

SPORTS REPORTS & TALKS

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WEEKLY ATHLETIC NOTES BY
JOE BINKS

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British Olympic Runner

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SEPTEMBER, 1950

Vol. 5 No. 6

THE SCOTS ATHLETE

PRICE
6D



Photo by H. W. Neale.

ALAN S. PATERSON (Victoria Park A.A.C.) now European Champion clearing 6 ft. 5 ins. at Rangers Sports where he won the High Jump event from the U.S.A. champion, V. SEVERNS.

EUROPEAN CHAMPIONSHIPS.
CONGRATULATIONS ALAN !
PERTH-DUNDEE ROAD RACE.
THE TRAINING BOARD by H. A. L. CHAPMAN.
CANADIAN NEWS-Letter.
ZATOPEK'S WORLD RECORD.

0.01 31 V SEPTEMBER 1950 PERTH-DUNDEE ROAD RACE

CHARLIE ROBERTSON MAKES NEW RECORD.

THE first 22 mile Perth-Dundee road race was staged in 1894, and the others from 1942 onwards, yet had the race been held annually throughout the full 56 years, it is doubtful whether it could ever have started in such gruelling conditions as those experienced by the runners in the Ninth Annual race which was held in 26th August.

The report of the starters gun was answered by roll after roll of thunder while the first heavy drops of rain sent officials scurrying for their cars and the spectators for shelter. By the time the 15 runners had crossed the bridge on to the Dundee Highway they were in a dim grey world, brightened momentarily only by frightening flashes of lightening. Cascades of rain danced knee-high on the roads and all the passing vehicles crawled along with headlamps on with the drivers noses glued to the wind-screens. To add to the runners' misery the rain turned momentarily to stinging hail, yet, great though the temptation must have been, not a man dropped out.

Fortunately, however, their ordeal was of short duration for, approaching the first check-point at Glencarse, 6½ miles from Perth, the rain abated and the sun came out.

With Charlie Robertson of Dundee Thistle expected to register his third successive win, it was anticipated that a red singlet would be seen in the lead. This was indeed so but it was young J. Miller, a clubmate making his debut at the longer distance who passed the check-point in 34 mins. 31 secs. with a 6 sec. lead from Robertson and Andrew Arbuckle of Monkland, with Peter Taylor also of Dundee Thistle and Wm. Duncan of Kirkcaldy Y.M.C.A., some 180 yards to the rear.

A little later Robertson and Arbuckle made up on Miller and the three were together as they passed Halfway House in 55 mins. 36 secs. On the way to Inchture, however, a tiring Miller was dropped and, coming up Snaab's Brae into Inchture, Robertson also made away from Arbuckle.

By this time conditions had become almost ideal for road racing, with cool moist air completely undisturbed by wind. Entering Longforgan on the 16 mile mark, where villagers were bailing out their flooded homes, Robertson had a lead of some 150 yards on Arbuckle. At this stage Duncan, who had left Taylor, now caught up with Miller and by the next check-point at Invergowrie had come up into third place.

Leaving Invergowrie the runners encountered the greatest obstacle of the race. Robertson, who was now 2 secs. inside the course record, was confronted by a pool of water stretching the width of the road across the bridge at the foot of the village and extending for some 30 yards. He overcame this hazard by mounting the parapet and balanced along step by step, while those following waded through the receding but still thigh deep water which was disturbed by the progress of the more daring motorists.

On the incline into Dundee, Arbuckle made an effort to make up on Robertson but, crossing the wide stretch of Riverside Park, the latter strode away to win by 6 minutes in a time which was 1 sec. less than the course record set up by the late D. McNab Robertson in 1947. A magnificent feat and capping a day of incidents that will long be remembered.

C. H. STEEL.

DETAILS:

| | | H. | M. | S. |
|-----|------------------------------|----|----|----|
| 1. | C. D. Robertson (Thistle H.) | 2 | 3 | 24 |
| 2. | A. Arbuckle (Monkland H.) | 2 | 9 | 25 |
| 3. | W. E. Duncan (Kirkcaldy) | 2 | 10 | 25 |
| 4. | J. Miller (Thistle H.) | 2 | 11 | 27 |
| 5. | P. Taylor (Thistle H.) | 2 | 15 | 41 |
| 6. | A. M. McIntosh (Thistle H.) | 2 | 19 | 13 |
| 7. | J. Wilkie (Maryhill H.) | 2 | 19 | 46 |
| 8. | T. K. Wilson (Maryhill H.) | 2 | 25 | 13 |
| 9. | W. Lowrie (Springburn H.) | 2 | 28 | 1 |
| 10. | J. Allison (Springburn H.) | 2 | 29 | 24 |
| 11. | R. Forbes (Aberdeenshire H.) | 2 | 40 | 36 |
| 12. | G. Neil (Hawkhill H.) | 2 | 40 | 37 |
| 13. | W. Ross (Garscube H.) | 2 | 43 | 54 |
| 14. | J. Montague (Thistle H.) | 2 | 43 | 57 |
| 15. | W. Dinsmore (N. Belfast H.) | 3 | 45 | 20 |

HANDICAP RESULTS:

| | | | | | |
|----|----------------|-----|---|---|----|
| 1. | A. M. McIntosh | ... | 2 | 3 | 13 |
| 2. | J. Allison | ... | 2 | 3 | 54 |
| 3. | P. Taylor | ... | 2 | 5 | 41 |

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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

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SEPTEMBER, 1950. Vol. 5. No. 6. Annual Subscription, 6/6 (U.S.A., 1\$).

CONGRATULATIONS ALAN!

IT is with the greatest of pleasure that we join with our readers in congratulating our fellow-Scot, Alan Paterson on his winning the high jump at the European Championships at Brussels. His victory equalled in brilliance any of the other wonderful successes of members of the British team.

What's more it cleared (or at least it should) the myth as reported in London and foreign press columns from time to time, even from otherwise informed athletics correspondents, that Alan could not reproduce his form away from his native Glasgow. This false impression ought never to have arisen for he has proved to be one of the greatest and most consistent high jumpers in the world over a period both at home and abroad.

Alan showed that he can fight too, for there's no doubt he was up against it at Brussels. When the bar was raised to 6 ft. 4 ins. the famous Swede, A. Ahman, cleared at his first attempt and Benard of France followed suit. Alan failed twice. He was not happy on a rain-sodden run-up and striking a worn mark. The odds seemed against him but perhaps he recalled how he snatched victory from the U.S.A. champion, V. Severns, at Rangers Sports a few weeks previously when in a similar dismal position. He made the bold but wise decision to strike another mark in his run-up for his last attempt at the height. He cleared easily this time to take up the offensive for he promptly assured team manager Jack Crump, "I'll win alright." And right thumpingly he did. At first try he took 6 ft. 5½ ins. with inches to spare. His opponents failed and thus Alan, after a terrific come-back, was European Champion. Almost unbelievable, a field event victory for Great Britain!

As he strode on the dais of honour he was rousingly acclaimed. Like the Belgians with whom he is popular the Swedes were particularly warm. They did not forget Alan's sporting handshake to Bolinder, his Swedish victor, when he was runner-up at Oslo in 1946.

Yes, congratulations Alan, you have stirred our pride!

THE EUROPEAN GAMES

HEYSEL STADIUM, BRUSSELS,

AUGUST 23rd—27th, 1950.

STARTING with Jack Holden's success in the marathon Great Britain emerged from the European Championships arrayed in glory having gained the greatest number of individual wins—a total of 8, 6 men and 2 women. U.S.S.R. totalled 6, whilst France and Holland had 4 each. The Swedish stock dropped a little following their great accomplishments at the 1948 Olympic. The Soviet Union unquestionably dominated the women's events as a nation.

The wonderful women athlete Fanny Blankers-Koen remained the majestic figure being "out on her own" in the 100, 200 and 80 metres hurdles. Despite a magnificent try she just failed to repeat her Olympic quartet, when taking over some yards down in the relay she failed to catch in a photo-finish our own young June Foulds, who, by the way, is just half the age of Fanny.

Emil Zatopek was the wonder-man. He achieved what he just failed to do at the Olympics, and what Viljho Heino wanted to do at the 1946 European Games—take the double, the 10,000 metres then the 5,000 metres. Look at the times too! The former just a mere 9.4 secs. outside his amazing world-record set a few weeks previously and in the latter also the second best-ever which is Gunder Haegg's world-record of 13 mins. 58.2 secs.

Our readers will recall that in our April and May, 1950, issues we published two articles on "Peak Training" by Bill Clark, now Editor of "Athletic Review," in which he answered critics who feared for our men's chances this summer through aiming at top fitness so early as January. Bill Clark challenged by stating that it represented a "heaven-sent opportunity for our men."

Certainly his view seems to be justified for all our male victors were contestants at the Empire Games!

Jack Holden's win in the marathon was magnificent. It was an exceedingly class field and a testing race to put it mildly.

It brings to mind the friendly controversy which appeared in "World Sports" some time ago. Willy Meisl was moved to state that in his opinion Leanderson of Sweden was the greatest marathon runner in the world. Not surprisingly our able Jack Crump was chasing after his fellow-contributor with "relatively logical" data pointing out that it was impossible to over-step Jack Holden's greatness. Since that time veteran Holden has not been getting any younger (though as J. E. Farrell in "Running Commentary" suggested last month it would appear that he is still learning and continuing a building-up process) but proved himself the maestro of this great field and Leanderson was 4th! We wonder if Willy has anything to say now?

Holden, though leaving the arena at the tail of the field, was always in touch with the leaders. E. Gailly (Belgium) of Olympic fame was cutting out the pace early on with team-mate Leblond. At 6 miles these two with Josset and Cerou (France) and Holden were together. Gailly began to weaken as the two Soviet runners, Vanin (30,000 metres world-record holder) and Gorenko closed up about 12 miles. Holden began to stretch it out and opened up a lead, but at just over 20 miles Vanin had closed the gap to within a few yards. Jack continued to forge on and won as he is reported to have said he would "by sheer strength and experience." The 24-year-old Finnish runner-up took the eye by finishing very strongly.

Derek Pugh and John Parlett had record-breaking wins in the 400 and 800 metres, but Brian Shenton's win in the 200 metres was most uplifting. He was called to compete only as a substitute!

We Scots are particularly proud of Elspeth Hay's placing in the 100 metres and as one of the winning relay team.

Frank Aaron recorded the best time for a Britisher in finishing 4th in the 10,000 metres.

DETAILS:—

100 Metres.—1. E. Bally (France), 10.7 secs.; 2. F. Leccese (Italy), 10.7 secs.; 3. V. Soukharev (U.S.S.R.), 10.7 secs.; 4. E. Kiska (Poland), 10.7 secs.; 5. H. Clausen (Iceland), 10.8 secs.; 6. P. Pecl (Yugoslavia), 10.8 secs.

200 Metres.—1. B. Shenton (G.B.), 21.5 secs.; 2. E. Bally (France), 21.8 secs.; 3. J. Lamers (Holland), 21.8 secs.; 4. A. Moretti (Italy), 22.1 secs.; 5. A. Bjarnason (Iceland), 22.1 secs.; 6. Y. Camus (France), 22.2 secs.

400 Metres.—1. D. Pugh (G.B.), 47.3 secs. (Championship best); 2. J. Lunis (France), 47.6 secs. equals French National record); 3. L. Wohlbrandt (Sweden), 47.9 secs.; 4. G. Larsson (Italy), 48.1 secs.; 5. L. Lewis (G.B.), 48.6 secs.; 6. L. Paterlini (Italy), 48.9 secs.

800 Metres.—1. J. Parlett (G.B.), 1 min 50.5 secs.; 2. M. Hansenne (France), 1 min. 50.7 secs.; 3. R. Bannister (G.B.), 1 min. 50.7 secs.; 4. I. Bengtsson (Sweden), 1 min. 51.2 secs.; 5. A. Boysen (Norway), 1 min. 51.4 secs.; 6. M. Clare (France), 1 min. 51.6 secs.

1,500 Metres.—1. W. Slijkhuis (Holland), 3 mins. 47.2 secs. (Championship best); 2. P. El Mabrouk (France), 3 mins. 47.3 secs.; 3. W. Nankeville (G.B.), 3 mins. 48 secs.; 4. I. Taipale (Finland), 3 mins. 50.4 secs.; 5. L. Eyre (G.B.), 3 mins. 51 secs.; 6. V. Cevona (Czechoslovakia), 3 mins. 51.5 secs.

5,000 Metres.—1. E. Zatopek (Czechoslovakia), 14 mins. 3 secs.; 2. A. Mimoun (France), 14 mins. 26 secs.; 3. G. Reiff (Belgium), 14 mins. 26.2 secs.; 4. W. Makela (Finland), 14 mins. 30.8 secs.; 5. H. Posti (Finland), 14 mins. 40.8 secs.; 6. L. Theys (Belgium), 14 mins. 42.0 secs.; A. Olney (G.B.) was 8th with 14 mins. 51.8 secs.

10,000 Metres.—1. E. Zatopek (Czechoslovakia), 29 mins. 12 secs. (Championship best); 2. A. Mimoun (France), 30 mins. 21 secs.; 3. Y. Koskela (Finland), 30 mins. 30.8 secs.; 4. F. Aaron (G.B.), 30 mins. 31.6 secs.; 5. N. Popov (U.S.S.R.), 30 mins. 34.4 secs.; 6. M. Stokken (Norway), 30 mins. 44.8 secs.

110 Metres Hurdles.—1. A. Marie (France), 14.6 secs.; 2. R. Lundberg (Sweden), 14.7 secs.; 3. P. Hildreth (G.B.), 15. secs.; 4. A. Albanese (Italy), 15.1 secs.; 5. G. Omnes (France), 15.1 secs.; 6. E. Boulantchik (U.S.S.R.), 15.2 secs.

400 Metres Hurdles.—1. A. Filiput (Italy), 51.9 secs. (Championship best); 2. J. Litouev (U.S.S.R.), 52.4 secs. (U.S.S.R. record); 3. H. Whittle (G.B.), 52.7 secs.; 4. O. Missoni (Italy), 53.6 secs.; 5. L. Ylander (Sweden), 53.9 secs.; 6. G. Ellou (France), 54.3 secs.

3,000 Metres Steeplechase.—1. J. Rouday (Czechoslovakia), 9 mins. 5.4 secs.; 2. P. Segediv (Yugoslavia), 9 mins. 7.4 secs.; 3. E. Blomster (Finland), 9 mins. 8.8 secs.; 4. M. Stokken (Norway), 9 mins. 13 secs.; 5. A. Guyodo (France), 9 mins. 17.4 secs.; 6. R. Schoonjans (Belgium), 9 mins. 18.6 secs.; J. Disley 13th.

10 Kilometer Walk.—1. A. Schwab (Switzerland), 46 mins. 01.8 secs.; 2. E. Maggi (France), 46 mins. 16.8 secs.; 3. J. Mikaelsson (Sweden), 46 mins. 48.2 secs.; 4. S. Cascino (Italy), 48 mins. 46.0 secs.; 5. L. Chevalier (France), 49 mins. 03.0 secs.; 6. R. Delanoint (Belgium), 50 mins. 22.6 secs. (Allen and Hardy (G.B.) finished 2nd and 3rd but were disqualified afterwards for "lifting".

50 Kilometer Walk.—1. G. Dordoni (Italy), 4 hrs 40 mins. 42.6 secs.; 2. J. Ljunggren (Sweden), 4 hrs. 43 mins. 35 secs.; 3. V. Ljunggren (Sweden), 4 hrs. 49 mins. 28 secs.; 4. J.

Dolezal (Czechoslovakia), 4 hrs. 55 mins. 49 secs.; 5. J. Proctor (G.B.), 4 hrs. 58 mins. 01 secs.; 6. A. Cotton (G.B.), 5 hrs. 03 mins. 30 secs.

4 x 100 Metres Relay.—1. U.S.S.R. (Szakarjev, Kaljajev, Sanadze, Karakulov), 41.5 secs.; 2. France, 41.8 secs.; 3. Sweden, 41.9 secs.; 4. Great Britain, 41.9 secs.; 5. Italy, 41.9 secs.; 6. Iceland, 43.2 secs.

4 x 400 Metres Relay.—1. Great Britain (Pike, Lewis, Scott, Pugh), 3 mins. 10.2 secs. (Championship best); 2. Italy, 3 mins. 11.0 secs.; 3. Sweden, 3 mins. 11.6 secs.; 4. France, 3 mins. 11.6 secs.; 5. U.S.S.R., 3 mins. 15.4 secs.; 6. Finland, 3 mins. 16.6 secs.

Marathon.—1. J. Holden (G.B.), 2 hrs. 32 mins. 13.2 secs. (Championship best); 2. V. Karvonen (Finland), 2 hrs. 32 mins. 45 secs.; 3. P. Vanine (U.S.S.R.), 2 hrs. 33 mins. 47 secs.; 4. G. Leanderson (Sweden), 2 hrs. 34 mins. 26 secs.; 5. V. Gordienko (U.S.S.R.), 2 hrs. 34 mins. 37 secs.; 6. C. Cerou (France), 2 hrs. 36 mins. 9 secs.; 7. J. Leblond (Belgium), 2 hrs. 36 mins. 55 secs.; 8. E. Gailly (Belgium), 2 hrs. 38 mins. 24 secs.; 9. J. Systad (Norway), 2 hrs. 39 mins. 50 secs.; 10. G. Ostling (Sweden), 2 hrs. 41 mins. 18 secs.; 11. E. Demson (G.B.), 2 hrs. 44 mins. 31 secs.; 12. V. Partanen (Finland), 2 hrs. 45 mins. 26 secs.

High Jump.—1. A. Paterson (G.B.), 6 ft. 54 ins.; 2. A. Ahman (Sweden), 6 ft. 4 ins.; 3. C. Benard (France), 6 ft. 4 ins.; 4. H. Whali (Switzerland), 6 ft. 3 ins.; 5. G. Svensson (Sweden), 6 ft. 3 ins.; 6. G. Damitio (France) 6 ft. 3 ins.

Long Jump.—1. T. Bryngelsson (Iceland), 24 ft. 04 ins.; 2. G. Wessels (Holland), 23 ft. 82 ins.; 3. J. Pilejz (Czechoslovakia), 23 ft. 73 ins.; 4. A. Dias (Portugal), 22 ft. 11 1/2 ins.; 5. R. Nilsen (Norway), 22 ft. 10 ins.; 6. F. Hammer (Luxembourg), 22 ft. 9 ins.

Pole Vault.—1. R. Lundberg (Sweden), 14 ft. 14 ins.; 2. V. Olenius (Finland), 13 ft. 11 1/2 ins.; 3. J. Piironen (Finland), 13 ft. 11 1/2 ins.; 4. V. Sillon (France), 13 ft. 52 ins.; 5. E. Kaas (Norway), 13 ft 51 ins.; 6. A. Scheurer (Switzerland), 13 ft. 12 ins.

Hop, Step & Jump.—1. L. Tscherbakov (U.S.S.R.), 50 ft. 6 ins. (Championship best); 2. V. Rautio (Finland), 49 ft. 1 in.; 3. S. Ruho (Turkey), 47 ft. 84 ins.; 4. R. Nilsen (Norway), 47 ft. 72 ins.; 5. A. Ahman (Sweden), 47 ft. 6 1/16 ins.; 6. L. Moberg (Sweden), 47 ft. 5 9/16 ins. S. Cross (G.B.) was 10th with 45 ft. 10 1/2 ins.

Shot Putt.—1. G. Husby (Iceland), 54 ft. 11 1/2 ins.; 2. A. Profetico (Italy), 49 ft. 8 7/8 ins.; 3. O. Grigalka (U.S.S.R.), 49 ft. 8 ins.; 4. W. Senn (Switzerland), 49 ft. 04 ins.; 5. P. Sarcevic (Yugoslavia), 48 ft. 10 1/2 ins.; 6. V. Jirout (Czechoslovakia), 48 ft. 10 1/2 ins.; 7. J. Savidge (G.B.), 48 ft. 23 ins.

Discus.—1. A. Consolini (Italy), 176 ft. 4 3/8 ins.; 2. G. Tos (Italy), 171 ft. 7 9/16 ins.; 3. O. Partanen (Finland), 159 ft. 8 15/16 ins.; 4. S. Johnsen (Norway), 159 ft. 3 9/16 ins.; 5. A. Hellberg (Sweden), 155 ft. 5 1/16 ins.; 6. A. Kormuth (Czechoslovakia), 151 ft. 52 ins.

Javelin.—1. T. Hytytainen (Finland), 233 ft. 9 9/16 ins.; 2. P. Berglund (Sweden), 229 ft. 10 1/2 ins.; 3. R. Ericson (Sweden), 229 ft. 1 in.; 4. M. Vujacic (Yugoslavia), 219 ft. 4 11/16 ins.; 5. T. Rautavaara (Finland), 217 ft. 2 5/16 ins.; 6. A. Matteucci (Italy), 213 ft. 3 ins.

Hammer.—1. S. Strandli (Norway), 182 ft. 9 15/16 ins.; 2. T. Taddia (Italy), 179 ft. 6 15/16 ins.; 3. J. Dadak (Czechoslovakia), 176 ft.; 4. I. Gabrijan (Yugoslavia), 175 ft. 4 1/16 ins.; 5. A. Kanaki (U.S.S.R.), 174 ft. 2 3/16 ins.; 6. D. McD. Clark (G.B.), 173 ft. 4 3/16 ins.

WOMEN:

100 Metres.—1. F. Blankers-Koen (Holland), 11.7 secs. (Championship best); 2. E. Setchenova (U.S.S.R.), 12.3 secs.; 3. J. Foulds (G.B.), 12.4 secs.; 4. Z. Doukhovitch (U.S.S.R.), 12.4 secs.; 5. E. Hay (G.B.), 12.4 secs.; 6. O. Astelli (France), 12.5 secs.

200 Metres.—1. F. Blankers-Koen (Holland), 24 secs.; 2. E. Setchenova (U.S.S.R.), 24.8 secs.; 3. D. Hall (G.B.), 25.0 secs.; 4. S. Malashina (U.S.S.R.), 25.0 secs.; 5. P. Brouwer (Holland), 25.0 secs.; 6. Z. Doukhovitch (U.S.S.R.), 25.5 secs.

80 Metres Hurdles.—1. F. Blankers-Koen (Holland), 11.1 secs.; 2. M. Dyson (G.B.), 11.6 secs.; 3. M. Ostermeyer (France), 11.7 secs.; 4. A. Iakousheva (U.S.S.R.), 11.7 secs.; 5. J. Desforges (G.B.), 11.8 secs.; 6. E. Gokield (U.S.S.R.), 11.8 secs.

High Jump.—1. S. Alexander (G.B.), 5 ft. 4½ ins.; 2. D. Tyler (G.B.), 5 ft. 4½ ins.; 3. G. Ganek (U.S.S.R.), 5 ft. 4 1/6 ins.; 4. A. Knudsen (Denmark), 5 ft. 3 ins.; 5. B. Crowther (G.B.), 5 ft. 1 in.; 6. A. Colchen (France), 4 ft. 11 ins.

Long Jump.—1. V. Bogdanova (U.S.S.R.), 19 ft. 14 ins.; 2. W. Lust (Holland), 18 ft. 5½ ins.; 3. M. Osterdhal (Finland), 18 ft. 3½ ins.; 4. Curiet-Chavot (France), 17 ft. 7½ ins.; 5. Pierotti (Italy), 17 ft. 6½ ins.; 6. E. Erskine (G.B.), 17 ft. 4 3/16 ins.; P. Devine (G.B.) was 14th with 16 ft. 3 ins.

4 x 100 Metres Relay.—1. Great Britain (Hay, Desforges, Hall, Foulds), 47.4 secs.; 2. Holland, 47.4 secs.; 3. U.S.S.R., 47.5 secs.; 4. France, 48.0 secs.; 5. Italy, 48.7 secs.; 6. Yugoslavia, 49.8 secs.

Shot Putt.—1. A. Andrejeva (U.S.S.R.), 47 ft 0 ins. (Championship best); 2. K. Totschenova (U.S.S.R.), 45 ft 8½ ins.; 3. M. Ostermeyer (France), 43 ft. 10½ ins.; 4. G. Zibina (U.S.S.R.), 42 ft. 10 1/16 ins.; 5. M. Bregulanka (Poland), 41 ft. 11½ ins.; 6. M. Radomiljevic (Yugo-slavia), 41 ft. 9½ ins.

Discus.—1. N. Doumbadze (U.S.S.R.), 157 ft. 7 ins.; 2. R. Shoumskaya (U.S.S.R.), 140 ft. 7 3/16 ins.; 3. E. Cordiale Gentile (Italy), 136 ft. 4½ ins.; 4. M. Ostermeyer (France), 135 ft. 2 7/8 ins.; 5. J. Matej (Yugo-slavia), 133 ft. 12 ins.; 6. P. Veste (France), 124 ft. 2 7/8 ins.

Javelin.—1. N. Smelnitskaya (U.S.S.R.), 156 ft. 0 3/16 ins. (Championship best); 2. H. Bauma (Austria), 143 ft. 11½ ins.; 3. G. Zibina (U.S.S.R.), 140 ft. 3½ ins.; 4. V. Nabokova (U.S.S.R.), 137 ft. 2½ ins.; 5. D. Zatopkova (Czechoslovakia), 135 ft. 7½ ins.; 6. L. Kelsby (Denmark), 132 ft. 0 11/16 ins.; D. Coates (G.B.), 123 ft. 0 8½ ins.

FRANCE v. GREAT BRITAIN
Paris, September, 9th—10th.

100 Metres.—1. E. McDonald Bailey (G.B.), 10.6 secs. (match record); 2. E. Bally (France), 10.6 secs.; 3. J. Perlot (France), 11 secs.; 4. J. Wilkinson (G.B.), 11.4 secs.

200 Metres.—1. E. McDonald Bailey (G.B.), 20.9 secs. (match record); 2. B. Shenton (G.B.), 21.5 secs.; 3. Y. Camus (France), 22.0 secs.; 4. E. Bally (France), 22.0 secs.

400 Metres.—1. L. C. Lewis (G.B.), 48.2 secs.; 2. J. Lunis (France), 48.5 secs.; 3. J. Martin du Gard (France), 48.6 secs.; 4. A. Wint (G.B.), 48.7 secs.

800 Metres.—1. H. J. Parlett (G.B.), 1 min. 53.5 secs.; 2. R. G. Bannister (G.B.), 1 min. 54 secs.; 3. M. Hansenne (France), 1 min. 54.2 secs.; 4. M. Clare (France), 1 min. 55 secs.

1,500 Metres.—1. P. El Mabrouk (France), 3 mins. 49.8 secs.; 2. W. Nankeville (G.B.), 3 mins. 50.6 secs.; 3. L. Eyre (G.B.), 3 mins. 50.6 secs.; 4. J. Vernier (France), 3 mins. 56.0 secs.

5,000 Metres.—1. A. Mimoun (France), 14 mins. 35.8 secs. (match record); 2. A. Olney (G.B.), 14 mins. 53.8 secs.; 3. E. Petit-Jean (France), 15 mins. 11.2 secs.; 4. D. Wilson (G.B.), 15 mins. 52 secs.

10,000 Metres.—1. F. Aaron (G.B.), 31 mins. 12.5 secs.; 2. M. Mahjoub (France), 31 mins. 28.2 secs.; 3. D. Birch (G.B.), 32 mins. 59.6 secs.; 4. R. Petit-Jean (France), 33 mins. 36.8 secs.

110 Metres Hurdles.—1. A. Marie (France), 14.6 secs.; 2. R. C. Barkway (G.B.), 14.9 secs.; 3. G. Omnes (France), 15.0 secs.; 4. P. Hildreth (G.B.), 15.0 secs.

400 Metres Hurdles.—1. H. Whittle (G.B.), 53 secs.; 2. A. Scott (G.B.), 53 secs.; 3. Y. Cros (France), 53.1 secs.; 4. G. Elloy (France), 53.5 secs.

3,000 Metres Steeplechase.—1. A. Guyodo (Fr.), 9 mins. 23.2 secs. (match record); 2. L. Lebrun (France), 9 mins. 28.6 secs.; 3. J. Disley (G.B.), 9 mins. 34.0 secs.; 4. R. Howell (G.B.), 10 mins. 13.8 secs.

4 x 100 Metres Relay.—1. Great Britain (Pennington, Bailey, Gregory, Shenton), 41.6 secs.; France (Bally, Perlot, Camus, Carlen) disqualified.

4 x 400 Metres Relay.—1. France (Lunis, Leroux, Scievetta, M. du Gard), 3 mins. 12.6 secs. (French record); 2. Great Britain (Parlett, Whittle, Scott, Lewis), 3 mins. 15 secs.

High Jump.—1. P. Gallo Thiam (France), 6 ft. 7½ ins.; 2. A. Paterson (G.B.), 6 ft. 6½ ins.; 3. G. Damitio (France), 6 ft. 4 ins.; 4. R. Pavitt (G.B.), 6 ft. 0 7/8 ins.

Long Jump.—1. P. Faucher (France), 23 ft. 5½ ins.; 2. G. Damitio (France), 23 ft. 2 ins.; 3. S. Williams (G.B.), 22 ft. 11½ ins.; 4. H. Askew (G.B.), 21 ft. 11 ins.

Hop, Step & Jump.—1. R. Robin (France), 46 ft. 3½ ins.; 2. W. M. Laing (G.B.), 45 ft. 4 ins.; 3. J. Laroca (France), 44 ft. 5 ins.; 4. J. Field (G.B.), 44 ft. 1 7/8 ins.

Pole Vault.—1. V. Sillon (France), 13 ft. 3½ ins.; 2. G. Breitmaier (France), 12 ft. 9½ ins.; 3. G. B. Elliot (G.B.), 12 ft. 12 ins.; 4. T. D. Anderson (G.B.), 12 ft. 12 ins.

Shot Putt.—1. J. A. Savidge (G.B.), 51 ft. 5 5/8 ins.; 2. J. Giles (G.B.), 49 ft. 0½ ins.; 3. Dubroca (France), 47 ft. 6½ ins.; 4. Pallaud (France), 47 ft. 5½ ins.

Hammer.—1. E. C. Douglas (G.B.), 178 ft. 5 3/8 ins.; 2. D. McD. Clark (G.B.), 166 ft. 6½ ins.; 3. P. Legrain (France), 161 ft. 4½ ins.; 4. J. Real (France), 153 ft. 0½ ins.

WOMEN:

100 Metres.—1. J. Foulds (G.B.), 12.2 secs.; 2. C. Astelli (France), 12.3 secs.; 3. E. Hay (G.B.), 12.5 secs.; 4. Y. Monginou (France), 12.6 secs.

800 Metres.—1. V. Ball (G.B.), 2 mins. 17.4 secs.; 2. E. Hume (G.B.), 2 mins. 17.7 secs.; 3. B. Cavelot (France), 2 mins. 19.8 secs.; 4. M. Dupont (France), 2 mins. 26.4 secs.

80 Metres Hurdles.—1. M. Dyson (G.B.), 11.7 secs.; 2. J. Desforges (G.B.), 11.7 secs.; 3. M. Ostermeyer (France); 4. C. Flamant (France).

400 Metres Relay.—1. Great Britain (Hay, Desforges, Hall, Foulds), 47.9 secs.; 2. France, High Jump.—1. D. Tyler (G.B.), 5 ft. 5 ins.; 2. S. Alexander (G.B.), 5 ft. 3½ ins.; 3. A. M. Colchen (France), 5 ft. 1 in.; 4. S. Peronne-Ruas (France), 5 ft. 0½ ins.

Shot Putt.—1. M. Ostermeyer (France), 43 ft. 5½ ins.; 2. P. Veste (France), 40 ft. 11½ ins.; 3. J. Lindsell (G.B.), 36 ft. 3½ ins.; 4. D. Coates (G.B.), 32 ft. 10 7/8 ins.

[Continued on page 7.]

EDINBURGH
HIGHLAND GAMES.

THE Edinburgh Highland Games held

on 2nd September at Murrayfield was a magnificent athletic gala, holding the attention of the large number of spectators to the end of the proceedings. It lived to its reputation of being one of the best dates on the whole athletic calendar.

Every invitation event was star-studded with noted athletes from various countries participating. Although no records were broken there were some brilliant performances.

In the scratch 100 yards, Brian Shenton (last year's runner-up), fresh from his European victory, won with a great finish from A. R. Pinnington with Scottish champion Sandy Bruce 3rd in 9.9 secs.

Anglo-Scot Norris McWhirter impressed greatly with his 300 yards win in 31.6 secs., just .4 outside Halswell's long-standing native record. The half-milers were pic-nicking—European champion H. J. Parlett won from Roger Bannister in 2 mins. 3.6 secs.

Victor Milligan extended the famous John Joe Barry right to the tape in the mile race won by the latter in 4 mins. 24.3 secs.

Tom Tracey (Springburn) was first home in the 3,000 metres team race, but the team award went across the border to the Gosforth Harriers.

Alan Paterson maintained his standard with 6 ft. 5 ins. in the High Jump. Perhaps the most colourful event was the Pole Vault. Erling Kaas, the colourful Norwegian athlete, cleared 13 ft. 6 ins., and after gallant tries failed at 14 ft. He was given a rousing reception. In the same event young G. M. Elliot became the third Britisher to clear 12 ft. 9 ins.

J. A. Giles won the shot and J. Drummond of Heriot's, the former Scottish champion, pleased being runner-up with one of the best home efforts in a long time being but 4 inches off the native record. Drummond also won the Scots Hammer event.

Continued from page 6.

Javelin.—1. D. Coates (G.B.), 124 ft. 11½ ins.; 2. E. Pinnard (France), 123 ft. 11 ins.; 3. G. Clark (G.B.), 108 ft. 6½ ins.; 4. P. Veste (France), 99 ft. 7½ ins.

Miles.—1. H. Ashenfelter (U.S.A.) scr.; 2. P. Green (A.A.A.) scr.; 3. G. Adamson (W. Kilbirne), 115.9 mins. 15.6 secs.

Edinburgh beat Manchester and Glasgow in the inter-city relay, and a popular win was the relay victory of the Scottish select (J. Petty, N. McWhirter, W. Jack, D. Gracie) against the A.A.A. team. Elspeth Hay rounded off the track events display by beating Maureen Dyson and Jean Desforges in a special 100 yards.

Not the least impressive scene on the arena, by any means, was the grand display of Scots Country Dancing to the accompaniment of massed pipe and military bands.

In the round-the-city marathon, Scottish champion, Harry Howard (Shettleston H.) gradually pulled from the leading group and running powerfully went on to finish the testing course a clear winner giving him further claims as one of Britain's best. Veteran J. E. Farrell (Maryhill) moving strongly in the latter stages passed noted English and Irish rivals to be runner-up. Among the majority of contestants who retired were F. Gratton (had travelled unwell) and Charlie Robertson who felt the effect of his record-breaking run the previous week.

DETAILS:—

| | |
|---------------------------------|---------------|
| H. Howard (Shettleston H.) | 2h. 40m. 10s. |
| J. E. Farrell (Maryhill H.) | 2h. 43m. 46s. |
| G. C. Iden (V.P. H., London) | 2h. 45m. 42s. |
| H. A. Reid (Coventry Godiva H.) | 2h. 46m. 25s. |
| J. A. Henning (Duncairn N. H.) | 2h. 53m. 50s. |
| T. McGinlay (Garscube H.) | 2h. 56m. 27s. |
| P. Taylor (Dundee Thistle H.) | 2h. 59m. 52s. |
| J. Paterson (Polytechnic H.) | 3h. 2m. 22s. |
| P. H. Ward (York H.) | 3h. 10m. 23s. |
| J. Bell (Kirkcaldy Y.M.C.A.) | 3h. 10m. 51s. |
| T. F. Barton (Garscube H.) | 3h. 12m. 44s. |
| W. Lowrie (Springburn H.) | 3h. 14m. 44s. |

RANGERS SPORTS.

DETAILS:—

| | |
|---|--|
| INVITATION EVENTS: | |
| 120 Yards.—1. E. McDonald Bailey (A.A.A.) scr.; 2. J. McLachlan (Maryhill H.) | 4: 3. |
| J. C. M. Wilkinson (A.A.A.) | 4½: 11.3 secs. |
| 220 Yards.—1. A. Bragg (U.S.A.); 2. J. C. M. Wilkinson (A.A.A.); 3. N. D. Stacey (A.A.A.) | 21.5 secs. |
| 440 Yards.—1. A. S. Wint (A.A.A.) scr.; 2. R. Pearman (U.S.A.) scr.; 3. D. Pugh (A.A.A.) | 47.7 secs. (Scot. all-comers' record). |

| | |
|--|---|
| 880 Yards.—1. M. G. Whitfield (U.S.A.) scr.; 2. J. S. Smart (Edinburgh S.H.) | 24: 3. J. S. Petty (St. Modan's) 20.1 min. 50.8 secs. (Scot. all-comers' record). |
| Mile.—1. D. G. Wilson (A.A.A.); 2. G. W. Nankeville (A.A.A.); 3. T. Kirwan (U.S.A.) | 4 mins. 17.2 secs. |
| 2 Miles.—1. H. Ashenfelter (U.S.A.) scr.; 2. P. Green (A.A.A.) scr.; 3. G. Adamson (W. Kilbirne) | 115.9 mins. 15.6 secs. |
| 120 Yards Hurdles.—1. W. Fleming (U.S.A.); 2. D. Halderman (U.S.A.); 3. F. J. Parker (A.A.A.) | 15 secs. |
| High Jump.—1. A. S. Paterson (Victoria P.) | 6 ft. 5 ins. |
| High Jump.—2. V. Severns (U.S.A.) | 6 ft. 4 ins. |

THE TRAINING BOARD

by H. A. L. CHAPMAN,

(Chief Athletic Coach for Scotland).

MY last article in the Scots Athlete concerned general points to be considered before embarking on training schedules, I stated that I would follow that article up with a series on training for the various events in a little more detail and also with an article on technique, but before doing so, I would like to give an illustration of another aspect of athletics which can be, apart from training and technique, a great stimuliser to the young athlete. This stimulant merely consists of a well kept and informative training board.

There is no doubt that a great deal is being done to-day to stimulate athletics in Scotland. Facilities for coaching, training, and competitions are being slowly, yet surely, improved but there are many other ways by which it is possible to create and maintain an interest in athletics, and this, I believe, is one of them.

This short article gives an example of a "Training Board" and explains each section. This is, of course, not the only type of "Board" which may be used, but is intended to give an idea of what can be done.

The "Board" itself may be similar to a normal black-board and have the lines painted on it. The usual baize notice board is, however, much the best with coloured binding to form lines or sections.

The "Board" should be sufficiently large to contain plenty of articles and news cuttings—however, a board of dimensions 6 ft. x 3 ft. should be quite large enough.

It is a good plan to make members of the club or school responsible for certain sections of the "Board" and their upkeep, e.g.—

Section "G." (Records) Fig. (1).—

Here the responsible person keeps the records up to date as and when they become official.

Section "B." (Graphs) Fig. (1).—
Here the responsible person sees to it that he gets results of meetings from the Secretary and plots them on the graph.

Section "E." Fig. (1).—
This section is, of course, the sole responsibility of the Coach or Master who should select his own photos and make his criticism.

Fig. (1).—
Shows the complete "Training Board" with each section lettered.

A short description of each section is given below—

"A."—This section is used for Fixture Cards of the club or school and also of neighbouring clubs or schools. Special Fixture dates being marked, e.g., S.A.A.A. Championships, International Meetings, etc.

"B.1."—This section is headed "Graphs, Facts and Figures." Here a graph is kept showing the performance of 3 or 4 of the best performers in each event in the club or school throughout competition season. Fig (2). "B.2" in Fig. 1. is for list of competitions and trials during the season, each one lettered thus—A.B.C., etc.

From this graph it can easily be seen how individuals have progressed or not, as the case may be. This graph may be read in conjunction with Weight Charts and Schedules in Section "H" at the end of the season. Much interesting information may be gained.

e.g., Perhaps at a certain point during the season a performance may have decreased. An examination of Weight Chart and Schedule may help to solve the problem. The weight may have suddenly increased or decreased. The Schedule may have been particularly heavy or light.

"C."—This section is used for current newspapers and cuttings concerning Athletic Meetings, etc.

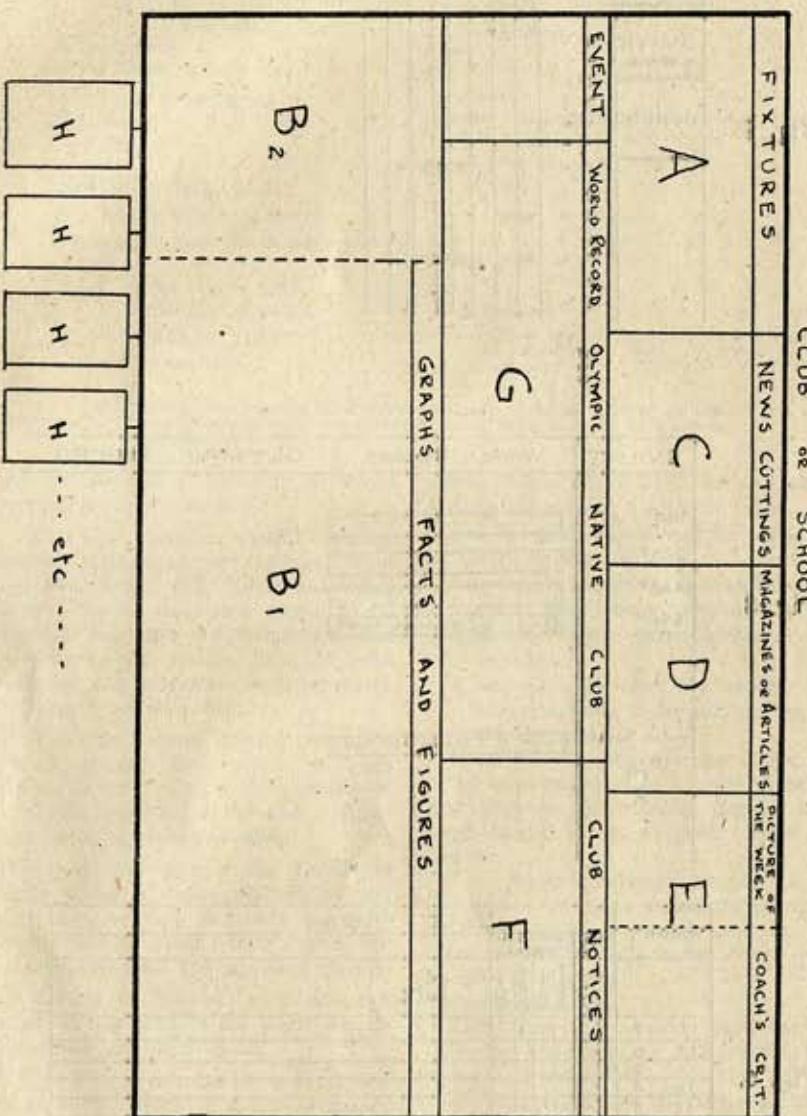


Fig. 2.

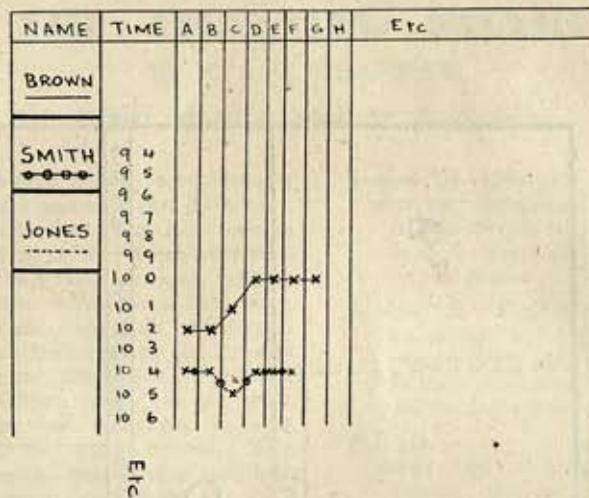


Fig. 3.

| EVENT | WORLD RECORD | OLYMPIC RECORD |
|------------------|---|----------------|
| 100 ^x | | |
| 220 ^x | | |
| 440 ^x | | |
| 880 ^x | 49.2 ^s S C Wooderson G B 1948. | |
| | | |
| HIGH JUMP | 6'11" L STEERS USA 1941. | |
| | | |

Fig. 4.

| WEIGHT | DATE - DAY | | | | | Etc |
|--------|----------------|----------------|----------------|----------------|----------------|-----|
| | MON (13.15) | TUE (13.20) | WED (13.25) | THU (13.30) | SUN (13.35) | |
| 12. 7 | - | - | - | - | - | |
| 12. 6 | - | - | - | - | - | |
| 12. 5 | - | - | - | - | - | |
| 12. 4 | - | - | - | - | - | |
| 12. 3 | - | - | - | - | - | |
| 12. 2 | - | - | - | - | - | |
| 12. 1 | - | - | - | - | - | |
| 12. 0 | - | - | - | - | - | |
| 11. 13 | - | - | - | - | - | |
| 11. 12 | - | - | - | - | - | |
| 11. 11 | - | - | - | - | - | |
| 11. 10 | - | - | - | - | - | |
| 11. 9 | - | - | - | - | - | |
| 11. 8 | - | - | - | - | - | |
| 11. 7 | - | - | - | - | - | |

Fig. 5. SPRINTING (EXAMPLE).

| GUIDE SCHEDULE. | ACTUAL TRAINING DONE. |
|--|---|
| MONDAY, 13th MAY, 1950. | WEIGHT. |
| | 1 Lap Jogging. 1 Lap Winders. |
| | EXERCISES. |
| (a) Trunk. Leg. Arm. INVERTED RUN, Etc. | 3 Starts. 1 dash 75 yards from a flying start. 1 Lap Jogging. Shower. Weight. |
| 6 to 8 Starts (Blocks or Holes). (Running 30 yards to 40 yards each start). | |
| 1 Lap Jogging (Limber down). SHOWER OR BATH. | |
| WEIGHT (DRY). (LIGHT TRAINING). | |

REMARKS—
Felt on top of form to-day and the track was firm. Weather good, etc.

N.B.—These two columns here shown are only examples to give an idea of the type of thing intended and should NOT be taken as a definite schedule.

All members of a club may be asked to contribute to this section.

"D."—This section should contain monthly magazines or articles from magazines—from any country. Club members, for the most part, cannot afford magazines regularly for themselves, and this section will enable them to read interesting and instructive material which they might otherwise miss.

"E."—This section should contain a different picture each week or even oftener. It may be of a champion or of the newest member of the club. (Cine strips are even more valuable.)

Alongside the picture the Coach or Master writes a short criticism so that the youngsters may not only learn by any mistakes or good points shown, but also recognise fault and positions quickly.

A Coach or Master may use this section to help him in his work and do an immense amount of good.

"F."—This section is for general club notices about which it is not necessary to elaborate.

"G."—This section requires a little trouble, but if done properly and kept up to date, is well worth doing and will provide considerable interest. (Fig. 3).

"H."—Each column may consist of Boards or Folders, hanging beneath the

actual Notice Board itself, which contain a Schedule and/or a Weight Chart.

The Weight Chart may be made up as shown on Fig. (4).

The weight should, of course, be taken before and after training as shown.

Before.—Weight taken stripped and recorded.

After.—Usually after the shower but when the body is dry and, of course, still stripped.

If carried out regularly this Chart can be of immense value as a guide to health and progress in training, but if kept haphazardly it is of little value to anyone.

The schedule should consist of an example of the type of training required, on one side of the paper and on the other side the Athlete writes down what he has actually done.

Example—Fig 5.—

This Schedule should also include times or distances for trials and competitions if obtainable.

A Schedule so kept will prove not only of interest to read at the season's close but will be of great help in formulating plans for the following year.

It is hoped that what has been written here may be of some assistance to those whose job it is to try and "promote" Athletics in the clubs and schools up and down the country.

NEWS-LETTER FROM CANADIAN TRACK-COACH

The following letter addressed to our contributor J. E. Farrell, we are sure will interest all our readers:—

Dear J. E.

I am just wondering if you remember me; F. M. McNie of the Springburn Harriers. I ran at the same time as D. McLean, W. H. Calderwood, H. C. Maingay, D. Robertson, Dunky Wright, J. C. Anderson, and E. H. Liddell, plus a host of others.

You were taking up the sport at that time but guess you were just beginning to make a name for yourself. I indulged in cross-country and track with my old club Springburn for 12 years. During that time I met with a fair share of success.

For the past 17 years I have been the Track Coach at the University of Western Ontario, and during that time I have had an extremely successful career with my athletes. I was particularly happy to watch the success of Bob McFarlane one of my Track team, during his brief visit to the old Country.

In 1948 I was the Assistant Track Coach to the Canadian Olympic Team and am proud to say that I had four boys from the University who made the Olympic Team, in the persons of: Bob McFarlane, D. McFarlane, J. Parry, W. LaRochelle, and I also had four named for the British Empire Games in New Zealand but could not go due to studies at the University.

My one mile relay team has never been defeated in five years competition, and we have competed in National and International competition. We hold the Canadian record of 3 mins. 17.2 secs. each boy from the University averaging 49.3. In all, my boys hold about ten Canadian records.

In 1947 I took seven boys down to the Eastern Canadian Championships in Montreal and won the following nine championships. 100 yds. J. Parry 9.9; 220 yds. R. McFarlane 21.9; 440 yds. R. McFarlane 47.5 Canadian open and native record; 880 yards D. McFarlane

1:56.8; Broad Jump J. Parry 22 ft. 8 ins., 1 mile relay 3.24 secs.; 440 yards relay 43.2 and 100 yards Junior R. Peirce 10.3, Broad jump (junior) 21 ft. 7 ins.

From the enclosed cutting you will observe that my boys won seven Dominion championships last Saturday at Hamilton Ont. where Dunky Wright won his British Empire Marathon title. We won the 100, 220, 440, 880, 1 mile relay, 440 relay, Broad jump, with a total of seven boys. Bob McFarlane had a glorious double in the 440 and 880 his times being 47.6 and 1 min. 53.2 secs.

My sister-in-law sends me the "Scots Athlete" regularly and I enjoy reading your comments on Track and Field.

I am happy to observe that my old club Springburn is still in there fighting with the old club spirit and that the old famous clubs, Maryhill, Shettleston, Garscube, Bellahouston, and Victoria Park are still thriving.

A. G. Hill the old British champion and Lansdale the ex Scottish champion are residing here in London. I was talking about old times to Lansdale last night when he came up to the University to see some of my boys working out. Both Hill and Lansdale are looking well. Lansdale is taking up marathon running now.

Last winter I was at most of the indoor meetings in the United States and Canada and had the pleasure of watching my boy, Bob McFarlane defeating Mal Whitfield in the indoor meeting at Montreal in the 500 yds. beating the record of 58.2 to 58 secs. which was held by Herb McKenley. Had a long talk with George Guida last Saturday at Hamilton but he has not been doing too much running so did not give Bob the opposition that we expected. A swell kid George.

I will now switch off wishing all my good friends in Glasgow all the best, and good wishes to the S.A.A.A.

Yours cordially,

F. MURRAY McNIE, Track Coach,
University of Western Ontario.

TRIANGULAR INTERNATIONAL, White City, 7th August, 1950.

DETAILS:

100 Metres.—1. E. McD. Bailey (E.W.); 2. A. Grieve (E.W.); 3. A. T. Bruce (S.); 4. W. Jack (S.); 5. L. C. Crowe (I.); 6. J. A. Rodgers (I.); 10.5 secs.

200 Metres.—1. J. Gregory (E.W.); 2. J. C. M. Wilkinson (E.W.); 22.0 secs.; 3. N. D. McWhirter (S.); 22.3 secs.; 4. W. Jack (S.); 5. L. C. Crowe (I.); 6. D. E. Mullin (I.).

400 Metres.—1. D. C. Pugh (E.W.); 47.9 secs.; 2. M. W. Pike (E.W.); 48.6 secs.; 3. D. J. Gracie (S.); 48.9 secs.; 4. J. S. Hamilton (S.); 5. P. P. Dolan (I.); 6. D. D. Rippard (I.).

880 Yards.—1. A. S. Wint (E.W.); 1 min. 52.4 secs.; 2. R. G. Bannister (E.W.); 1 min. 54.5 secs.; 3. J. S. Petty (S.); 4. J. Smart (S.); 5. C. J. Kelly (I.); 6. A. Kerr (I.).

1,500 Metres.—1. G. W. Nankiville (E.W.); 3 mins. 53.4 secs.; 2. A. B. Parker (E.W.); 3 mins. 55.2 secs.; 3. F. Sinclair (S.); 3 mins. 56.8 secs.; 4. J. J. Barry (I.); 4 mins. 0.2 secs.; 5. K. Sigrist (S.); 4 mins. 5.8 secs.; 6. M. A. Togher (I.); 4 mins. 6.2 secs.

5,000 Metres.—1. H. A. Olney (E.W.); 14 mins. 48 secs.; 2. W. E. Lucas (E.W.); 14 mins. 56.8 secs.; 3. A. T. Ferguson (S.); 15 mins. 34.2 secs.; 4. T. Tracey (S.); 5. R. Crossman (I.); 6. J. Marshall (I.).

3,000 Metres Steeplechase.—1. J. I. Disley (E.W.); 9 mins. 36.2 secs.; 2. R. W. Howell (E.W.); 9 mins. 57.4 secs.; 3. G. C. Adamson (S.); 10 mins. 30.4 secs.; 4. J. M. Burns (S.).

110 Metres Hurdles.—1. P. B. Hildreth (E.W.); 15.0 secs.; 2. R. C. Barkway (E.W.); 15.3 secs.; 3. J. P. McAslan (S.); 15.3 secs.; 4. J. G. M. Hart (S.); 5. R. J. Caruana (I.); 6. R. J. Love (I.).

400 Metres Hurdles.—1. H. Whittle (E.W.); 54.0 secs.; 2. A. W. Scott (E.W.); 58.2 secs.; 3. R. H. Boyd (S.); 58.8 secs.; 4. D. A. Stewart (S.); 5. R. J. Caruana (I.).

High Jump.—1. A. S. Paterson (S.); 6 ft. 5 ins.; 2. R. C. Pavitt (E.W.); 6 ft. 4 ins.; 3. D. Atherton (E.W.); 5. S. Russell (I.); H. W. Leader (I.); 6 ft. 0 ins.; 6. A. G. Ramsay (S.); 6 ft. 0 ins.

Long Jump.—1. S. O. Williams (S.); 23 ft. 6 ins.; 2. A. R. Cruttenden (E.W.); 22 ft. 11 1/2 ins.; 3. H. E. Askew (E.W.); 21 ft. 11 1/2 ins.; 4. J. F. Delaney (I.); 21 ft. 24 ins.; 5. W. N. Laing (S.); 20 ft. 9 1/2 ins.; 6. W. C. Doherty (I.); 20 ft. 6 1/2 ins.

Hop, Step & Jump.—1. D. N. Field (E.W.); 45 ft. 54 ins.; 2. S. O. Williams (S.); 45 ft. 34 ins.; 3. S. E. Cross (E.W.); 44 ft. 93 ins.; 4. W. N. Laing (S.); 44 ft. 34 ins.; 5. W. F. McDowell (I.); 41 ft. 44 ins.

Pole Vault.—1. N. G. A. Gregor (S.); 12 ft. 6 ins.; 2. G. M. Elliott (E.W.); 12 ft. 6 ins.; 3. T. D. Anderson (E.W.); 12 ft. 0 ins.; 4. M. E. Furlong (I.); 11 ft. 0 ins.; 5. Capt. T. M. Ryan (I.); 10 ft. 6 ins.; 6. D. M. Hastie (S.); 10 ft. 0 ins.

Shot Putt.—1. J. A. Savidge (E.W.); 49 ft. 9 ins.; 2. J. A. Giles (E.W.); 46 ft. 0 ins.; 3. J. B. Byrne (I.); 44 ft. 3 1/2 ins.; 4. J. Drummond (S.); 42 ft. 4 1/2 ins.; 5. D. D. Guiney (I.); 42 ft. 4 ins.; 6. D. McD. Clark (S.); 42 ft. 3 1/2 ins.

Discus.—1. H. I. Duguid (S.); 143 ft. 24 ins.; 2. J. A. Savidge (E.W.); 140 ft. 5 1/2 ins.; 3. J. E. Nisbett (I.); 139 ft. 11 ins.; 4. D. G. Milne (S.); 132 ft. 1 1/2 ins.; 5. H. E. A. Moody; 120 ft. 11 ins.; 6. K. Healy (I.); 119 ft. 8 ins.

Hammer.—1. D. McD. Clark (S.); 177 ft. 3 1/2 ins.; 2. P. C. Allday (E.W.); 168 ft. 9 ins.; 3. E. C. K. Douglas (S.); 161 ft. 2 ins.; 4. C. J. Reidy (I.); 155 ft. 10 1/2 ins.; 5. D. N. Cullum (E.W.); 155 ft. 6 ins.; 6. J. Doherty (I.); 144 ft. 6 ins.

Javelin.—1. M. J. Dalrymple (E.W.); 187 ft. 6 ins.; 2. M. J. Denley (E.W.); 181 ft. 14 ins.; 3. G. N. M. Fisher (S.); 168 ft. 68 ins.; 4. G. A. Bell (S.); 165 ft. 1 1/2 ins.; 5. M. Gleeson (I.); 164 ft. 7 ins.; 6. T. A. Gregg (I.); 154 ft. 4 ins.

4 x 100 Metres Relay.—1. England and Wales (J. C. M. Wilkinson, A. Grieve, J. A. Gregory, A. R. Pinnington); 42.3 secs.; 2. Scotland; 3. Ireland.

Result—England and Wales, 140 points; Scotland, 90 points; Ireland, 30.

A.A.A.

JUNIOR CHAMPIONSHIPS Port Sunlight, July 29th.

100 Yards.—1. A. W. Lillington (Northumberland); 2. C. B. Naylor (Leeds Harehill H.); 3. P. T. Blenkinsop (Portsmouth A.C.); 10 secs. (equal record).

220 Yards.—1. G. S. Ellis (Keswick Sch.); 2. D. W. Hoyle (Blackpool & Fylde H.); 3. A. R. V. Davis (Wallingford C.G.S.); 22.4 Secs.

440 Yards.—1. D. J. Johnson (Fairbairn House); 45.8 secs.; 2. P. J. Phillips (Porth G.S.); 50.4 secs.; 3. M. J. Balls (T.V.H.); 50.6 secs.; 4. R. J. Stark (Edinburgh E. H.); 50.8 secs.

880 Yards.—1. A. G. Bunner (Liverpool H.); 2 mins. 4.2 secs.; 2. G. D. Murphy (Whitchurch G.S.); 2 mins. 4.3 secs.; 3. W. Mana (N. London H.); 2 mins. 5.0 secs.

Mile.—1. D. C. Seaman (London A.C.); 4 mins. 29 secs.; 2. R. R. Hatton (Birchfield H.); 4 mins. 29.6 secs.; 3. J. Heywood (Heron Hill H.); 4 mins. 29.8 secs.

Mile Walk.—1. N. R. Read (Sussex A.C.); 2. B. E. Shepherd (Walton A.C.); 3. W. T. Whitlock (Metro W.C.); 7 mins. 4.8 secs.

120 Yards Hurdles.—1. G. F. Parr (Poly. H.); 15.7 secs.; 2. A. R. Britz (R.H.S. Edinburgh); 15.8 secs.; 3. T. E. W. Clark (John Fisher Sch.); 15.9 secs.

High Jump.—1. N. D. Finch (Bangor University); 5 ft. 10 ins.; 2. D. R. Cox (Eton Manor A.C.); 5 ft. 8 ins.; 3. D. Freeman (Liverpool H.); 5 ft. 6 ins.

Long Jump.—1. L. Barton (Liverpool Pembroke); 21 ft. 11 ins.; 2. D. J. Ashurst (Army App. Sch.); 21 ft. 6 1/2 ins.; 3. E. H. Costenbarden (Satton H.); 21 ft. 6 ins.

Hop, Step & Jump.—1. D. N. Field (E.W.); 42 ft. 104 ins.; 2. N. D. Finch (Bangor U.); 42 ft. 04 ins.; 3. L. Barton (Liverpool P.); 41 ft. 6 1/2 ins.

Pole Vault.—1. A. Hanlon (Shettleston H.); 11 ft. 0 ins.; 2. J. Lyons (St. Bede's Coll.); 11 ft. 0 ins.; 3. G. Jenkins (Whitland G.S.); 10 ft. 6 ins.

Discus.—1. P. A. Atkinson (Preston Manor C.S.); 133 ft. 8 1/2 ins.; 2. D. W. Riddock (Ilford C.H.S.); 124 ft. 9 1/2 ins.; 3. R. Laverick (Birkenhead S.); 124 ft. 6 ins.

Shot Putt.—1. D. R. Chappell (Leeds Univ.); 45 ft. 9 1/2 ins.; 2. D. J. Byrne (Liverpool U.); 45 ft. 3 ins.; 3. G. F. Parr (Poly. H.); 42 ft. 10 ins.

Javelin.—1. M. E. Morrell (Wirral A.C.); 176 ft. 0 1/2 ins.; 2. K. J. Moss (Shaftesbury H.); 174 ft. 3 ins.; 3. I. Gordos (Edinburgh H.); 169 ft. 6 1/2 ins.

440 Yards Senior Relay.—1. Herne Hill Harriers; 2. Achilles; 3. Coventry Godiva, 42.6 secs.

Mile Senior Relay.—1. Polytechnic Harriers; 2. Liverpool Pembroke; 3. Milocarians, 3 mins. 20.4 secs.

EMIL ZATOPEK'S WORLD-RECORD

10,000 METRES IN 29 MINS. 2.6 SECS.

By JOHN E. FARRELL.

ZAT-O-PEK, chanted the crowd at Wembley as the Czech pounded round the track in flamboyant fashion to outclass opponents of world calibre in the 10,000 metres Olympic event. That was 2 years ago and the same name is once more on the lips of followers of world sport.

Greatest Distance Track Run of all Time.

For Emil Zatopek's recent world record for the 10,000 metres event in Finland of 29 mins. 2.6 secs., though hardly mentioned in the world's press ranks, as one of the outstanding athletic feats in history.

Holding the record for this distance in 29 mins. 28.2 secs. Zatopek lost it by a second to the stylish Finn Heino in his remarkable come-back.

Almost at once the pugnacious Czech attacked Heino's figures and reduced them to 29 mins. 21.2 secs.

Less than 3 weeks distant to the European Games Zatopek took part in a tour of Finland. He won a 5,000 metres event in 14 mins. 6.2 secs. (faster than Rieff's Olympic record). Then 2 days later at Turka he set up his amazing time of 29 mins. 2.6 secs. for 10,000 metres.

"Fastest Track I Have Run On."

"Never," declared Zatopek, "have I found conditions so favourable for record-breaking. The quality of the track, the temperature of my own physical condition all helped me to put up a performance I never dreamt possible." Again, he said, "My schedule was actually based on 29 mins. 20 secs. I felt myself going so easily that I wondered. Only when I saw Heino waving me on did I decide to forget everything and reach out with everything I possessed. With eyes half-shut I let myself be carried forward with my rhythm."

When the time was announced as 29 mins. 2.6 secs. Zatopek could hardly believe his ears. The spectators also remained silent with amazement. But on

the time being repeated there were unprecedented scenes of enthusiasm. The applause lasted for fully 20 minutes and Zatopek had to do a lap of honour. An interesting feature of the run was the fact that the second 5,000 metres was considerably faster than the first, 14 mins. 25.6 secs. as against 14 mins. 37 secs.

Subsequently as we know the famous Czech carried off the double in the European Games, the 10,000 metres in 29 mins. 12 secs. and the 5,000 metres where he conquered Olympic champion Gaston Reiff in 14 mins. 3 secs. (second fastest ever time to Häegg's 13 mins. 58.2 secs.).

His "Marathon" Training.

Zatopek is an enigma of the track. He also represents something of a paradox. He is no stylist, yet, his robust vigorous action is colourful. He is a personality and typifies zest in his running. He is quoted on the one hand as training for pace variation which expresses itself in a series of spurts during a race. On the other hand in his recent record runs his pacing has been very level and even, and he has declared himself in favour of the latter policy.

Although known as the "Iron Man of the Track," medical men assert that examination shows him to be merely the normal robust type of distance runner. He is according to them decidedly not a freak.

There are minor discrepancies in his alleged method of training. But it seems fairly obvious that in the normal course of events he trains at least every day. According to fellow-countryman Kerssbrook Zatopek's training consists of a series of alternating slow and fast laps the severity and duration of which depends on his general and particular condition.

Previous to his record run of 29 mins. 21.2 secs. for 10,000 metres, Kerssbrook states that Zatopek's special training lasted about 3 weeks during which he covered approximately 340 kilometres

or roughly 210 miles, an average of 70 miles per week in alternate winders or bursts and jogging. Many marathon runners fail to reach never mind surpass this weekly mileage.

Powers of Recuperation.

It is interesting to note that Zatopek does not indulge in gymnastic exercises but believes implicitly in running and still more running. In the Olympic 5,000 metres Zatopek's astounding last lap burst which just failed to give him victory right on the tape is still debated. Did he use bad judgment? Did he try to play to the gallery with his dramatic late burst? In a sense Zatopek may have been guilty of an error of judgment in as much as he failed to spread his powers over the body of the race; but though unable to prove it my theory of the race is this: Zatopek had won the 10,000 metres earlier in exceptionally fast time. As the 5,000 metres reached its climax he experienced fatigue which compelled him to slacken pace in the wake of challenges of Reiff and Slikhuis.

VICTORIA PARK ROAD RELAY.

The popular Victoria Park A.A.C. 12 miles Road Relay ushers in the new season on 7th October, and as in recent years there will be a big entry. The race also serves as a pointer to the following cross-country relays and as a test for the more National Edinburgh-Glasgow Relay (8 men).

The promoting club, after many previous stout but unsuccessful bids, won the event last year and no doubt will not relinquish lightly. Shettleston Harriers, the National champions, on account of their all-round strength will probably start favourites, though as to how far they can hold off the V.P. boys will depend a lot on as to how Andrew Forbes has recovered from his recent enforced lie-off.

West Kilbride have an able quartet and Springburn with Tom Tracey must be a danger. Bellahouston and Greenock Glenpark must also come into the reckoning though we doubt their power to win outright.

We will publish the full details in our next issue. We are willing to send the magazines containing the full details of

This weakening was merely temporary because of his remarkable powers of speedy recuperation. He came again and the sight of the ostensible weakening of both Reiff and Slikhuis gave wings to his feet and helped to provide that grandstand finish which so thrilled Wembley.

Finally in this little sketch of Zatopek there is another contradiction, another difference of opinion. The Swedes are alleged to have declared that he is training too hard and cannot last much longer.

Zatopek Plans for the Future.

Even should this be the case Zatopek has written athletic history with a brilliant and astounding career. But Emil Zatopek apparently does not feel that he has reached even the autumn of his career. He is quoted as hoping to defend his 10,000 metres at Helsinki in 1952, then perhaps having a go at the Marathon for 1956. He has even talked in terms of 1960. How far can enthusiasm and determination combat the burning up process of the fierce competition of modern times?

this annual race since 1946 for 1/3 post free. These magazines include, of course, much other interesting data including the complete details of the 1948 Olympics.

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