

# HELENSBURGH HIGHLAND GAMES

(Under S.A.A.A. Rules)

CAMIS-ESKAN PARK, HELENSBURGH,  
SATURDAY, 21st JULY, 1951, AT 2.30 P.M.

## OPEN EVENTS INCLUDE—

### VALUE OF PRIZES

	1st	2nd	3rd
100 Yards Flat Race Handicap - - -	£6	£4	£2
220 Yards Flat Race Handicap - - -	£5	£3	£2
880 Yards Flat Race Handicap - - -	£5	£3	£2
1 Mile Flat Race Handicap - - -	£5	£3	£2
880 Yards Flat Race Handicap (Youths) -	£4	£2	£1 10/-
Ladies' 100 Yards Flat Race Handicap -	£3	£2	£1 10/-
Ladies' 220 Yards Flat Race Handicap -	£3	£2	£1
14 Miles Road Race - - - (Scratch)	£5	£4	—
(H'cap)	£5	£4	—
Hill Race - - - - -	£5	£3	£2
2 Miles Team Race (4 to run 3 to count)	1st Indiv. £5 ; 1st		
(Cameron Challenge Trophy for	Team 3 at £4 ; 2nd		
Winning Team).	Team 3 at £3.		

## FIELD EVENTS INCLUDE—

Putting 16-lbs. Ball, Throwing 16-lbs. and 28-lbs. Hammers,  
Tossing the Caber, High Jump, Long Jump, Hop, Step and  
Jump Handicap, Pole Vault Handicap.

GRASS TRACK. COMPETITORS' GATE.

ENTRY FEE, 1/- each Event ; Two Mile Team Race, 2/6.

Full Particulars and Entry Forms from—  
Mr. J. KERR, 167 Old Luss Road, Helensburgh.  
ENTRIES CLOSE—10th JULY, 1951.

Route No. 134 S.M.T. Buses from Waterloo Street, Glasgow,  
to Field (Colgrain Bus Stop). Trains from Glasgow (Queen  
St.) and from West Highland Line Stations stop Craigendoran,  
five minutes' walk from Field.

JUNE, 1951

Vol. 6 No. 3

# THE SCOTS ATHLETE

PRICE  
6<sup>d</sup>

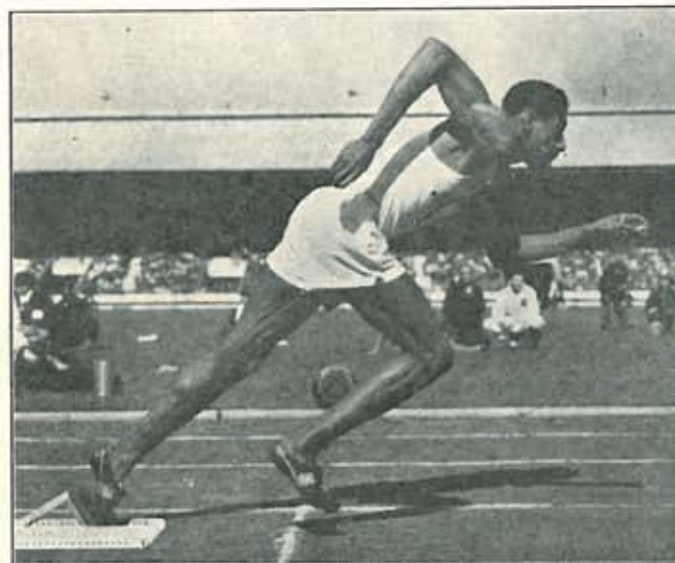


Photo by H. W. Neale.  
A striking study of the popular Olympic and A.A.A. champion ARTHUR WINT  
in a quarter-mile start.

JOHN EMMET FARRELL'S  
RUNNING COMMENTARY.

FUNDAMENTALS OF SPRINTING  
BEAT OR BE BEATEN. SPORTS PUBLICITY.



GLASGOW CORPORATION TRANSPORT  
RECREATION CLUB

## OPEN SPORTS MEETING

(Under S.A.A.A. Laws and S.N.C.U. Rules)

### HELENVALE PARK

PARKHEAD CROSS, GLASGOW

TUESDAY, 26<sup>TH</sup> JUNE, 1951

AT 6.30 P.M.

100 YARDS, 220 YARDS, 880 YARDS AND ONE MILE  
FLAT RACE HANDICAPS (OPEN).

(PRIZE VALUES—160/-, 90/-, 50/-).

JUNIOR ONE LAP HANDICAP.

YOUTHS' 100 YARDS HANDICAP.

TWO MILES TEAM RACE.

HIGH JUMP (HANDICAP).

INVITATION EVENTS include—

120 AND 880 YARDS FLAT RACE HANDICAPS.

HALF MILE AND ONE MILE CYCLE RACE HANDICAPS.

SENIOR FIVE-A-SIDE FOOTBALL.

ENTRIES close SATURDAY, 16th JUNE, 1951, with Messrs.  
LUMLEY'S LTD.; RUSSELL MORELAND LTD.; J. C.  
ROSS, Helenvale Park; or with J. S. LOWRIE, General  
Secy., Glasgow Corporation Transport Recreation Club,  
46 Bath Street, Glasgow, C.2.

ADMISSION 1/-.

STAND 1/6 Extra.

SCOTTISH  
AMATEUR ATHLETIC ASSOCIATION

## JUNIOR & YOUTHS' CHAMPIONSHIPS SENIOR RELAY CHAMPIONSHIPS

AT NEW MEADOWBANK PARK

(London Road, Edinburgh)

ON SATURDAY, 7th JULY, 1951

at 2.15 p.m.

### JUNIOR CHAMPIONSHIPS—

100 Yards, 220 Yards, 440 Yards, 880 Yards, One Mile,  
120 Yards Hurdles, High Jump, Long Jump, Putting the  
Weight, Javelin, Discus, Pole Vault.

YOUTHS' CHAMPIONSHIPS—100 Yards, 880 Yards.

WOMEN'S CHAMPIONSHIPS—440 Yards Relay (4 x 110).

### SENIOR CHAMPIONSHIPS—

440 Yards Relay (4 x 110), One Mile Medley Relay Race  
(880, 220, 220, 440 Yards).

ADMISSION TO GROUND, 1/-

CHAIRS, 1/6 EXTRA.

ENTRIES close first post SATURDAY, 23rd JUNE, 1951, with W.  
CARMICHAEL, Hon. E. D. Secretary, 38 Royal Park Terrace,  
Edinburgh 8 (Telephone 75165), from whom Entry Forms can be  
obtained.



LARGS THISTLE F.C.  
AND  
WEST KILBRIDE AMATEUR SPORTS CLUB

# SPORTS

(UNDER S.A.A.A. LAWS)

AT BARRFIELDS, LARGS  
ON SATURDAY, 14th JULY, 1951  
at 2.15 p.m.

## OPEN EVENTS:—

100 Yards Youths' Handicap; 100 Yards Ladies' Handicap; 100, 220, 880 Yards, One Mile Open Handicaps, High Jump, and 13 Miles Road Race.

Special Invitation Events. Senior Five-A-Side Football.

ENTRIES CLOSE, SATURDAY, 7th JULY, 1951.

Entries must include stamped addressed envelope for competitor's ticket to—  
J. CLARKSON, Alton Street, West Kilbride.  
LUMLEY'S STORES, 82 Sauchiehall Street, Glasgow.  
RUSSELL MORELAND, 231 Argyle Street, Glasgow.

## WEST CALDER AMATEUR ATHLETIC SPORTS ASSOCIATION.

# OPEN SPORTS MEETING

(Under S.A.A.A. and S.W.A.A.A. Laws)

AT BURNGRANGE PARK, WEST CALDER  
ON SATURDAY, 28th JULY, 1951  
At 2.40 p.m. prompt.

15 Miles Road Race, Individual and Team (Edinburgh to West Calder) 100, 220, 440, 880 Yds., 1 Mile, 2 Miles, High Jump, Discus, Javelin, Putting 16-lb. Ball, Throwing 56-lb. Weight over the Bar, Tossing the Caber, Invitation Medley Relay Race, Youths 100 Yds., Junior 880 Yds., and Medley Relay Race.

## LADIES EVENTS—

80, 100, 220 Yards., Javelin, Invitation Medley Relay Race.

ENTRY FORMS can be had at the following SPORTS EMPORIUMS—  
Messrs. LUMLEY'S and RUSSELL MORELAND'S of Glasgow; Messrs. MACKENZIE'S and THORNTON'S, Edinburgh; or from the Hon. Secy., DAVID WILSON, Maybank Cottage, West Calder.

# 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

TEL.-CENTRAL 8443

JUNE, 1951.—Vol. 6. No. 3.

Annual Subscription, 7/- (U.S.A., 1\$).

JOHN EMMET  
FARRELL'S



ATHLETICS in Britain has got off to a grand flying start with many fine performances. Interest has been quickened partly because of the Festival atmosphere and perhaps partly because of the proximity of next year's Olympic Games at Helsinki. Olympic "possibles" do face a danger in the already saturated programmes to which extra Festival meetings have been added. It may be difficult to refuse invitations but athletes must use discretion if they aim to be at their peak next year.

## Bannister Talks Sense.

In this connection it is good to hear Roger Bannister's reaction to comments on his chances of achieving the 4 minute mile.

Bannister one of our brightest hopes will concentrate on the Olympic Games 1,500 metres at Helsinki and recently said, "I am not interested in records. I do not want to run myself out before the next Olympics."

This is sound common sense. Many athletes have in the past put up fast times on the eve of the Games only to find the Olympic wreath snatched from their grasp by a fellow competitor who has discreetly nursed his resources for the occasion.

Lennart Strand and flying Herb, McKenley strike me as two examples of athletes who had passed their peak prior to the Games.

## Lord Burghley's Advice.

Prior to the 1932 meeting at Los Angeles Lord Burghley advised British athletes not to be worried or over-impressed by the fast times put up prior to the Games. Go out to win your event and forget about records. If they come well and good. Surely sound advice.

Bannister's form has been most impressive. Following upon his fast mile at the New Zealand Centenary Games his three-quarter mile run in 2 mins. 56.8 secs. broke Sydney Wooderson's British



record of 2 mins. 59.6 secs. by almost 3 seconds and even more amazing is only 2/10ths of a second out of Arne Andersson's world record.

On top of that he goes to America and beats their best milers including Gehrmann and Wilt in a fast 4 mins. 8.3 secs. mile. Next back for the Whitsun meeting Bannister beats down the opposition home and abroad with a 4 mins. 9.2 secs. mile for his 2nd best time to date and his fastest in Britain.

This programme seems heavy enough in all conscience but Bannister has impressed because of the apparent ease and speed of his last laps and by his splendid shape immediately after the finish of his races.

#### Alan Paterson Also Following A Policy.

European and British High Jump champion Alan Paterson also expresses himself in favour of a quiet building-up policy for next year's Olympics in mind. He will not strain for record marks but naturally will not discard good heights if in the mood. He will aim rather at style and ever-improving technique.

Still it was grand to see Alan finding form so early. His 6 ft. 6 ins. at St. Modan's meeting and narrow failure at 6 ft. 7 ins. was a magnificent bit of jumping. Yet such is his standard and consistency we regard it as merely average. Such is the penalty of fame.

#### Improving With Age ?

At 41 years of age Jack Holden ran in the Olympics but did not do justice to his real ability. Sorely disappointed Holden thought of retiring but thought again and at 42 showed that he was still a great athlete by retaining among others his Poly. and A.A.A. marathon championships.

At 43 it seemed obvious that he must be somewhat shaded but Jack confounded the conventional critics by his miracle year of achievement winning in turn the Empire Games, Poly. and A.A.A. marathon—then climaxed a wonderful year with his amazing European Games win against the pick of the Finns and Russians. Out of racing for some months Holden's entry was received for the Finchley "20."

But with such speedsters as ex 10 and 6 miles champions Peter and Cox also entered it was surely asking too much of Holden to lead home the field at this lesser distance.

#### Flair For Big Occasion.

But the now 44 year-old Holden rose gloriously to the challenge and put up the amazing new figures of 1 hr. 50 mins. 48 secs. nearly 3 mins. inside his previous best figures of 1947.

While Holden's active career continues there will be now less talk of the age factor and it appears that he will take some holding in any race he goes out to win. Even if he tries for the Helsinki Olympics it is apparent that he would not be an also-ran in a world field including Heino, Leandersson and the other Finns. To put it in the most modest fashion possible Holden would give a good account of himself.

But before such a possible eventuality occurs, Holden will find enough to do to resist the challenges of new stars J. Peters, Stan Cox and Bert Hemsley who is running better than ever as well as many others. Yes Britain is well served with classy and enthusiastic road runners.

#### Scottish—Round Up For Hampden.

We are now on the eve of the Annual Scottish Championships and while space precludes taking the events seriatim, the form of certain athletes and should I say the lack of form of others provides a certain talking point.

#### Discus Record Smashed.

Up to the moment of writing the outstanding athletic achievement in Scotland and among the best in Britain has been Harry Duguid's great discus throw of 155 ft. 3½ ins. in the inter-varsity contest between Edinburgh and Glasgow.

This is a new British National record beating John Savidge's 154 ft. 6½ ins. by 8½ ins. On that form the Edinburgh student's retention of his Scottish title should only be a stepping stone to a possible British Championship.

In the same contest Miss Betty McInnes of Glasgow set up a new Scottish women's record of 104 ft. 11½ in that same classical event the discus. Ample compensation for the previous week's "contretemps" which denied her the record on that occasion.

#### How Good is This Freshman ?

Edinburgh Varsity "fresher" J. Sanderson had a notable sprint double over colleague Sandy Bruce, the reigning 100 yds. champion. Although Bruce may not be fully tuned up this lad from Inverness seems a good prospect. Will he follow in the footsteps of fellow-townsmen and record-holder Ian Young by winning one or both of the sprint titles ? By the way it is only fair to state that Sandy Bruce and possibly other champions are scheduled to defend their titles on the very day that they are sitting important examinations.

This is a handicap that student athletes regularly labour under, very often coming from the nervous tension of the examination table to take part in their athletic test.

#### The Sprints.

Following Sanderson's win in the Inter-Varsity 100 yds. he looks a likely Scottish Winner. Many will be wondering if several times finalist J. McLachlan (Maryhill H.) can finally pull it off this year in the short dash.

The holder Willie Jack (V.P.A.A.C.) can retain the "220" but not without a fight from clubmate George McDonald. Among other leading contenders Anglo-Scot Norris McWhirter is going extremely well.

The "Quarter" may resolve into a duel between two previous Champions D. K. Gracie and the Swiss Olympic runner O. Hardmeir (Edinburgh Southern) though Gracie could possibly fall between two stools by also going for the 440 hurdles.

#### Hatrick For The "Half." ?

Jim Hamilton perhaps equally good at ½ and ¼ mile has had his training delayed by a leg injury and unless it clears up quickly his unimmediate prospects are obscure. Jim Smart is running consistently and well as is the easy striding Hugh Hatrick of Garscube and Glasgow varsity who after his Inter-Varsity victory in 1 min. 58.5 secs. confirms he will be hard to beat. R. C. Buist (Dundee "Q") should again be a strong challenger.

In the mile form has not yet taken shape but Aberdeen miler Ken Coutts has been consistently clocking under 4.30 and may make them all go if entered.

The holder Frank Sinclair, Greenock Wellpark, if fit is still my choice with Ed. Bannon (Shet.) and G. L. Walker (Ed. Univ.) making it a race.

#### Forbes—Tracey Duel.

Unless Anglo-Scot A. T. Ferguson enters, the 3 miles may develop into a tussle between present champion Tom Tracey and former champion and present record holder Andrew Forbes. The versatile Victoria Park man has up to the present revealed a slight edge over the Springburn man. But it should be a great battle between experience and youth. My preference is for Forbes who I believe has not entirely given up hope of Olympic selection next year.

After Andy's superb 3 mile win in 14 mins. 18 secs. at the London Caledonia Games he looked unbeatable but the Springburn star is ever-improving and has subsequently beaten Forbes over 2 miles in 9.25 secs. and so this obviously looks the race of the day.

Continued on Page 8.

### HONORARY MEMBERSHIP An Invitation from the S.A.A.A.

At the last Annual General Meeting of the Association a new Constitution was adopted in which powers were granted to the General Committee to "Elect such Amateurs as it thinks fit to be Honorary Members at such subscriptions and with such rights and privileges as shall be decided by the General Committee from time to time." The former "Roll of Patrons" has been discontinued.

The General Committee now asks more keenly interested in Amateur Athletics if they would care to further the vast amount of work which is now being done by supporting the Association as an Honorary Member, paying a minimum Annual Subscription of One Guinea.

The Association is not in a position to offer to Honorary Members any considerable privileges in return for their support, but they would have the undoubted advantage of keeping closely in touch with Amateur Athletics and receiving from time to time information of the Association's activities, including ON APPLICATION a copy of the Annual Handbook. In addition they would receive a copy of the Association's Annual Report; be entitled to attend the Annual General Meeting of the Association (without voting powers); and as long as the Association had the privilege of holding the Senior Championships at Hampden Park, Glasgow, two tickets for the Stand will be made available annually to them free of charge.

The list of Honorary Members would, of course, be maintained in the Annual Handbook.

Application Forms for Membership may be obtained on application to—

J. GILBERT, Honorary General Secretary,  
17 Pearce Avenue, Edinburgh. 12.



D. K. GRACIE, Glasgow Un. A.C., won the Inter-Varsity 440 yards Hurdle Race. He will be out to regain his Scottish Title this year.



#### Marathon Doubt ?

With the possibility of Charlie Robertson not competing this year with champion Harry Howard's present form uncertain, the chances of new star Willie Gallacher are not to be dismissed. Fit, speedy and strong, he is at a disadvantage only in experience.

Jack Paterson of Poly. is fit and running well. One thing is certain he will get the trip. I wish I were as sure of that myself but I hope to have one more try at my bogey race. The open nature of this race makes it quite intriguing.

Charlie Robertson and Alex. McLean may be among challengers for Ben Bickerton's 6 miles title. If they are Ben will have to hurry!

#### Hamilton's Relay Wins.

A feature of the early season has been the grand running of Hamilton Harrier's relay quartette. First of all they claimed as their victims champion's Edinburgh Southern, then they took the measure of Victoria Park and Garscube. Perhaps too early to say they will win the relay championship but still a meritorious performance from Hendry, Sorbie and their colleagues to keep Hamilton in the athletic fore-front as Jim Finlayson and Archie Gibson did in the cross-country season.

#### Enthusiasm Among The Ladies.

A feature of the season has been the enthusiasm of the ladies sections. New clubs have been formed and established ones are enrolling new members.

The ladies headed by such grand performers as Betty McInnes, Sheila Burns, Elspeth Hay, Quita Shivas, D. Walby and Moira Carmichael are quite capable of upholding the sport nationally. The four-mentioned girls though well known are still continuing to improve.

#### Recaptured Form.

One of the many features of the British Games has been the remarkable form of our coloured stars McDonald Bailey and Arthur Wint, who now over 30 appear to be running as well as ever and that over such blistering distances as the furlong and the quarter. Such magnificent running may put into the back-ground for a while the report that both were aiming to extend their distances, Bailey to the 440 and Wint to the mile.

#### Importance Of Enthusiasm.

Previously when an athlete passed the 30 year mark he was regarded as a real veteran and a school of thought believed that the career of a coloured athlete was of particularly short duration. There is not the least doubt that such arbitrary opinions have been knocked into a cocked hat over recent years. These latest exploits have removed any lingering doubt.

Calendar age and biological age can be entirely different and the mental approach is also of the utmost importance.

When zest and enthusiasm are lost one is old at any age.



Photo by H. W. Neale.

Always a popular visitor to Scotland E. McDONALD BAILEY is the joint British Record Holder with E. CONWELL (U.S.A.) of the 100 yards (9.6 secs.). He also holds the 220 Yards record with 21.1 secs.

#### POLICE SPORTS STARS.

The Glasgow Police Festival Sports again draws a host of athletic stars which includes some of the finest in the world to-day:—

(Rev.) Bob Richards (U.S.A.)—Pole-vault. Parson from Illinois who became the second man in the world to clear 15 ft. A height he has now done several times, but mostly indoors. American indoor, outdoor and Pan-American champion. Though it's not so well known he is also a grand all-rounder, for last March in his first Decathlon he scored 7,480 points, the 11th best score ever and ranking him 7th in all history.

Ed. Conwell (U.S.A.)—Reckoned to be one of the world's fastest starters is the present A.A.U. 60 yards indoor champion.

Hugh Maiocco (U.S.A.)—Holds A.A.U. 600 yards record of 1 min. 11.2 secs. Beat Mal Whitfield by 2 yards to take the A.A.U. championship.

Roscoe Brown (U.S.A.)—American 1,000 yards indoor champion, is Professor of English at Lincoln University.

Curtis Stone (U.S.A.)—One of the greatest ever American distance runners. An Olympic runner with outstanding performances from 1 mile upwards including the steeplechase. Present 3 miles indoor champion.

(Mrs.) Fanny Blankers-Koen.—Mother of two children and the greatest woman athlete. Represented Holland at Olympics in 1936 and still improving! 4 Gold medals at Olympics, 1948, and 3 at 1950 European Games. World record-holder, sprinting, hurdling, jumping!!

Two famous Swedish middle distance men, Sture Landgrist and T. Ericsson.

Erling Kass (Norway)—Top European pole-vaulter—and a real crowd pleaser in Scotland.

The first-class A.A.A. team includes E. McDonald Bailey, J. C. M. Wilkinson, the Empire and European champion, John Parlett, A.A.A. champion C. W. Nankeville, and record-breaking shot putter John Savidge.



# FUNDAMENTALS OF SPRINTING

By T. MONTGOMERY (Hon. Senior Coach).

TO meet what might be the popular demand I propose this month to deal with the sprint. Generally the fundamentals apply to both men and women, with schedules etc. modified for the women.

Most youngsters seem to get their greatest thrill by watching top class sprinters and aspire to emulate their feats but when they fail to break eleven secs. at their first attempt they often lose heart and drift away from sprinting, aye and often athletics. I have said before, all athletes require to serve their apprenticeship and I have also said that all athletes should sprint. Right then, let's go through all the aspects of sprinting. Unfortunately we have far too few opportunities for scratch racing in Scotland and as the bulk of the open competitions are handicaps where in most cases starting blocks or holes are not permitted, starting technique becomes involved. Sprinting requires stamina, as the runner may have to come up as many as four times in competition and this must be kept in mind during training, and in the making of training schedules.

## Preparation.

Sprinters should have started preparing for the track season by the end of February at the very latest, I prefer a bit earlier, and the preparation should follow the lines of my article of January, getting physically fit and strengthening the weak muscles which have inhibited good technique during the previous season. Attention must be given the muscles of the body as these are just as important to running as the leg muscles, in fact weak abdominals and shoulder muscles prohibit good running. For instance if the abdominals are so weak as to be unable to anchor the pelvis you will lose a great deal of the drive from your legs. Your arms have an equal and opposite reaction to your legs hence the need for strength in the shoulders and arms and also the need for those tedious exercises which I am sure most runners neglect or just don't do. I am of the opinion that mobility of the pelvis girdle is the most

vital requirements of all athletes. From observation, ground hurdling and exercises for hip extension, seem to be considered the sole rite of hurdlers and should only be practiced by the timber toppers. Every runner, every athlete must practice these exercises and attain the maximum range of movement possible.

An adequate warm up must always be done before any real work is done either training or racing. A good average is a warm up of ten to fifteen minutes, ten to fifteen minutes before your event. This is an individual matter which you must fix for yourselves but I do not recommend a rest of longer than fifteen minutes between warm up and competition. Do not lie about on damp ground, in cold winds during your rest, have a ground sheet or oilskin coat to lie on and a blanket or rug to cover yourself and relax. You cannot relax if you are watching how Jack and Willie are getting on in their events. If you haven't got a ground sheet or rug go back to the dressing room for your rest, then you will be able to keep warm and relax and not be distracted by what is going on. Depending on the interval between your heat and next round, you may need to warm up again before your next round, the interval determining the amount of warm up.

## Conduct.

At all competitions try to assist the officials in the smooth running of the meet. The competitors can greatly assist in this and at the same time help themselves. On arrival get your programme, note time of your events and present yourself at the start in good time, ready to answer the Call Steward, with your correct numbers securely fixed. Obey the order to strip immediately so that you and your opponents go to your marks together. The doubtful practice of waiting till everyone has stripped before stripping yourself and wasting time cannot be commended. Go to your mark, your mark, quietly and quickly when ordered and settle as quickly as possible. Once on your mark remain steady, this will

assist the starter to get you off to a good start. When the order to "get set" is given, get set and remain steady, fidgeting will only annoy the starter and prolong the firing of the gun, as in effect the starting rule says the gun will only be fired when the runners are motionless on their marks.

Good conduct on the mark will ensure a fair start for all. Don't be tempted to beat the gun as this will only be rewarded with the penalty it deserves, but on the other hand you must train yourself to react to the gun immediately, in other words, train yourself to become "motor-minded." Always give of your best, in plain words always try. There is no honour in winning from an acquired mark.

## The Start.

The starter is in sole command of the start so concentrate all your attention on him. Now, how are we going to start? I am forgetting handicaps now and thinking of scratch racing where blocks or holes are permitted.

The start requires long and patient practice both by the athlete and the coach and nothing is left to chance. In sprinting the main concern is to save time, the tiniest fraction of a second being vital, and our whole consideration must be, how best can we save it. It has now

been proved that a crouch start, effectively performed is the fastest method of starting. You will notice I say **effectively performed**, merely adopting a crouch position and hoping for the best will not get results. How then will we set about this business of starting? The Crouch start, is divided into three types, bullet, medium and elongated, each with variations and each to suit the different type of athlete. Do not try to use a bullet start just because Patton or someone else did. Assuming we are going to use blocks, and we have an athlete who has great leg speed and is of average build lets get started to fix his starting position.

## Setting the Blocks.

First of all let's set the blocks for say a medium position as a trial. The best measure for this will be the runner's own feet as normally they are in proportion to the rest of his body. From the scratch line he measures one and a half of his own foot lengths back, this will give the position for the toe of his front foot. Fix the front block at this mark or the front part of the frame type. Make sure that the blocks point straight up the track. The block is then set at an angle of roughly 45 degrees. Get the athlete to take up position with his front foot on the block and place his back knee opposite the instep of the front foot, mark the position of his rear toe and fix the rear block to suit, at roughly 85 to 90 degrees. We are now ready to make a trial, but first let us consider what we are trying to achieve. We want the runner to get maximum drive from his legs, we want him to go absolutely straight, we want him to rise gradually and evenly to sprinting angle, and we want him to start with a gradual and even increase in stride length, all these contributing to a fast start.

## Get To Your Mark.

Make one or two trial starts to get a general picture, the observer should not not be too close. Further, the pattern left on the cinders by the sprinter's feet will also tell their own story, and now, we have started on the long journey to perfection. The feet must be in contact with the ground, by rule, so point one is to ensure that the toes are in contact with the ground each time the runner

## DUNOON SPORTS GALA

Promoted by MARYHILL HARRIERS  
(Under S.A.A.A. Rules)

AT COWAL PARK, DUNOON,  
ON MONDAY, 16th JULY, 1951.

## OPEN EVENTS:

100 Yards, 220 Yards, 880 Yards and  
One Mile Handicaps, Relay Race, 12  
Miles Road Race, Youths' 880 Yards  
Handicap.

Ladies' Events and Relay.

## HIGHLAND DANCING COMPETITION.

Entry Forms from usual Sports Shops, or  
from Hon. Secy., F. Graham, 52 Laidlaw  
Street, Glasgow, C.5.



goes down. Again by rule, the hands must be behind the start line so make sure that is done each time. By taking care and doing this every time a start is made during the early training, this will become a reflex action and will take care of itself. Get to your mark! Do it as a drill each time, place rear foot opposite front block, place hands behind line, forming a bridge on thumb and fingers with thumb and forefinger parallel to line, next place front foot on block making sure the toe is touching the ground, and lastly place rear foot on block, again making sure it touches the ground and lower rear knee to ground, relax. The head should be kept in its natural alignment and should not be strained back to look up the track.

#### Get Set!

Move the body weight forward over the hands, keeping the arms straight so that the shoulders are three or four inches ahead of the hands, if the fingers cannot

support the weight, the first job will be to strengthen them. As the body moves forward the hips come up until the rear leg has straightened out to form an angle of roughly 90 degrees between leg and foot but should not be fully extended, the front leg should also form 90 degrees angle between leg and foot. That then is our set position to start with, the spacing of the hands will of course be governed by the width of the runner's hips (hands slightly wider). Do a number of starts, with the coach or observer, behind, to the side, and to the front of the runner. From the observations made we will then proceed with the corrections.

#### To Be Concluded.

Tom Montgomery concludes his article on "Sprinting next month. No athlete or coach—man or woman can afford to miss this. His thorough and original but easy-to-follow study makes it invaluable to all. He will also start a new series on "Middle-Distance Running."

## BEAT OR BE BEATEN

By Arthur F. H. Newton

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

IF you asked a runner why he ran he would probably say he wanted to prove his superiority over the majority of his rivals in at any rate one form of sport, and that running happened to appeal to him. Simple enough. Yet with a decent chance to pick up invaluable information nearly every fellow you meet sticks to methods which in many cases have seen no improvement since the days of our grandfathers.

For a score of years a distinct advance in the conduct of training has been available and a few individuals, unfortunately very few, have adopted it and reaped the benefit. I could give you the names of half a dozen who have officially beaten world's records using this newer style, and this certainly proves there is something to be said for it, all the more so since the records in question were reduced by a greater percentage than usual.

I want to suggest to all and sundry now that they discard the old style and make a definite trial of the new. If you

don't want to be classed permanently as an "also ran" you must mend your ways. Yet you may as well know that even under the most favourable circumstances you're not likely to notice any marked difference in results at the outset: it'll take all of a month or two at the least to set the foundation on which to build up, but after that you go on piling up convincing proof that you are getting, and will become, better than you ever could have been under the old regime. I'm not talking out of the back of my neck: I went through it all myself.

The two programmes I'm comparing differ widely in one respect, and in what you might well think is the principal one:—the question of speed and its accomplishment. As things are now all men are taught, and taught very deliberately, to train for speed by practicing speed, because it appears that without it they can't win their races. Yet the newest method, which has resulted in the decisive defeat of so many former

marks, rules that speed itself should never at any time be actually practised: it is for use in races only, i.e., for abnormal occasions, which is what races are.

I don't want to accuse our runners of diffidence, for it's not that; but as a class they certainly are inclined to be over cautious. They have been brought up in this way and, more especially the younger ones, are apt to look for definite results before the necessary work to achieve them has been done. It will be wise then to note that the novel approach I'm suggesting needs a period of at least six or eight weeks before it begins to show its worth. During all that time a man has to trust his brains, knowing that he is using them for experimental purposes, and knowing also that until he has laid a foundation to build on he has nothing but his own reasoning to back him up.

It's not as though you were taking a chance, for the thing has been thoroughly worked out by others and has not failed in a single instance. And this in spite of the fact that men sometimes openly stated they had no faith in it to begin with. One of these latter had a world-wide reputation, yet he surpassed his former best by adopting the new style.

Well, here's the nucleus of the thing. You have been taught to conquer various disabilities—breaking effects—by direct assault: you want speed?—go for it and battle till you've got it. The new style suggests that better and more permanent results can be obtained by liquidating all the handicaps in order to leave speed possibilities untrammelled: in other words, don't fight speed, release it. The former requires mental and physical tension on a considerable scale until a point is reached when a man is said to be "in the pink of condition," and if his race doesn't coincide with that peak he will probably go stale. On the other hand the improved method removes nearly all tension by insisting that a man relaxes the strain and remains consistently at his peak while still developing it. It will cost you something in time and trouble to do this of course; anything

really worthwhile always does. It takes more time than the usual training, but what does that matter so long as it makes you super-efficient? There should be no such thing as undue strain in your work, yet the fact that staleness is an accepted snag proves that it is always in the background ready to emerge. With the conditions I'm advocating staleness never enters the field.

Now for a rough outline as to what your training should be—it applies to all distances and is, in principle, equally good for all athletics. Train five or six days every week, even if it greatly reduces your time for such work: a little and often is always better than less frequent heavier doses. Never seriously race while training. Never have a time trial: races are the only trials necessary and they should be spread out for sprinters to about one in ten days or, in the case of medium and long distances, one a month. A marathon man might well restrict himself to one every six or eight weeks.

Eat what you like, though always in moderation: don't drink because you're taught a certain amount is good for you, but only when you want to. Get to bed early and rise betimes. When you've trained sufficiently—NOT before—cover your racing distance two or three times a week so as to get used to it as an almost everyday affair. This applies even to the marathon. Then, a week before your event, you can afford to build up even more by reducing the work say 33% while slightly increasing the speed, taking the last day as largely, but by no means entirely, a rest. Carry on like that and you will find yourself fighting fit and convinced that you are well away on the road to ultimate and complete success.

#### OUR SUBSCRIPTION RATE.

Owing to the increased postal charges we are compelled to revise our subscription rates to 7/- post free per annum and 3/9 for 6 months



## SPORTS DIARY

- June.  
16.—Edinburgh L. & C. Welfare A.C. Sports—New Meadowbank.  
Association of Girls' Clubs—Dundee.  
Fife and Kinross District Union of Y.M.C.A.s Markinch.  
Scottish Schools' A.A. Championships—Edinburgh.  
Motherwell and Wishaw Police and Motherwell Y.M.C.A.—Motherwell.  
Partick Thistle Supporters' Club—Firhill.  
19.—Scottish National Cyclists' Union—Helenvale.  
Heriot Trophy Contest—Goldenacre.  
23.—Edinburgh and District Inter-Works Sports—New Meadowbank.  
Edinburgh Federation of Catholic Boys' Clubs—Saughton.  
22/23.—SCOTTISH A.A.A. SENIOR CHAMPIONSHIPS—JUNIOR RELAYS AND MARATHON—HAMPDEN PARK.
- June.  
23.—Inter-Counties Youth Athletic Meeting—Renfrew.  
26.—Glasgow Corporation Transport A.C.—Helenvale.  
Watsonian A.C. v. Edinburgh Northern H. v. Edinburgh Eastern H.—Myreside.  
30.—Inverness Highland Games—Inverness.  
H.M.S. "Caledonia" v. Watsonian A.C.—Myreside.  
Heriot A.C. v. Shettleston H.—Goldenacre.  
Tillicoultry and Hillfoots A.C.—Tillicoultry.  
Edinburgh City Police A.C.—New Meadowbank.

Braw Lads' Gathering—Galashiels.  
Butlin's Highland Games—Ayr.  
Stewarton Bonnet Guild—Stewarton.  
Dalbeattie Town Council.  
Scottish v. English Universities—Glasgow.

- July.  
5.—S.A.A.A. v. ATALANTA A.C.—NEW MEADOWBANK.  
7.—SCOTTISH JUNIOR CHAMPIONSHIPS & SENIOR RELAY CHAMPIONSHIPS—NEW MEADOWBANK.  
Dundee North End F.C.—Dundee.  
Women's A.A.A. Championships—White C., London.  
Ardeer Recreation Club—Ardeer.  
Hamilton Harriers—Hamilton.  
11.—Teviotdale Harriers (Evening).  
Broxburn Athletic F.C.—Broxburn.  
14.—Edin. Waverley F.C.—New Meadowbank.  
Tayport Town Council—Tayport.  
Airdrie Highland Games—Airdrie.  
West Kilbride A.S.C.—Largs.  
13/14.—A.A.A. CHAMPIONSHIPS—WHITE C., LONDON.  
14.—Forres Gala Sports—Forres.  
16.—Maryhill Harriers—Dunoon.  
19.—Press Charities Gala—Edinburgh.  
21.—Aberdeen Town Council—Aberdeen.  
Heart of Midlothian F.P. Club—New Meadowbank.  
Linlithgow Town Council—Linlithgow.  
Helensburgh Highland Games—Cam-Eskan Park.  
24.—Blairgowrie Junior F.C.—Blairgowrie.

## WHERE RECORDS COME FROM.

Congratulations Sgt. Savidge on producing a new British Putt record, and here's hoping for a Fifty Five foot Putt at Murrayfield in September.

What pleased me more than his new record (not that I wish to belittle such an achievement, actually I believe that his record won't last long as he will keep on breaking it for a bit yet), was what he had to say in his short broadcast. In answer to "Dunkie" Wright's question about training he replied that he did, up to ten sprints per day, 50-100 putts per day plus gym work and weight training, etc. He also gave his time for the 100 yards, 10.4 secs., something many a so called sprinter would envy, and has thrown the javelin over 170 ft. There is little doubt as to how his records have been achieved and if only some of our big fellows would only take his training schedules as an example we in Scotland might soon have a putter to challenge him, and the rest of Europe.

He has also shown that there is something more than words in the Coaching Scheme, as he has been guided by Geoff Dyson, Chief A.A.A. Coach, but unless an athlete will work as Savidge

has done a coach can do little. The main reason for his success is his determination to make good and his perseverance for better technique also the amount of work and training he puts in. Hard work is the only way to the top. The technique used by Savidge was described in last month's issue.

Now what about a challenger Scotland? We certainly have plenty of young giants in Scotland.

T. MONTGOMERY.

## FROM MEADOWBANK!

At the conclusion of a Club weight putt competition a spectator asked the club official in charge if he could have a go, to which the official agreed.

The spectator had a go and without removing his jacket produced a forty-footer. After measuring it the club official said:—

"You are pretty good at this."

Spectator—Yes?

Official—Have you done much of this?

Spectator—Oh quite a bit.

Official—Are you a member of a club?

Spectator—No.

Official (working up enthusiasm)—

Well what about joining our club?

What is your name?

Spectator—H. A. L. Chapman!

FALKIRK  
FESTIVAL YEAR SPORTS, 1951

(Under S.A.A.A., N.C.U. and S.A.W.A. Rules)

Promoted by Falkirk Football and Athletic Club Ltd.  
and Falkirk Victoria Harriers.

BROCKVILLE PARK, FALKIRK,  
(By kind permission of Falkirk F.C.)

SATURDAY 28th JULY, 1951,  
At 2.30 p.m.

SENIOR FIVE-A-SIDE FOOTBALL.

ATHLETIC EVENTS—Open Handicaps, Broad Jump, 100 Yards, 220 Yards, 880 Yards, 1 Mile, 880 Yards (Junior), 100 Yards (Junior), 100 Yards (Women): Road Race (Approx. 10 Miles).

ALSO INVITATION AND CONFINED RACES.

Entry forms from WM. B. CAMPBELL, 12 Argyll Avenue, Falkirk.

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