

JOHN LANDY.—The 22-year old Australian agricultural student on December 13th, on a rain-soaked track and with no opposition after the half distance, clipped over 6 secs. off the Aussie Mile Record with the tremendous time of 4m. 02.1s.

When his coach, Percy Cerutty, arrived back "down-under" after an extended trip to Europe, he found his protege wondering if the game was worth the candle following his failure to get into the 1,500 and 5,000 metres Finals at Helsinki. After a Cerutty pep-talk, and our contributor is no slouch when it comes to exercising the vocal chords, he kept hard at it and turned in a mile time which possibly is better than Gundar Haegg's 4m. 01.3. It will be remembered that Haegg, on a track recognised as one of the fastest in the world, was pushed all the way by Arne Anderson.

Landy now has his eyes firmly fixed on the 4-minute mile and has stepped up his training to 50 miles per week. Our own milers who think a few fast quarters or halves, with an occasional 1½ to 2 mile over-distance spin, totalling around eight miles per week, should note what is required to "bring back the bacon."

"Athletic Review."—Jan. 1953.

"SHORTS."—Jim Finlayson (Glasgow University H. & H.) won the Scottish Universities C.C. championship. Runner-up, J. McCracken (Aberdeen). Edinburgh beat Glasgow by 4 points in the team race.

Edinburgh Southern Harriers winning all three team races in the Eastern District C.C. League, retained the Sandlands Shield with 166 pts.; 2nd, Edinburgh University, 404 pts.; 3rd, Braeburn A.C., 464 pts.; 4th, Edinburgh Eastern H., 483 pts.

D. Andrews, Irvine, won the Y.M.C.A. C.C. championship. Motherwell narrowly defeated Irvine in the team race. Youths, S. Kennedy (Irvine); Team, Irvine.

Popular V.P. member Jim Simpson leaving for South Africa shortly, all the best!

Some amendments to Best 1952 Performances next month.

Editor thanks all correspondents for appreciated letters and cards received.

MAKE SURE OF YOUR COPY.

If you are not already a regular reader or a subscriber to this magazine and yet you share our desire for the promotion and development of Amateur Athletics, you should fill in this form immediately and link up in this great work. DO IT TO-DAY!

The free receipt of this Magazine is an invitation to become a subscriber.

Our SUBSCRIPTION RATES are:—

6 months—3/9 (post free); 12 months—7/0 (post free).

To "THE SCOTS ATHLETE,"

69 ST. VINCENT STREET, GLASGOW, C.2.

Please send "THE SCOTS ATHLETE" starting with.....issue.

Name.....

Club (if any),.....

Address,.....

I enclose.....being 6 months/12 months' subscription.

FEBRUARY, 1953

Vol. 7, Nos. 9 & 10

THE SCOTS ATHLETE

PRICE
6D



Photo by Ben Bickerton.

Scottish Cross-Country champion, EDDIE BANNON (Shettleston H.), leading the field just after the start of the recent Lanarkshire v. Dunbartonshire Counties Race. He will be out to retain his Scottish title at Hamilton on 28th February.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.

HARRISON DILLARD. LETTERS & COMMENTS.

COMPLETE RACE DETAILS.

EASTERN DISTRICT C.C. CHAMPIONSHIPS at Craigmiller.

W. Carmichael the S.A.A.A. President, officiated as starter for the championships, and in very blustery conditions set 38 youths comprising 6 teams and 5 individuals over a 3 mile course of grassland and plough with a small stretch of road in between. When the first of the runners came into view near the finish it was seen that the leaders were well stretched out, and Ian Drever, B.A.C., ran out a comfortable winner by 50 yards, with a similar distance between second and third. Braidburn A.C. were easy winners, with 9 points to spare over H.M.S. Caledonia, so in their first year as a club they took the Youths' title. A very good performance indeed.

The District "Senior" Championship consisted of 2 laps of the same course and 82 runners started, comprising 9 teams and 6 individuals. At the end of the first lap young Wilkinson of E.N.H. just led Alex. Black of Dundee H.H., but it was seen that he was in for a rough journey if he hoped to hold Black. Charlie Robertson, Dundee Thistle H., led a pack of the fancied runners, about eight of them together. At this point it was also seen that whoever hoped to get near Southern had better get into a very much better position next lap. However, the first lap had told a true story. Black running out a good winner over the very plucky Wilkinson, with Roy Mitchell, Southern's soldier athlete coming in third, leading his team to a very comfortable win to gain the Fraser Trophy for the fourth time since the cup was presented for this race.

SENIOR CHAMPIONSHIP.

Individual Results—

1. A. Black (Dundee H.H.), 32m. 25s.
2. J. B. Wilkinson (E.N.H.), 33m. 04s.
3. R. Mitchell (E.S.H.), 33m. 13s.
4. C. D. Robertson (D'dee T.), 33m. 17s.
5. W. A. Robertson (E.S.H.), 33m. 19s.
6. J. W. Brydie (Ed. Univ.), 33m. 25s.

1. Edinburgh Southern H.—

R. Mitchell, 2; W. A. Robertson, 4; J. V. Paterson, 9; J. Smart, 12; H. S. Millar, 13; H. Robertson, 16.

56 points. W. Grant, 21; H. Robb 28; W. Gembles, 36; I. Gourley, 38; W. Lyall, 50; B. Chalcroft, D.N.F.

2. Dundee Thistle H.—

C. D. Robertson, 3; J. Miller, 10; I. Watson, 11; E. Nicoll, 22; D. Miller, 33; R. Spalding, 34.—
113 points. J. Lewis, 41; A. Franchi, 44; J. Melville, 47.

3. Edinburgh Univ. H. & H.—

J. W. Brydie, 5; J. Crawford, 14; D. T. Hunt, 19; P. Collins, 20; O. A. Cleary, 31; T. Holmes, 42. 131 points. M. Robinson, 43; T. G. G. Griffiths, 46; A. Smith, 48; J. S. Barr, 56; C. F. Barrett, D.N.F.

(Continued on page 10.)

"It is my considered opinion that knowledge of anatomy is more important to the Coach than knowledge of records, of rules, and of physiology and dietetics; and I would throw in racing tactics and care and maintenance of equipment as well."—DAVID DURIE, Hon. Senior Coach, in the first quarterly issue of "The Athletic Coach," produced by the Association of Athletic Coaches and edited by H. A. L. Chapman, Chief Coach for Scotland.

HAMMER CIRCLE.

The Hon. Secretary would welcome details of any meetings during 1953 at which a Hammer event is being included, so that all members of the Circle can be kept informed. If any Club or Organiser is prepared to include an Open Hammer Event in a meeting as a new venture, the Circle would be pleased to co-operate to make it a success.

Details should be sent to the Hon. Secretary:

D. N. J. CULLUM, "Ashbourne," 108 Waxwell Lane, Pinner, Middlesex.

CONTINUOUS CHAMPION SINCE 1936.

Heartiest congratulations to well-known Internationalist John E. Farrell, our regular contributor, on again winning (his 13th consecutive) the C.C. championship of his famed club, Maryhill Harriers. Covering a period of 18 seasons it is another unique record to add to his imposing list of honours. This achievement is all the more unique, recalling that he took up running rather late (previously being a swimming Internationalist). He was 26 when he won his first senior club title, back in 1936, and after this amazing unbroken long "run" we find him still in front in 1953!

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

JAN.—FEB., 1953. Vol. 7, Nos. 9 & 10. Annual Subscription, 7/- (U.S.A., \$1).

JOHN EMMET
FARRELL'S



AFTER all, the rumours of Zatopek's retirement appear somewhat premature. It is difficult for an athlete of class to retire at the height of his powers, though with his triple Olympic success, the famous Czech has in a sense, no other worlds to conquer.

If and when he does decide to call it a day we may miss his personality, his eccentricities, his whimsicalities, even more than his intrinsic running.

Greatest Feat of All?

Now comes news of a performance or rather a series of performances by veteran woman athlete Stella Walsh which are rather more than remarkable.

In winning the American Pentathlon championship she covered the 200 metres in 23.4 secs. which equals Marjorie Jackson's world record, ran the 60 metres dash in 7.4 secs. (1/10th sec. outside own world record), long jumped 18 ft.

4 1/2 ins., tossed the discus 108 ft. 10 1/2 ins., and cast the javelin 88 ft. 10 1/2 ins.

Such performances are of outstanding intrinsic merit, but from a woman athlete of 41 years of age after 25 years of competition, this must surely rate as one of the truly amazing athletic feats of the century.

Hamilton Race-Course Again the Mecca.

Once again Hamilton Race-Course is the venue for the Scottish Cross-Country championships, Youths, Junior and Senior. Let us first deal with the youths' race.

For the individual title the winner may be found among the following group:—I. Tierney (Cambuslang H.), P. McParland (Springburn H.), J. McGregor (Greenock Wellpark), and that grand quartette of young Bellahouston stars, G. Nelson, S. McLean, J. Connolly, and C. Kennedy.

Coached by Ex-Internationalist.

Training as a team the young Bellahouston quartette must be pronounced favourites to win the youths' team title. For their team spirit and excellent fitness much of the credit is due to the enthusiasm and coaching of ex-international runner "Gibby" Anderson.

The keen lads of the newly named Braidburn A.C. may provide the strongest challenge.

Junior "Double" for Victoria Park?

Alex. Breckenridge of Victoria Park has lately improved to such an extent that he has even stole the thunder of his senior colleagues including the brilliant but erratic Binnie and the wonderfully consistent near veteran Andrew Forbes. Recent successes include the annual Beith event, the Nigel Barge road race as well as club successes. Possibly Alec's best piece of running to date was in a confined club race—the Xmas handicap. In dismal and far removed conditions to suit record breaking he covered the well-tried "McAndrew" road trail in 15 mins. 11 secs. When Eddie Bannon broke the race record for this same course on a good October day in 1951 with 15 mins. 20 secs., it was rightly considered superb running.

From this we must assume that Breckenridge, who is also a grand miler, is one of Scotland's best-ever track, road and cross-country prospects.

County Champions as Rivals.

His display in the Midland championship emphasise his favouritism to win the Junior individual title, though I would add that the gap in class may not be quite so evident in cross-country as say over the track and road.

His nearest rival should be stylish Harry Kennedy of Bellahouston Harriers, who has been most consistent all season and is the reigning South-Western champion. David Lapsley of West Kilbride, the Ayrshire champion, is another grand prospect and should make his presence felt. Other classy contenders include R. Calderwood and the brothers Ellis of Victoria Park, Jim Finlayson of Hamilton Harriers, and Edinburgh Northern's pride, J. B. Williamson, who will surely shake the field.

With only 4 counters in the team championship Victoria Park must be

regarded as near certainties to retain the title.

Bannon Should Retain Senior Title.

I take Eddie Bannon of Shettleston Harriers to retain the Scottish cross-country championship with some confidence. Up here in Scotland his class is such that he could win even with a lapse in form. But he is running strongly and confidently and should prove too strong for his field. Eddie is not likely to run in the English championship this year preferring to reserve himself for the Scottish and International races.

Alex. Black of Dundee Hawkhill at present dominates the East and I would not be unduly surprised to find him Bannon's nearest rival if he starts. He may not as he feels it may interfere with his ambitious track programme.

Hamilton Should Suit Forbes.

In normal weather conditions Hamilton Race-Course should suit the pace-stamina combination of experienced campaigner Andrew Forbes. Despite his long service he has the temperament for the big occasion and I must award him a high rating.

McGhee Has Stamina and Useful Pace.

That promising young marathoner Joe McGhee of St. Modan's may win his first International jersey. He has consistently taken high places in comparatively short distance events, demonstrating that he does not lack speed and the extra mileage of the National should suit a runner with his marathon back-ground.

Robertson Has Similar Qualities.

Charlie Robertson of Dundee Thistle, Scottish Marathon Champion, and one of the best in Britain over that testing grind as he emphasised in last year's fantastic Olympic trial has qualities similar to McGhee, a good combination of pace and stamina. In addition he has experience and the confidence of past achievement to his advantage. Despite lack of information regarding recent form I must give him a high placing.

Fenion's Grand Come-Back.

Harry Fenion of Bellahouston Harriers, pint-sized, but with immeasurable pluck and tenacity, has come right back to form after a spell in the wilderness. With amazing consistency he has shown with every succeeding race that his perfor-

mance has not been a flash in the pan, but represents sound classy running. Can he clear this last hurdle and win his first International jersey?

First Six Home.

There then are my selection of the first six in this year's National:—(1) E. Bannon (Shettleston H.); (2) A. Black (Dundee Hawkhill); (3) A. Forbes (Victoria Park); (4) J. McGhee (St. Modan's); (5) C. D. Robertson (Dundee Thistle); (6) H. Fenion (Bellahouston H.).

Last year I successfully selected the first six, en bloc, my only error being my selection of Forbes 3rd and Tracey 4th, instead of the former 4th and the latter 3rd. Somehow I don't feel quite so confident of my selection on this occasion, chief reason being the presence in the field of Ian Binnie and the brothers Stevenson who have the ability, if in the mood, to upset the apple cart.

Stampede.

With the possibility of the winner of the Junior National (Breckenridge or otherwise) being selected and the possibility of Birchfield's Bobby Reid meriting consideration on his running in the English National it is evident that there will be few places a-begging if the favourites reveal the form expected of them. For the one or two places remaining, there may be quite a stampede among the following dozen or so runners: Ian Binnie (Victoria Park), brothers Tom and John Stevenson (Greenock W'park), already mentioned above, Geo. White (Clydesdale H.), C. Wallace (Shettleston H.), A. Napier (Paisley H.), J. Stevenson Springburn H.), A. Kidd (Garscube H.), W. Gallacher (ex-Vale of Leven and now Shettleston H.), R. Kane, J. Ellis and C. D. Forbes (Victoria Park), and perhaps A. Gibson and nephew H. Gibson (Hamilton H.). One or two runners not mentioned above could quite conceivably gate-crash those lists of probables and possibles, but I think Scotland's nine for Paris will in the main emerge from those mentioned.

However, the Hamilton course is no academic picnic but a stern practical test of 9 severe miles. When the gun starts the contenders on their trip, merit, judg-

ment and determination will be the assets and no amount of tentative selection can or will compensate for these virtues.

England's International Prospects.

While Scotland's International prospects are merely fair and a repeat of last year's 4th place among the 8 or 9 teams expected to compete will be considered most meritorious under the circumstances. England are on the other hand optimistic about their chances of regaining the title they so surprisingly won in the mud of Newport in 1951.

Following on the dual continental successes of Pirie and Sando, Walter Hesketh and Jim Peters had notable successes against continental opposition over short country trails. Reigning National champion Walter Hesketh now back to form was confidently expected to do well in his race but the success of marathon star Jim Peters over the short 4 miles trail was a pleasant surprise.

Inter-Counties Test Reveals Copious Talent.

Jim Peters whose rigid training schedule is causing comment has been putting up some wonderful displays for a marathon runner: one of those was his record win in the Morpeth of 1 hr. 7 mins. 6 secs.—4 mins. 18.1 secs. inside Jack Holden's figures. He has also experienced minor set-backs, losing his Essex title to colleague E. Baverstock by the narrow margin of 1 second. But he ran in this race only 2 days after his Morpeth test. Similarly he was a mere 17th in the Inter-Counties race—a fair enough achievement in all conscience but not quite up to the Peter's class. But here again there were extenuating circumstances as one section of the huge field was hemmed in at the start including such notables as Hesketh and Peters, and it says much for the recovery powers of those two that they managed to reach as high as 11th and 17th places under the circumstances. Yorkshire's Len Eyre had a very clever win and among the leaders were both notable names and some grand newcomers indicating a great struggle for places in the coming English championships and a wealth of talent from which to choose for Paris.

HARRISON DILLARD

PROFILE OF A CHAMPION

By JACK CLOWSER.

[At various times in these columns coverage has been given to the unique career of Harrison Dillard. His is such a colourful, story-book career that we can always retrace it with pleasure. When he won the 110 metres High Hurdles at Helsinki it was a fitting closing chapter to the story-book. Jack Clowser of the Cleveland Press, Ohio, brought this story up-to-date and admirably related it in our contemporary, the outstanding U.S.A. magazine, "Track and Field News," edited and published by brothers Corderer and Bert Nelson, at Box 158, San Bruno, California. To reproduce this valuable study from these wonderful "Nelson columns" we make grateful acknowledgment.

Dillard's Helsinki victory may have been a "closing chapter"—it was by no means the final word. Just recently he has broken the A.A.U. record for 50 metres hurdles (indoors).—Ed.]

HARRISON DILLARD was bitten by the Olympic track bug early in life. He felt the dart back in August, 1936, the day Jesse Owens returned to his Cleveland home and a tumultuous parade honouring him as the outstanding star of the Berlin Games.

Harrison was a little boy who sat on the curb along Central Avenue as the parade swung through the Negro section.

"I saw Jesse sitting on top of the back seat of that big car, waving and acknowledging the applause, and I made up my mind nothing in life could be sweeter than that," Dillard says. "When you're 12 years old, something like the Olympic Games seems a very remote possibility. But I certainly was hit by the spark that afternoon."

Dillard has since become one of the most fabulous figures in track and field history, broken world records and made the grade at the Olympics not once, but twice. No other man in sports history ever has won his unique double, the 100 metres championship at London in 1948 and the high hurdles crown at Helsinki last summer.

The parallel between Dillard and Owens is strong. Both attended East Tech. High School in Cleveland. Both were sprinters and hurdlers. Both became Olympic champions and world record holders. It was Owens who made the most important change in Dillard's hurdling form, changing him from a right-footed to a left-footed lead hurdler.

"Not everyone realises how important it is to lead with your left foot doing the low hurdles around a curve," Dillard points out. "The take-off step, in that way, naturally swings you towards the inside of the curve, whereas a take-off on the left foot shoves you toward the outside of the track and you lose a little ground over every hurdle."

He should know. Among his miscellaneous records is 23 secs. flat for the 220 lows around a turn.

Owens' inspirational effect on Dillard carried a step further. As a junior high kid, Harrison was presented with Owens' famous shoes which he wore while winning four Olympic gold medals. Dillard donned them, with great pride, you may be sure, at his most important high school meets.

Now, nearing the end of his brilliant career, the 29-year-old Dillard finds himself entrenched in the hearts of Clevelanders not merely for his achievements in athletics but for his very real contribution to friendly race relations.

Essentially a modest individual, Dillard has never been anything but a first-class sportsman, too. The pages of Life Magazine, in the summer of 1948, pictured one of the real epics in sportsmanship.

That came when, in the U.S. final team trials, Dillard crashed into the hurdles and failed to finish. He was at that time the holder of the world record, 13.6, and had just set an all-time record of 82 consecutive victories in the sprints and hurdles. No other man ever won so many track events in succession, and the feat was particularly remarkable because it included so many short indoor events where a poor start would be fatal.

As he pulled up short at the sixth hurdle at Evanston, and his dream of winning his specialty at London collapsed, Dillard never hesitated a moment. Mustering a big smile, he trotted down to the finish line and threw his arms about Northwestern's Bill Porter, the winner and eventual Olympic champion. His congratulations were sincere, though they were making a breaking heart.



HARRISON DILLARD, a frequent and most popular competitor in Scotland, posed here for our photographer, H. W. Neale, at Ibrox Stadium, June, 1949.

The cases of two southern athletes furnish additional testimony to the high regard in which Dillard is held.

Bill Tate, former Oklahoma Aggie star, said, "Track has given me many fine friends, none finer than Dillard."

Clyde Scott of Arkansas was quick to react when Dillard was declared ineligible, on a technicality, to compete in his third N.C.A.A. championship meet in 1948.

"What a doggone shame," said Scott in the dressing room. "I'd be proud to run an exhibition race against him if they'll arrange it, just so the people get to see Bones."

The nickname "Bones," given him as a skinny youngster in high school, has been changed to "Old Bones" in recent years, as Dillard seemingly defied time to keep his place with the great dash men and hurdlers.

Now, as he assuredly nears the day when he must close his career, Dillard has been nominated by the Northeastern Ohio A.A.U. for the Sullivan Award, given annually to the athlete who, by his example, deeds, and character, does most to advance the cause of sportsmanship.

Dillard was twice a serious contender for the Sullivan Award, being voted second behind Jack Kelly, the sculler, in 1947, and Bob Mathias in 1948.

After winning state schoolboy championships, Dillard enrolled at little Baldwin-Wallace College, near Cleveland, in 1941. The principal reason was a deep friendship with Coach Eddie Finnigan.

Finnigan and this writer accompanied Dillard to the National A.A.U. meet at Randall's Island Stadium, New York, in 1942. There we were given final proof that he was destined to become one of the really good ones.

In the junior championships, he ran a virtual dead-heat with Walt Smith of Southern California and Whitey Hlad of Michigan Normal in the 220 lows. The time was 23.1, and Dillard was only 18 at the time.

Next spring, he won his first major triumph, the high hurdles at the Penn Relays. Continuing undefeated until mid-May, he got his draft call and left the season unfinished. It was this partial

season of competition which the N.C.A.A. held against him and declined to permit him to compete in the 1948 N.C.A.A. meet after he had won all the hurdling titles in the '46 and '47 national meets.

For more than three years, which might have been among the best in his career, Dillard was in the army. He finished fighting up the Italian peninsula in 1945.

Back to Baldwin-Wallace for the spring quarter in 1946, Dillard picked up his track career in sensational fashion. Through that and the following two seasons, he lowered the world record for the 120 yard highs to 13.6, and the 220 yard lows to an astonishing 22.3.

During that period, he also became the only man in track history ever to hold the A.A.U. and N.C.A.A. hurdling championships simultaneously. In one year there were six of them, including the A.A.U. highs and lows indoor. A defeat by Porter at Los Angeles broke one long winning streak, but he started another the following week. That one ran to 82 straight before Barney Ewell snapped it in the 100 metres at the '48 A.A.U.'s, when Dillard had to run four races in 50 minutes.

Most coaches found it difficult to explain how Dillard could keep winning while running the highs and sprinting in the same meets. His hurdling form was criticised, and with reason, for his arm action was faulty. It forced him into a shoulder shrug and had a tendency to throw him slightly off balance. But his terrific burst over the first three hurdles, which has never been surpassed, and his good snapdown helped him to keep going.

There was room in the tiny Baldwin-Wallace gym, for only one hurdle, but in preparing for the winter meets, Finnigan had Dillard driving unceasingly at that first barrier, like a tiger leaping for its prey. He became such a great starter that many rivals "choked" with apprehension as they took the starting blocks against him.

The story of his failure in the '48 U.S. team trials, after he had previously qualified for the team in the 100 metres, is a familiar one. So is the tale of his driving determination to soften his disappointment by beating the world's great-

est sprinters at London. Few, including this writer, who has followed Dillard to many fields of fame, felt that "Bones" could beat the superb Mel Patton, Ewell, Lloyd LaBeach and the others.

But he did, in 10.3, equalling the Olympic record against a 5 mile an hour headwind. And he followed with another gold medal for his leg on the 400 metre relay team.

Still, the gnawing ache over his hurdles failure never left him. At an age when most hurdlers have called it a day, he "kept his oar in" by competing indoors. This did not conflict with his employment in the publicity and promotion department for the Cleveland Indians, nor with his more recent appointment as a city boxing commissioner.

While the wonderful west coast hurdlers, Jack Davis, Craig Dixon, Dick Attelesey, Art Barnard, and Billy Anderson, were enjoying the benefit of regular competition last spring, Dillard had to content himself with flying out for two meets, the Coliseum and Compton Relays.

BEITH HARRIERS' NEW YEAR'S DAY BALLOT TEAM RACE.

Fifty runners turned out in the Beith Harriers' New Year's Day Ballot Team race. The course was twice round the usual 2 miles circuit, which ensured the spectators of a grand view of an equally grand race. Mr. Balfour, of the West of Scotland Manufacturing Co., set the runners off under perfect racing conditions.

A. D. Breckenridge (V.P.A.A.C.) went quickly into the lead, and had about a 30 yards advantage at end of 1st lap. He increased his lead in the first circuit to run out a good winner by 150 yards from A. Forbes, also V.P.A.A.C., who himself had to fight to hold off the young up-and-coming Paisley Harrier, A. Napier, who finished 3rd.

1. A. D. Breckenridge (V.P.), 20.17.
2. A. Forbes (V.P.), 20.42.
3. A. Napier (Paisley H.), 20.45.
4. R. C. Calderwood (V.P.), 20.51.
5. H. Fenion (Bellahouston H.), 21.06.
6. R. C. Wallace (Shett. H.), 21.10.

The first four runners finished inside the existing record.

Handicap—

1. H. Robb (2m. 45s.), E.S.H., 24m. 29s.
2. J. Marshall (3m.), E.E.H., 24m. 29s.
3. W. Lyall (4m. 45s.), E.S.R., 24m. 49s.

Fastest Times—

1. R. Stewart (E.H.), 25m. 52s.
2. J. Wilkinson (E.N.R.), 25m. 53s.
3. I. B. Morrison (Braiburn), 26m. 28s.

where he was a bang-up third in his first outdoor races in three years. After the Compton meet he called me up:

"Don't worry," he said. "I'll be ready. I can feel the improvement with my new double-arm thrust style. It makes up for a trifle in flat speed I might have lost."

He showed everybody, doing 13.7 to win the A.A.U., his 12th national championship. He won the Olympic trials in 14 flat, and now everyone knew he was the man to beat at Helsinki. No one beat him, as Dillard clipped the Olympic record with a 13.7 clocking. But Davis made a magnificent try and may well wind up as the next world record breaker.

It was only poetic justice for "Old Bones" to be at the top of that Olympic victory stand again. And although he plans to go after his 8th straight A.A.U. indoor crown this winter, nothing he can do will match his past achievements. His place in athletic archives is secure.

The Beith Harriers Committee wish to express thanks to Mr. Balfour who presented the prizes, and who donated the 1st Industrial prize, which was a lovely nest of tables, also to their very capable Ladies' Section who provided tea, and to all others who helped to make this race a success.

EDINBURGH HARRIERS' XMAS HANDICAP (OPEN) was held over a 5 miles course starting from the clubhouse, Fords Road, Saughton, on 20th December, 1952.

In the scratch race, R. Stewart (E.H.) and J. Wilkinson (E.N.R.) ran together for the full distance of the race. Stewart just managing to reach the tape inches in front of Wilkinson.

Continued from page 2.

4. **Falkirk Victoria H.**—
A. G. Crawford, 8; T. Dobbie, 24;
T. D. Todd, 25; P. Rae, 27; A.
Cook, 30; T. Blackhall, 35.—149
points. R. G. Sinclair, 40; A.
Norris, D.N.F.
5. **Braiburn A.C.**—
D. W. Dunn, 15; I. B. Morrison,
18; W. Donachie, 23; D. B.
Nisbet, 32; W. Henderson, 37;
J. K. Hislop, 39.—164 points.
D. H. Mackenzie, 45.
6. **Teviotdale Harriers**—
H. Lawrence, 7; S. Reid, 49; R.
Wilkinson, 53; J. Elliot, 54; R.
Scott, 58; G. P. Turnbull, 59.—
280 points. I. Anderson, 62; W.
Reid, 65; A. Oliver, D.N.F.; J.
Tricket, D.N.F.; G. Reid, D.N.F.
7. **Edinburgh Harriers**—
R. Stewart, 17; J. A. Henderson,
51; J. Baxter, 55; J. Dickson, 61;
H. W. McRae, 64; R. Gardiner,—
314 points.

Failed to Finish—**Dundee Hawkhill H.**—

A. Black, 1; D. Thomson, 26; H.
Bennet, 52; J. Kidd, 7; G. Neill, 67;
R. Baird, D.N.F.; J. Macpherson.
D.N.F.

Gala Harriers—

W. F. Lindsay, 6; W. B. Thomson,
29; W. Murray, 60; J. Dalgleish, 63;
G. Wintrup, D.N.F.; T. Halliday.—
Individual Entrants Results—

J. B. Wilkinson, E.N.H., 2; J. R.
Hamilton, E.E.H., 23; W. Duncan,
K'caldy Y.M., 25; C. R. Mortimer,
K'caldy Y.M., 39; R. J. Banks, E.N.H.,
58; R. W. Greenock (E.N.H.), Did not
finish.

YOUTHS' CHAMPIONSHIP.**Individual Results**—

1. I. Drever (Braiburn), 17m. 06s.
2. J. Jack (Teviotdale), 17m. 21s.
3. W. Paxton (Falkirk V.H.), 17m. 47s.
4. R. Smith (H.M.S. Cal.), 18m. 00s.
5. A. Lumsden (E.S.H.), 18m. 25s.
6. I. F. Rae (Braiburn), 18m. 26s.

Team Result—

1. **Braiburn A.C.**—
I. Drever, 1; I. F. Rae, 5; D.
Macmillan, 6.—12 points. J. Shields,
13; I. A. Campbell, 14; D. M.
Whietfield, 20.

2. **H.M.S. Caledonia**—
R. Smith, 3; E. Rich, 8; D.
Cousins, 10.—21 points. D. Cadby, 15; A. Walker, 23; E. Busby,
D.N.F.
3. **Teviotdale Harriers**—
J. Jack, 2; J. Brown, 9; I. Anderson, 11.—22 points. J. Scott, 18;
C. Peffers, 12; J. Purves, 31.
4. **Edinburgh Southern H.**—
A. Lumsden, 4; J. Heggie, 12; A.
Ross, 17.—37 points. C. Henderson, 27; I. Thorn, 29; J. Dods, 30.
5. **Gala Harriers**—
J. Dodds, 7; S. Jones, 22; W.
Noble, 25.—54 points. T. A. Fairburn, 26; A. Donaldson, 32.
6. **Edinburgh Northern H.**—
R. Sinclair, 19; I. Welsh, 21; A.
Cross, 24.—64 points. G. Veitch,
28.

Individual Entrants Results—

W. Paxton, Falkirk Vict. H., 3; T.
Stead, Kirkcaldy Y.M., 15; A. E. Y.
Dickson, Braiburn A.C., 24; A. Jones,
Braiburn A.C., 27; H. Kennedy, Braiburn
A.C., 37.

SOUTH WESTERN DIST.**6 MILES C.C.****CHAMPIONSHIP AND
YOUTHS' 3 MILES.**

West Kilbride, 31st January, 1953.

Five Youth Teams faced the starter in conditions that were far from congenial. A very strong cold wind was blowing and it seemed that stamina would play a big part in the result of the race. The trail consisted of road, grassland, and plough. When youths came into view, I. Harris of Beith had a lead of 50 yards over J. Barr of West Kilbride, with J. Howe, Wellpark, about same distance behind. J. McGregor, Renfrewshire Youth champion, who was expected to finish amongst the leaders finished 6th.

The Seniors' race started 15 minutes behind the Youths and at end of 1st lap A. Napier, Paisley, had a lead of 10 yards over T. Stevenson, Wellpark, with J. Stevenson, Wellpark, following close behind. With a bunch of runners another 30 yards in the rear. When runners

came into view T. Stevenson had taken the lead and crossed the line 10 yards ahead of his younger brother, John, with A. Napier another 15 yards behind, to take 3rd place.

The Team Race ended in a tie between Wellpark and Irvine Y.M.C.A. with a score of 102 points each but new rule gave Wellpark victory.

Mr. Richardson, Chairman of District, presented awards to successful competitors, and in a neat speech thanked West Kilbride for carrying out their part and making race so successful.

Details—**Individuals**—

1. T. Stevenson, Wellpark, 38m. 39s.
2. J. Stevenson, Wellpark, 38m. 46s.
3. A. Napier, Paisley H., 38m. 52s.
4. S. Cuthbert, Irvine Y.M., 39m. 04s.
5. D. Lapsley, West Kilbride, 39m. 05s.
6. F. Sinclair, Wellpark, 39m. 30s.

Team Placings—

1. **Greenock Wellpark H.**—
T. Stevenson 1; J. Stevenson, 2;
F. Sinclair, 6; G. King, 7; P.
McLaughlan, 36; R. Beaton, 50.
102 points. D. McSwein, 54.

2. Irvine Y.M.C.A. H.—

S. Cuthbert, 4; D. Andrews, 10;
M. Butler, 12; K. Alexander, 21;
E. Allan, 26; S. Lawson, 29.—
102 points. J. Burgess, 30; F.
Muir, 39; J. Dempster, 45; R.
Blair, 65.

3. Paisley H.—

A. Napier, 3; W. McNeil, 14;
J. Campbell, 17; J. Deveney, 19;
J. Feeley, 20; J. Sellars, 35.—
108 points. T. Fellowes, 44; G.
Lamont, 46; E. McLaughlan, 51;
J. McCallum, 55; M. McFadden,
59; W. Rutherford, 64.

4. Plebeian H.—

A. Smith, 15; A. Small, 16; T.
McQuade, 22; D. Barclay, 27;
P. McDermid, 33; J. McCann, 38.—
151 points. H. Glasgow, 52;
L. Howitt, 57; T. McManhan, 60;
J. McEwan, 61.

5. West Kilbride A.S.C.—

D. Lapsley, 5; T. Coleman, 8;
J. Reid, 25; J. Butcher, 23; R.

McCreadie, 40; D. Adam, 53.—
154 points.

6. **Beith H.**—
K. Phillips, 4; J. Armstrong, 18;
G. Lightbody, 31; H. Walker, 37;
W. Prasher, 41; S. Maxwell, 58.—
194 points. H. Maxwell, 62.

7. Kilmarnock H.—

R. Miller, 13; J. Burns, 28; G.
Wilson, 32; J. McPhee, 42; J.
Roy, 43; T. Tod, 47.—205 points.
D. Todd, 48.

8. Greenock Glenpark H.—

A. McLean, 11; R. Cox, 24; J.
Fraser, 34; J. Grant, 48; J. Carr,
56; A. Deas, 64.—238 points.

Individual Entrants—

N. Austin (Castle Douglas), 16; F.
Gerrish (Ayr A.C.), 39; C. Neil (Ayr
A.C.), 44; J. Cairns (Auchmountain),
52; P. McIntosh (Auchmountain), 54;
J. McLean (Auchmountain), 62; W.
Shields (Auchmountain), 69.

YOUTHS' 3 MILES RACE.

Details

Individuals—

1. I. Harris, Beith Harriers, 21m. 20s.
2. J. Barr, West Kilbride, 21m. 42s.
3. J. Howe, Greenock W'park, 22m. 02s.
4. J. Simpson, Plebeian H., 22m. 07s.

Team Placings—

1. **Greenock Wellpark H.**—
J. Howe, 3; J. McGregor, 6; W.
Docherty, 7.—16 points. T. Carr,
20.

2. Kilmarnock H.—

W. More, 4; I. Colquhoun, 8; R.
Smith, 9.—21 points. R. Reid, 13.

3. Beith Harriers—

I. Harris, 1; A. Hayes, 10; J.
McLeod, 11.—22 points. R. Clark,
15; J. Neil, 17.

4. Irvine Y.M.C.A. H.—

S. Kennedy, 5; J. Wilson, 12; J.
Dunlop, 14.—31 points. J. Ruby,
19.

5. West Kilbride A.S.C.—

J. Barr, 2; A. Richardson, 16; D.
Butcher, 18.—36 points.

Individual Entrants—

J. Simpson (Plebeian), 4; J. Pearson
(Plebeian), 18.

**MIDLAND DISTRICT C.C.
CHAMPIONSHIPS
AND YOUTHS' 3 MILES.
Lenzie, 31st January, 1953.
6 MILES RACE.**

Individuals—

1. E. Bannon, Shettleston H., 30m. 53s.
2. A. Breckenridge, V.P., 31m. 28s.
3. H. Fenion, Bellahouston, 31m. 46s.
4. J. McGhee, St. Modan's, 32m. 02s.
5. H. Kennedy, Bellahouston, 32m. 03s.
6. R. C. Wallace, Shettleston, 32m. 09s.

Team Placings—

1. Victoria Park A.A.C.—
A. Breckenridge, 2; A. Forbes, 7; R. C. Calderwood, 8; R. Kane, 13; N. Ellis, 16; I. Binnie, 24.—**70 points.** C. D. Forbes, 26; J. D. Stirling, 27; J. Ellis, 31; S. Ellis, 40; P. Callaghan, 43; D. McFarlane, 62.
2. Bellahouston H.—
H. Fenion, 3; H. Kennedy, 5; C. Kirk, 17; J. Christie, 28; R. Clunie, 29; C. Milligan, 32.—**114 points.** J. Kelly, 48; A. Jack, 52; G. Bell, 94; P. Livingston, 98; J. McLean, 117; E. Oxburgh, 120.
3. Shettleston H.—
E. Bannon, 1; R. C. Wallace, 6; J. McNeil, 22; T. Walters, 33; J. C. Ross, 34; J. Eadie, 35.—**131 points.** T. Clarke, 54; F. Scally, 66; J. Hamilton, 79; J. McElroy, 87; H. Simpson, 96; W. McFarlane, 97.
4. Maryhill H.—
J. E. Farrell, 11; W. Hannah, 23; T. Harrison, 30; J. Wright, 36; J. Campbell, 41; J. Gibson, 63.—**204 points.** T. K. Wilson, 80; R. Wright, 102; R. McDonald, 106; D. Tait, 110; J. Collins, 114.
5. Springburn H.—
J. Stevenson, 10; T. Lambert, 25; N. McGowan, 39; G. Feeney, 45; J. Morton, 46; J. K. Rankine, 47.—**212 points.** P. O'Reilly, 61; D. Wallace, 64; R. S. McLean, 68; A. Stevenson, 70; J. Wallace, 84; J. Hart, 103.
6. Garscube H.—
A. Kidd, 14; G. A. Dunn, 20; D. Coupland, 51; A. W. Warton, 56; E. Murray, 72; M. Mc-

Gunnigle, 75.—**288 points.** J. Linn, 88; D. G. Causon, 91; A. Gold, 92.

7. Hamilton H.—

J. Finlayson, 12; A. C. Gibson, 18; H. Gibson, 19; G. Craig, 67; D. Wilson, 83; J. Stewart, 90.—**389 points.** R. Spiers, 93.

8. Clydesdale H.—

G. White, 9; J. Higginson, 42; I. Cowie, 55; J. Duffy, 57; P. Younger, 60; D. Stewart, 95.—**318 points.** D. Bowman, 111; W. Howie, 113; F. Keilty, 116; A. Younger, 119.

9. Motherwell Y.M.C.A. H.—

A. H. Brown, 21; M. Mitchell, 50; T. Scott, 65; J. Moir, 82; J. Smith, 121; R. Barnes, 122.—**361 points.**

10. Glasgow Univ. H. & H.—

I. Stewart, 53; P. Ballance, 69; M. Ryall, 71; R. Paterson, 78; G. Bowes, 81; J. Jardine, 99.—**451 points.** J. Gourlay, 118.

11. Glasgow Police A.A.—

K. Sigrist, 37; A. Allan, 58; W. Armour, 77; H. Stephen, 86; J. McGuinness, 100; D. Murphy, 105.—**463 points.** J. Girdwood, 108; A. Williamson, 109; J. McLeish, 112.

12. Cambuslang H.—

W. Green, 15; J. Lyle, 74; A. Fleming, 89; G. Russell, 101; J. Hay, 107; I. Ballantyne, 117.—**503 points.**

Failed to close in—

St. Modan's A.A.C.—

J. McGhee, 4; A. Galbraith, 59; A. Kiel, 73; D. Clelland, 76; P. Donnelly, 85.

Monkland H.—

J. Kerr, 38; J. Glen, 44; F. Bradley, 49; D. McKirdy, 104; J. Murray, 115.

Individual Entrants—

D. Shuttleworth (V.P.A.A.C.), 46; D. McPherson (V. of L.), 54; F. McKay (V.P.A.A.C.), 72; A. Hill (Shett. H.), 74; G. Walker, Dumbarton A.C., 81; M. Morrison (V.P.A.A.C.), 82; G. Cunningham (V.P.A.A.C.), 96; D. Orr (V.P.A.A.C.), 106; P. Ewing (Shett. H.), 110; S. H. Mowbray (Glas. Y.M.), 115; J. Smith (Shett. H.), 122; J. Crawford (Glas. Y.M.), 125; J. McClure (V.P. A.A.C.), 127; T. Short (Shett. H.), 130.

YOUTHS' 3 MILES RACE.

Details—

Individuals—

1. P. McParland, Springburn, 17m. 34s.
2. G. Nelson, Bellahouston, 17m. 34s.
3. S. McLean, Bellahouston, 17m. 52s.

Team Placings—

1. Bellahouston H.—
G. Nelson, 2; S. McLean, 3; J. Connelly, 4—9 points. D. O'Rourke, 8; J. Irvine, 18; I. Leckie, 19.
2. Cambuslang H.—
I. Tierney, 6; B. Morton, 7; W. Mulrooney, 12—25 points. F. Ross, 15; J. Mulrooney, 31.

3. Shettleston H.—

G. Wallace, 5; I. Clousley, 10; J. C. Ross, 11.—**26 points.** I.

**LETTER AND ARTICLE
FROM**

FAMOUS AUSTRALIAN COACH.

Dear Walter,

Here I am back home but most unsettled and nothing done. My personal life has been completely disorganised and I have not written one letter much less an article since returning. In fact, owing to one thing and another I have mislaid some 30 or 40 letters and my police driving licence. Now all this is an alibi why I have not written your promised article on mile running. But as most things happen for the best in this funny old world, or so they say—in the post to-night I received your Scots Athlete and so I sit down to honour my promise. First let me say that my trip abroad, the fellows I met, like your own good self, was a happiness almost inexpressible for me.

That I have been heartened by the good running of Landy goes without saying. Good as Landy has proved himself to be I honestly believe that he is not exceptional in lots of ways. Remember that, until 2 years ago he had not beaten 4m. 30s. for a mile although doing orthodox mile training on the ordinary lines of twice a week. This proved that he was not specially gifted physically. He was not. But he is unusually gifted mentally inasmuch as once committed to a course or task he can carry it out un-

Richardson, 21; F. Linden, 25; W. Gorman, 28.

4. Springburn H.—
P. McParland, 1; E. Rankine, 14; R. Gow, 23.—**38 points.** R. Fisher, 30.

5. Garscube H.—

B. Linn, 9; I. Dougan, 13; G. Paris, 29.—**42 points.** J. Runcie, 26.

6. Dumbarton A.A.C.—

A. Dennet, 16; J. Smith, 17; H. McIntyre, 22.—**55 points.**

7. Maryhill H.—

D. Ross, 24; G. Penrice, 27; I. Tweedy, 29.—**80 points.**

Individual Entrants—

B. W. Drysdale, Monkland H., 9; A. J. Girdwood, Hamilton H., 22; F. D. Kaney, St. Modan's, 23.

remittently. He has amazed me with his consistency. He will train every day for months wet or fine, for from 1 hour to 2 hours and all his training is of the most punishing kind. However I shall deal with this aspect in the article I am going to enclose.

Before I start you will know that Landy has run the mile here in 4m. 2.1s. and 4m. 2.8s. On both these runs he merely set out to see how fast he could run: had no assistance at all after the 880 mark, won both races by 60 to 100 yards, no prize or incentive at all: in the second case ran on a track, clay and marl not prepared at all and with a strong breeze around 20 miles per hour sweeping across the ground and he had to finish up the straight into this wind. That he passed the 1,500 metres mark in this run in 3m. 44.4s., faster than the Olympic 1,500 metres record of Barthel says something. On a still day, some good competition, a track like Motspur Park, a crowd to cheer instead of the few hundreds who watch on our shocking tenth rate ground, boy, Landy would run nearer to 3m. 55s. than 4m. and so could many others, including blokes like Bannister IF they had someone to inspire them and had they really set about conditioning themselves.

Most sincerely,

PERCY W. CERUTTY.

[Sorry readers, article held over to next issue.—Ed.]

ARTHUR NEWTON'S 'BASIC PRINCIPLES'—MORE COMMENTS

Dear Editor,

It was with considerable interest that I read A. F. Newton's article in the November issue of "The Scots Athlete," and while I will give careful regard to his training advice, I feel I must disagree on one important point, i.e., behaviour before a race. He contends that a couple of minutes running to get the circulation moving freely is sufficient preparation immediately before the start of a race. As a humble "harrer" I cannot believe he is correct in this. To my mind it is not a matter of circulation at all. It is largely a case of getting the mind and body acquainted with what it is about to do.

If Mr. Newton has ever watched a championship tennis match he will have noticed that shots (such as drop shots over the net) which score freely at the beginning of a match scarcely get a point in the later stages. This is not because the player's circulation is sluggish (they have had a preliminary knockabout before starting) but because their minds and

bodies are not quite attuned to tennis in the beginning, whereas later, the concentration of mind and co-ordination of muscles work together in perfect harmony so that the players have little difficulty in dealing with these surprise shots. Similarly, most football matches at the start of the game are nothing but mad dashes back and forth, until both sets of players "settle down" and proceed to play cohesive football. Likewise cricketers speak of getting their "eye in" or their bowling "length" when it is really a matter of getting mind and body working together smoothly.

Why then should running be different? Surely a quarter of an hour or twenty minutes spent in running (not fast of course) before the start of a race will ensure that the muscles will have ample warning of what they are going to be called upon to do, at the same time helping the mind to attain the desired state necessary for good results. This, at least, is my opinion.

Yours sincerely,
JAMES DEVENEY
(Paisley H.)

Dear Sir,

On reading over Arthur Newton's article "Basic Athletic Principles," which appeared in the November issue of "The Scots Athlete," two points occurred with which I do not entirely agree.

The first concerned the "training over distance" theory. Surely when training the aim should be to acquire speed as well as stamina. After all, a race is won by the athlete who covers a particular distance in the shortest time. The accent there is evidently on speed, so why ignore speed when training and concentrate on distance and, presumably, stamina alone? In my view, the ideal training schedule would be a blend of the two training methods mentioned, as anyone who really wants to be a successful runner, irrespective of the distance in which he specializes, must possess both speed and stamina to reach the top of the tree.

"In the winter months, from a technique point of view, the sprinter can overhaul starting if that is necessary. Sprinters are too prone to copy the starting positions of Champions, either National, International or Olympic, without due regard to their own special requirements. The type of start employed by a champion will invariably be of sound technical construction but it will have factors suited to the idiosyncrasies of the individual. Certain mechanical principles will be common to all good starting positions, but minor variations will arise based largely on the anatomical and physiological make-up of the sprinter concerned. A start should be tailor made, built to the individual's specifications. In the winter months acquire good technique and in the early outdoor season, by skilful practise, consolidate these winter gains."—WM. DICKINSON, Hon. Sen. Coach; Lecturer in P.E. Scottish School of Physical Education, Glasgow; in "The Athletic Coach."

The other point concerned is what Mr. Newton calls "extraneous exercises." I do not think that deep breathing exercises; exercises for strengthening the stomach muscles and for loosening leg muscles should be termed "extraneous exercises;" I would rather call them essential exercises. Breathing, the action of stomach muscles and the action of leg muscles all play their part when you run, therefore each should be tuned up beforehand to ensure that they function properly. In my opinion it would be sheer folly to run a race without first loosening ones muscles by jogging and preliminary exercises.

Mr. Newton mentioned a not uncommon occurrence of running to catch a bus. Everyone who has had the

misfortune to do this is fully aware of the state of exhaustion even a short sprint leaves one. This, without a doubt, is due to the sudden impulse of forcing an unprepared body to run faster than it is used to. Exactly the same thing could happen in a race if the athlete had not prepared for it by a few simple loosening exercises, jogging, etc.

I have watched numerous first class athletes and, almost without exception, they indulge in some form of exercise before thinking about running a race. This in itself is proof that such exercises are anything but extraneous.

Yours faithfully,
TREVOR C. COLEMAN.
(West Kilbride A.S.C.)

RENFREWSHIRE 7 MILES C.C. CHAMPIONSHIP

Greenock, 17th January, 1953.

Details—

Individual Placings—

1. H. Kennedy (Bella. H.), 37m. 56s.
2. A. Napier (Paisley H.), 38m. 22s.
3. T. Stevenson (G. W'park), 38m. 26s.

Team Placings—

1. Bellahouston Harriers—

H. Kennedy, 1; H. Fenion, 4; C. Kirk, 8; J. Kelly, 11; J. Christie, 12; C. Milligan, 13.—49 points.
R. Climie, 15; G. Bell, 26; A. Jack, 31; P. Livingston, 32; S. Benzie, 39; E. Oxburgh, 43.

2. Paisley Harriers—

A. Napier, 2; J. Devaney, 9; J. Feeley, 14; J. Campbell, 16; W. McNeil, 17; A. Duncan, 20.—78 points.
J. Sellers, 21; T. Fellowes, 28; J. McFadden, 34; E. McLaughlan, 41; W. Rutherford, 45.

3. Greenock Wellpark Harriers—

T. Stevenson, 3; J. Stevenson, 5; F. Sinclair, 6; G. King, 7; P. McLaughlin, 25; R. Beaton, 36.—82 points.
D. McSwein, 38; D. Anderson, 40.

4. Glasgow Police A.A.—

A. Allan, 18; W. Armour, 19;

K. Sigrist, 23; H. Stephen, 29; W. McGuiness, 33; J. McLeish, 39.—159 points. J. Girdwood, 42.

5. Greenock Glenpark Harriers—
A. McLean, 10; R. Cox, 22; J. Grant, 24; J. Fraser, 27; J. Taft, 35; A. Deas, 44.—162 points.

Individual Entrants—

T. McQuade (Pleb.), 17; A. Small (Pleb.), 18; D. Barclay (Pleb.), 20; J. Cairns (Auchmountain), 33; A. Douglas (Kilbarchan), 40; J. G. McLean (Auchmountain), 46; W. Shields (Auchmountain), 49; D. Mangan (Auchmountain).

YOUTHS' THREE MILES.

Details—

Individuals—

1. J. McGregor (G. W'park), 15m. 1s.
2. C. Kennedy (Bella. H.), 15m. 2s.
3. S. McLean (Bella. H.), 15m. 7s.

Team Placings—

1. Bellahouston Harriers—

C. Kennedy, 2; S. McLean, 3; G. Nelson, 4.—9 points.
S. Connolly, 5; D. O'Rourke, 7; S. Irvin, 8.

2. Greenock Wellpark Harriers—

J. McGregor, 1; J. Howe, 6; W. Docherty, 9.—16 points.
T. Carr, 10.

Individual Entrants—

J. Simpson (Pleb.), 6; I. Legkie (Bella. H.), 11; J. Campbell (Auchmountain), 13; A. Clenaghan (G. Glenpark), 14.