Lennie 16.02).
6. Garscube H.—66 mins. 30 secs. (D. Murray 16.46, D. Black 16.55, A. Kidd 16.25, R. Smith 16.23).
7. Clydesdale H.—66 mins. 49 secs. (W. Andrew 17.04, D. Scott 17.04, G. White 16.21, E. Boyd 16.20).
8. Greenock Glenpark H.—67 mins. 4 secs. (W. McLean 16.26, W. Elder 17.02, S. Williamson 17.07, W. Williamson 16.29).
9. Victoria Park A.A.C. (B)—67 mins. 39 secs. (C. Forbes 16.42, J. D. Stirling 16.51, D. Shuttleworth 17.07, W. N. Ritchie 16.59).
10. Maryhill H. (A)—68 mins. 1 sec. (J. Robb 16.25, S. Wilkie 17.14, H. B. Morrison 17.22, G. Porteous 17.00).
11. Auchmountain H.—68 mins. 8 secs.
12. Bellahouston H. (B)—68 mins. 24 secs.
13. Glasgow Y.M.C.A. H.—68 mins. 39 secs.
14. Victoria Park A.A.C. (C)—68 mins. 42 secs.
15. Shettleston H. (B)—68 mins. 46 secs.
16. West Kilbride A.A.C.—68 mins. 57 secs.
17. Garscube H. (B)—69 mins. 4 secs.
18. Plebeian H. (A)—69 mins. 8 secs.
19. Bellahouston H. (C)—69 mins. 43 secs.
20. Clydesdale H. (B)—69 mins. 51 secs.
21. St. Modan's A.A.C.—69 mins. 55 secs.
22. Vale of Leven A.A.C. (B)—70 mins. 2 secs.
23. Kilbarchan A.A.C.—70 mins. 9 secs.
24. Maryhill H. (B)—70 mins. 11 secs.
25. Greenock Glenpark H. (B)—70 mins. 12 secs.
26. Lochwinnoch A.A.C.—70 mins. 23 secs.
27. Shettleston H. (C)—70 mins. 26 secs.
28. Springburn H. (B)—70 mins. 40 secs.
29. Glasgow Y.M.C.A. H. (B)—70 mins. 52 secs.
30. Greenock Wellpark H.—70 mins. 58 secs.
31. Garscube H. (C)—71 mins. 1 sec.
32. Garscube H. (D)—71 mins. 42 secs.
33. Glasgow Police A.A.C.—71 mins. 55 secs.
34. Auchmountain H. (B)—72 mins. 3 secs.
35. Maryhill H. (C)—72 mins. 31 secs.
36. Bellahouston H. (D)—72 mins. 46 secs.
37. Victoria Park A.A.C. (D)—73 mins. 11 secs.
38. Greenock Glenpark H. (C)—73 mins. 16 secs.
39. St. Modan's A.A.C. (B)—73 mins. 28 secs.
40. Plebeian H. (B)—73 mins. 48 secs.
41. Vale of Leven A.A.C. (C)—74 mins. 23 secs.

FASTEST TIMES—

1. J. Fleming (Motherwell Y.M.C.A. H.) 15.37
Previous record time of 15.39 was held by W. Donaldson (Shettleston Harriers).
2. A. McLean (Bellahouston Harriers) 15.58
3. W. Lennie (Vale of Leven A.A.C.) 16.02
4. C. Adamson (West Kilbride A.A.C.) 16.16

fastest times of the day was still unable to stave off the pursuit of Springburn man Morton who in clocking 14 mins. 27 secs. turned a 3 secs. deficit into a 4 secs. advantage to give his team the honours of runners-up.

Thus was concluded yet another highly successful Kingsway Relay. The promoters at one time wondered if there was a place for it in post-war athletics. The record entry of 27 teams two years ago appeared to be the answer. This year seems to be confirmation, especially with a number of new clubs starting up in the district. We thank everyone who has in any way helped it to its present importance in the Scottish athletic calendar.

A. MUDIE.

DETAILS—

1. Victoria Park A.A.C. "A"—C. Forbes 14.50, McFarlane 14.40, Lamont 15.24, A. Forbes 13.56.—Time 58.50.
2. Springburn H. "A"—McLean 14.32, Reid 15.14, Tracey 14.45, Morton 14.27.—Time 53.58.
3. Shettleston H. "A"—McLennan 14.25, Mills 15.02, Morrison 15.01, Bickerton 14.34.—Time 59.02.
4. Motherwell Y.M.C.A. H.—Nelson 14.53, Watson 15.40, Wood 14.34, Fleming 14.14.—Time 59.21.
5. Victoria Park A.A.C. "B"—Stirling 15.07, Ellis 14.41, Ritchie 14.59, Johnstone 15.02.—Time 59.49.
6. Rosyth "A"—Cosby 14.48, Howarth 15.12, Humphreys 15.11, Lucas 14.49.—Time 60.00.
7. Shettleston H. "B"—Howard 15.02, Stewart 14.43, Eadie 15.03, Taylor 15.57.—Time 60.45.
8. Kirkeady Y.M.C.A. H.—Paton 15.20, Husband 15.19, Duncan 15.07, Beveridge 15.59.—Time 61.45.
9. Condor "A"—Time 61.55.
10. Victoria Park A.A.C. "C"—Time 61.58.
11. Dundee Thistle H.—Time 62.05.
12. Springburn H. "B"—Time 62.20.
13. Condor "B"—Time 61.12.
14. Rosyth "B"—Time 63.22.
15. Rosyth "C"—Time 63.48.
16. Dundee Hawkhill H. "A"—Time 64.06.
17. Condor "C"—Time 64.36.
18. Rosyth "D"—Time 65.24.
19. Condor "D"—Time 65.52.
20. Monifeth "A"—Time 66.21.
21. Dundee Thistle H. "B"—Time 66.53.
22. Dundee Hawkhill H. "B"—Time 68.40.
23. Monifeth "B"—Time 71.35.

FASTEST INDIVIDUAL TIMES.

1. A. Forbes, Victoria P. A.C.—13 mins. 56 secs.
2. J. Fleming, Motherwell Y.M.—14 mins. 14 secs.
3. C. McLennan, Shettleston H.—14 mins. 25 secs.
4. J. Morton, Springburn H.—14 mins. 27 secs.

SERVICES.

1. J. Fleming, Motherwell Y.M.C.A. H.—14 mins. 48 secs.

A.A.A. and W.A.A.A. CHAMPIONSHIPS 1948

Below we give details of the A.A.A. Senior and Junior and Women's A.A.A. Championships. It was not possible to publish these earlier owing to space pressure through special Olympic Games features. The reason for their publishing even at this late date is obvious. It is essential for reference, and our readers who wisely file their copies will particularly appreciate this. We are glad to have included the Women's results. The performances recorded can serve as a target for our own Scots "lassies." Surely the Scots girls will have their own championships in 1949. We are already a few years behind and there must be no further delay. Surely all interested in the sport (male and female) will do all in their power to help in the building up of an active Scottish Women's Association and in encouraging the ladies generally.

It is interesting to note and recall the formidable victory of G. A. Bell (George Heriot's School) in the Junior Javelin. George Bell is also the Scottish Schools' Broad Jump and Javelin champion and the Scottish A.A.A. Junior 100 yards and Javelin champion, and ran a grand "quarter" for the winning Junior relay team. Actually an amazing prodigy—our most outstanding and promising athlete. He must be encouraged to develop (though not forced) and prove his prowess still further. He has a great athletic future.

Details:—

A.A.A. CHAMPIONSHIPS, White City, London, July 2-3, 1948.

100 Yards.—1. J. F. Treloar (Australia); 2. A. McCorquodale (London A.C.); 3. E. McD. Bailey (Polytechnic H.); 4. J. Archer (Notts A.C.); 5. K. J. Jones (Newport A.C.); 6. A. Grieve (South London H.)—Yard: 2 ft. 9.8 secs.

220 Yards.—1. A. McCorquodale (London A.C.); 2. J. Fairgrieve (Aberdeen); 3. J. L. Bartram (Australia); 4. P. H. Valle (Enfield A.C.); 5. J. Jones (Newport A.C.); 6. A. Grieve (South London H.)—Yard: 22.2 secs.

440 Yards.—1. M. Curotta (Australia); 2. J. P. Reardon (Donore H.); 3. W. Roberts (Salford A.C.); 4. L. C. Lewis (Walton A.C.); 5. K. W. Crowe (Manchester A.C.); 6. D. C. Pugh (South London H.)—Yard: 6 yds.; 2 yds.; 45.2 secs. (actuals best championship performance)

880 Yards.—1. H. J. Parlett (Dorking St. Paul's A.C.); 2. D. M. Harris (New Zealand); 3. A. S. Wint (Polytechnic H.); 4. C. T. White (Lincoln Wellington A.C.); 5. J. Jones (Newport A.C.); 6. A. Grieve (South London H.)—Yard: 10 yds.; 1 min. 52.2 secs.

1 Mile.—1. G. W. Nankeville (Old Woking A.C.); 2. A. Barthel (Luxembourg); 3. P. de Ruyter (Holland); 4. mins. 16 secs.; 5. R. Morris (Milocarian A.C.).

3 Miles.—1. W. S. S. Khuis (Holland); 2. mins. 14.2 secs.; 3. A. Olney (Thames Valley H.); 4. mins. 15.4 secs.; 5. W. E. Lucas (Belgrave H.); 6. mins. 21 secs.; 7. J. Broughton (Blackheath H.); 8. W. H. Nelson (New Zealand); 9. G. F. Lucas (Belgrave H.).

6 Miles.—1. S. E. W. Cox (Southgate H.); 2. mins. 8.4 secs.; 3. S. H. McCooke (E. Antrim H.); 4. mins. 27.6 secs.; 5. A. H. Chivers (Reading A.C.); 6. I. C. Smart (Belgrave H.); 7. A. McLean (Bellahouston H.).

2 Miles Steeplechase.—1. T. P. E. Curry (Achilles); 2. mins. 31.8 secs.; 3. G. D. C. Tudor (Achilles); 4. mins. 34.8 secs.; 5. R. W. Howell (Polytechnic H.); 6. mins. 37.8 secs.

7 Miles Walk.—1. H. G. Churcher (Belgrave H.); 2. mins. 23.8 secs.; 3. J. Morris (Surrey A.C.); 4. mins. 14.2 secs.; 5. R. A. West (Cambridge H.); 6. mins. 23.6 secs.; 7. A. Furness (Sheffield U.H.); 8. A. M. Jamieson (Dundee Hawkhill H.).

120 Yards Hurdles.—1. J. R. Birrell (Barrow Grammar School); 2. P. J. Gardner (Australia); 3. C. R. Green (Australia). Yard, yard: 15.1 secs.

440 Yards Hurdles.—1. H. Whittle (Reading A.C.); 2. J. M. Holand (New Zealand); 3. W. Christen (Switzerland); 4. R. T. Unsworth (Manchester A.C.); 5. R. H. Boyd (Victoria Park A.A.C.). Yard, yard: 54.9 secs.

Long Jump.—1. T. Bruce (Australia); 23 ft. 9½ ins.; 2. Prince A. F. Adejovin (Queen's U., Belfast); 22 ft. 11½ ins.; 3. S. O. Williams (Polytechnic H.); 22 ft. 11½ ins.; 4. H. Whittle (Reading A.C.); 22 ft. 11 ins.

High Jump.—1. J. A. Winter (Australia); 6 ft. 4 ins.; 2. A. S. Pate son (Victoria Park A.A.C.); 6 ft. 2 ins.; 3. Prince A. F. Adejovin (Queen's U., Belfast); 6 ft. 2 ins.

Hop, Step & Jump.—1. G. G. Avery (Australia); 46 ft. 5½ ins.; 2. A. S. Lidday (St. Andrew's Univ.); 46 ft.; 3. S. E. Cross (Birchfield H.); 45 ft. 2 ins.

Pole Vault.—1. F. R. Webster (Milocarian A.C.); 12 ft. 3 ins.; 2. J. A. Redoath (Milocarian A.C.); 11 ft. 9 ins.; 3. T. D. Anderson (Achilles); 11 ft. 6 ins.

Putting the Weight.—1. D. Guiney (Clonliffe H.); 47 ft. 3½ ins.; 2. H. E. A. Moody (South London H.); 46 ft. 6½ ins.; 3. J. A. Giles (Southgate H.); 45 ft. 7 ins.

Throwing the Discus.—1. C. Clancy (Donore H.); 138 ft. 6 ins.; 2. E. J. Brewer (Old Rutlishians A.C.); 137 ft. 8½ ins.; 3. S/Ldr. L. Reavell-Carter (R.A.F.); 137 ft. 7½ ins.

Throwing the Javelin.—1. J. S. S. Zdenicka (Lincoln Wellington A.C.); 218 ft. 9 ins.; 2. M. J. Dalrymple (London A.C.); 188 ft. 3½ ins.; 3. M. V. Chote (Achilles); 187 ft. 1 in.

Throwing the Hammer.—1. N. H. Drake (Blackpool Fylde H.); 161 ft. 6½ ins.; 2. D. McD. Clark (Royal Ulster Constab.); 155 ft. 11½ ins.; 3. F. C. K. Douglas (D.A.B.); 152 ft. 11 ins.

Tug-of-War (100 Stones).—Wimpey London Airport "A" beat Ford Sports, 2 pulls to 0.

Tug-of-War (Catchweight).—Wimpey London Airport "A" beat Wimpey London Airport "B," 2 pulls to 0.

440 Yards Junior Relay.—1. Cambridge H.; 2. Belgrave H.; 3. Highgate H.; 6 yds.; 44.9 secs.

A.A.A. JUNIOR CHAMPIONSHIPS, WHITE CITY, JULY 10th.

100 Yards.—1. N. Scott (Blackpool & F.H.); 2. C. Gibson (Camb. H.); 3. P. Williams (Bryanston S.); 1 yd.; 10.2 secs.

220 Yards.—1. A. Sexton (Belgrave H.); 2. A. Ford (Millfield A.C.); 3. W. Jack (Victoria Park A.A.C.); 2 yds.; 22.9 secs.

440 Yards.—1. M. Paxton (Millfield S.); 2. A. Bannister (Manchester A.C.); 3. A. Dick (Camb. H.); 3 yds.; 31 secs.

880 Yards.—1. P. Richards (Seaford Coll.); 2. P. Finnigan (Woodford G.); 3. J. S. Petty (St. Modan's); 1 ft.; 2 mins. 2.4 secs.

1 Mile.—1. E. Ellis (Thames V.H.); 2. W. Heskeith (Manchester A.C.); 3. D. Pirie (South London H.); 5 yds.; 4 mins. 29.6 secs.

2 Miles.—1. E. Sharp (London Vid.); 2. R. Richar's (Calfe's G.S.); 3. P. Bourne (Llanelli G.S.); 1 ft.; 7 mins. 22.6 secs.

120 Yards Hurdles.—1. J. Birrell (Barrow G.S.); 2. J. Simpson (Leighton Park); 3. J. McAslan (Trinity A.); 3 yds.; 15.1 secs. (record).

Long Jump.—1. D. Hulver (Camb. T.A.C.); 21 ft. 2½ ins.; 2. M. Marsh (Poly. H.); 21 ft. 0½ ins.; 3. R. Bazley (Barrow G.S.); 20 ft. 11½ ins.

High Jump.—1. G. Elliot (Wanstead C.H.S.); 5 ft. 8 ins.; 2. T. Mitchell (Poly. H.); 5 ft. 7 ins.; 3. A. Ramsay (Victoria Park A.A.C.); 5 ft. 7 ins.

12-lb. Weight.—1. B. Dodd (St. Alban's C.S.); 42 ft. 8½ ins.; 2. R. Taylor (Alleyns); 41 ft. 8 ins.; 3. A. Herdman (Dollar A.); 41 ft. 1 in.

Discus.—1. B. Dodd (St. Alban's C.S.); 145 ft. 5½ ins.; 2. A. Roberts (Highgate S.); 134 ft. 1 in.; 3. W. Croot (Sydney G.S.); 127 ft. 0½ in.

Javelin.—1. G. Bell (George Heriot's); 168 ft. 6½ ins.; 2. R. May (Mitham A.C.); 155 ft.; 3. D. Cosh (Camb. H.); 153 ft. 6½ ins.

Pole Vault.—1. G. Elliot (Wanstead C.H.S.); 10 ft.; 2. J. Clarke (Watford H.); 9 ft. 6 ins.; 3. L. Blackman (Wanstead C.H.S.); 9 ft.

A.A.A. SENIOR CHAMPIONSHIPS.

4 x 110 Relay.—1. Achilles (A. McWhirter, J. Havard, J. Fairgrieve, N. McWhirter); 2. Enfield A.C.; 3. Polytechnic H.; ¼ yd.; 43.6 secs.

4 x 440 Relay.—1. Polytechnic H. (C. Denroche, G. Duffy, M. Pike, A. Wint); 2. Achilles; 3. South London H.; 30 yds.; 3 mins. 20.8 secs.

2 Miles Walk.—1. H. Churcher (Belgrave H.); 2. C. Morris (Surrey A.C.); 3. R. West (Camb. H.); 30 yds.; 13 mins. 49.3 secs.

W.A.A.A. CHAMPIONSHIPS, CHISWICK, JUNE 26th.

60 Metres.—1. D. Batter (London Olympiads); 2. I. Robertson (Spartan L.A.C.); 3. Q. Shivas (Aberdeen Univ.); 1 yd.; 6 ins.; 9.1 secs.

100 Metres.—1. W. Jordan (Birchfield H.); 2. D. Batter (London Olympiads); 3. M. Pletts (Airedale H.); 1 yd.; 6 ins.; 12.6 secs.

200 Metres.—1. S. Cheeseman (Spartan L.A.C.); 2. M. Walker (Spartan L.A.C.); 3. A. Williamson (St. Gregory's L.A.C.); 6 ins.; 1 ft.; 25.7 secs.

400 Metres.—1. V. M. Ball (Spartan L.A.C.); 2. B. Kemp (Univ. of London); 3. B. M. Eaton (B.T.H. Girls' Club); 3 yds.; 60.8 secs.

500 Metres.—1. N. Batson (Small Heath H.); 2. D. Born (Univ. Coll. of S.W.); 3. E. A. Garritt (Ilford); 12 yds.; 10 yds.; 2 mins. 20.3 secs.

1 Mile.—1. N. Batson (Small Heath H.); 2. E. A. Garritt (Ilford A.C.); 3. I. V. Kibbler (Birchfield H.); 30 yds.; 4 yds.; 5 mins. 31.8 secs.

50 Metres Hurdles.—1. M. Gardner (Oxford L.A.C.); 2. J. Upton (Spartan L.A.C.); 3. B. Crowther (Middlesex L.A.C.); 3 yds.; 6 ins.; 12 secs.

High Jump.—1. D. J. Tyler (Mitcham A.C.); 5 ft. 4 ins.; 2. B. Crowther (Middlesex L.A.C.); 5 ft. 3 ins.; 3. G. E. Young (Bournemouth A.C.); 5 ft.

Long Jump.—1. J. C. Shepherd (Essex L.A.C.); 18 ft. 8½ ins.; 2. M. Erskine (Birmingham Atalanta); 18 ft. 2½ ins.; 3. L. Lee (Tonbridge A.C.); 18 ft. 0 ins.

Shot Putt.—1. Bevis Reid (Mitcham A.C.); 40 ft. 5½ ins. (British record); 2. M. J. Lucas (Epsom and Ewell H.); 35 ft. 0 ins.; 3. P. Evans (Essex L.A.C.); 32 ft. 9½ ins.

Javelin.—1. B. Reid (Mitcham A.C.); 102 ft. 0½ ins.; 2. K. Long (Epsom and Ewell H.); 101 ft. 8½ ins.; 3. G. M. Clarke (Birchfield H.); 100 ft. 6 ins.

Discus.—1. B. Reid (Mitcham A.C.); 120 ft. 6 ins.; 2. E. A. Whyte (Univ. of London); 110 ft. 4½ ins.; 3. M. J. Lucas (Epsom and Ewell H.); 105 ft. 9½ ins.

1,600 Metres Walk.—1. M. J. Heath (Small Heath H.); 2. B. Day (Birmingham Atalanta); 3. G. Thorne (Birmingham Atalanta); ¼ yd.; 8 yds.; 8 mins. 17.8 secs.



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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"I REMEMBER"

IT'S NOT SO EASY!

By EDWIN TAYLOR

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



IN allowing one's memory a free rein in recalling any particular incident which has left a lasting impression, there immediately comes to mind a host of epic athletic feats, long emblazoned on Press headlines; but a second thought brings to light some incident, which, because of the impression created on one personally, sticks when all else are forgotten. To me, the unofficial National C.C. Relay Championship held at Gartocher Road, Shettleston, in 1935, provided just such an incident, not outstanding, but with a lesson to all in "the game."

We too often hear the carelessly used expression—"Oh, he's a born runner, it's easy for him. Nothing is further from the truth than that 'easy'!" In the last leg of the above race, Sammy Tombe (Plebeian) set off with a considerable lead from Jim Flockhart (Shettleston) and standing in the second last field from home I watched both runners approach the finish, straining every muscle in a stern duel. Tombe with his seemingly awkward head carriage and labouring action, gulping air; Flockhart with head erect and good action, but sobbing with gasping breath. Here then were two of our top-class cross-country men, who had many a struggle together, putting in a grand race but in so doing taking a real gruelling which was perhaps equalled but most certainly not exceeded by any other runner in the race, and nothing "easy" about it. To use their talent they had to work hard, which applies to all walks of life.

Approaching the actual finishing tape Flockhart running harder even, I thought then, than one could imagine was slightly but clearly struggling ahead. But the great Sammy Tombe who won the hearts of all our sport followers in the pre-1939 period with his great fighting efforts, never looked on it as a losing battle, which it turned out to be, but kept forcing "Jimmy" right to the end.

A magnificent Flockhart made certain of the Shettleston club gaining full honours, but that plucky but unavailing effort to win the day for his club by Tombe gained equal admiration from the enthusiast.

Their ability alone would not take them to the front without that great effort, so let those who contest the issue further back in the race, particularly in a team event, take heart and give of their best effort for the team, which after all is the aim of all good clubmen.

You cannot, perhaps, equal the talent of the leaders but you can endeavour to equal their effort.

[Readers are invited to forward their own "I Remember" stories as we would like the above feature to be only the first of a series. Essays which should be brief (not more than 500 words) could recall any club, open, national or international event, which has left an impression. Think of the scope this gives. What race or event jumps to your mind even as you read this? Then put it in writing and have it published. We can share each others pleasant recollections!—Ed.]

James Neilson and Wm. Maxwell

A TRIBUTE.

Never could that much abused word "sportsman" more literally or truthfully describe anyone than the genial, warm-hearted Jimmy Neilson, whose sudden death at his Netherlee home recently, saddened a huge circle of friends in this and many other sports, for he was all that we mean when we speak of the perfect sportsman. Generous in victory and cheerful in defeat, he made friends quickly and kept their esteem always.

His sage advice on athletics, and there were few so shrewd advisers, was unstintingly given, but I think the secret of his success and popularity was the whole-hearted enthusiasm he threw into everything which took up his interest.

From his youth he was vitally interested in sport, and he competed successfully as a Bellahouston Harrier, but it was with Plebeian Harriers, the club he founded, that his name became synonymous. And Jimmy really WAS Plebeian Harriers. Starting off with a bunch of young lads, he fired them with his own infectious zest, inspired in those around him a grand team spirit, so that Plebeian swiftly advanced to become one of our leading clubs and to win all the main honours in cross-country.

Reward for the diligence of the young club's pioneers working under Jimmy's organising influence, came when the club won a title after title, and particularly when racing for youths became general, for to catch them young was always his theory, one which he had to defend against many critics.

Under his guidance Plebeian won the Novice team title, the individual title 3 times, Western district junior championship, Midlands district junior championship, and individual title and tied with Dundee Thistle Harriers for the National championship in 1934.

But it was in relay racing that "Plebs" made their biggest hit. They won the Western relay and were four times successful in the Midlands relay, while their special training and Jimmy's shrewd, carefully studied tactics made them supreme—against, man for man, more



The late JAMES NEILSON.

renowned teams—in the early Edinburgh to Glasgow relays. Successes in this race probably gave Jimmy Neilson a bigger kick than any other, for "Plebs," although they kept on winning, were never the form selection. As a legislator he was equally forthright and hard working. He was an Hon Vice-President of the National Cross-Country Union.

Aye, Scottish athletics is much the poorer by his passing. So many of us have lost a loyal, affectionate friend.

By a sad coincidence, the death occurred earlier in the same week, also suddenly, of another well-known and universally esteemed official, William Maxwell of Olympic Harriers. Quiet, unassuming and most likeable, Bill was connected with the Olympic club for 40 years, as athlete, secretary and president, and the keynote of all that he did was efficiency. His is another cheery personality that the sport can ill afford to lose.

J. STEVENSON.

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