

## "Track & Field News."

We are indebted to Cordner Nelson and "Track & Field News" for the excellent study on Emil Zatopek published. Though most of our readers will know of the races and incidents recalled, this is an essential coverage of the track career of the distance running genius right up to-date; most readable and yet a great reference. It was published first in "Track and Field News" in the feature "Profile of a Champion" in December, 1953.

To all our readers who want to keep well informed on U.S.A. and World Athletics we advise them to become regular readers of "T. & F. N." produced by brothers Bert and Cordner Nelson (who by the way are very proud of their Scots descent). There is still great difficulty in sending money-orders direct from Britain to U.S.A. but fans should let their U.S.A. relatives or friends know there could be no more delightful present than a year's supply of "T. & F. N." The annual subscription is 3 dollars. Address: Track & Field News, P.O. Box 296, Los Altos, California.

## Eastern C.-C. League.

With Edinburgh University winning the final race they also won the League with a total of 200 pts. 2nd were Edinburgh Southern with 212 pts., 3rd Falkirk Victoria 417 pts., 4th Braidburn A.C. 446 pts. A. S. Jackson, Edinburgh 'varsity is to be congratulated on winning all three races.

★ ★ ★

## Midland Race Times.

A progressive note at the Midland District Championships was that times were recorded for each runner to finish. We cannot publish all times but record them at each ten.

10th pos.—33m. 32s., 20—34m. 13s., 30—34m. 35s. 40—35m. 25s., 50—35m. 53s., 60—36m. 55s., 70—37m. 21s., 80—37m. 49s., 90—38m. 32s., 100—39m. 07s., 110—39m. 49s.

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Vol. 8, Nos. 8 & 9.

# THE SCOTS ATHLETE

PRICE  
6D



Photo by G. S. Barber.  
HARRY PENION (Bellahouston Harriers) a former Scottish Youths champion, winning the Midland District 6 miles C.C. championship.

### JOHN EMMET FARRELL'S RUNNING COMMENTARY.

EMIL ZATOPEK by CORDNER NELSON  
WHAT IS TRAINING by ARTHUR NEWTON  
COMPLETE RACE DETAILS.

## S.W.A.A. Notes.

The first five women to finish in the National Championship race to be held at Dunfermline on 27th February over 2½ miles cross-country will be selected for the international race at Birmingham on 20th March. Mrs. Thursby (Ayr) will act as team manager.

The 1954 track championships are to be held at New Meadowbank on 12th June.

## \* \* \* International Floodlight Meeting.

The S.A.A.A. Empire Games Appeal Fund Committee are planning to hold an International Athletics Meeting by Floodlight on Friday evening 2nd April, at Ibrox Park. The contest to be between England, N. Ireland and Scotland. Leading continental athletes will also be invited. Over and above there will be open handicaps and Ladies events. This floodlight meeting should be a tremendous send-off to the Scottish track season.

## \* \* \* Scotland Versus England.

At the mammoth Scotland versus England Football Match at Hampden Park, Glasgow, on April, 3rd another great international tussle will take place. 6 runners will take part in a challenge 3 miles scratch race. Three Scots and three Englishmen. The Scottish trio is likely to be Eddy Bannon, Ian Binnie and John Stevenson. The Leeds St. Marks runner A. S. Jackson now at Edinburgh 'varsity will be one of the English trio, the other two to be invited selected from W. Bock, F. Green, Jim Peters, F. Norris and F. Sando.

There's going to be a real "Hampden roar!"

## \* \* \* Glasgow Police Sports.

Through a tremendous link-up of television net-works throughout the continent the famous Glasgow Police Sports on June 12th will go on show to the whole of Europe. The meeting promises to be the

finest yet held with many of the world's greatest athletes participating.

## Ayrshire Harriers Clubs Association.

The A.H.C.A. Senior 6 miles and youths' 3 miles championships were held at Kilmarnock on 23rd January, 1954.

D. Lapsley, W. Kilbride completed the first ever hat trick in the Senior Event his time being 34m. 40s. He was followed home by S. Cuthbert, Irvine Y.M. with G. Adamson, W. Kilbride 3rd.

The team title went to Beith Harriers who have been improving with every outing.

In the Youths Race J. Barr, W. Kilbride won from A. Blackley, Irvine. Irvine, however won the team title with W. Kilbride 2nd.

## \* \* \* Senior Team Details:—

1. Beith Harriers. (G. Lightbody, 4; I. Harris, 6; K. Phillips, 7; J. W. Armstrong, 10; S. Maxwell, 13; A. McGookin, 19). 59 Pts.

2. Irvine Y.M.C.A. (S. Cuthbert, 2; K. Alexander, 5; D. Andrews, 8; J. Leask, 14; E. Allen, 18; J. Lawson, 22). 69 Pts.

3. Kilmarnock H. (J. Martin, 9; W. Morton, 11; J. Burns, 12; G. Martin, 15; J. Young, 16; D. Todd, 17). 80 Pts.

4. W. Kilbride A.A.C. (D. Lapsley, 1; G. Adamson, 3; J. Colvin, 25; J. Reid, 29; J. Kavanagh, 30; J. Palmer, 38). 126 Pts.

## Youth Details:—

1. Irvine Y.M. (A. Blackley, 2; S. Kennedy, 4; R. Kennedy, 5). 11 Pts.

2. W. Kilbride A.A.C. (J. Barr, 1; J. Bryants, 10; A. Richardson, 12). 23 Pts.

3. Kilmarnock H. (G. McLeod, 3; R. Reid, 9; A. Boyter, 15). 27 Pts.

4. Beith H. (C. McCafferty, 14; I. Gordon, 11; J. Neill, 16). 41 Pts.

## THE SCOTS ATHLETE

TO STIMULATE INTEREST IN  
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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FEBRUARY, 1954, Vol. 8, Nos. 8 & 9.

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JOHN EMMET  
FARRELL'S

ONCE again we reach the grand finale of the cross-country season and a most interesting season it has been. Perhaps runners of the exceptional class of Bannon and Binnie have not emerged, yet a more rigid training schedule seems to have produced a higher standard of potential Internationals of above average class.

This belongs to the credit side of the sport, yet there is unfortunately a corresponding debit side. Whereas some clubs have managed to retain much of their enthusiasm others are in the doldrums, lacking both numbers and zeal and are hard put to raise a full team for their engagements. Recruits are not joining in the desired numbers. Cross-country running is a most enjoyable and exhilarating sport for the fit athlete whether or not he is a racing enthusiast but there is an initial apprenticeship to be endured which may be a trifle boring before the exhilaration of fitness is achieved and the problem is how to ease this novitiate period.

## Falling off of Muster Runs.

There seems to be less enthusiastic support of muster and inter-club runs—perhaps the most enjoyable part of the sport where a change of company and a change of scenery are additional advantages.

## The Championships.

A remedy is needed, but for the moment let us forget recriminations and discuss prospects for what promises to be one of the most interesting series of Scottish championships we have had for some time.

First of all a word about the Youth's championships.

## Youth's Championships.

For the individual title I rather favour the chances of tall well-built Gordon Kerr of Victoria Park who broke record in the annual youths race at Clydebank and a few weeks ago won the Midland title from that other big strong runner I. Cloudesly of Shettleston who may again be chief rival in the more important title race; yet there are good reports to hand from the East of

W. H. Watson (Edinburgh Varsity) while J. Simpson (Plebeian)—the South Western winner must be reckoned with.

Braeburn and Shettleston may fight out the team issue, but Springburn led by E. Sinclair have a well-balanced team as have the Blackley led Irvine Y.M.C.A.

#### Junior Championship may be best Race.

The best race of the three may well be the Junior Championship (18—21 years) over 6 miles.

For the individual title the following candidates are of senior class. A. Jackson, (Edinburgh Varsity), J. McLaren (Shotts Welfare), N. Ellis, (Victoria Park) and A. H. Brown (Motherwell Y.M.C.A.). In addition there is J. Paterson (Edinburgh Southern) and P. McParland, (Springburn Harriers) last year's national youth champion an exceptionally classy runner who should take a leading place despite making his junior debut.

#### Ex-Internationalist's son running well.

A son of Jim Ross the old Shettleston International running with McParland in Northern Command is showing promise of following in father's footsteps and should finish well up.

Jackson, McLaren and Ellis are to my mind the three outstanding juniors and may finish in the order named.

#### English Runner may take Junior Title.

Jackson, a North England student at Edinburgh University is an athlete of exceptional talent and suffered his first defeat of the season by W. A. Robertson—the brilliant Edinburgh Southern runner in the Eastern District Championship and that by only a margin narrow after a wonderful race.

#### McLaren, Sensation of the Season.

J. McLaren of Shotts Welfare who may be Jackson's most serious rival is to my mind the sensation of the Scottish cross-country season. By finishing a good second to Harry Fenion in the recent Midland test he showed that his second to Bannon in the Lanarkshire Championship was no fluke. For a runner muscularly handicapped in one arm his negotiation of fences and obstacles at Lenzie in the

atrocious weather conditions prevalent was little short of uncanny.

#### Hamilton should suit Ellis.

Norrie Ellis of Victoria Park another grand junior seems to have fallen away a little recently but bad weather conditions may have affected him more than others and his easy striding action may be more suited to Hamilton race-course with its better opportunity for fluent running.

The team title looks very open but Shettleston Harriers may win with all-round strength.

#### Hat-trick for Bannon?

On the score of class I must again take Shettleston's Eddie Bannon to win the individual title and so score a hat trick of national title wins.

The main doubt and talking point is the champions toe injury which has been troubling him and retarded his training, but now that he is back in full harness I find it difficult to oppose him.

#### Stevenson, chief Danger?

For the position of runner-up and the man who could take most advantage of an under-par Bannon I nominate John Stevenson of Greenock Wellpark—3rd last year to Bannon and Forbes. Stevenson—fast, smooth and strong may prefer the top of the ground to the heavy going.

#### Take 12 runners and Permutate.

I feel fairly confident that I could nominate twelve runners from whom the bulk of Scotland's International nine would emerge but the question is who will finish in first six or in the first nine?

Again and again have I marked out my fancy for the first 7 and the first 12.

#### First Seven Fore-cast.

Without no marked degree of confidence I place the first seven in the following order:—

1. E. Bannon (Shettleston Harriers),
2. J. Stevenson (Greenock Wellpark),
3. R. Reid (Birchfield), 4. T. Tracey (Springburn), 5. J. McGhee (Shettleston Harriers), 6. H. Fenion (Bellahouston Harriers) 7. W. A. Robertson (Edinburgh Southern).

#### Keen Fight for Tail Places.

For the two remaining places there may be a keen fight for places between Internationals Archie Gibson of Hamilton Harriers, Clark Wallace Shettleston Harriers and Tom Stevenson of Greenock Wellpark and those greatly improved runners Ronnie Kane of Victoria Park and Gordon Dunn of Garscube Harriers.

While I expect Scotland's nine from the above the following runners of good class could provide the odd surprise if one or two could rise above themselves.

Victoria Park stalwarts Jim Ellis (an ex-International) Jock Stirling and Chic Forbes, Jock Reid of Birchfield brother of ex-champion Bobby. The much improved McKenzie of Forres and Laurence of Teviotdale. J. Eadie and W. Gallagher of Shettleston, Alex Kidd of Garscube who like Jim Ellis has already achieved International status, Charlie Robertson of marathon renown and versatile Bob Climie and J. Stevenson of Springburn a good reliable runner.

For good measure we might add the names of veterans Alex. McLean, Harry Howard and self, although the recent form of those three runners does not inspire confidence that any one of them can create a surprise by "gate-crashing" the first nine.

#### Temperament and Conditions.

The factors of temperament and weather conditions are often an influence. The big occasion overawes some and inspires others while heavy or light going affects others. Hamilton race-course is a fair test however. It is a fast course yet is testing enough by virtue of the long climbs up the loop of the race course.

#### The Position of Binnie.

I did not discuss Binnie's prospects for the simple reason that the Victoria Park crack is allegedly not interested in selection for the International and may prefer to make a sterner bid in the English National a week hence.

Yet he is keen to help his club to another National team title and if he does not, along with Stevenson, rate as Bannon's chief rival he should easily find a place in the first six.

#### Victoria Park and Scotland will miss Forbes.

Andrew Forbes, below par and under doctor's orders is not likely to take part in serious competition this season at least. Not only his club Victoria Park but his country Scotland will miss his services. One recalls his splendid 2nd to Bannon in last year's National and his perhaps even greater 12th in the International at Paris.

Still I believe Victoria Park can still pull off the team title from an even stronger Shettleston who still lack the services of Joe McGhee and Willie Gallagher.

#### Rise of Ken Norris.

In England, the chief talking point is the sensational rise of Ken Norris of Middlesex and Northern Command who bids fair to take over the mantle of the illustrious Gordon Pirie so far as cross-country is concerned. His inter-counties win and his notable victories on the continent must make him favourite to win the English title vacated by Pirie and there is a strong whisper that he will be a strong candidate for the International title to be held at Romford race-course Birmingham.

#### England's Strong Team.

England with men of the class of both Ken and Fred Norris, Len Eyre, Sando, Gray and Walker and with the added confidence of recent continental victories will be hard to dispossess as International champions.

Frank Sando is a remarkable little runner and must surely be the champion runner-up of all time. By no means a Sando in strength he is a natural runner of class with the heart of a lion and a victory by him in a big race would be applauded by all sportsmen.

In the wider sphere there have been the usual interesting tit-bits.

Zatopek's victory by a full minute over such a class runner as Mihalic—present International cross-country champion in the spectacular 4½ miles San Paulo road race underlines his exceptional class. Now we learn that he will not be able to attempt a triple victory in the European Championships as he did in the Helsinki Olympics because the programme is not sufficiently spread out. He will concentrate on the

5,000 and 10,000 metres.

I now fully expect Jim Peters to emulate Jack Holden and win the European Marathon title.

Peters continues to run in rollicking style. His record Morpeth, his Wigmore 15, his club championship course record are most impressive.

In the shorter cross-country events his comparative lack of initial speed losses him distance but he is galloping on at the finish when others have had enough.

It will be interesting to see if the versatile distance star can again make England's team by finishing in the first nine in the National.

#### Landy's Miles.

The amazing relentless miling of Australian John Landy has captured the imagination but at last he seems to have lost his kick and no wonder. Has there ever been a runner who turned in so many class miles in such close proximity?

#### The Programme of Pirie.

Gordon Pirie though eschewing the longer cross-country races continues to monopolise attention. His domestic problems, his German coaches, his plans for next season, his extending period of training all claim attention yet he demonstrates that he is no mere theorist by cantering home in the special short distance cross-country-cum-track race over approximately 2 miles by outpacing a select field including world 2 mile record-holder Gaston Reiff.

Pirie looks forward to combat with Zatopek. He is not alone in that respect.

#### Bannister & Chataway.

The question is not where do flies go in the winter time but where do runners of the class of Bannister and Chataway go? That is to say in the training sense. They disclaim the relentless training schedules of the Pirie, Peters, Binnie, Zatopek school—alleging that such programmes would blunt their freshness of approach, dim their sparkle, take away their effervescence, yet I imagine that even they do more and harder training than many people

have a point. Now that training is beginning to reach saturating point the problem will be to combine the work of the beaver, the industry of the ant with the relaxation of the cat, to reach the point of physical and mental fitness.

#### Beith Harriers Ballot Team Race.

1st January, 1954.

61 Runners in 15 teams, a record entry for post war years, faced the Starter, in good conditions.

The 1st Prize of an Oak Tea Trolley was won by E. Bannon, Shettleston in 20m. 37s., 20 secs. outside A. Breckinridge's record. H. Fenion, Bellahouston was 2nd in 21m. 01s., A. H. Brown, Motherwell, 3rd in 21m. 08s. and 4th R. C. Wallace, Shettleston in 21m. 11s. Local runners G. Lightbody and K. Phillips were prominent in 8th and 11th places respectively.

Winning Team was:—

A. H. Brown, Motherwell, 3; D. Lapsley, W. Kilbride, 7; S. Ellis, V.P.A.A.C. 14. 24 Pts.

(Continued from page 7)

had lost a basic principle of health by overstepping the mark. Even then, a few days' easier work would put him right again. So long as he remained healthy and hungry and sufficiently energetic he should put in every bit of practice possible, though always at somewhat less than competitive tension. Would you call that "moderate"? Try it and you'll soon know. (Yes, I tried it, so I know too).

For the man who wants to excel, then, what does training amount to? Certainly no "easy" or "slow" work, nor any sideshows in the way of special exercises. I should say it was hard and intensive work at his chosen event to as great an extent as he dared undertake: so long as he kept

## WHAT IS TRAINING?

By ARTHUR F. H. NEWTON.

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

WE were recently told that one of the best foreign coaches considered the word "moderation" should be used rather than the word "training" if a fellow wants to get among the winners at athletic events. On the surface that sounds quite congenial and useful, and so perhaps it might be if the standard in athletics were what it was forty years ago. But as things are today it strikes me as absolutely futile. I'll tell you why.

It's always being rubbed into us that training is "building up." Certainly that is what we expect from it and, if it is carefully followed, that's what eventually occurs. But, and it's a very large "but," every single time you indulge in any exercise, or even think, you are using up energy—i.e. "breaking down"—and unless you take jolly good care to use up more than your immediate supply will willingly part with, the necessity for such extravagant use won't appear, and your system therefore won't make any provision for it. Consequently, if you want to arrive among the best exponents at your event, you've got to get through a mighty lot of work, very much more so than any "moderate" course would ever permit. Moderate forsooth! Do you call the crack performance of a champion "moderate"? You know jolly well that it's anything but that; and, knowing it, you are aware that you've got to be far more than merely moderate to reach the same stage, let alone a higher one! For myself, I would banish the word "moderate" almost entirely from the training schedule of a man who meant to get anywhere worthwhile.

I'll tell you in plain language what my idea of training would be in such a case. The man should be perhaps on the moderate side for a few days at the start if he

day after day, six days in the week, practising practically nothing but his actual event or the extensions—or-otherwise required by it. For many weeks, perhaps even longer, this would make him a distinctly tired man with little spare energy for anything but his actual training. Any-way, unless he were prepared to punish himself like that he'd not have much chance against his rivals who have already done so. There'd be only one thing he'd have to keep in mind all the time; and that is that no matter how tired he made himself each day it should not be allowed to get beyond the stage where a night's rest didn't make him capable of approximating again the work of the day before.

As I say, every time he goes out he is definitely "breaking down" his energy reserves, but he can leave it to the night's sleep to do the necessary building up. When his muscles are continually called upon for extra work, the system will in time respond and build them up to undertake it. But the system is no fool, and unless you continually apply the whip it will refuse to recognise the necessity for out-size provision. Compel it to get through more work than it would ever dream of if left to itself, and when it recognises that there's going to be no "let up"—bar perhaps one day in seven and another occasional unexpected one—it will get busy on its fortifications to withstand the strain.

I note one of our coaches says "an overdose of training will destroy rather than build." Well, perhaps so, but it all depends on what you call an overdose. The man who is out for championships has to take a considerable overdose almost every day. So long as he remains healthy he needn't worry much how great the overdose is, if it is altogether too much

## DISTRICT CROSS-COUNTRY CHAMPIONSHIPS

### EASTERN DISTRICT CROSS COUNTRY CHAMPIONSHIP Falkirk, 6th February, 1954.

The Senior 6 miles race proved a real thriller for the individual title. 2 runners A. S. Jackson, E.U.H.H. and W. S. Robertson, E.S.H. went right into the lead, and ran shoulder to shoulder throughout the race. Coming through the gate 400 yards from home, Robertson made his effort, and opened a very slight gap which Jackson just could not close, and so for the second time in the afternoon a favourite was beaten. The expected close race for the team title did not materialise through the inability of the Southern runners to take advantage of the splendid advantage Robertson and Paterson (1st & 3rd) had given them. Edinburgh University's fine team packing carried them through to a popular victory. Falkirk V. H. ran well to take 3rd place, and are one of the most improved clubs in the East District.

The Youths Championship saw Braidburn A.C. retain the title very narrowly from E. N. Harriers. In fact a total of only 7 points covered the first 4 teams. The individual winner W. H. Watson, E.U.H.H. caused a surprise, by finishing in front of last year's winner and runner up.

### 6 MILES. (FRASER TROPHY)

Details:—

#### Individual—

- 1.—W. A. Robertson, (Ed. S.H.) 37m. 08s.
- 2.—A. S. Jackson (Ed. Univ.) 37m. 11s.
- 3.—J. V. Paterson (Ed. S.H.) 38m. 16s.
- 4.—A. J. Crawford (Falkirk) 38m. 24s.
- 5.—G. W. Jackson (Falkirk) 38m. 32s.
- 6.—J. B. Wilkinson (Ed. N.H.) 38m. 42s.

#### Team Placings—

1. Edinburgh University H. &H. A. S. Jackson, 2; H. A. Cumming 8; A. N. C. Horne, 9; J. Crawford, 10; J. W. Brydie, 13; A. K. Ravenscroft, 25.—67 Pts. T. N. Allsup, 34; T. M. Holmes, 55.

2. Edinburgh S. H. W. A. Robertson, 1; J. V. Paterson, 3; W. Grant, 18; J. Robertson, 20; J. Smart, 21; J. Dinning, (E.E.H.).

24.—87 Pts. H. Robb, 28; T. Henderson, 30; H. S. Millar, 40; N. Ross, 54; J. Heggie, 64; G. Reid, 86.

3. Falkirk V. H. A. J. Crawford, 4; G. W. Jackson, 5; J. Paterson, 16; R. A. Sinclair, 22; T. Blackhall, 29; A. Cook, 33.—109 Pts. J. Robertson, 53; T. D. Todd, 71; D. Clelland, 81.

4. Dundee Thistle H. I. Watson, 12; C. D. Robertson, 14; H. Irvine, 19; A. McIntosh, 31; J. Lowis, 37; D. Millar, 39.—152 Pts. J. Miller, 48; R. Spalding, 50; A. S. Francis, 61; P. Taylor, 79; E. King, 83.

5. Strathtay H. R. Holmes, 27; F. W. Sime, 32; J. Paterson, 44; J. Dick, 52; I. Newton, 59; F. Smillie, 63.—277 Pts. J. Afflick, 68; R. Elder, 70; J. Jenson, 80; S. Leitch.

6. H.M.S. Caledonia J. Flowerday, 43; B. Phillips, 46; V. Dinnis, 51; R. A. Osment, 56; J. F. Taylor, 57; B. W. Belsham, 60.—313 Pts. P. Smerdon, 62; W. Rich, 65; J. C. Brown, 67; B. J. Jones, 78.

7. Teviotdale H. G. Wright, 36; H. Lawrence, 45; G. McDavid, 69; R. Scott, 72; J. Brown, 73; R. Morrison, 75.—370 Pts. R. Dryden, 77.

8. 3rd A.A. Group W.S. R.E.M.E. Cfn. Duncan, 41; L/Cpl. McIntosh, 66; Cfn. Smith, 74; Cfn. Adams, 81; Cfn. Andrews, 87; Pte. Hughes, 89.—438 Pts. Cfn. Clements, 90; S/Sgt. Douglas, 91; Cfn. Bristow, 92; Cfn. Dray, Cfn. Woodgate, Cpl. McCallum.

#### Individual Entrants—

J. B. Wilkinson E.N.H. 6; W. Lindsay (Gala H.), 7; J. Hamilton, (E.E.H.), 11; P. Husband (K.Y.M.C.A.), 15; C. Fraser (E.E.H.), 17; H. Phillip, (E.E.H.), 23; J. Corbett (B.A.C.), 26; R. Baird, (D.H.H.) 35; N. Donachie (B.A.C.) 38; R. Rollo (E.E.H.), 42; W. Adamson (D.H.H.) 47; J. K. Hislop (B.A.C.), 49; J. Kidd (D.H.H.) 58; A. N. Pringle, (E.N.H.), 76; R. E. Sinclair (E.N.H.), 82; G. Parley (E.N.H.), 84; T. Parley (E.H.N.), 85; J. Devlin (E.E.H.).

### YOUTHS 3 MILES.

#### Individual—

- 1.—W. H. Watson, (Ed. Univ.) 21m. 50s.
- 2.—J. Jack, (Teviotdale H.), 22m. 05s.
- 3.—R. Gordon, (Falkirk V.), 22m. 10s.
- 4.—I. Drevor, (Braidburn),... 22m. 15s.

#### Team Placings—

1. Braidburn A.C. I. Drevor, 4; J. Putherer, 10; J. McLean, 15.—29 Pts. I. M. Campbell, 18; J. Hepburn, 27; J. Shields, 29.

2. Edinburgh N.H. T. R. Boyd, 6; G. Veitch, 9; J. Fowler, 19.—34 Pts. I. Welsh, 28; W. Y. Simpson, 37.

3. Falkirk V.H. R. Gordon, 3; G. Chalmers, 12; G. Rankine, 20. 35 Pts. A. Heeps.

4. Strathtay H. D. Innes, 5; J. Toole, 14; J. Christie, 17.—36 Pts.

- 5.—Edinburgh S.H. A. Ross, 8; P. McIsaac, 21; D. J. Martin, 22.—51 Pts. H. Curran, 24.

6. H.M.S. Caledonia. E. C. Johnston, 11; R. H. Hughes, 16; M. W. Holt, 26.—53 Pts. D. Don, 31; P. R. Marshall, 32.

7. Teviotdale H. J. Jack, 2; W. Yule, 23; W. Riddle 33.—58 Pts. A. Amos, 36; W. Amos, 38; J. Short, 39.

8. George Heriot's School J. F. Williams, 13; J. R. Allan, 30; C. Cushley, 34.—77 Pts. N. G. A. Anderson, 35; C. J. Mort, 41.

#### Other Individuals—

J. Dodds (Gala H.), 7; A. Smith (D.H.H.) 25; C. Christie (D.H.H.), 40; J. Smith (D.H.H.); J. Heggie (D.H.H.).

### MIDLAND DISTRICT C.C. CHAMPIONSHIPS

Lenzie, 6th February, 1954

### 6 MILES RACE.

#### Individuals—

- 1.—H. Fenion, (B'houston), 31m. 34s.
- 2.—J. McLaren, (Shotts A.C.), 31m. 49s.
- 3.—T. Tracey, (Springburn), 32m. 12s.
- 4.—J. McGhee, (Shuttleston), 32m. 35s.
- 5.—R. Kane, (Victoria Park), 32m. 40s.
- 6.—G. A. Dunn, (Garscube) 32m. 59s.

#### Team Placings—

1. Victoria Park A.A.C. R. Kane, 5; N. Ellis, 11; J. Ellis, 13; C. Forbes, 14; C. Sharpe, 15; J. Stirling, 19.—77 Pts. F. McKay, 55; D. McFarlane, 62; A. Ross, 74; D. Shuttleworth, 78; P. Callaghan, 87; R. Issatt, 111.

2. Shuttleston H. J. Eadie, 7; R. C. Wallace, 12; F. Scally, 17; H. Fox, 22; J. Moore, 27; T. Walters, 30. 115 Pts. J. McElroy, 31; S. W. Pollock, 35; H. M. Simpson, 70; A. Hill, 80.

3. Springburn H. T. Tracey, 3; J. Stevenson, 18; T. O'Reilly, 28; G. McKay, 29; J. Ballantyne, 41; A. Stevenson, 43. 162 Pts. D. Wallace, 48; D. Fyffe, 58; J. C. Morton, 61; J. Crawford, 75.

4. Garscube H. G. A. Dunn, 6; S. Horn, 20; A. Kidd, 25; F. Robertson, 46; B. Linn, 47; E. S. Murray, 53;—197 Pts. I. Dougan, 66; W. J. Ross, 83; D. G. Causon, 86; A. Warton, 94; A. Gold, 98; J. Backhouse, 118.

5. Bellahouston H. H. Fenion, 1; R. Clime, 16; J. Kelly, 38; G. Bell, 56; I. Leckie, 69; A. Jack, 73.—253 Pts. T. Mercer, 84; R. Wilson, 92; J. McLean, 93.

6. Glasgow Univ. G. Bowes, 33; P. Ballance, 36; G. A. Sim, 52; S. Campbell, 59; J. Harkin, 65; M. Lyall, 79.—324 Pts. J. Rose, 85; C. Laird, 100; T. Robertson, 103; B. G. Macnamara, 106; A. Downie, 122; R. Clark, 123.

7. Maryhill H. J. E. Farrell, 21; T. Harrison, 23; T. K. Wilson, 57; T. Gibson, 68; R. McDonald, 76; R. Wright, 82.—327 Pts. T. Brymner, 96; G. Porteous, 99; J. Collins, 121.

8. Cambuslang H. B. Morton, 32; A. Fleming, 40; G. Russell, 54; W. Mulrooney, 78; I. Tierney, 97; A. Mathie, 104.—405 Pts. J. McGovern, 105; R. McKendrick, 120,

9. Vale of Leven. R. Campbell, 49; J. Ferguson, 71; J. Garvie, 89; W. Crowe, 90; F. Lacey, 102; H. Garvie, 113.—514 Pts.

#### Failed to close in—

Glasgow Police A.A. W. Laing, 44; W. Armour, 107; G. Wilmott, 108; J. McLeish, 116; H. Steven, 117.

or regained the lead, and on the last lap he put on such a kick that Reiff was killed off and only finished third. Zatopek's 14m. 03s. was his fastest time ever. Though deserving a rest, he went to Finland and won the 10,000 in 29m. 54.6s. The next Day (August 31st) he won the 5,000 under pressure in 14m. 05.2s. Thus, in one month he had chalked up the two fastest 10,000 metres plus the second, third and fourth fastest 5,000 metres of all time! For the year he was undefeated in all 32 of his races, 6 at 3,000, 19 at 5,000 and 7 at 10,000. He ranked No. 2 in the 3,000 where his fastest time was 8m. 16s., and No. 1 in the others. In the 5,000 he clocked 7 marks under 14m. 20s., and 14 under 14m. 30s. In the 10,000 he had only one race slower than 30 minutes—30m. 02.4s.

1951 found Zatopek, now hailed as the greatest distance runner, giving up his winter running in favor of a series of sitting-up weight exercises. As a warm-up he put 4.4-pound weights on his feet and, lying on his shoulder blades, "rode the bicycle" for 60 revolutions of each leg. Then he did 30 deep knee bends. Immediately, he went into the main body of his exercises, which consisted of 100 revolutions with each leg followed by 50 knee deep bends, each repeated ten times. He then had a warm-down which was the same as the warm-up. Following this gentle exercise, he went into one solid hour of knee raising against the resistance of a wall-exerciser. He now admits this type of training was wrong, but only because he failed to exercise his lungs. At any rate, 1951 was a "poor" season. He ranked only 9th in the 3,000 with a 2-1 record and a best time of 8m. 17.6s. He ranked only second in the 5,000, although he was undefeated in 9 races and had a best time of 14m. 11.6s. He did run 29m. 29.8s. and win two 30.m 01s. races to rank No. 1 in the 10,000, but it was not until September that he boosted himself even one notch higher on the list of greats. He broke the world's record for the one hour run, covering 12 miles 268 yards. His 20,000 metre time also broke the record to 1h.

01m. 16s., with his first 10,000 in 31m 05s. and the second in 30m. 11s. Then, on September 29 in Czechoslovakia, he ran another one hour race which was to erase any remaining doubts as to his greatness. He upped his own one-hour record to 12 miles, 809 yards (20,052 metres). In that race he also took possession of the 15,000 metre record (44m. 54.6s.), the 10 mile record (48m. 12.0s.), and the 20,000 metre record (59m. 51.8s.). It was this last which caught the imagination of track fans; imagine a 29m. 53.4s. 10,000 followed by one in 29m. 58.4s! This was half the marathon distance; people began to believe Zatopek might run the Olympic marathon. (Track and Field News had already picked him to win it.) although he had not yet thrown his hat into the ring.

one fifth faster than his Olympic time. His Olympic 29m. 17s. was his best of six 10,000 metre times. He ran 29m. 34s. at Warsaw the day after running 14m. 19.8s. His Olympic marathon time, 2h. 23m. 03.2s. was the fastest ever for an out-and-home course, but has since been bettered by Jim Peters. Three weeks after his season had ended, Zatopek went to Vienna to celebrate his joining the communist party. He broke records for 15 miles (1h. 16m. 26.4s.), 25,000 metres (1h. 19m. 21.8s.), and 30,000 metres (1h. 35m. 23.8s.).

1953 was the year Zatopek intended to break the 5,000 metre record and he trained hard all winter, but a severe case of sciatica confined him to bed. Reports from Czechoslovakia state that anyone but Emil Zatopek would have missed at least a year of competition, and most would have quit altogether. But Zatopek used all his amazing will power and practiced indoors, fighting off pain while the doctors thought he was in bed. Gradually he began to walk, and then to run. By the end of May he was competing. He lost a close 3,000 to Jungwirth on June 2nd, but continued hard work brought him down to 14m. 11.4s. Then the World Festival at Bucharest brought him up against the toughest field of 5,000 metre runners ever assembled. Kuts led at 1,000 metres (2m. 46s.) by 15 meters, with Anufriev already in trouble. After 3,000 metres in 8m 24s., Kuts tried to run Zatopek into the ground, building up a 40 metre lead at 4,000 metres, where Kovacs passed Zatopek. With two laps to go, Zatopek began to move. He cut the lead to 25 metres with a lap to go, passed Kovacs and caught Kuts with half a lap left. He won in 14m. 03s., Kuts ran 14m. 04s., and Kovacs 14m. 04.2s. Four days later, Zatopek won the 10,000 metre title in 29m. 25.8s. beating Kuts by 16 secs. After that meet, ready for an attempt on Hagg's record, Zatopek became ill again, catching severe influenza as well. His next competition was delayed more than two months, when, at Warsaw, October 11th he ran 5'000 metres in 14m. 26.6s. "with utmost strain." Six days later he had to race Kovacs in Prague. Starting the last

lap Zatopek was 30 metres behind. It seems most significant that he was able to run his last 400 metres in 57.8s., winning by 30 meters in 14m. 09s. On November 1st, he went to Stara Boleslav Houstka, the same Czech town, near Prague, where he had run his great one hour race, setting four world records, in 1951. He was out to capture the one record longer than 5,000 metres which was not already his—Pirie's 6-mile mark of 28m. 19.4s. He started fast and stayed about three seconds ahead of his world record 10,000 metre pace. But at 7,000 metres he was only even with that pace, and at 9,000 metres he was two seconds behind. But a fast finish not only gathered in the 6-mile record at 28m. 08.4s. but it lowered his own 10,000 metre mark one second to 29m. 01.6s. Thus the great runner, starting the year sick in bed and being forced out for another two months in the middle, finished it faster than ever.

Zatopek's Future plans include much running. He shows no intention of retiring. He is preparing for the European Championships and the onslaught of the greatest competitive field ever assembled (in the 5,000). Already, in 1954, he has made headlines around the world. He won a road race in what would be record time for 5,000 metres if distances were accurate. Of his future, he says, "I know that for 5,000 I hardly can threaten the world record. I lack the required speed. My power and quality are proving themselves only from 10 to 30km. For these distances I shall attempt still to improve the performances. Marathon, though I won it at the Olympiad at Helsinki, does not suit me any longer and it causes me great difficulties".

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#### Souvenir Book Now on Sale.

The Jubilee Souvenir Book, "The Story of the International Cross-Country Union 1903-1953," is now on sale price 7/6 post free. This well-produced book should be obtained by every enthusiast. Remittances should be sent direct to the official Scottish representative Mr. Thos. Fraser, 75 Carsaig Drive, Glasgow, S.W.2.