

- May.
2—Edinburgh Trades Council—New Meadowbank.
9—Brechin Right of Way Road Race—Brechin.
9—St. Modan's A.A.C. and St. Patrick's—Kilsyth.
9—Vale of Leven A.A.C.—Alexandria.
16—Scottish National Y.M.C.A. Championships—Alloa.
16—Glasgow & West P.O. Telephones A.C.—Scotstoun.
16—Larkhall Sports Association—Larkhall.
23—Bellahouston Harriers—Ilroch Stadium.
23—Bonnybridge Sports Festival—Bonnybridge.
23/25—Inter-Countries (England) & British Games—White City, London.
29—Edinburgh Boys' Brigade Championships—New Meadowbank.
30—London Caledonian Games—White City, London.
30—Army Cadet Force Championships—Paisley.
30—Sea Cadet Corps—Saugham.
30—Glasgow Highland Gathering—Ilroch Stadium.
30—Tillcountry & Hillfoots A.C.—Tillcountry, June.
2—Edinburgh Lighting & Cleansing Welfare A.C. Sports and Scottish Relay Championship (4 x 440 yds)—New Meadowbank.
6—Scottish Women's A.A. Championships—Helenvale Park, Glasgow.
6—Scottish University Championships—Aberdeen.
6—Federation of Catholic Boys' Clubs—New Meadowbank.
6—Dundee F.C. Supporters' Club & Hawkhill Harriers—Dundee.
6—Inverness-shire Schools' Association—Inverness.
6—Singers Sports Gala—Clydebank.
6—Lanarkshire Constabulary A.C.—Shawfield.
9/11—S.A.A.A. Eastern District Championships & "Sports Dispatch" Trophy—New Meadowbank.
13—Bathgate St. Mary's A.C.—Bathgate.
13—Glasgow Police A.C.—Ilroch Stadium.
13—Scottish Deaf Amateur Sports Association—Helenvale Park, Glasgow.
13—Babcock & Wilcox A.C.—Renfrew.
15—Renfrewshire A.A.A. Championships—Renfrew.
16—Glasgow Inter-Club Contest—Glasgow.
20—Scottish Schools' A.A. Championships—Edinburgh.
20—Fife & Kinross Y.M.C.A. Championships—Markinch.
20—Edinburgh & District Inter-Works Sports—New Meadowbank.
- July.
2—Dunbartonshire Championship—12 miles.
2—St. Modan's A.A.C.—Kilsyth—15 miles.
9—Brechin Right of Way Race—12 miles.
9—Vale of Leven, Ardsland Cross—13 miles.
16—Glasgow Telephones, Scotstoun—15 miles.
20—Tillcountry Hill Race—12 miles.
20—Tillcountry Highland Games—15 miles.
June.
16—Scottish Y.M.C.A., Alloa—12 miles.
27—Scottish Championship, Falkirk to Edinburgh—15 miles.
—Ben Nevis Hill Race—15 miles.
- April.
20—Motherwell & Wishaw Police—Motherwell.
20—Inter-County Youth Services—Stranraer.
20—South-West Scotland Electricity Board—Helenvale Park, Glasgow.
23—Heriot Trophy Contest—Edinburgh.
26/27—S.A.A.A. Senior Championships (including Marathon) & Junior Relay Championships—New Meadowbank.
27—Scottish A.T.C. Championships—Turnhouse.
27—Brew Lads' Gathering—Galashiels.
27—Stewarton Bonnet Guild Festival Sports—Stewarton.
27—Inverness Highland Games—Inverness.
30—Glasgow Corporation Transport Recreation Club—Helenvale Park, Glasgow.
- July.
3/4—Women's A.A.A. Championships—White City, London.
4—S.A.A.A. Junior Championships & Senior Relay Championships—Kilsyth.
4—Tayport Sports & Gala Day—Tayport.
4—Ardeer Recreation Club—Ardeer.
10/11—A.A.A. Senior Championships—White City, London.
11—Dundee North End F.C.—Dundee.
11—Lindisgow Town Council—Lindisgow.
11—Raford Sports—Raford.
11—Saxone Welfare Association—Kilmarnock.
11—Helenburgh Highland Games—Helenburgh.
18—Aberdeen Town Council—Aberdeen.
18—Edinburgh City Police—New Meadowbank.
18—Maryhill Harriers—Dunoon.
23—Press Charities—Edinburgh.
25—A.A.A. Junior Championships & Senior Marathon—Cardiff.
25—West Calder A.S.A.—West Calder.
25—Inverness Gathering—Inverness.
25—Falkirk Victoria Harriers—Falkirk.
- August.
1—Rangers F.C.—Ilroch Stadium.
1/3—Great Britain v. France, White City, London.
8—Carlisle Charity Sports—Carlisle.
8—British Games—White City, London.
15—Atholl & Breadalbane Agricultural Society—Aberfeldy.
15—Mingavie Highland Games—Mingavie.
22—Edinburgh Highland Games—Murrayfield.
22—Bute Highland Games—Rothesay.
28/29—Cowal Highland Gathering—Dunoon.
- September.
5—Shotts Highland Games—Shotts.
12—Dunblane Highland Gathering—Dunblane.

ROAD RACE FIXTURES

- April.
18—Dunbartonshire Championship—12 miles.
2—St. Modan's A.A.C.—Kilsyth—15 miles.
9—Brechin Right of Way Race—12 miles.
9—Vale of Leven, Ardsland Cross—13 miles.
16—Glasgow Telephones, Scotstoun—15 miles.
20—Tillcountry Hill Race—12 miles.
20—Tillcountry Highland Games—15 miles.
June.
16—Scottish Y.M.C.A., Alloa—12 miles.
27—Scottish Championship, Falkirk to Edinburgh—15 miles.
—Ben Nevis Hill Race—15 miles.
- July.
11—Saxone A.A.C., Kilmarnock—18 miles.
18—Maryhill Harriers, Dunoon—12 miles.
25—West Calder—15 miles.
25—Falkirk Victoria—10 miles.
25—A.A.A. Championship, Cardiff.
- August.
8—Carlisle—11 miles.
15—Mingavie Highland Games—10 miles.
22—Bute Highland Games—11 miles.
September.
5—Shotts Highland Games—10 miles.
12—Dunblane Highland Games—14 miles.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
DO YOU WANT TO RUN "THE FOUR-MINUTE
MILE?"—By P. W. Cerutti.
INTERNATIONAL & NATIONAL DETAILS.
AUSTRALIAN REVIEW. SPORTS DIARY.



Photo by G. S. Barber.
FIGHTING IT OUT in the Scottish Cross-country Championship are A. FORBES (194) (V.P.A.A.C.) and brothers J. (111) and T. STEVENSON (Greenock Wellpark H.). They finished 2nd, 3rd and 4th in that order.

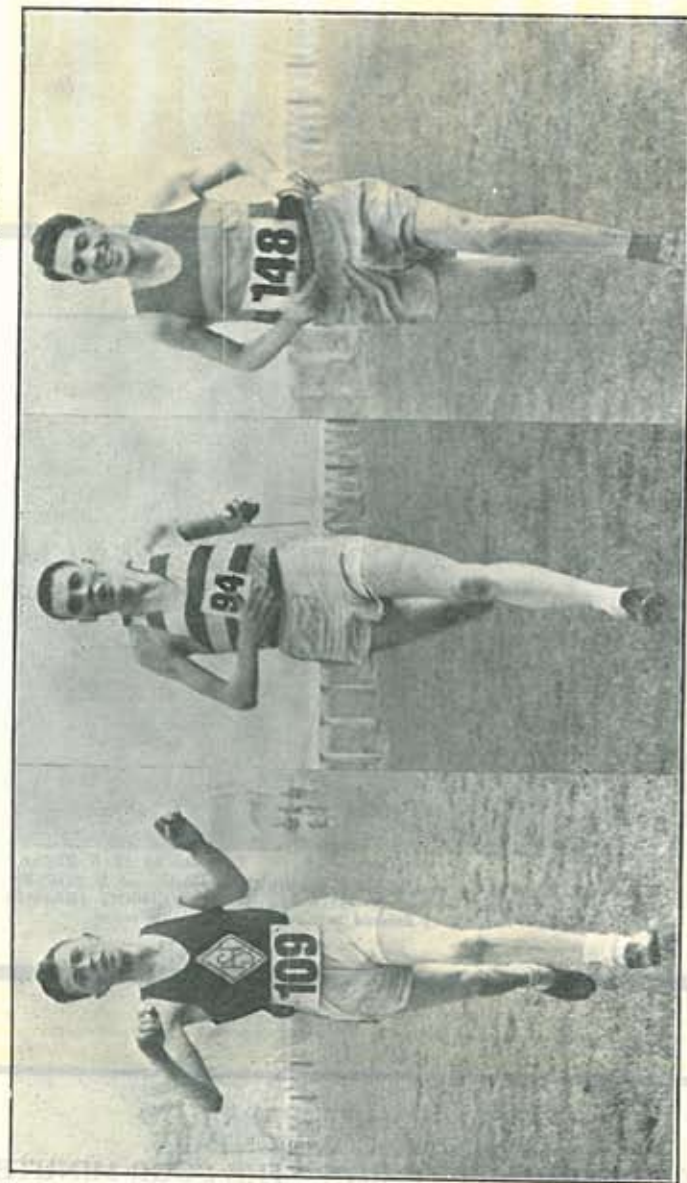
PRICE
6

SCOTTISH CROSS-COUNTRY CHAMPIONS, 1953.

YOUTH

JUNIOR

SENIOR



P. McPARLAND
(Springburn H.)

A. BRECKENRIDGE
(Victoria Park A.A.C.)

Photos by G. S. Barber,
E. BANNON
(Shettleston H.)

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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JOHN EMMET FARRELL'S



THE cross-country championships at Hamilton on February, 28th were blessed with ideal weather conditions a fine Spring day and the turf reasonably firm.

Individual and Team Winners as Expected.

The leading awards went much as expected. In the Youth's race the promising P. McParland winning readily from Tierney of Cambuslang and Campbell (Vale of Leven) while Bellahouston prevailed in the team race as expected with excellent packing. Victoria Park had the double anticipated in the Junior championship team and individual, Alex. Breckenridge having fully 40 yards to spare from his gallant runner-up Jim Finlayson of Hamilton with the less well-known but very promising N. Austin of Castle Douglas a grand third.

This boy certainly looks a great prospect and completes a splendid Junior trio.

Bannon On His Own.

Eddie Bannon had a comfortable win in the Senior championship as had Victoria Park in the Team event though with a much-reduced margin from last year.

Prophecy Unfulfilled.

My forecast of the first 6 was by no means as accurate as last year. However with Black of Dundee Hawkhill a non-entrant, Bannon and Forbes were correctly placed but the Stevenson brothers excelled, especially John who beat his more experienced brother Tom.

Wellpark's 3 Internationals.

Archie Gibson of Hamilton reveals himself as a very crafty runner, showing little form all season but coming up trumps when required. Frank Sinclair making something of a come-back owed his selection largely to his last minute grand-stand finish. Victoria Park are clear-cut champions—but no club excelled Wellpark's forward brilliance of 3 in the

first seven. Could they produce a stronger tail they would undoubtedly give the champions something to think about.

That enthusiastic and much-improved runner Clark Wallace just made it. He has been most consistent all season.

One of the most surprising performances was Alex. McLean's 10th. The Greenock veteran ran with great verve and judgment and was not far away at the finish.

Robertson, McGhee and Fenion were a trifle disappointing perhaps a too fast start being a contributory factor in their non-success. The former however was short of a gallop, his preparation being too hurried after injury while McGhee's participation in a mid-week service race did not enhance his prospects, although his 11th place still represents sound running.

My own performance has been the subject of much comment some favourable from the personal point of view but some unfavourable from the yardstick of the general standard of Scottish running.

I trained consistently, had a good day, and if I may say so never ran with better judgment. Nevertheless I was agreeably surprised to finish so far up 9th position being the best hoped for. I would however like to take the opportunity of thanking those fine sportsmen many from other clubs whose encouragement proved most helpful and inspiring during the race, not forgetting my old friend and colleague Jimmy Flockhart who retains much of his enthusiasm for the game.

Birchfield Win, but Binnie and Forbes Excel.

Victoria Park lost their English team title to a brilliant Birchfield team, but their 3rd place is nevertheless a commendable one. Stars of the Scot's club were Binnie and Forbes in respectively 13th and 14th places. Binnie's running was particularly praiseworthy in view of his comparatively disappointing race at Hamilton while Forbes maintained his usual high standard.

THE INTERNATIONAL.

"Great" Scots.

In the International at Vincennes Scotland exceeded expectations by taking 5th place out of a large entry of 10 teams.

Under heat-wave conditions which caused several runners to retire through sun-stroke and over a course which bore little resemblance to a cross-country test (a combination of dirt-track and rubbish coup)—four Scots overcame this handicap in remarkable fashion, namely, Bannon, Forbes, Gibson and Wallace.

Bannon in World Class.

Eddie Bannon ran his greatest race to date and his superb 4th place surely places him among the elite of the great cross-country runners of the world.

Running a beautifully judged race he was prominent throughout and actually led for a spell over the last lap. I feel that Bannon, like Flockhart, is essentially a cross-country type and wonder just what would have happened over a real country trail. Could he have won? This, however, is purely an academic question.

Next year the International will be held at Birmingham over, we assume, a fair cross-country test and a fit Bannon must have an obvious chance. Incidentally the Shettleston man will shortly receive an invitation to compete next February in the annual International test over 5 miles at Hannut, Belgium.

Forbes Answers the Critics.

Andrew Forbes 12th place was also a magnificent one, in a comparative sense very little behind Bannon's effort considering his long service and his recent numerous hard races for his club. By beating on the day such great runners as Vandewattyne, Coll, Pirie, Ranger, Theys and Holden, he answered in unmistakable fashion the suggestion that he is a fading veteran of other days. On this form Forbes is still at the zenith of his powers—capable indeed of leading his country to an even higher placing in this severe and rigorous athletic test.

Gibson and Wallace Surpass

should say that their efforts were almost on a par with them. Both ran resolutely throughout and finished in stirring fashion in the field of 89 runners.

Other counters Breckenridge and Sinclair ran steadily but without inspiration. The former started very slowly then went well through the field but faded towards the finish. But this race was a grand experience for our youthful debutant who should be a great asset to Scotland in the years to come. Frank Sinclair slogged with me well behind for most of the race then in the last lap moved like a 2-miler. Sinclair has the speed to be a very good country runner if he would train for stamina and overcome his psychological fear of the early and middle stages of the race.

Both the Stevenson brothers had an unfortunate day. Young John suffered from slight sun-stroke and a badly blistered foot and Tom was also unhappy in the heat-wave conditions. But both have great natural ability and will just have to write this off to experience. Another day dawns for them. After all both Bannon and Tracey made unfortunate International debuts and both went on to run magnificent races for Scotland.

Scots, Too Young, Could Get 3rd Place Next Year.

Some critics suggested that Scotland's team was too old. On the contrary I feel that it was just too young and inexperienced. Taking out Andrew Forbes, perhaps not young in years but as lively as a kitten in ability, we have 4 members of the team, Breckenridge, J. Stevenson, T. Stevenson, Bannon, respectively 20, 22, 23, 23.

I feel that from the same team that ran at Paris (and it is unlikely to be so) we have runners who could decrease their total from this year's 181 points to the region of 120 points.

Assuming that the first 4 of the Scots team gained the same points as this year, Breckenridge and Sinclair have each definitely the ability to finish in the twenties which would mean a gain of some 60 points.

This analysis is purely theoretical, but

Yugoslavs All Over Thirty.

The Yugoslavs on the contrary who impressed by taking a 3rd place on their debut are all over 30, except Pavlovic who at 26 was the baby of the team. Most of them are in the regular army and are in very hard condition.

Mihalic's Likeness to Zatopek.

Modest Mihalic, the individual winner, whom even a 33-hour train journey did not deter, is 31 and a regular army soldier. He has a distinct resemblance to Zatopek in some respects. Mature and like Zatopek a regular soldier he is of similar build and on occasion has the same high arm lift. Like Zatopek he has the same appearance of fitness and hardness—what the French term *sec* (dry).

England Regain Team Honours.

Despite Pirie's lapse of form England were comfortable winners by 20 points in the team race. France, however, missed Mimoun who not only would have been concerned in the individual race but would most probably have given France a team victory. Sando's second place was superb. Splendid too were Norris and Gray in 5th and 6th. While cheery Jim Peters quite pleased with his 11th place, commented ruefully "yes, but Frischnecht beat me, and he is a marathon runner too."

Some critics feel that the leaders went too fast in the heat. Certainly Pirie, Theys and Vandewattyne, the immediate leaders, faded somewhat and before the race both Pirie and Theys expressed themselves as being very fit and confident.

On the other hand runners such as Mihalic, Sando, Abdullah (one of the neatest and most compact runners I have ever seen) and our own Eddie Bannon ran more judiciously though always in the van.

Some Pars of Interest.

Some interesting data has been sifted by those who look for the unusual. Dennis Holden for example is given as the tallest athlete competing, though I thought that Gordon Pirie earned that distinction. Lucien Theys was the only previous winner competing (Brussels,

THE INTERNATIONAL, Vincennes, Paris, Saturday, 21st March, 1953.

1. F. Mihalic, Yugoslavia.....	47 : 53.1
2. F. D. Sando, England.....	48 : 03.0
3. O. M. Abdallah, France.....	48 : 06.0
4. E. Bannon, Scotland.....	48 : 22.0
5. F. Norris, England.....	48 : 40.6
6. G. M. Gray, England.....	48 : 41.4
7. P. Prat, France.....	48 : 47.0
8. B. Baldoma, Spain.....	48 : 41.0

Continued from Page 5.

A Dutchman of 39 claimed to be the oldest runner in the field, but a check-up revealed that at 44 I headed the list of "ancients" closed followed by famous marathoner Tom Richards at 43. I was erroneously awarded the honour of longest serving International—having made my debut in 1937. But though having more jerseys than Tom, the latter beats me on this score—having been first selected for Wales in 1934, nearly 20 years ago!

True Sporting Spirit.

Gallant little Wales invariably bring up the rear, though, on this occasion, Holland "captured" the wooden spoon, but even though handicapped by lack of size and numbers they continue to be amongst the most enthusiastic of participants. And I am sure that their defection would be regretted by all. They may not shine in the arena to the same extent as the others except as sportsman but often in the Banquet hall after the race they have monopolised the proceedings by their Gallic enthusiasm.

In contemplative mood one may regard the trophies of victory. But when the silver has been tarnished and the cuttings are yellow and musty—memory will retain with all their pristine freshness—the humour, the fun, the camaraderie that a perusal of the records does not convey. Athletic ability may be comparative, but fellowship in sport is fundamental.

We live in an age where almost every activity is captured by the spirit of commercialism, and even amateur sport is tending that way.

Let us keep completely unsullied the finest and most amateur sport of all.

9. Bouali Ben Kassen, France	48 : 53.0
10. H. Frischknecht, Switz.....	48 : 56.0
11. J. H. Peters, England.....	49 : 00
12. A. Forbes, Scotland.....	49 : 09
13. M. Vandewattynne, Belg.....	49 : 21
14. A. Amoros, Spain.....	49 : 23
15. A. Lecat, France.....	49 : 34
16. Labadie, France.....	49 : 39
17. J. Coll, Spain.....	49 : 44
18. S. Pavlovic, Yugoslavia.....	49 : 54
19. D. G. Pirie, England.....	50 : 01
20. D. Centinic, Yugoslavia.....	50 : 22
21. W. Ranger, England.....	50 : 28
22. L. Theys, Belgium.....	50 : 42
23. D. H. Holden, England.....	50 : 46
24. M. Van Laere, Belgium.....	50 : 51
25. D. Stefanovic, Yugoslavia.....	51 : 08
26. S. Jovanovic, Yugoslavia.....	51 : 09
27. R. Serroels, Belgium.....	51 : 10
28. J. Guixa, Spain.....	51 : 13
29. J. Harrison, Ireland.....	51 : 31
31. A. C. Gibson, Scotland.....	51 : 34
31. J. Morgan, Wales.....	51 : 41
32. A. Sutter, Switzerland.....	51 : 43
33. C. Wallace, Scotland.....	51 : 44
34. Ali ou Bassou, France.....	51 : 45
35. Teixeira, Spain.....	51 : 47
36. J. Marshall, Ir., 51.48 ; 37. F. Furic, Fr., 51.58 ; 38. J. Adiaanse, Hol., 52.05 ; 39. Z. Ceraj, Yugosl., 52.07 ; 40. P. Basic, Yugosl., 52.13 ; 41. F. Irizar, Sp., 52.18 ; 42. G. Staubli, Sw., 52.22 ; 43. F. Cerezo, Sp., 52.22 ; 44. J. Quesada, Sp., 52.36 ; 45. R. Tombeur, Belg., 52.39 ; 46. P. Griggs, Wales, 52.41 ; 47. D. Appleby, Ir., 52.45 ; 48. J. West, Ir., 52.50 ; 49. J. L. Com, Fr., 52.58 ; 50. A. D. Breckenridge, Scot., 53.07 ; 51. J. V. D. Zande, Hol., 53.12 ; 52. F. Sinclair, Scot., 53.14 ; 53. P. Page, Sw., 53.39 ; 56. R. Daniels, Belg., 53.39 ; 57. C. G. de Koning, Hol., 53.46 ; 58. T. Woods, Wales, 53.46 ; 59. J. E. Farrell, Scot., 53.49 ; 60. J. Simonet, Belg., 53.55 ; 61. D. Rees, Wales, 54.22 ; 62. E. Buhler, Sw., 54.25 ; 63. L. Besters, Hol., 54.26 ; 64. W. Glauser, Sw., 54.45 ; 65. T. Stevenson, Scot., 54.50 ; 66. A. Kanzig, Sw., 54.58 ; 67. T. Richards, Wales, 55.23 ; 68. T. J. O'Mahoney, Ir., 55.30 ; 69. S. Casey, Ir., 55.55 ; 70. H. Van de Veerdonk, Hol., 56.24 ; 71. P. N. Ross, Ir., 56.52 ; 72. G. Steiner, Sw., 58.02 ; 73. W. Weert, Hol., 58.57 ; 74. A. Paris, Fr., 59.10 ; 75. L. T. Bevan, Wales, 59.52 ; 76. A. Kuennen, Hol.,	

A.A.A. REPORT.

The following culled from the recent A.A.A. Annual Report, 1952, makes refreshing reading. Our sport is defined in proper perspective.

The brief estimate of the merit of Britain's magnificent Olympic team is enlightening and in sober contrast to the despair penned so sensationally by several irresponsible hacks of the National Press who ran riot during and following the Olympics:—

OLYMPIC GAMES, HELSINKI. At Wembley, in 1948, the President of the International Olympic Committee said: "The Games cannot enforce the peace to which all humanity aspires, but they give the opportunity to the youth of the world to find out that all men on earth are brothers . . . the Olympic spirit leaves us a vision and a hope." Nothing marred the Olympic spirit at Helsinki and one thing stood out above all else throughout—that there was a strong desire, unexpressed, in the hearts and minds of everyone to show the world that thousands of sportsmen and sportswomen from every part of the world, although determined rivals in competition and despite differences in political outlook, religious belief and colour, could live in common friendship and fellowship. The world has certainly been shown by the brotherhood of athletes that the Olympic ideal of international understanding and goodwill is stronger now than ever before. National success, however, must always be secondary.

It is, nevertheless, pleasing to record that in many respects Britain's Team did better than any other country. This is not surprising, as rising standards in most events have been recorded in each year since 1948. We were the only country to have three athletes in the final

[Continued from Page 6.]

Team Placings :		Pts.
1. England (2,5,6,11,19,21).....	64	
2. France (3,7,9,15,16,34).....	84	
3. Yugoslavia (1,18,20,25,26,39).....	129	
4. Spain (8,14,17,28,35,41).....	143	
5. Scotland (4,12,30,33,50,52).....	181	
6. Belgium (13,22,24,27,45,56).....	187	
7. Switzerland (10,32,42,55,62,64).....	265	
8. Ireland (29,36,47,48,53,68).....	281	
9. Wales (31,46,54,58,61,67).....	317	
10. Holland (38,51,57,63,70,73).....	352	

of the 5,000 metres and our first two finished 4th and 5th before the second runner of any country; in the 10,000 metres our very young team, in being placed 5th, 7th and 8th, all finished before the second runner of any other country. It is an outstanding achievement for any athlete to reach the final six in any Olympic event, and out of the thirteen track events Great Britain had representatives in the finals of ten events—in more events than any other country. We had, however, eleven athletes who were in the "first six" of their events compared with fourteen of the U.S.A. In five of these events we had not been in the finals for twenty years or more. The overall strength of our track men is further shown by the fact that taking the first twelve in the track events we had twenty-two athletes in twelve of the events, more than the rest of the British Commonwealth, who had twenty-one athletes, or the U.S.A. with twenty in eight events, or the U.S.S.R. with eighteen in the "first twelve" in ten events.

APPRECIATION.

Dear Walter,

It is with pleasure that I renew my subscription to the "Scots Athlete." It is still a grand magazine, which I thoroughly enjoy, and I do appreciate all the time and hard work which you must put into it for the sake of the rank and file, such as me. I hope Emmet Farrell will be able to keep up his contribution for years to come, for he is a brilliant writer.

All good wishes,

Yours sincerely,

Rotherham. SID GARNER.

[Despite Mr. Garner's modesty, he is a most enthusiastic servant of the sport—an able English C.C.U. and A.A.A. official.—Ed.]

Dear Sir,

In renewing my subscription I should like to thank you for producing an excellent magazine and your efforts are very much appreciated by athletes and most especially by the distance men. The articles by Mr. Newton are always eagerly read for he makes us think and inspires us to train harder.

Yours faithfully,

TREVOR W. JOYCE.

Surbiton, Surrey.

SCOTTISH C.C. CHAMPIONSHIPS

Hamilton Racecourse, 28th Feb., 1953.

SENIORS—9 MILES.

Individuals:

- 1.—E. Bannon (S.H.) (holder) 48m. 53s.
- 2.—A. Forbes (V.P.A.A.C.) 49m. 40s.
- 3.—J. Stevenson (G.W.H.) 49m. 58s.
- 4.—T. Stevenson (G.W.H.) 50m. 27s.
- 5.—J. E. Farrell (Maryhill) 50m. 29s.
- 6.—A. C. Gibson (Hamilton) 50m. 36s.
- 7.—F. Sinclair (G.W.H.); 8. C. Wallace (Shett. H.); 9. I. Binnie (V.P.A.A.C.); 10. A. McLean (G.G.H.); 11. J. McGhee (St. Modan's); 12. R. Kane (V.P.A.A.C.); 13. W. Gallagher (Shett. H.); 14. J. D. Stirling (V.P.A.A.C.); 15. J. Ellis (V.P.A.A.C.); 16. C. D. Robertson (Dundee T.); 17. A. Fleming (Cambuslang H.); 18. A. G. Crawford (Falkirk V.H.); 19. H. Howard (Shett. H.); 20. H. Lawrence (Teviotdale H.).

Team Details:

1. Victoria Park A.A.C. (holders) (A. Forbes 2, I. Binnie 8, R. Kane 10, J. D. Stirling 11, J. Ellis 12, C. D. Forbes 17)—60 points. D. McFarlane 29, F. Mackay 37, D. Shuttleworth 49, J. McClure 84.
2. Shettleston H. (E. Bannon 1, R. C. Wallace 7, H. Howard 14, J. Eadie 16, T. Walters 21, W. McFarlane 32)—91 points. T. Clark 39, J. Hamilton 61, P. Fitzpatrick 83.
3. Springburn H. (J. Stevenson 15, J. C. Morton 24, N. McGowan 26, D. Wallace 27, A. Stevenson 28, D. Fyfe 38)—158 points. J. Wallace 42, T. Phelan 77, J. Hart 80.
4. Greenock Wellpark H. (J. Stevenson 3, T. Stevenson 4, F. Sinclair 6, G. C. King 25, R. G. Beaton 88, D. McSweeney 92)—218 points.
5. Bellahouston H. (C. Kirk 19, J. Kelly 33, R. Climie 34, J. Christie 40, G. McArthur 41, J. McLean 55)—222 points. G. Bell 77, T. Mercer 79, A. Dunwoody 91.
6. Maryhill H. (J. E. Farrell 5, J. Wright 31, J. Gibson 35, G. Porteous 56, R. Wright 57, T. K. Wilson 58)—242 points. J. Collins 78.

7. (equal) Irvine Y.M.C.A. H. (S. Cuthbert 43, M. Butler 22, A. Muir 46, E. Allan 53, J. Lawson 65, F. Muir 69)—298 points.

Edinburgh Southern H. (R. Mitchell 18, H. Robertson 47, H. Robb 48, W. Grant 52, W. Gembles 60, W. A. Robertson 73)—298 points. H. S. Miller 74.

9. Falkirk Victoria H. (A. G. Crawford 13, A. Cook 51, T. Blackhall 54, T. D. Todd 59, T. Dobbie 62, R. A. Sinclair 71)—310 points.

10. Clydesdale H. (J. Higginson 36, J. Duffy 44, D. Stewart 63, W. Howie 76, A. Younger 90, D. Bowman 96)—405 points. J. Redman 104.

11. Glasgow Police A.A. (K. Sigrist 30, W. Armour 66, W. Allan 70, J. Girdwood 86, H. Stephen 95, J. McGuinness 97)—444 points. A. Carlyle 99.

12. Greenock Glenpark H. (A. McLean 9, R. Cox 64, W. Jackson 75, A. Deas 89, D. O'Brien 103, C. Barny 106)—446 points.

13. Garscube H. (A. Kidd 23, A. Gold 72, J. Linn 81, A. W. Warton 87, D. G. Causon 93, T. A. Gourlay 94)—450 points. W. J. Ross 100.

14. Auchmountain H. (J. G. McLean 82, S. P. McIntosh 85, J. K. Bryce 98, J. Cairns 101, D. Mangan 102, W. Shields 105)—573 points.

Failed to Close in—

- Paisley H. (A. Napier 20, J. Campbell 45, W. McNeil 50, J. Sellar 68).

Individual Entrants:

- H. Lawrence (Teviotdale H.) 20, D. McFarlane (Glas. Y.M.) 30, P. Collins (Ed. Univ.) 31, W. F. Lindsay (Gala) 40, G. Russell (Cambuslang H.) 52, J. Walker (Dumbarton A.A.C.) 59, G. Lightbody (Beith) 60, J. Timmins (Dumbarton A.A.C.) 69, R. Spiers (Hamilton H.) 94, R. Donald (Glas. Y.M.) 98, A. Brown (Motherwell Y.M.) 100, J. McCaffrey (V.P.A.A.C.) 118, H. Simpson (Shett. H.) 122, M. Connell (V. of Leven) 124, J. McNabb (V. of Leven) 125, T. Balcarras (Motherwell Y.M.) 128, R. Barnes (Motherwell Y.M.) 129, P. Duff (Motherwell Y.M.) 131.

JUNIORS—6 MILES.

Individuals:

- 1.—A. D. Breckenridge (V.P.) 32m. 58s.
- 2.—J. Finlayson (Hamilton) 33m. 06s.
- 3.—N. Austin (Castle Doug.) 33m. 07s.
- 4.—H. Kennedy (Bella. H.) 33m. 08s.
- 5.—G. A. Dunn (Garscube) 33m. 23s.
- 6.—S. Ellis (V.P.A.A.C.) ... 33m. 28s.

Team Details:

1. Victoria Park A.A.C. (holders) (A. D. Breckenridge 1, S. Ellis 3, N. Ellis 6, P. Callaghan 16)—26 points. M. Morrison 21, A. Ross 50.

2. Shettleston H. (J. McNeil 7, F. Scally 9, J. McElroy 14, J. Thomson 29)—59 points. J. Moore 32, R. A. Baird 34, F. Rankin 56.

3. Braidburn A.C. (I. B. Morrison 4, N. Donachie 22, J. K. Hislop 26, R. A. Henderson 28)—80 points.

4. Hamilton H. (J. Finlayson 2, H. Gibson 5, J. Hepburn 19, D. Jeffrey 63)—89 points.

5. Dundee T. H. (I. Watson 13, E. Nicoll 30, J. Lewis 33, R. Spalding 35)—111 points. A. S. Franchi 57.

6. Motherwell Y.M. H. (A. H. Brown 11, M. Mitchell 27, B. McRoberts 39, R. Perkins 61)—138 points. T. Scott 64, A. Kirkwood 66.

7. (equal) H.M.S. Caledonia (R. Field 24, P. Burren 25, H. Ruler 43, J. Brown 47)—139 points. C. Rush 48, C. Goodman 59, D. Mochain 60.

- Edinburgh Southern H. (I. Gourlay 18, J. V. Paterson 23, W. A. Lyall 40, J. Tennant 58)—139 points. H. Howie 67, 9. Plebeian H. (A. Small 17, T. McQuade 20, P. McDermid 49, H. Glasgow 54)—140 points.

10. Springburn H. (G. Feeney 15, T. Rundell 36, T. Lambert 41, T. O'Reilly 53)—145 points. J. Jacobs 55, J. Crawford 62.

11. Edinburgh Northern H. (J. B. Wilkinson 12, R. J. Banks 42, T. Parley 45, R. W. Greenock 69)—168 points.

12. Paisley H. (J. Feeley 31, T. Fellowes 37, G. Crerar 46, E. McLaughlan 65)—179 points. W. Rutherford 68.

13. Falkirk Victoria H. (P. Rae 44, D. Nichol 51, S. Robertson 52, R. Todd 70)—217 points.

Did not Close in—

- West Kilbride A.S.C. (D. Lapsley 8, T. Coleman 10, R. McCreadie 38, —)

Individual Entrants—

- C. Sharp (V.P.A.C.) 10, J. Stevenson (Larkhall Y.M.) 12, G. B. Wilson (Kilmarnock) 24, R. Stoddart (Bella. H.) 32, W. Green (Cambuslang H.) 37, K. Alexander (Irvine Y.M.) 41, T. Holmes (Ed. Univ.) 46, A. Runner 47, W. Prasher (Beith) 52, M. Goodwin (Ayr A.C.) 56, C. Forbes (Cambuslang H.) 65, J. D. Gibson (Maryhill H.) 68, M. McGunnigle (Garscube H.) 69, J. Murray (Monkland H.) 71.

YOUTHS—3 MILES.

Individuals:

- 1.—P. McParland (Springburn) 16m. 06s.
- 2.—I. Tierney (Cambuslang) 16m. 17s.
- 3.—R. Campbell (Vale of L.) 16m. 18s.
- 4.—C. Kennedy (Bellahouston) 16m. 20s.
- 5.—I. Drever (Braidburn A.C.) 16m. 29s.
- 6.—I. Harris (Beith H.) ... 16m. 30s.

Team Details:

1. Bellahouston H. (C. Kennedy 4, S. McLean 9, F. G. Nelson 11, J. Connelly 13)—37 points. D. O'Rourke 14, J. Irving 25, I. Leckie 55, K. McLeod 77.

2. Cambuslang H. (I. Tierney 2, B. Morton 8, F. Ross 10, W. Mulrooney 23)—43 points. A. Mathie 44, I. Mathie 72, J. Mulrooney 78.

3. Shettleston H. (I. Cloudsley 7, J. C. Ross 16, G. Wallace 21, I. Richardson 24)—68 points. W. Strelly 30, J. Miller 35, W. Gorman 41, J. McDines 70.

4. Braidburn A.C. (I. Drever 5, D. McMillan 26, J. Shields 37, I. Rae 39)—107 points. A. Jones 49, D. Whitefield 50, I. Campbell 58, A. E. Y. Dickson 69.

5. Irvine Y.M. H. (S. Kennedy 17, J. Wilson 20, J. Rubie 28, W. Banks 45)—110 points. J. Dunlop 67.

6. Garscube H. (G. Dickson 12, B. Linn 22, G. Paris 34, I. Dougan 53)—121 points.

7. Teviotdale H. (T. Jack 15, W. Gray 19, R. Dryden 36, J. Anderson 52)—122 points. C. Peffer 61.

8. Springburn H. (P. McParland 1, J. O'Haire 33, R. Gaw 38, D. Tracey 56)—128 points. E. Rankine 81, R. Fisher 82, D. Harold 83.

9. Beith H. (I. Harris 6, A. Hayes 32, J. McLeod 66, J. Neill 71)—175 points.

[Continued on Page 10.]

A Commentary on John Emmet Farrell

By G. S. BARBER.

THE fact that J. E. Farrell won the cross-country championship of Maryhill Harriers on February 14th, 1953, was not of great importance in the world so full of startling news these days. Nevertheless behind that simple announcement there dwells a great deal of hard work and enthusiasm.

Starting as a novice in the winter of 1933 at the age of 24 Emmet first ran 4 miles and for quite a few days after he remembered it. He said he felt as if all his joints had 'seized' up so the boy starting now had better not think that he is the only one to suffer this way.

Continued from Page 9.

10. H.M.S. Caledonia (E. Smith 18, E. Rich 42, A. Walker 60, E. Bushby 68)—188 points.

11. Vale of Leven (R. Campbell 3, J. McLeod 43, W. Patterson 73, G. Crichton 80)—199 points.

12. Edinburgh Northern H. (G. Veitch 31, I. Walsh 48, P. Marmion 57, R. Sinclair 64)—200 points. A. Cross 65.

13. Falkirk Victoria H. (W. Paxton 29, S. Benson 51, L. Bryce 59, J. Taylor 62)—201 points. M. Myles 63, J. Robertson 76.

14. Kilmarnock A.A.C. (I. Colquhoun 46, R. Reid 47, R. Smith 54, N. Dempster 79)—226 points.

Did not Close in—

West Kilbride A.S.C. (J. Barr 27, J. O'Rourke 40, A. Richardson 74, —)

Greenock Wellpark H. (R. McSweir 75, —, —)

Individual Entrants—

W. Drysdale (Monkland) 11, J. Gibson (Paisley) 19, J. Simpson (Plebeian) 21, J. Girdwood (Hamilton H.) 29, J. Smith (Dumbarton A.A.C.) 31, G. Kerr (Monkland) 36, J. W. Thomson (Ed. E.H.) 40, K. Warden (V.P.) 50, D. Kaney (St. Modan's) 52, A. Dennett (Dumbarton A.C.) 54, A. Ross (Ed. S.H.) 62, J. Gardner (M'well Y.M. H.) 63, A. McGregor (Paisley H.) 78, J. Devlin (Paisley H.) 83, J. Tweedie (Maryhill) 87, J. Curr (Larkhall Y.M.) 91.

Emmet has now won every club cross-country championship since 1936, 13 official races—there were no official races during the war period—this is certainly a record to be proud of.

In his almost 20 years of running he has won 8 Scottish championships. He was National C.C. champion in 1938 (Jubilee year) and in 1948 (Diamond Jubilee year) and he feels the latter race—when he was 39—was one of which he was proudest. He was selected 9 times as a member of the International C.C. team and in 1936 he was 1st reserve.

His best placings in the International race were 8th at Belfast in 1938 and 7th (2nd Britisher, Holden won) at Cardiff in 1939.

On the track Emmet has also been successful. In 1938 in his first bid he won the 10 miles championship in the fast time of 52 mins. 32 secs., one of the best recorded in Scotland. He was also 6 miles champion. He dead-heated for the 10 miles title in 1939. In 1946 he had the unique distinction of winning the 3, 6 and 10 miles championships, which proves he has a turn of speed as well as stamina.

In 1945 he put up a new hour's record on the track of 11 miles 77 yards and beat it himself in 1950 with 11 miles 287 yards. This record still stands.

Feeling an interest in longer distances in 1946 he put up a new record for the Perth—Dundee course of 22 miles, winning in 2 hours 4 minutes 43 seconds. (This has since been broken).

He won a Drymen—Firhill race in 1 hour 22 mins. 38 secs., 1938, second fastest time ever done over this course. All who have raced from Drymen will realise the value of that time.

We spoke of road and marathon running, a sport in which he excels. He gave a little grimace when I asked him about his races and much to my surprise said "I have never won a marathon race yet." He meant of course a full distance race. His best performance over this distance was the British marathon cham-

The writer, G. S. BARBER (No. 7) with his outstanding club-mate J. E. FARRELL prior to the Drymen—Firhill road race, 1938, mentioned in this article.



pionship in 1947 when he finished 4th in 2 hours 39 mins. 46 secs., but when you see the first three it was no disgrace. 1st, Jack Holden, 2nd, T. Richards and 3rd, Donald Robertson, surely a great trio in marathon running. Emmet has competed in 5 Scottish marathon championships and finished twice in second place and twice third. The last in 1952 he completed the course in 2 hours 40 mins. 54 secs. Charlie Robertson was the winner in 2 hours 38 mins. 07 secs. I asked Emmet what race or races he considered his best and he said "the last leg of the Midland C.C. relay race in 1938 when conceding 20 yards to J. C. Ross and in 1943 conceding 200 yards to Harry Howard in the same titled race and beating both for Maryhill victories."

He attributed his stamina to his open life, he originally swam and was a bit of a wrestler. He is a hard trainer and even after a hard race on Saturday he will be out on Sunday loosening up, only by hard work can results be obtained.

He feels that he has had a full running life but if he can still combat and trounce youth why should he give up, and then again, as he said with a grim smile "I may win a marathon race yet."

The essay on J. E. Farrell, by G. S. Barber, on these pages was written following the former's club championship win, but prior to the "National." His 5th placing in the National ensured his 10th selection as a C.C. International. His "5th" by the way, apart from his lapse to 11th last year was his poorest showing since his 9th in 1936!

16 years between 1st and last "jersey" would seem a Scottish "record" but the famous Jim Flockhart claims the same distinction with his 11 consecutive selections. As with Flockhart the renowned "Dunky" Wright also has 11 consecutive "Internationals," 1920-1930 inclusive, and in 1931 was narrowly outwith selection.

The full "line-up" of stars for Glasgow Police Sports has yet to be announced but included in a strong German group will be Werner Leug, the joint 1,500 metres world-record holder, and his outstanding fellow Olympians Hass and Steines.

The Scottish Women's C.C. Championship held at Ayr Race-course was won from 27 starters by Jean Webster (Athenians) in 12 mins. 10 secs.

DO YOU WANT TO RUN "THE FOUR-MINUTE MILE"?

By PERCY W. CERUTTY.

(Coach and Mentor of famous Australian athletes, Landy, McMillan, Perry, etc.)

WHEN I maintained 2 years ago that 3m. 53s. should be considered a normal attainment for running the mile my statement was received in incredible and, to say the least, rather stony silence. The pundits openly discredited my statement and deemed me at least partly mad. That an unknown youth after 2 years of special conditioning should improve his mile running time by 30 seconds, moving from 4m. 32s. to 4m. 02s. does not surprise me. I had long claimed that another young man, an Australian named Don Macmillan, now residing in London, had the physical potentiality and much of the necessary conditioning to run the 4 min. mile. That this young man could not be intellectually convinced on this point and therefore was stultified in his running is still my considered opinion. I have since said that any times Landy can run Macmillan has the potential, physically, to run faster. I go so far as to say that if England's own Roger Bannister could bring himself to believe that he could be conditioned, and believed it worthwhile to be conditioned, what HE could do to the mile record would be anyone's guess. What then IS required to bring men up to this level of performance. Firstly, he must be, our embryo 4 minute miler, one who has a better than average natural endowment. This does not mean anything more than being in the top 10 or 20 per cent. other things being equal. I do not mean world percentage, but as achieved in the locality of the early performances. In other words just a somewhat better than average. Not even Zatopek, Nurmi, McKenley and lots more can claim any more, whilst Landy, Perry and others can hardly claim as much.

BUT—and this is a big BUT—on top of this must be grafted, or aroused, a determination to get to the top cost what it may. This determination takes actuality in doing something hardly less than double the effort in training that most

recognised authorities deem sufficient. ALL first class men tend to do MORE than their coaches demand of them. This has been the case, in my experience with both John Landy and Leslie Perry. Both of these athletes have MADE themselves. My part has largely been that of telling them what can be done and the best way of doing it. In the beginning, it cannot but be emphasised, neither had anything special to distinguish them from 20 others in their native state of Victoria.

All this, our impatient reader will say, is all very well. But how DO we go about improving our mile times in a markedly or phenomenal manner. Here it is: Be reconciled to train viciously, that is with ferocity, that requires a physical effort up to double that which most athletes put into their work. Train in this manner for at least one hour to two hours daily. This will entail running lots, up to 20 quarter miles, each of which will be faster than a minute, many will be as low as 53 seconds. In lots of the training sessions hard running at full racing speeds will be done to 660 yards. Rest by jogging a lap then into it again. Do this for one or two hours. If it is found that the athlete is too weak to do these things, let him then abandon his racing conditioning and go to the hills, the sand track or the bog lands and do steady running up to 10 miles very day of his life for at least 6 months.

I must interpolate here that our coming champion MUST be one of those who run OVER THE GROUND, not one of those who run ponderously or heavily upon it. There is a distinction here that is not too readily observable much less taught. Coaches who cannot themselves run in this manner and demonstrate it can never PRODUCE first class runners. They may have them thrust upon them.

On top of this heroic training routine our hopeful must be made more than ordinarily strong ALL OVER: Until it is properly realised that we condition the

Our contributor, coach P. W. CERUTTY (centre) with the two world famous Australian milers, DON MACMILLAN (L.) and JOHN LANDY.

Photo by G. S. Barber.



legs merely to make them able to carry us along: that the strength delivered to them comes from an organism strong—abnormally so—in all its departments, until this is realised the ability to run the fast miles of the future will remain limited. Whitfield, twice Olympic 800 metres champion has shown us the way. Authorities such as the highly, and rightly so, respected Arthur Newton do the record breakers of the future a disservice when they theorise upon things they have had no personal experience of which I refer particularly to two things: running fast miles and resistance training with weights.

Just as the day is past when Nurmi's methods and technique produce anything better than Nurmi's times, all of which are slow by modern standards although considered phenomenal in his day, so must the theories of men like Newton be taken with considerable caution. Even for marathon training, much less the mile, Newton's ideas will never produce, alone, men able to run the modern speeds of a Rieff, Zatopek, and now a Landy. On our tracks and under our poor conditions

in Australia Landy has already run EQUIVALENT to the 4 minute mile or better. Newton's method, as a means of conditioning, have much to commend them. To bring a man up to the 4 minute mile, or the 2h. 20m. marathon, I humbly submit, they never will.

Let us then realise that the secret of improved racing times lies firstly in a long period of conditioning wherein mile-ages of at least 200 per month are run, that extra exercise with VERY heavy weight is engaged in, and much of the running, carried out for at least an hour daily is FASTER than the speed that is to be raced at. Obviously the distance of this speed running must be considerably less than the distance to be raced.

Not only must these principles be applied to the miler but they hold good, as principles, for every distance from the 440 yards to the marathon. What is best for 50 milers and 100 milers I leave to my good friend Arthur Newton.

Let it not be thought that merely to read these words of mine, or even to start in enthusiastically to train along the lines suggested, that EVERY miler

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AUSTRALIAN REVIEW

by J. H. Galli.

MAKING a bold bid for international performance honours, Australian athletes outdid themselves in most events during the 1952-53 track campaign.

Distance runners, spurred on by the feats of Landy, Macmillan and Perry, showed consistent improvement, and for the first time made Australia's best performances list look highly respectable.

Coach Percy Cerutti, whose inspiring drive and energy has been the direct cause of this great running revolution, is confident that Australia will be level with the world over all distances from 1,500 metres up, within the next five years.

"We have the material here," says Cerutti. "It only needed men like Landy, Perry and Macmillan to show what could be done, and so lead others to try."

Cerutti had success because he is more than a coach. An hour's talk with him is sufficient to give the most depressed athlete a terrific mental lift.

It used to be thought that Australians just didn't have the temperament for distance running, and that the weather was too hot. Cerutti thought otherwise, and once he got a small "team" together, he literally drove them on to success.

Cerutti now has many youngsters in hand, and all of them are showing big improvements. Particularly promising is Geoff Warren, age 22, who in one

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will run a 4 minute mile. Not at all. That feat will be done only by the FAITHFUL FEW. But let it be known that no man; no coach; can know positively who are these faithful few until long after they have started on the road to fame. Most of the great never showed outstanding greatness in their early years. Many who did and do never amount to much. Let all try, and assuredly ALL will improve beyond their fondest hopes.



season has made such improvements as 9 secs. in the mile, 15 secs. in 2 miles, 37 secs. in the 3 miles; and 1 min. in the 6 miles.

But Cerutti, to do justice, both to himself and amateur athletics, should be encouraged by the authorities to devote his full time to coaching and conditioning. Full use of his undoubted talents should be made.

It was a great season, too, for sprinters, particularly over 100 yds. and 100 metres.

Hector Hogan, 21-year-old, 5 ft. 7½ ins. tall Queenslander, twice clocked 9.5 secs. over 100 yards, to lower the long-time record of 9.6 secs., first set by the late Jim Carlton in 1930.

Hogan, potentially the greatest sprinter produced "down under" (Carlton quit before he reached his peak), is one of the world's fastest men off the blocks, and seems certain to go on to 9.4 secs. in 1953-54.

Hogan, no mean broad jumper, does not do so well over the furlong. Even for the shorter distances he needs conditioning. This he is fully aware of, and he intends training seriously with the aim of, perhaps, eventually equalling the world record.

Naturally, John Landy is the athlete of the season, with a colossal record, such as we have never before experienced. John's record for the campaign was: 880 yards 1m. 53.6s., 1m. 56.7s., 1m. 48.6s.; 1,000 metres 2m. 31.4s.; 1,500 metres 3m. 44.4s., 3m. 45s., 3m. 49s., 3m. 55.3s., 3m. 57.6s.; 1 mile 4m. 02.1s., 4m. 02.8s., 4m. 04.2s., 4m. 08s., 4m. 09.4s., 4m. 11s., 4m. 12.4s., 4m. 14.8s., 4m. 14.8s.

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