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WEEKLY ATHLETIC NOTES BY

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THE SCOTS ATHLETE

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NO WONDER THEY'RE SMILING—Hamilton Harriers Youth's have won the Midland C.C. race for the 3rd year running. They also took the Scottish title, and provided the Individual champion for the 2nd time in Jim Finlayson (No. 26).

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
THE 1951 INTERNATIONAL.
SCOTTISH CHAMPIONSHIP DETAILS.
JOGGING—A CONTROVERSY.



TOP—The first six in the Scottish 9 miles cross-country championship and all selected with E. Bannon (Skelton), A. Gibson (Hamilton) and R. Reid (Birchfield) for the International. (L. to R.) C. D. Robertson (Dundee Thistle) 3rd, T. Tracey (Springburn) 2nd, A. Forbes (V.P.A.A.C.) 1st, J. E. Farrell (Maryhill) 4th, A. Kidd (Garscube) 5th, J. Ellis (V.P.A.A.C.) 6th.

CENTRE—First three in the Youth's race: J. Lapsley (West Kilbride) 3rd, J. Finlayson 1st, T. W. Connelly (Gala Harriers) 3rd. Photos by Andrew Pryde.

LEFT—Andrew Forbes winning the Senior.

RIGHT—Eddie Bannon striding it out to win the 7 miles Junior title. Photos by G. S. Barber.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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MARCH, 1951, Vol. 5, No. 12.

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JOHN EMMET
FARRELL'S



FOR once the weather clerk was in lenient mood and we had good overhead and underfoot conditions for this year's Scottish cross-country championships at Hamilton. Despite a most indifferent start which caught Forbes, Tracey and others napping a most engrossing duel ensued between these two runners which ended in a narrow 20 yds. victory for the former in a nip and bud finish.

These two were really out on their own. Andrew Forbes ran superbly and with magnificent judgment. Tom Tracey's display was equally impressive and it is obvious that there is little to chose between these two grand athletes.

When it is considered how much Tracey lost at the start and how near he was at the finish it looks only a question of time before he adds the cross-country to his 3 mile title.

Kidd's Greatest Race.

Charlie Robertson ran soundly to finish 3rd which is his best-yet National per-

formance. For myself, I found the race hard and no doubt experience helped to pull me through to 4th position.

Alex. Kidd, Jimmy Ellis and Archie Gibson who have been knocking at the door for some time opened the door on this occasion and walked in. Kidd ran perhaps his best ever race full of verve and determination and at one stage actually lay in 4th position.

Jimmy Ellis was more cautious at the start and this must have suited him for he came through his field in rollicking fashion, while I suspect that Gibson has reaped the fruits of better and more consistent training.

Johnny Stevenson of Springburn 8th place shows him to be among the most improved runners in Scotland while marathon prospect Willie Gallacher's 9th place revealed consistency.

Special mention must be made of G. King of Greenock Wellpark who finished 10th. This stalwart young athlete with another season's experience may challenge the best next year.

Victoria Park Scoop The Pool.

The young Victoria Park club who shortly celebrate their majority climaxed a magnificent season by winning the National Senior team title. They have thus won every major title of the cross-country season. Springburn ran well to finish 2nd with Shettleston the holders rather disappointingly back in 3rd place. **Bannon And Finlayson On Their Own.**

Eddie Bannon of Shettleston and Jim Finlayson of Hamilton demonstrated real class in winning respectively the Junior and Youth's title. Bannon particularly impressed by virtue of strong opposition from holder Gilbert Adamson and G. L. Walker. But he treated the opposition in cavalier fashion and revealed real "senior" form.

International Prospects.

Despite the elimination of Heartbreak Hill the Caerleon course is sufficiently tough to provide a real cross-country test. There are 6 laps 3 entirely on the race-course, 3 on race-course plus country each covered alternatively counting the initial $\frac{1}{4}$ at the start to the winning post the winners pass the Grand Stand 7 times, so it should be a real spectator's race. In the short outer section there are two gates and four water jumps, three of 8 ft. and the other 10 ft. The distance is 9 $\frac{1}{4}$ miles.

France-Belgium Struggle.

A tough heavy course normally tends to close the gaps between teams though it cannot entirely eliminate the difference in class. Earlier on I had a feeling that England might challenge severely the might of France and Belgium but though I expect the former to run well I now feel that the issue will be between the Continental "big Two."

Holland and Spain are again in the line-up with the latter expected to field a strong team lead by stalwarts Miranda and Coll.

Can Theys Win Again?

Should Gaston Reiff run he would rate as a probable winner. He has the class though a heavy course would make it difficult for him. But his entry is uncertain. Slikhjus too would be a colourful entrant from Holland. In Australia recently he was not seen at his best but the flying Dutchman would at least set a cracker of a pace. If Reiff does not

run Lucien Theys the present holder of the individual title is the popular fancy. But he is not mine. Though I expect him to be well up I feel that he may not have overcome the reaction of last year's victory and his recent heavy travelling.

A Van de Wattyne Come-Back?

I fancy rather the chances of Van de Wattyne and Doms of Belgium, and Mimoun and others of France. De Wattyne has come late to hand and is bang in form. Doms too is revealing classy form similar to that of his 1948 triumphal season, 1949 champion Mimoun of France has been lying low and may be the more dangerous because of that.

Aaron A Puzzle.

Frank Aaron has done all that has been asked of him this season yet his margins have not been altogether convincing. This tearaway runner is not the type to let up. I am not confident now of his chances of winning but he remains a good outsider. Other things being equal one's vote must go to the runner of courage and determination and Aaron will not fail on that score.

Scots Team More Compact.

Last year Scotland finished 7th out of 10 teams. This year 8 teams compete and in view of the tremendously high standard if they could finish in the first 4, they would be doing remarkably well. I believe the form of our team should at least show an upward trend and they have a fine spear-head in such as Forbes, Tracey, Bannon and Bobby Reid. The youthful Bannon's form in the English championship has been the high-light of our cross-country season and a marvellous morale-booster to boot.

The Social Side.

As well as the race itself the occasion is one of renewing old friendships and forming new ones. It is doubtful if colourful Raphael Puazon will be there. He may follow the usual continental fashion of short but brilliant career, a dazzling meteor of brief duration. I, myself, now in the late autumn of my career will contrive to make the best of the transient scene.

The Chapelle-Flockhart saga continues but not now on the active side. They will be there as spectators enjoying the thrill of the contest and exchanging reminiscences of the past.

International Flavour To Big Relay.

Looming ahead we have the much-awaited London to Brighton relay race with teams from England, Scotland, N. Ireland and now from France. The latter team may well upset the apple-cart. As far as England is concerned Thames Valley, Belgrave and Birchfield may be the pick. Lack of numbers may handicap Sutton, the gallant National title-holders. Victoria Park and Shettleston, the latter bucked by reason of their recent great come-back in the English National should in particular keep Scotland's end up. The fact of 10 runners forming a team should help the Scottish clubs in what should be a historic race.

SCOTTISH CHAMPIONSHIPS

Hamilton, 3rd March, 1951.

SENIOR NINE MILES.**INDIVIDUAL PLACINGS**

1. A. Forbes (Victoria P.), 50m. 08s.
2. T. Tracey (Springburn H.), 50m. 13s.
3. C. D. Robertson (Dundee T.), 51m. 24s.
4. J. E. Farrell (Maryhill H.), 51m. 35s.
5. A. Kidd (Garscubie H.), 51m. 47s.
6. J. Ellis (Victoria P.), 51m. 48s.
7. A. Gibson (Hamilton H.), 51m. 56s.
8. J. Stevenson (Springburn H.), 52m. 02s.
9. W. Gallagher (Vale of Leven), 52m. 05s.
10. G. King (G. Wellpark), 52m. 19s.

TEAM PLACINGS

1. Victoria Park A.A.C. (A. Forbes 1, J. Ellis 5, J. D. Stirling 9, R. Kane 10, C. Forbes 11, D. McFarlane 14).—50 Points. D. Shuttleworth 41, I. G. Walls 54, R. Gibson 56, R. Izatt 62, J. Simpson 64.
2. Springburn H. (T. Tracey 2, J. Stevenson 6, J. C. Morton 8, N. McGowan 17, A. Stevenson 21, D. Pyff 27).—51 Points. D. Wallace 37, J. Bissell 43, J. Allison 79, S. Neilson.
3. Shettleston H. (B. Bickerton 7, G. Craig 12, C. Wallace 13, J. Burton 19, J. Ross 20, A. Maxwell 23).—94 Points. H. Howard 24, J. Eadie 32, D. Bridges 34, W. Laing 45, A. Hill 60.
4. Maryhill H. (J. E. Farrell 3, R. Brymner 26, T. Hafrison 28, T. K. Wilson 39, G. Porteous 40, J. Wilkie 55).—191 Points. R. Wright 59.
5. Bellahouston H. (R. Christie 18, J. Christie 22, A. Dunwoody 33, G. Bell 36, W. McKinlay 47, J. G. McLean 49).—204 Points. J. Barr 61, J. Kelly 77, E. Oxburgh 78.
6. Garscubie H. (G. Kidd 4, J. Gunn 30, J. J. Duffy 38, A. W. Warton 42, D. Coupland 51, A. Gold 57).—222 Points. N. M. Ross 68, D. G. Causon 75, W. J. Ross 84.
7. Edinburgh Southern H. (W. Grant 29, H. Robertson 35, G. Mitchell 50, J. Wilson 65, G. Reid 66, L. G. Kepell 72).—317 Points.
8. Glasgow Police A.A. (A. McGregor 31, K. Sigrist 67, J. Johnstone 70, J. McNally 73, H. Stephen 76, R. Carr 82).—399 Points. J. Hallerton 83, T. McGrath 86, G. Girvan 87, S. Martin 88.
9. Clydesdale H. (D. Clarke 49, J. Duffy 53, D. Bowman 58, W. Howie 74, A. Divers 80, J. Caskell 90).—404 Points.
10. Greenock Glenpark H. (A. Maclean 25, W. McLean 44, W. Williamson 63, D. Farren 85, C. Berry 96, T. Mearns 97).—410 Points.
11. Glasgow Y.M.C.A. H. (D. McFarlane 16, S. H. Mowbray 46, R. Donald 81, H. Clarke 91, J. Redman 94, J. R. Scott 95).—423 Points.

FAILED TO CLOSE IN—

1. Paisley H. (A. Duncan 52, W. McNeil 69, J. Sellar 71, A. McGuinn 92, L. Crossan 93).—

Individual Entrants.—W. G. Hunter (H.M.S. Condor) 13, D. Brown (Larkhall Y.M.) 17, J. McGhee (St. Modan's) 21, D. Clegg (Ss. Modan's) 22, D. Barclay (Plebeian) 32, A. Smith (Plebeian) 38, W. Lindsay (Auchmountain) 41, D. Morrison (Shettleston) 45, A. C. Robertson (Plebeian) 46, G. Martin (Kilmarnock) 50, T. McNeish (Irvine Y.M.) 52, A. Arbuckle (Monkland) 55, H. Coll (Vale of Leven) 60, H. Walker (Beith H.) 63, T. Blackhall (Falkirk Vict.) 65, A. Cook (Falkirk Vict.) 77, D. Wilson (Hamilton) 80, F. Muir (Irvine Y.M. 89, K. Phillips 92, A. T. Thom (Edin. Eastern) 95, R. Houston (Olympic) 102.

JUNIORS SIX MILES.**INDIVIDUAL PLACINGS**

1. E. Bannon (Shettleston H.), 33m. 06s.
2. G. Adamson (holder) (W. Kilb.), 33m. 42s.
3. G. L. Walker (Edin. Univ.), 34m. 36s.

TEAM PLACINGS

1. Edinburgh Univ. H. & H. (G. L. Walker 3, A. C. Ross 4, J. W. Brydie 6, D. Ellis 22).—35 Points. N. Woodliffe 72.
2. Victoria Park A.A.C. (R. C. Calderwood 5, A. D. Breckinridge 8, S. Ellis 11, I. Binnie 12).—36 Points.
3. Greenock Glenpark H. (J. Osborne 10, S. Williamson 23, J. W. Armstrong 25, C. Fitzharris 26).—54 Points. W. Muir 51, D. Docherty 55, J. Simpson 61.
4. Shettleston H. (E. Bannon 1, J. McNeil 7, W. Chalmers 21, J. Kirk 58).—87 Points. J. Moore 70, H. Simpson 73.
5. Bellahouston H. (H. Kennedy 14, C. Kirk 20, H. Fenson 27, F. Cowan 31).—92 Points. S. Robertson 46, A. Scouller 74.
6. Edinburgh Rovers & Scout A.C. (R. Pearson 18, C. R. Jones 28, D. Hall 36, D. Carter 42).—124 Points. W. Henderson 50, S. Linton 64, C. Begg 75.
7. Edinburgh Eastern H. (R. Stark 13, J. Rollo 15, F. Shiels 34, A. Ruthven 81).—143 Points.
8. Falkirk Victoria H. (C. Morrison 33, R. Rennie 37, W. Rennie 38, D. Nicoll 44).—152 Points. D. Mackie 61, T. Whyte 76, D. Skinner 77.
9. Edinburgh Southern H. (W. G. Robertson 16, I. Gourlay 29, W. J. Saunderson 47, A. Findlay 68).—169 Points.
10. Maryhill H. (R. MacDonald 17, J. Gibson 40, W. Stephenson 52, A. Bald 62).—171 Points.
11. Springburn H. (J. Wallace 9, J. Rankin 24, J. Duffy 56, W. McCammon 85).—174 Points.
12. Kilmarnock H. & A.C. (D. Smith 19, D. Todd 39, G. Wilson 59, N. Baillie 60).—177 Points. J. Hamilton 78.
13. West Kilbride A.S.C. (G. Adamson 2, J. Butcher 30, J. Reid 82, R. McIntyre 84).—198 Points.
14. Plebeian H. (F. Cassells 45, W. Cook 49, C. Heaney 54, J. Girvin 67).—215 Points.
15. H.M.S. Caledonia (M. Marshall 48, M. Lambreck 55, A. Furdidge 63, A. Telfer 65).—233 Points. R. Warden 83.

Individual Entrants.—T. Stevenson (G. Wellpark) 4, A. McDougall (V. of L.) 5, T. D. Reid (Larkhall Y.M.C.A.) 12, A. Fleming (Cambuslang) 13, H. Gibson (Hamilton) 15, G. A. Dunn (Garscube) 20, J. Jack (Hamilton) 25, I. McKenzie (Monkland) 34, P. Corrigan (Larkhall) 41, A. Rennie (Kirkcaldy Y.M.C.A.) 42, J. Cameron (Glas. Y.M.C.A.) 45, J. Craig (Hamilton) 49, J. McCracken (St. Modan's) 59, J. McCallum 60, O. Young (V. of L.) 63, R. Turner (V. of L.) 68, I. Ballantyne (Cambuslang) 73, J. Macdonald (Garscube) 75, J. Lynn (St. Modan's) 77, B. Maxwell (St. Modan's) 83, M. McFadden (Paisley) 84, D. Dunachie (Glasgow Y.M.C.A.) 88, A. Fleming (Cambuslang) 91, T. Cummings (Paisley) 106, J. R. Gifford (Olympic) 110.

YOUTH'S THREE MILES.

INDIVIDUAL PLACINGS—

1. J. Finlayson (Hamilton H.) 16m. 39s.
2. T. W. Connolly (Gala H.) 17m. 01s.
3. D. Lapsley (West Kilbride) 17m. 13s.

TEAM PLACINGS—

1. Hamilton H. (J. Finlayson 1, T. Limerick 4, J. Hepburn 5, A. Stewart 16)—26 Points.
2. Gala H. (T. W. Connolly 2, D. Scott 9, R. Cairney 15, T. Thomson 19)—45 Points.
3. Edinburgh Rovers & Scout A.C. (J. Crawford 7, E. Munro 10, D. Dunn 13, N. Donachie 21)—51 Points.
4. Falkirk Victoria H. (4th and 5th Equal) (G. Jackson 12, J. Rae 18, G. McDonald 32, R. Letham 33)—95 Points.
5. West Kilbride A.S.C. (D. Lapsley 3, J. Robertson 8, J. Butcher 39, H. Dick 45)—95 Points.
6. Springburn H. (J. McDonald 11, J. Jacobs 25, J. Crawford 28, J. Drummond 35)—99 Points.
7. Shettleston H. (J. Kean 17, A. Baird 31, C. Smith 34, T. Swan 37)—119 Points.
8. Kilmarnock H. & A.C. (J. Young 23, A. C. Connor 36, J. Smith 38, J. Roy 40)—137 Points.
9. Cambuslang H. (E. Reilly 14, W. Green 20, H. Laidlaw 55, C. Docherty 59)—148 Points.
10. H.M.S. Caledonia (J. Faulkner 30, E. Inkpin 49, M. Butler 50, D. Bennett 51)—153 Points.
11. Garscube H. (H. Carson 22, E. Hume 46, J. Barrowman 53, M. McGunnigle 76)—197 Points.
12. Auchmountain H. (A. Forsyth 54, J. W. Findlay 62, G. A. Carson 73, I. McMillan 77)—200 Points.
13. Clydesdale H. (T. Bowman 58, J. McKellar 63, J. Boyd 71, W. Hyland 75)—267 Points.

FAILED TO CLOSE IN—

Bellahouston H. (G. Sutherland 24, W. McAuslan 27, —, —).

Larkhall Y.M.C.A. H. (J. Stevenson 6, —, —).

Individual Entrants.—J. V. Paterson (Edinburgh South) 4, A. Brown (Motherwell H.) 7, A. Sellar (Olympic) 12, T. McQuade (Plebeian) 14, W. Kelly (Hamilton) 16, R. Steele (V. of L.) 20, J. Ferguson (V. of L.) 22, H. Galbraith (St. Modan's) 24, J. Campbell (Maryhill) 30, J. Barr (Edinburgh Univ.) 35, J. Walker (G. Wellpark) 39, C. Meldrum (St. Modan's) 40, D. Jeffrey (Hamilton) 53, J. B. McIntyre (Paisley) 60, J. Scott (Motherwell Y.M.C.A.) 62.

**EASTERN DISTRICT
C.C. CHAMPIONSHIPS
SENIOR 7 MILES**
3rd Feb., 1951.

INDIVIDUAL PLACINGS—

1. W. G. Hunter (Irvine Y.M.C.A.) 43m. 16s.
2. C. D. Robertson (Dundee Thistle) 43m. 22s.
3. A. Black (Hawkhill H.) 43m. 25s.
4. D. Webster (Edinburgh So. H.) 43m. 35s.

TEAM PLACINGS—

1. Edinburgh University (G. Walker 3, G. Sherwin 7, J. M. Roberts 8, A. Ross 14, R. Paul 21)—57 Points.
2. Edinburgh Southern H. (D. Webster 2, W. Grant 5, J. Robertson 6, G. Mitchell 17, I. Gourlay 19)—67 Points.
3. Kirkcaldy Y.M.C.A. H. (W. Duncan 10, G. Mortimer 12, J. Duncan 13, F. Husband 16, A. Beveridge 32, G. Bell 40)—123 Points.
4. Strathclyde H. (M. King 11, P. Boyle 15, R. Pickard 23, P. Dobbie 26, F. Sime 28, J. Dick 48)—151 Points.
5. Dundee Hawkhill H. (A. Black 1, R. Baird 9, A. Blyth 38, J. McKenzie 39, J. Melville 43, C. Weekes 44)—174 Points.
6. Falkirk Victoria H. (J. Blackhall 22, A. Cook 30, R. Rennie 34, D. Mackie 35, C. Morrison 45, W. Rennie 51)—217 Points.
7. Teviotdale H. (M. Shankie 33, D. Wilkinson 37, R. Scott 47, R. Beattie 49, J. Marsh 54, W. Knox 73)—293 Points.
8. Gala H. (G. Wimtrup 42, W. Scott 65, T. Turnbull 67, W. Murray 70, A. Lees 72, S. Boyle 76)—392 Points.

Edinburgh Harriers did not finish a Team.

Individual Entrants.—J. Miller (D. Thistle) 30, G. McGowan (E.N.H.) 35; R. Irving (E.E.H.) 47; A. Thom (E.E.H.) 50; T. Sargeant (E.E.H.) 71; J. Rollo (E.E.H.) 72.

YOUTH'S C.C. RACE.

INDIVIDUAL PLACINGS—

1. T. Connolly (Gala H.) 25m. 44s.
2. J. Crawford (Edinburgh Rovers) 25m. 46s.
3. D. Campbell (Teviotdale H.) 25m. 58s.
4. D. Dunn (Edinburgh Rovers) 26m. 58s.

TEAM PLACINGS—

1. Gala H. (T. Connolly 1, W. Thomson 5, D. Scott 6, R. Cairney 8)—20 Points.
2. Edinburgh Rover Scouts (J. Crawford 2, D. Dunn 4, N. Donachie 14, K. Thomson 15)—35 Points.
3. Teviotdale H. (D. Campbell 3, E. Dobbie 10, D. Richardson 11, E. Anderson 19)—43 Points.
4. H.H.S. Caledonia (D. Farran 9, J. Faulkner 12, P. Brien 18, J. Daly 23)—62 Points.
5. Falkirk Victoria H. (S. Robertson 7, R. Letham 21, P. Rae 22, J. Fraser 30)—86 Points.

Edinburgh Southern did not finish as a Team.

Individual Entrants.—A. Wilkie (Dundee T.) 7, J. Wilkinson (Edinburgh N.H.) 20; T. Parley (Edinburgh N.H.) 29.

**LAHOUSSINE
OR
AARON?**

B. M. LAHOUSSINE, the French Morocan star, showed consistency to finish 3rd in the 1947 and 1948 Internationals. Fading out for a while he made a remarkable come-back by finishing only a second behind Minoun in the French championship.



FRANK AARON, English champion for the 3rd successive year, is a courageous runner and bound to be well forward; he is seen here with the rising British star GORDON PIRIE (South London Harriers). Gordon's father, Alex, Pirie is a former Scottish Internationalist.

THE 1951 INTERNATIONAL

France with the surprise North Africans Billas and Driss in an otherwise experienced International team looks certain for the team title. Belgium should be second and any country third—possibly England then Spain in a close fight. Scotland can be there too, if all run their best—four could be inside 20, and six in 30.

Alain Mimoun (F) is our tip for individual—but only after a dogged struggle with Van de Wattyne (B) runner-up in 1946. De Wattyne beat national and international holder Lucien Theys in the Belgian championship and so far is unbeaten this year. Theys, Doms and a host of Frenchmen are in with a shout for a place. Coll returned same time as Miranda the winner in the Spanish championships. Two juniors, E. Bannon (Scotland) and Walter Hesketh (England) could possibly lead their teams home. (Right L. Theys, holder).



DOMS or MIMOUN ?

John Doms (R) Belgium won in 1948 and for the first time since is showing return to that form. Alain Mimoun (France) won in 1949 and was runner-up last year. He has again won the French championship and is in good shape.



Tom Richards the courageous runner-up in the Olympic Marathon scored another ambition at this late stage of his career by winning the Welsh C.-C. championship.

He can renew his rivalry with the memorable and heroic Olympic figure Etienne Gailly who though only finishing 15th in the Belgian championships has been selected as their captain.



ANDREW FORBES

(Victoria Park A.A.C.)

Scottish Champion and Captain.

ANDREW FORBES leads the Scottish team in his 4th International. Scottish C.C. champion, 1947 and 1951. Runner-up, Empire Games six miles. Scottish 3 miles record-holder.



Advertisers Announcement

The Best Food for Athletes

In 1922 J. P. Clarke, of Belfast, was lacking in stamina and almost unknown in the athletic world. But early in 1923 he overheard a crack runner commanding Orzone Emulsion for stamina, so he began taking it. A month later he became the half-mile and mile champion of Ireland. Next year he repeated his principal 1923 victories. During those two seasons he carried off 160 prizes.

A most interesting article about Clarke and his method of training will be found in a little book entitled "The Easy Road to Health," 9d. post free from The Orzone Shop, 72 St. Vincent St., Glasgow, C.2.

What a marvellous cross-country record has J. E. Farrell, 1st reserve in 1936, he runs in his 9th consecutive International, with 4th being his poorest Scottish showing since 9th in 1936.

Oldest International competitor (almost 43) he is more than twice the age of Bannon!

Continued from Page 11.

ing the least important parts. Sutton revealed their magnificent class and were again worthy team winners. Shettleston were an easy second. Believe it or not they would still have been runners-up, had John Burton in 111th position counted instead of Bannon! Rotherham, are to be congratulated in finishing 3rd.

THE ENGLISH "NATIONAL"

Gallant 20-year-old Scottish Junior Champion, Eddie Bannon in Epic Race.

Shettleston third only in the "Scottish" runners-up in the English.

LEAN but lissome built, young, smiling, modest and popular 20 year-old Eddie Bannon, coach trimmer to trade, after winning the Scottish Junior 7 miles title, was kindly offered sponsoring by his club, Shettleston Harriers, for the English Junior title.

Eddie wouldn't accept. The expense wasn't worth it he said, but he would travel gladly to assist the team in the 9 miles senior race.

When the Shettleston lads left for Richmond, Yorkshire, by coach on Friday afternoon the day before the race, 18th March, there was no exuberant optimism. Understandably so, for throughout the winter season they were forced to yield their dominant position in the Scottish sphere. The crowning blow was in the Scottish title race. Holders since 1948 they were forced by Victoria Park and Springburn into a dismal 3rd position. Without a man in the first ten it implied for them, a decline.

To critics, Shettleston hadn't a chance in the "English." Someone might have joked "Was their journey really necessary?" Boy Bannon gave the best answer.

As the thundering herd of 600 runners were on their way he was well forward with the leaders. At $\frac{1}{2}$ mile of the first of the two laps of the race-course circuit to be first covered, Dr. Frank Aaron, winner on the two previous occasions, was near the front but in about 40th position. With only over a mile covered Aaron had jumped into a fair lead. The young Internationalist, G. B. Saunders, strived to keep in touch and was about 20 yards behind with a bunch of ten or so, Hardy of Derby County A.C. leading, another 20 yards back and tailing several yards behind them the Shettleston Junior.

Aaron continued to force and build his lead, Bannon wisely closed on the main pack.

On the second circuit of the racecourse Saunders weakened slightly and was caught by the leading pack. As they came round the third time to enter the country, the holder, out on his own, was still cracking a merry pace in his typical effort showing but determined style. The strain of the race on, the leading bunch was beginning to break-up, but the Scots boy looked happy and was prominent.

Up a testing hill, a rough run down to a valley, along a heavy cart track beside a stream, the trail went. Through a soggy farmyard and up to the top again via an even more testing hill of stony footing. Across heavy grassland, down through two ploughs then fast down to the racecourse again. Aaron's lead looked good then a trio followed, Bannon, Boak and Saunders with Bannon striking a pace which seemed to be as much as the other two could hold.

Round part of the racecourse before going into the country for the last time, there was great surprise to note that Aaron had dropped a great deal of his lead. Bannon noted it too and in a heroic bid took the gamble to try to win outright. He closed the gap considerably though Boak and Saunders hung on like leeches. Without getting on real close terms, Bannon's valiant effort had its price to pay. In a weaker patch Boak and Saunders jumped him. Aaron held on to win, but in the finish Boak sprinted from Saunders to take a grand and worthy 2nd place. Bannon holding on well and finishing very strongly was 10 seconds behind Saunders, half-a-minute ahead of the next man—and incidentally a mere 27 seconds behind Aaron.

This running earned the Scots boy his International selection—which race will be a memorable and novel way of celebrating his 21st birthday!

No doubt Eddie's running was inspiring the other Shettleston lads, with Harry Howard and veteran Jim Ross, not play-

"JOGGING"? HOOTS MON!

By Arthur F. H. Newton

(Author of "Commonsense Athletics", "Races and Training" etc.

MR. David Corbet's reasoning with regard to our methods of training shows how much useful work has already been done by the Scots Athlete. Hitherto we have been taught as a rule to "do this and do that" without ever giving the advice a second thought. I regret to note, however, that your contributor seems to have got into his head that I was all for jogging and slow training. It will perhaps come as a shock to him when I tell him I have no use for either at any time—with a single exception: I adopted slow training only when climatic conditions were so abnormal that the usual work would have been harmful.

Let me explain. Probably your readers know that I was essentially a very-long-distance runner: I stuck to fifty miles for racing purposes and never altered the preparation even when I was expecting to run three times as far. The great bulk of my training was done at eight miles per hour, which was roughly 80% of the best speed I could keep up for any considerable length of time. I stuck to even-pace running nearly all the time because that was what I wanted to learn. But the speed varied from day to day along with weather, environment and personal conditions. If I went out for only five or six miles the pace would be about ten miles an hour; if forty miles it would be around 7½ m.p.h. Then of course I always ran faster in cold weather than ever I did on hot days: it was during the hot summer weather of South and Central Africa that I sometimes dropped as low as 6 m.p.h. up and down hill, because I knew that if I went any faster I should "lard the lean earth" with perspiration and merely weaken myself unnecessarily. THAT was the only time I indulged in jogging or slow work.

Now, if that was what I practised for fifty milers, you can easily see that a marathon man, using the same principles, would have to get used to practice runs of, say, fifteen miles at a speed of around nine miles to the hour; and running at that pace is anything but "jogging." If your marathon merchant could only afford

half an hour for an outing on some particular day, he should suit his pace to the shorter distance, and run at about ten to ten and a half m.p.h., whereas, when he set out for a thirty miler—and all marathon men ought to be able to cover this distance—he could be content with an average of 8½ to 8¾ m.p.h. Even this pace is anything but jogging when you've got to keep it up for a long spell: a quarter-miler might call it jogging if he had no more than a single mile to go, but multiplied by twenty he'd soon know the difference. To my mind all distances, each according to its required speed, fit in with this principle.

One or two other points in your contributor's letter might be worth consideration. I have no faith whatever in starting fast: fellows say so-and-so does it because the pace seems fast to them: actually it is anything but really fast to the expert who is engaged in it. Holden, for instance, practically never takes the lead in the early stages of a marathon—he lets men who know less about it do that. Lovelock's "mile of the century" was won when he remained well back till near the finish. Wint won one of his best events when McKenley opened up a huge gap at the start by fast work. No, I've no use for fast starting: I reckon it's as bad as "racing" a "free" motor to warm it up.

I have always failed to understand why Wilt recommends a lot of sprinting as training for milers: I should have thought it a misuse of time. If you're going to depend on tactics (trickery) to win your races, sprinting would of course be necessary. But I gather that we've at last learnt that even-pace running is superior to anything else. If this is so, then we ought to practice even-pace (suitable for the distance we race over) most of the time and, if we race in this style "tactics" become mere foolishness and waste of energy, for so far as speed goes sprinting and even-pace miling have no connection. Why use "tactics" to surprise or "jump" a rival on the track, or to put the wind up him by going off

much too fast at the start, if you are able to win your race without such questionable methods? That's what the "old school," who still plump for tactics for all they are worth, do not seem to have considered. If a fellow can't win with plain running he's told to employ tactics to help him win. What he should do of course is to improve his training so as to be able to win without such props.

Just one last item. I disagree entirely with the idea that "exercises" are ever as good as the genuine thing—in this case running. If a fellow wants to warm up, he should RUN till he's warm: other exercises are just a waste of time, because running would be—every thinking man will admit it—more suitable, more economical and quicker. But I must leave that to another time.

DAVID CORBET'S LETTER AGAIN

Dear Editor,

Mr. Corbet's letter will indeed "help to improve the breed" but only because it brings so much misunderstanding and lack of knowledge of athletics to light. Personally, I thought that the unenlightened days had passed, and I cannot comprehend how anyone who had attended Mr. Chapman's lectures on running could possibly recommend slow running as a method of training. I would say without hesitation that our Coaching has taken the right turning and is based on research made both at home and abroad, that is if the coaching methods as taught by the Chief Coach are understood. Having attended a course of lectures and having passed the official coaches examination are two quite different matters, and I would be more than surprised if I was to hear of a S.A.A.A. Hon. Coach training runners in the method suggested in Mr. Corbet's letter.

Mr. Corbet appears to have got his definitions wrong as the running he describes is in my view what we coaches know as "shacking" which should be used for the first few minutes of the warm-up and the last few minutes of the limber down. There's nothing sloppy or slovenly about jogging as we know it and indeed it is used to improve the form

of the runner and again should not form a major part of any training schedule. I heartily agree with him in that slow running does not and will not produce stamina and speed. "Fartlek" as practised by the Scandinavians is just the opposite of slow running, so the interpretation of the word is "Speed Play. This develops the vital capacity and stamina and this only whenever increasing demands are made on the system. This subject could probably be dealt with in full in a later issue. Mr. Corbet may be right when he says that Zatopek has run half a mile in army boots in 2 mins. 10 secs. without warming, but Zatopek normally uses a warm-up and also includes "jogging" as we coaches know it in his training.

In conclusion I would say to anyone who wants to be a coach, make sure you know what is wanted and why, also what you are doing, and the surest way to be right in this is to pass as a S.A.A.A. Coach.

Edinburgh. T. MONTGOMERY.

—AND AGAIN

Dear Editor,

I would like to attempt to answer the challenge thrust upon your readers by David Corbet, in his letter criticising "jogging" as a preparation for athletics.

I think it would be well to state what the actions connected with running are—broadly speaking, it consists of placing the feet down on the ground and picking them up to repeat the action, and at the same time using the arms as a balance and as an additional lever. If the athlete is stiff, his actions are slow and heavy, but if muscles are supple the movements will be fast. I would like to illustrate this by a simple experiment I tried 15 years ago. I walked about 2 miles a day for 30 days. On the first outing without much effort and at an easy pace, I took 29 mins. 5 secs. for the distance.

After about a week I found a gradual increase coming into my actions although I still seemed to walk at a leisurely pace. On the 30th day I recorded a time of 16 mins. 40 secs., although my actions were as easy as the first day I did the distance. I think this proved that a continual easy action can bring on speed with it.

I would like to ask Mr. Corbet what HE means by "jogging?" If it means a "tiptoe through the tulips stuff with arms hanging down like a gorilla," then I'll agree it's a sheer waste of time. If the action is to be carried out, about once or twice a week in shorts and singlets, and at a speed of 15 minutes a mile, hardly any benefit will be received. But if the actions are carried out at about 8 mins. a mile with track suit and rubbers, speed and suppleness will come. Of course the distance will depend on type of athlete concerned, sprinters will need about 2 or 3 miles, middle distance men will need 4 or 5 miles, while distance athletes will need anything from 7 miles upwards. It will be assumed that the athlete will have sufficient knowledge so as to consider "jogging" only as a groundwork for his other training. There will be "starts," striding, etc., for the sprinter, middle distance runners will do their "600's" and 1½ laps fast striding, while the longer distance athletes will have to do their lap running and even pace timing.

There are many athletes who are doing jogging as part of their training and still improving on their speed. To mention a few, Derek Johnson a junior who did 48.4 secs. for a 440, Hewson a half-miler who did 1.58 for a race last year, Nankeville, Parlett, A. T. Ferguson, and Gordon Pirie the new distance star, who incidentally covers 25 to 35 miles a week and trains nearly every day of his life, and then goes to bed at 9 p.m. each night. In conclusion Reg. Harris, although a World's Sprint cycling champion, does anything from 10 miles to 20 miles slow cycling a day for training.

I am sure some of these tortoises will eventually overtake some of the hares who think "jogging" is no good for athletic training.

Yours etc.,

H. W. NEALE.
London.

We regret due to space pressure holding over the special Putting the Weight features as outlined last month.

MIDLAND DISTRICT CHAMPIONSHIPS

Millerston, 3rd Feb., 1951.

These races were held under Arctic conditions with 7 ins. of snow lying. The Youths had the task of "blazing the trail," and Finlayson of Hamilton proved he is a good champion under any conditions, his team mates backing him up, to make it a third successive individual and team win for their club. From an entry of eleven teams and eight individuals, there started eight teams and fourteen individuals and these finished.

The Seven Miles race served up some surprise when it was seen that Bannon (Shuttleston) and Tracey (Springburn) were alternately setting the pace and slowly dropping Forbes (Victoria Park). Tracey ran out a worthy winner and Victoria Park took the team award coming away in the second half to wipe out Shuttleston's earlier lead in pointage.

The entry was 14 teams and 32 individuals, and 14 teams and 26 individuals started, with 10 teams and 11 individuals finishing the arduous course.

The 3 lap course tends to make "falling out" more convenient and the heavy underfoot conditions took their toll.

The Youths' race time for winner was 19 mins. 18 secs. and Bannon's time leading the field in the Championship for the same distance was 18 mins. 10 secs., the first small loop taking 5 mins. 20 secs., making first lap 12 mins. 50 secs. The second lap time was 12 mins. 51 secs. and last lap 12 mins. 33 secs.

The venue proved popular with the competitors as the stripping accommodation was first class and but for the snow the trail would also have been in favour

E. TAYLOR.

DETAILS—YOUTHS' RACE.

INDIVIDUAL PLACINGS—

1. J. Finlayson (Hamilton H.), 19m. 18s.
2. E. Reilly (Cambuslang H.), 20m. 04s.
3. R. Steele (Vale of Leven A.A.C.), 20m. 08s.

TEAM PLACINGS—

1. Hamilton Harriers (J. Finlayson 1, T. Limerick 6, A. Stewart 13, A. Jarvis 15).—35 Points. J. Hepburn 22, W. Lucas 23, W. Stuart 24, A. Wilson 28.
2. Shuttleston Harriers (J. Kean 5, T. Swan 8, C. Smith 10, A. Baird 19).—42 Points. A. Morrison 34, D. Boyle 36, T. McNab 39.
3. Bellahouston Harriers (H. McAslan 3, G. Sutherland 7, J. Caldwell 9, J. Irvine 32).—51 Points.

4. Springburn Harriers (J. Drummond 14, J. Crawford 16, T. Rundell 18, H. Bradshaw 20).—68 Points. J. Jacob 21, J. MacDonald 26, J. Gordon 38, H. Logan 42.
5. St. Modan's A.A.C. (A. Galbraith 12, C. Meldrum 17, G. Gray 27, K. Murie 29).—85 Points.
6. Motherwell Y.M.C.A. H. (A. H. Brown 4, M. Mitchell 30, J. Scott 31, G. Black 40).—105 Points.
7. Cambuslang Harriers (E. Reilly 2, P. Farrell 33, C. Docherty 35, F. Treanor 37).—107 Points.
8. Garscubie Harriers (H. Carson 11, J. Barrowman 25, W. McGunnigle 41, A. Hulme 43).—120 Points.

Individual Entrants.—J. Ferguson (V. of L.) 17, T. McQuade (Plebeian) 18, P. Laverie (Plebeian) 22, P. Callaghan (Vic. Park) 24, W. Gall (Maryhill) 25, J. Baker (Vic. Park) 27, J. Boyd (Clydesdale) 32, W. Hylan (Clydesdale) 38, W. Campbell (Maryhill) 39, D. Jeffrey (Hamilton) 40, H. McCready (Vic. Park) 43, J. Campbell (V. of L.) 44, A. Shaw (Plebeian) 45.

7 MILES CHAMPIONSHIP.

INDIVIDUAL PLACINGS—

1. T. Tracey (Springburn H.), 43m. 34s.
2. E. Bannon (Shuttleston H.), 43m. 48s.
3. A. Forbes (Vic. Park A.A.C.), 44m. 36s.
4. J. E. Farrell (Maryhill H.), 45m. 06s.
5. A. C. Gibson (Hamilton H.), 45m. 28s.

TEAM PLACINGS—

1. Victoria Park A.A.C. (A. Forbes 3, J. Ellis 10, J. Stirling 13, R. Kane 14, C. Forbes 18, R. Calderwood 23).—81 Points. A. Breckenridge 24, D. McFarlane 35, D. Shuttleworth 40, I. Walls 60, I. Binnie 61, S. Ellis 82.
2. Shuttleston Harriers (E. Bannon 2, G. B. Craig 9, R. C. Wallace 15, B. Bickerton 16, J. McNeil 19, D. Bridges 36).—97 Points. W. Laing 41, J. Burton 56, J. McAvoy 68, H. Howard 79, D. Morrison 89, T. Clark 101.
3. Springburn Harriers (T. Tracey 1, J. Stevenson 7, J. C. Morton 8, J. Wallace 26, N. McGowan 29, A. Stevenson 37).—108 Points. D. Wallace 38, J. Bissell 62, J. Mackay 87, J. Duffy 91, S. Neilson 112.
4. Garscubie Harriers (A. Kidd 11, J. Gunn 28, A. W. Warton 34, J. J. Duffy 48, D. Coupland 53, N. M. Ross 69).—243 Points. E. Paton 24, D. G. Causon 92, W. J. Ross 107.
5. Maryhill Harriers (J. E. Farrell 4, R. Brymner 31, T. Harrison 33, R. McDonald 42, D. Gibson 54, J. Wilkie 81).—245 Points. R. Wright 96, H. B. Morrison 100, A. Bald 108, C. Forrester 113.

6. Bellahouston Harriers (R. Cliffe 12, G. Bell 30, A. Dunwoody 44, J. Christie 50, J. W. Allan 51, J. McLean 72).—259 Points. H. Fenlon 77, W. McKinlay 80, R. Walsh 84, G. McAllister 86, E. J. Oxburgh 97.
7. Glasgow University H. & H. (J. McGhee 17, G. Bowes 32, J. H. Jardine 57, J. Gourlay 65, D. R. Paterson 67, D. Saul 71).—309 Points. P. Endicott 75, H. C. Garven 76, J. Mellon 95, H. Cowie 105, K. G. Cameron 109, G. Aird 111.

8. Vale of Leven A.A.C. (W. Gallacher 6, D. McPherson 22, H. Coll 25, F. Lacey 59, B. Turner 98, W. Crowe 104).—314 Points. J. McNabb 117.
9. Mankland Harriers (F. Bradley 20, I. McKenzie 49, A. McPherson 58, A. Aruckle 63, D. Drysdale 90, J. Geddes 103).—383 Points. H. Ryder 103.

10. Clydesdale Harriers (P. Reynolds 55, A. Hylan 61, A. Younger 85, J. Duffy 92, W. Howie 94, D. Bowman 99).—486 Points. D. Clark 106, W. McWilliams 116.

FAILED TO CLOSE IN—

Hamilton Harriers (A. C. Gibson 5, H. Gibson 27, G. Craig 52, B. Hendry 70, D. Wilson 73).—

Glasgow Y.M.C.A. A.C. (D. McFarlane 21, S. H. Mowbray 46, D. Dunachie 66, I. Manning 78, R. Donald 115).—

Plebeian Harriers (A. Smith 39, D. Barclay 43, W. Cook 88, J. McCann 102).—

Glasgow Police A.A. (K. Sigrist 45, A. McGregor 47, H. Stephen 83, J. McIndoe 110).—

Individual Entrants.—D. Clelland (St. Mod.) 23, M. Kane (St. Mod.) 49, A. Fleming (Cambuslang) 52, R. Iratt (Vic. Park) 56, A. Hill (Shuttleston) 61, R. Gibson (Vic. Park) 103, R. McVey (Airdrie) 109, J. McClure (Vic. Park) 115, J. Gibson (Carluke) 121, J. Harris (Olympic) 127, J. R. Gifford (Olympic) 128.

SOUTH-WESTERN DISTRICT CHAMPIONSHIPS

Dalmellington, 3rd Feb., 1951.

SENIOR SEVEN MILES.

INDIVIDUAL PLACINGS—

1. G. Adamson (West Kilbride) 34m. 16s.
2. T. Stevenson (Greenock W.H.), 34m. 22s.
3. T. McNeish (Irvine Y.M.), 35m. 26s.

TEAM PLACINGS—

1. Irvine Y.M.C.A. H. (T. McNeish 3, H. Kennedy 6, D. Andrews 8, S. Cuthbert 9, F. Muir 18, J. Lawson 20).—64 Points. E. Allan 24, A. McLeod 38, A. Watson 41.
2. Greenock Glenpark H. (C. Fitzharris 10, J. Grant 11, W. McLean 14, H. Beaton 15, A. McLean 16, J. Armstrong 17).—83 Points. S. Williamson 19, D. Kennedy 25, W. Muir 29, D. Farren 31, W. Elder 33.
3. Greenock Wellpark H. (T. Stevenson 2, F. Sinclair 4, G. King 5, P. McLaughlan 22, R. Beaton 35, W. Campbell 42).—110 Points.
4. Kilmarnock H. (D. Smith 7, G. Martin 12, D. Todd 21, T. Tod 26, N. Balfour 30, G. Wilson 34).—130 Points. J. Hamilton 37.
5. Doon H. (A. Smith 13, J. Wylie 23, D. McCulloch 27, T. Rankine 28, B. Hainey 32, J. Gray 36).—159 Points. J. Whalen 40.

FAILED TO CLOSE IN—

West Kilbride A.A.C. (G. Adamson 1, R. McIntyre 39).—

Individual Entrants.—G. Lightbody (Beith H.) 13; F. Garrish (Ayr A.A.C.) 15; H. Maxwell (Beith H.) 19; H. Walker (Beith H.) 26; E. Thrusby (Ayr A.A.C.) 28; L. Crossan (Paisley H.) 29; J. Stellar (Paisley H.) 31; K. Phillips (Beith H.) 39; K. Miller (Paisley H.) 42.

YOUTHS' THREE MILES.

INDIVIDUAL PLACINGS—

1. D. Lapsley (West Kilbride), 17m. 26s.
2. H. Dick (West Kilbride), 17m. 43s.
3. R. Hamilton (Kilmarnock H.), 18m. 05s.

TEAM PLACINGS—

1. West Kilbride A.S.C. (1, 2, 6).—9 Points.
2. Kilmarnock H. (3, 4, 7).—14 Points.
3. Greenock Wellpark H. (5, 11, 17).—33 Points.

Owing to bus accident on way to race Paisley and Kilbarchan were unable to take part in race.