

ENTRIES CLOSE, SATURDAY, 6th AUGUST, 1955.

## BUTE HIGHLAND GAMES

(Under S.A.A.A., S.W.A.A.A., S.A.W.A Laws and S.P.B.A. Rules)

PROMOTED BY

BUTE SHINTY AND AMATEUR ATHLETIC CLUB

AT THE

PUBLIC PARK, ROTHESAY

ON

SATURDAY, 20th AUGUST, 1955

AT 2 P.M.

### EVENTS INCLUDE—

RUNNING, JUMPING, THROWING, 18 MILE ROAD RACE.

### WOMEN'S EVENTS—

100 Yds., 220 Yds., 880 Yds., RELAY ( $\frac{1}{2}$  MILE MEDLEY).

### WRESTLING EVENTS—

CATCH-AS-CATCH-CAN (10st. 7lbs., 11st. 7lbs.)

CUMBERLAND STYLE ANY WEIGHT  
(Scottish Championship)

JUVENILE HIGHLAND DANCING (Under 15 Years)

PIPE BAND CONTEST — ALL GRADES.

DRUMMING & DRUM MAJORS' CONTEST.

MARCH PAST OF MASSED PIPE BANDS.

ADMISSION TO GROUND ONLY—

CHILDREN & OLD AGE PENSIONERS, 1/-, ADULTS, 2/6

GROUND & STAND, 10/-, 7/6, 5/-.

Further particulars and Entry Forms from the Hon. Secretary,  
T. B. McMILLAN, 5 Hinshelwood Drive, Glasgow, S.W.1.  
(Tel: Ibrox 2822).

JUNE, 1955.

Vol. 9, Nos. 10 & 11.

# THE SCOTS ATHLETE

PRICE  
6<sup>D</sup>



Photo by H. W. Neale.  
Chris Chataway the famous British athlete running in his third sub four minute mile race finally came within the Magical figures with the time of 3 mins. 59.8 secs.

JOHN EMMET FARRELL'S  
RUNNING COMMENTARY.

SCOTTISH BEST PERFORMANCES

HEROIC JOHN McLAREN

SCOTTISH STARS (2) W. JACK



# City and Royal Burgh of Edinburgh NINTH ANNUAL Highland Games

—and International Amateur Athletic Meeting  
—(under S.A.A.A., S.W.A.A.A. & S.A.W.A. Laws)—

**MURRAYFIELD RUGBY GROUND**

**EDINBURGH**

**SATURDAY, 20th AUGUST, 1955**

**AT 2 P.M.**

INVITATION SCRATCH and OPEN HANDICAP EVENTS  
FLAT RACING : JUMPING : PUTT : HAMMER : CABER  
WRESTLING : HIGHLAND DANCING : PIPE AND  
MILITARY BANDS : "EDINBURGH FESTIVAL  
TROPHY" MARATHON (26 miles 315 yards)

## GAMES RECORDS

100 Yds.	— A. Stanfield, G. Rhoden,	
	R. Galan ...	9.7 secs.
220 "	— A. Stanfield ...	22 secs.
300 "	— L. C. Lewis ...	31.1 secs.
440 "	— H. McKenley ...	47.6 secs.
880 "	— A. Wint ...	1m. 54.1 secs.
1 Mile	— L. Eyre ...	4m. 16 secs.
2 Miles	— F. Green ...	9m. 4.1 secs.
Putt	— P. O'Brien ...	55 ft. 2 in.
High Jump	— R. C. Pavitt, A. Paterson	6 ft. 5 in.
Long Jump	— S. O. Williams ...	23 ft. 2½ ins.
Pole Vault	— R. Richards ...	14 ft. 1 in.

## WOMENS

100 Yds.	— A. Pashley ...	11 secs.
220 "	— P. Brouwer ...	25.2 secs.
Hurdles	— S. Strickland ...	11.2 secs.

## ONE OF SCOTLAND'S GREATEST GATHERINGS

The prelude to the Edinburgh International Festival  
of Music and Drama and Edinburgh Military Tattoo

Ground & Stand 10/-, 5/-, 3/6 Ground only 2/-  
(Seats may be booked at Edinburgh Sports Shops)

Particulars and Entry Forms from :—

**Mr. W. CARMICHAEL, Hon. Organiser, 329 High Street  
EDINBURGH**

# 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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JOHN EMMET  
FARRELL'S



THE cross-country season does not seem so far away and yet we now find ourselves in the very heart of the track season. Before dealing with some of the interesting features past, present and yet to come I should like briefly to mention just two of the cross-country features just past which appealed to me.

### McLaren's Epic Victory.

Few could have failed to be thrilled by John McLaren's victory in the English junior championship where he successfully tackled a field of some 600 runners. True like his colleagues he did not set the heather on fire in the International at San Sebastian (how much their poor form was due to the heavy rich food perhaps it is difficult to assess) but this temporary fall from grace cannot blot out the thrill of the Shott's boy's display at Cardington. All set to have a tilt at Ian Binnie over 2 and 3 miles on the track this ambition has been temporarily denied him due to achilles tendon trouble.

### Sando a Winner at Last!

Frank Sando, known as the champion runner-up at last showed the way home to a class field to win the International cross-country championship individual title and led England home to a notable team victory with six men in the first eight. Sando's victory, the first English victory since 1951 when Geoff Saunders won the "battle of the mud" at Newport is bound to have done his psychology a power of good. At the top of his form and aided by this morale booster Sando showed devastating form in his leg of the London to Brighton relay smashing Gordon Pirie's record by 33 secs. with a time of 32.54 easily the fastest time of the day.

### Co-incidence or Holden Tactics?

Before leaving the cross-country season I wonder how many noticed that the first two in the classic International race Frank Sando and new discovery Hugh Foord finished respectively only 6th and 9th in their national race. This experience reminds us of old maestro Jack Holden who



still holds the record of four International individual wins, yet on only one occasion and that curiously enough late in his cross-country career (1939) won both his national and International titles in the same year.

#### Sensations in Pan-American Games.

In world athletics there have been many interesting and some sensational happenings. The Pan-American Games revealed some extraordinary performances in the shorter distance and explosive events but correspondingly mediocre ones in the longer distances; to such an extent that experts are discussing the effects of the high altitude and rarified atmosphere of Mexico City.

Two runners Lou Jones and Jim Lea of U.S.A. both smashed the 400 metres world record with the phenomenal times of 45.4 and 45.6. Ferreira da Silva from Brazil recaptured the world mark in the hop, step and jump with 54 ft. 4 ins., and there were other brilliant marks in the long jump (2 men over 26 ft.) and in the sprints. The 10,000 metres time was very poor as was the marathon where only one runner beat 3 hours. Yet though conditions favoured fast times in the shorter events, there was one noteworthy point. Both 400 metres men were exhausted after their race and took some time to recover.

#### Empire High Jump Record.

The potential threat of the comparatively raw untutored native jumper to the finished American product is shown by the new Empire High Jump record set up by J. Chigbolu of Nigeria of 6 ft. 8½ ins. against the previous record of 6 ft. 8 ins. by Empire champion Ifeajuna also of Nigeria.

#### Australia's Bare-footed Wonder.

David Stephen of Australia who runs mostly in barefeet on grass tracks inspired by the example and friendship of Zatopek continues his tremendous improvement and devastating form. A 3 miles in 13.31.8 and a six miles in 28.38 are good enough to give even Messrs. Kutz, Pirie, Chataway and Zatopek himself something to think about. Modest he may be but he is also ambitious and so far as times are concerned he is aiming high with the sky the limit.

#### Jap's Record in Boston Marathon.

The annual Boston marathon classic was won in April, this year in the record time of 2 hrs. 18 mins. 22 secs., from the Finn Pulkkinen (2 hrs 19 mins. 57 secs.). R. Gorno of the Argentine runner-up to Emil Zatopek in the 1952 Helsinki Marathon could finish 5th only on this occasion though strictly on a time basis his time of 2 hrs. 20 mins. 28 secs., could have won last year's race where Karvonen of Finland and our own Jim Peters finished respectively in 2 hrs. 20 mins. 39 secs. and 2 hrs. 22 mins. 40 secs. It is amazing how those Jap distance runners seem to spring up from nowhere especially in this particular race and perhaps even more astonishing how quickly they sink into oblivion.

#### Scot's Wonder Throw.

The news that our own E. C. K. Douglas has thrown the hammer 192 ft. 6 ins. for a new British National Record is indeed a pleasant surprise. The Field Events club is to be congratulated on providing plenty of competitive practice and Douglas has taken advantage of this with recent consistent throws of 178 ft., 188 ft., and 187 ft. On this form the Scot is on the fringe of world class and who knows we may see him soon reach the magic circle of those few who have reached 200 ft?

#### The Rise of Eddie Kirkup.

The progress of Rotherham's Eddie Kirkup has been almost sensational. Since he won this year's Morpeth in the very fast time of 1 hr. 8 mins. 30 secs., only 2 mins. 22 secs., outside Jim Peter's great record he has gone from strength to strength and has won road races from 10 miles up to the full marathon distance as in the Sheffield Marathon. In addition he was a reserve in England's cross-country International Team. He certainly looks a worthy contender in the struggle to succeed the great Jim Peters as marathon king.

#### But Established Stars Still Shine.

Nevertheless the "old firm" of Stna Cox and Geoff Iden continue to show that they are forces to be reckoned with and especially so in the Finchley "20" where they finished 1st and 2nd with the brilliant

times of respectively 1 hr. 48 mins. 29 secs., and 1 hr. 48 mins. 59 secs. What a dust up if and when they and others meet over the full distance classic—the marathon!

#### Gordon Pirie is News.

It seems fairly certain however, that Gordon Pirie will continue to be the controversial figure in British athletics, whether or not he will achieve his avowed ambition of being the greatest distance runner of all time, he certainly has achieved great things, and looks set to achieve much more. And he certainly has the faculty of getting into the news. According to latest reports his busman's holiday in Germany resulted in among other things a win over Lamers of Germany in a 4 min. 12 secs., mile and a thorough physical check-up by German doctors and a re-assessment of his training by coach Gerschler.

Some say that Pirie is thorough, others that he is too technical. He appears to have a fairly extensive programme this season with plenty of competition on the continent and a possible meeting with Zatopek later in the season. First of all he intends to sharpen up over the shorter distances and there is a persistent rumour that he may even forsake his accustomed tilt at the 3 and 6 miles and go for the A.A.A. 1 mile instead! To which one can only say, wait and see!

#### Dont Underestimate Zatopek.

Once again Emil Zatopek won the famous French sponsored cross-country race—L'humanite by dint of his famous finishing burst despite being hard-pressed by the new Polish steeple-chase star Chromik. Strangely enough world record-holder Kutz offered no serious challenge and could only finish 13th yet there is little or no comment concerning his mediocre display. Suppose however that Kutz had won with Zatopek well down the field no doubt the latter would have been written off as a back number.

Cross-country is of course a rather different medium than the track and possibly Zatopek is a more versatile runner than his famous Russian rival.

#### Championship Preparations.

Many Scot's athletes are quietly tuning up for the championships next month at New Meadowbank, and it is rather early to assess individual chances of the respective title. Nevertheless even thus early certain events are already shaping as potential thrillers. One of these is the mile with such a galaxy of grand milers as Adrian Jackson, Alex Small of Plebeian, Graham Everett of Shettleston, Donald Henson of Victoria Park, A. Wood, Aberdeen University and possibly A. D. N. Breckenridge, a former champion and present record-holder, returned from U.S.A.

Jackson, Edinburgh Varsity, the title holder, has the temperament and pugnacity for the big occasion and is not one to give up without a stern fight, yet last year Alex Small subsequently put up much faster time.

But what counts of course is producing the goods at the right time.

#### Grand Running by Graham Everett.

Graham Everett the up-and-coming Shettleston runner has recently shown promising miles with several runs of just over 4 min. 20 secs., and then of course there is our new cross-country champion Donald Henson who has definite miling aspirations. Much can happen before the championships but I rather fancy the chances of the last-mentioned though I respect the fighting spirit of the present champion.

#### Stirring Quarter Prospect.

Another event which should produce a stirring duel is the gruelling quarter. Holder J. E. Robertson has I believe emigrated but several times runner up D. McDonald is training with the quarter in view. As a constant runner-up in the marathon my sympathies go to D. McDonald in his efforts to gain first place but on that score alone.

#### Will Paterson Join the List?

In the recent inter university contest there were many interesting features. Tall newcomer J. G. R. Robertson revealed sprinting promise while in the half-mile Ian Stuart of Glasgow beat Edinburgh's



Jack Paterson after a stern contest in 1 min. 55.4 secs. But to my mind Paterson's subsequent feat of winning the quarter in 50.3 secs. at the same meeting over-shadows everything else.

#### Scotland's Most Versatile Runner.

On the basis of that performance Paterson could be a strong contender for the quarter but he is so versatile a performer that he could well fall between 2 or 3 stools. A previous steeple-chase champion won in fast time, he is almost equally good at quarter, half and mile and during the cross-country season ran prominently for his varsity in cross-country events up to 7 miles. But most amazing of all is that a fortnight previous to his grand 50.3 secs. quarter he won a 3 mile event in the useful time of 15 mins. 17 secs! Strange how runners taking up longer distances so often better previous performances over the shorter stretches. Marathon runner Jim Peters was latterly running 6 miles in faster time than when he was A.A.A. champion at the distance. Gordon Pirie regarded as essentially a 3 and 6 miler can be devastating in the mile while Empire and Scots champion Joe McGhee though having no pretensions over the shorter distances confesses that since specialising in the marathon his times have vastly improved at all distances.

On a previous occasion I posed the question "Does distance blunt speed?" and did not wait for an answer. Obviously my answer was in the negative. I could understand the marathon—six miles tie up and the 6 mile—1 mile tie up but never in my wildest dreams did I visualise this strange 3 mile—quarter mile partnership. But Paterson's success provides much food for thought and discussion.

#### Sprints May be Split.

W. Henderson (Watsonians) is the holder of both sprints but after the rather sensational running of A. S. Dunbar and Henderson himself at the Glasgow Police Sports the spoils may be divided, the former now being favourite for the shorter sprint and the latter likely to retain his furlong title. Nevertheless big Graham

Robertson cannot entirely be left out of the reckoning in both sprints.

#### Anglo-Scot Threat to Half-mile Contenders.

Probable favourite to win the half in the light of recent form may be anglo-scot Don Gorrie of Oxford University, who won the British Varsity 880 yards in the sparkling time of 1m. 52.8s. against Stuart's grand 1m. 54.8s. Holder Stoddart has something to do against these two favourites who last year were both unplaced after reaching the final.

#### Ian Binnie Hot "Double" Favourite.

After his brilliant record 3 miles of 13m. 54.8s. at Ibrox, Ian Binnie looks safe to retain both 3 and 6 miles titles. Despite being unable to hold his killing opening pace and fading somewhat Binnie must be congratulated on his wonderful time and after all only Dunkley passed him to the tape. He kept his promise of running the race of his life though doubts concerning his tactics still prevail. Modern standards are emphasised by realising that Binnie's time was practically identical with that of Sydney Wooderson's in his famous classic with Willi Slikhuis in 1946, and Dunkley best known as a miler did his 13m. 50.3s. 3 miles as an experiment and may try for top honours in the steeplechase because the mile and 3 miles fields are rather over-crowded with brilliant exponents.

#### Record-Breakers Out on Their Own.

E. C. K. Douglas looks far too classy for his rivals in the hammer throw as does D. W. R. Mackenzie in the javelin especially after his recent native record of 204 ft. 11 ins.

W. Little of Glasgow University and W. Piper of the Police may renew last year's needle duel in the high jump but the latter should again call the tune in the pole vault.

In the absence of Dave Gracie in the "lows" C. A. R. Dennis is showing form grand enough to take both hurdle titles. Tom Logan and Tom McNab, the title-holders in the Shot-put and Hop, Step

and Jump respectively will carry confidence to retain.

In the other three events, Long-jump, Discus and Steeplechase, it would seem that the titles are wide open and should be won by someone just pulling that little extra 'out of the bag.'

#### Who's Gonna' be Second?

In the marathon holder Joe McGhee looks far too classy for his rivals and chief interest may be in the struggle for the position of runner-up. Nevertheless nothing is certain in this unpredictable event as Joe well knows and would be the first to admit. Though I hope to be a competitor again recent form does not indicate that I can again get the runner-up's position and for 2nd place I nominate the much-improved and conscientious Hugo Fox, colleague of McGhee. Others who should run prominently are Geo. King of Greenock Wellpark (3rd last year) and ex-holder Harry Howard if he decides to run.

#### Tom Richards still to the Fore.

Veteran 45 year-old Tom Richards—hero of the 1948 Olympic marathon showed astonishing speed in last year's Poly-marathon by just beating 2½ hours. Now concentrating more on the extra-staying events he ran brilliantly to win the first 37½ Isle of Man marathon in 4 hrs. 13 mins. a good 3 miles in front of the local favourite Willie Kelly (last year's London-Brighton winner) whose time here was 4 hrs. 39 mins. 20 secs. A wonderful tribute to the fitness of the entrants was the fact that 13 finished out of 18 starters.

#### Sensational Times at British Games.

The British Games of 1955 will go down as one of the most sensational ever with three men breaking the 4 minute mile in the one race and two men literally smashing the 2 mile world record. For Hungary's Laslo Tabori regarded as second string to compatriot Sandor Iharos his 3m. 59s. mile was a complete personal triumph but for Chris Chataway 3m. 59.8s. and Brian Hewson brilliant half-miler turned miler also 3m. 59.8s. the race was almost equally meritorious. Chataway—the pace-maker has at last himself broken the 4 minute barrier.

#### Fantastic 2 Miles.

In some respects the 2 miles was an even more fantastic race. For 2 men to break the current world record by respectively 7 seconds and 5.6 seconds was really something. Tall slim Sandor Iharos who recently beat Reiff's world figures for 3,000 metres by clocking 7 mins. 55.6 secs. is of course in rampant form and his 8 min. 33.4 secs. 2 miles becomes credible but Ken Wood's wonderful 8 min. 34.8 secs. is perhaps even more amazing because his recent form has not been sensational. Wood in his versatility and virtuosity reminds me of Sydney Wooderson. His win in last year's Emsley Carr mile in 4 mins. 5 secs. was a surprising high-light and he has of course run for England over the country.

#### Rivals at Home and Abroad.

Gordon Pirie and Chris Chataway have been and are recognised as Britain's two best distance track men for British and World honours. But despite their form actual and potential they will not lack rivals at home and abroad. Even assuming the old maestro Zatopek increasingly confines himself to the longer stretches there are such experts as Kuts, Chromik, Iharos himself, and Stephens of Australia while at home apart from such as Sando, Driver, Norris, there are Ibbotson and Wood. Ibbotson essentially a cross-country type recently won a fast 3 mile in 13 mins. 34.8 secs. and of course gave Pirie a hard race in the 2,000 metres leading him through the first mile in 4m. 8.8s.

#### Hysterical Desire for Fast Times.

The recent fast times and tremendous advance in athletic standards has increased public interest in athletics. But it has been in the nature of a two-edged sword. There has been something of a hysteria for fast times and a race is a failure if there is no record or at least a near record, this could sound the death knell of real sport.

One of the most significant happenings took place at the recent British Games. T. Wyatt won the mile for Surrey in a creditable 4m. 9.6 s. and was recieved in silence. We are losing our sense of pro-



# SCOTTISH BEST PERFORMANCES, 1955

Compiled by ROBERT SINCLAIR Jnr.

(Marks include to 31st May, 1955).

## 100 Yards

J. G. R. Robertson (G.U.A.C.)—10.0s. (W)  
Westerlands—28/5/55.  
A. S. Dunbar (V.P.A.A.C.)—10.1s. (W)  
Westerlands—28/5/55.  
R. Quinn, (V.P.A.A.C.)—10.3s.—Scotstoun  
—30/4/55

## 220 Yards

J. G. R. Robertson (G.U.A.C.)—22.5s.—  
Westerlands—28/5/55  
K. A. Robertson (E.U.A.C.)—22.8s.—  
Craiglockhart—27/4/55

## 440 Yards

J. V. Paterson (E.U.A.C.)—49.6s.—Man-  
chester—21/5/55  
D. E. C. Gorrie (O.U.A.C.)—50.1s.—  
Oxford—12/5/55  
D. McDonald (G.H.)—50.6s.—White City  
—21/5/55  
R. Quinn (V.P.A.A.C.)—50.8s.—Golden-  
acre—7/5/55

## 880 Yards

D. E. C. Gorrie (O.U.A.C.)—1m. 52.8s.—  
Manchester—21/5/55  
I. M. Stuart (G.U.A.C.)—1m. 54.4s.—  
Manchester—21/5/55  
G. Everett (S.H.)—1m. 55.0s.—Barnachie  
—31/5/55  
J. V. Paterson (E.U.A.C.)—1m. 57.8s.—  
Craiglockhart—28/5/55  
R. Stoddart (B.H.)—1m. 58.0s.—White  
City—21/5/55

## 1 Mile

J. R. Cameron (T.V.H.)—4m. 17.6s.—  
Middlesex—14/5/55  
A. S. Jackson (E.U.A.C.)—4m. 18.2s.—  
Craiglockhart—23/4/55  
W. H. Watson (E.U.A.C.)—4m. 19s.—  
Craiglockhart—23/4/55  
G. Everett (S.H.)—4m. 23.6s.—Golden-  
acre—7/5/55  
A. Wood (A.U.A.C.)—4m. 24.5s.—Aber-  
deen—28/5/55

## 3 Miles

I. Binnie (V.P.A.A.C.)—14m. 12.2s.—  
White City—30/5/55  
A. S. Jackson (E.U.A.C.)—14m. 13s.—  
Manchester—21/5/55  
A. H. Brown (R.A.F.)—14m. 40.4s.—  
Withdean—21/5/55

## 120 Yards Hurdles

C. A. R. Dennis (E.U.A.C.)—15.8s.—  
Craiglockhart—7/5/55  
R. McLeod (A.U.A.C.)—16.4s.—St.And-  
rews—7/5/55

## 440 Yards Hurdles

C. A. R. Dennis (E.U.A.C.)—56.7s.—  
Craiglockhart—30/4/55  
J. M. B. Carr (E.U.A.C.)—58.8s.—Craig-  
lockhart—7/5/55

## High Jump

J. Little (G.U.A.C.)—6 ft. 0 ins.—Glasgow  
—14/5/55  
W. Piper (G.P.A.A.)—6 ft. 0 ins.—Golden-  
acre—7/5/55

portion. Modern athletics has become such a task—so devoid of fun and spontaneity and the athlete feels such a load of responsibility that the tendency may be for more brilliant but definitely much shorter careers.

### Let's Retain the Spirit of Sport.

I well remember Sydney Wooderson saying just before his retirement that he was glad to get away from the strain and responsibilities of big-time competition but that he hoped to enjoy a little cross-country running.

But even in that great sport we find the wholesome spirit of enjoyment being superseded by the task. For the great life-blood of the sport such as muster packs and inter-club runs are becoming less well supported. I would like to see this nation produce many scores of champions but much more would I prefer to see thousands more enjoy the fun, fitness and camaraderie of this truly magnificent sport.

R. Volkell (E.U.A.C.)—5 ft. 11½ ins.—  
Craiglockhart—7/5/55  
A. M. Law (L.A.A.C.)—5 ft. 10½ ins.—  
Bonnybridge—21/5/55

## Long Jump

A. Cross (St. A.U.A.C.)—21 ft. 6 ins.—  
Craiglockhart—30/5/55  
R. Apata (G.U.A.C.)—21 ft. 3 ins.—Craig-  
lockhart—7/5/55  
G. M. Macdougall (E.U.A.C.)—21 ft. 2½ in.—  
Craiglockhart—28/5/55  
C. Dolmuir (H.M.S. Caley)—21 ft. 2½ ins.—  
Edinburgh—24/5/55

## Hop, Step and Jump

T. McNab (S.H.)—46 ft. 8 ins.—Golden-  
acre—7/5/55  
H. M. Murray (E.U.A.C.)—45 ft. 4½ ins.—  
Craiglockhart—7/5/55  
R. M. Stephen (G.U.A.C.)—45 ft. 2 ins.—  
Westerlands—28/5/55

## Pole Vault

N. G. A. Gregor (H.H.H.)—12 ft.—White  
City—28/5/55  
D. D. Campbell (E.U.A.C.)—10 ft. 6 ins.—  
Craiglockhart—25/5/55  
H. Balck (A.U.A.C.)—10 ft. 3 ins.—St.-  
Andrews—7/5/55

## Shot Putt

J. L. Donnelly ("Q" A.C.)—41 ft. 5 ins.—  
Bonnybridge—21/5/55  
W. McNeish (V.P.A.A.C.)—41 ft. 1 in.—  
White City—21/5/55  
R. C. Buist ("Q" A.C.)—40 ft. 8½ ins.—  
Craiglockhart—19/5/55  
M. M. Armour (E.U.A.C.)—39 ft. 9 ins.—  
Craiglockhart—30/4/55

## Discus

E. C. K. Douglas (F.E.C.)—138 ft. 7 ins.—  
Craiglockhart—12/5/55  
R. C. Buist ("Q" A.C.)—133½ ft. 2½ ins.—  
Craiglockhart—19/5/55  
J. L. Donnelly ("Q" A.C.)—128 ft. 9 ins.—  
Craiglockhart—19/5/55  
W. H. J. Leckie (Atalanta)—129 ft. 11 ins.—  
Chiswick—14/5/55

## Javelin

D. W. R. Mackenzie (E.U.A.C.)—204 ft.  
11 ins.—Craiglockhart—28/5/55  
L. McKenzie (St.A.U.A.C.)—165 ft. 9 ins.—  
Westerlands—14/5/55

## Hammer

E. C. K. Douglas (F.E.C.)—192 ft. 6 ins.—  
Craiglockhart—28/4/55  
A. R. Valentine (R.N.)—185 ft. 4 ins.—  
Portsmouth—18/5/55  
J. Simmons (F.E.C.)—151 ft. 9 ins.—Craig-  
lockhart—5/5/55  
R. Scott (F.E.C.)—147 ft. 3 ins.—Craig-  
lockhart—14/4/55  
J. Malcolm (F.E.C.)—143 ft. 5 ins.—Craig-  
lockhart—19/5/55

# SPORTS DIARY

July.

1/2—Women's A.A.A. Championships—White City,  
London.  
2—Ardeer Recreation Club.....Stevenson.  
2—Braw Lads' Gathering.....Galashiels.  
2—Scottish A.A.A. Youth and Junior Champion-  
ships and Senior (4 x 440 Relay Champion-  
ships).....Westerlands.  
5—Border Championships (Part).....Hawick.  
6—Larkhall Sports Association.....Larkhall.  
6—Saxone A.C.....Kilmarnock.  
9—Duns A.A. & C.C.....Duns.  
9—Rafford Sports.....Rafford.  
9—Dundee North End F.C.....Dundee.  
9—Linlithgow Corporation.....Linlithgow.  
15/16—A.A.A. Championships.....White City.  
16—Forres Gathering.....Forres.  
16—Broughty Ferry and District Dev. Assoc.  
Broughty Ferry.  
16—Edinburgh City Police A.C.—New Meadow  
bank.  
21—Stromness Sports.....Stromness.  
21—Edinburgh Press Charities.  
23—Elgin Gala Sports.....Elgin.  
23—Aberdeen Corporation.....Linkfield Stadium.  
23—A.A.A. Junior Championships, Senior Mar-  
athon and Relay Championships.  
30—Falkirk Victoria Harriers.....Falkirk.  
July 30/Aug. 1—Great Britain v. Germany—White  
City.

Aug. 6—Rangers F.C.....Ibrox Stadium.  
12/13—Great Britain v. Hungary—White City and  
British Games.  
13—Carlisle Charities.....Carlisle.  
13—Nairn Games.....Nairn.  
13—Atholl & Breadalbane Agricultural Society—  
Aberfeldy.  
13—West Calder A.S.C.....West Calder.  
20—Bute Highland Games.....Rothesay.  
20—Mingavie Highland Games.....Mingavie.  
20—Edinburgh Highland Games—Murrayfield.  
26/27—Cowal Highland Gathering.....Dunoon.  
Sept.  
3—Shotts Highland Games.....Shotts.  
3—Ben Nevis Race.  
3/4—Great Britain v. France.....Bordeaux.  
10—Dunblane Highland Games.....Dunblane.  
10/11—Great Britain v. U.S.S.R.....Moscow.  
14/15—Great Britain v. Czechoslovakia.....Prague.

Following a pleasant and successful re-union with Scottish athletes, Arthur Newton has been invited to South Africa. A special banquet will be held in his honour and he will be invited to speak and tour throughout the country, re-visiting scenes of his own personal triumphs.



## HEROIC JOHN McLAREN

Lone Scot wins English 6 miles Junior  
Cross-Country Championship.



Photo by H. W. Neale.

John McLaren (Shotts Miners Welfare A.C.) virtually a one-armed runner had won the Scottish Junior Cross Country Championship. Though generally advised not to tackle the English title race the following week in view of other commitments, John was determined to do battle with a field of approximately 600 of the "Auld Enemy." And how thoroughly he trounced the complete opposition.

In the photo above we see him (left) well on in the race with his main challenger, the well-known English runner R. G. Beecroft. During the race John was badly 'spiked,' the wound requiring several stitches but he said it only made him all the more determined to win.

## "GUID AULD SCOTLAND"



Photo by H. W. Neale.

(Top) John crosses the line a clear winner to the cheers of a great responsive crowd. He raises his hand and gives a full-throated impersonal and modest but characteristic cry "Guid Auld Scotland".

(Bottom) After the race being congratulated by his runner-up.



## Scotland's Stars of Cross-Country, Track and Field (No. 2)

**WILLIAM JACK (Victoria Park A.A.C.)**

By JAMES CHRISTIE.

FOR Willie Jack, the maxim of a "Promising Junior," fulfilling the expectations of experienced officials throughout Scotland came true.

On how many occasions have we heard the expression of a "Promising Junior" given to various young Scottish Champions, then, within a year or two, they disappear and everyone assumes, they are, what is commonly regarded as, "Burned Out?"

I think in all fairness, that considerable thought should be given to another aspect of the matter. What is the object of competing? The answer, to attempt to become a champion.

Therefore allow the athlete to attain that object early on, and in many cases that is enough for them and they retire quite happy with their Junior Title.

In the case of Willie Jack, here we had a youth of obvious depths of talent for sprinting. His 100 yds while not particularly outstanding, was nevertheless pretty impressive. However, his running over 220 yards was first class, but at the wind up it was to be over the 100 yards and 100 metres he was to make his mark on British Sprinting in the Olympic year of 1952.

Willie Jack came to V.P.A.A.C. in May of 1948. He was a tall well-built lad, but of a shy disposition. His first introduction to Victoria Park, or perhaps, Victoria Park's first introduction to Willie Jack was when the late Mr. George Munro inveigled Willie to take part in a youths 100 yards off a respectable mark.

If my memory serves me right, it was rather a perturbed group of youth sprinters who went home that night after being "left" by the unknown.

At that time the training, as was the case over most of Scotland was Tuesday and Thursday with an occasional Sunday

thrown in, and of course competition on a Saturday.

That season he won the youths (as it was termed then) 220 yards in 23.5 secs., and came 3rd in the 100 yards.

With 1949, came the period which makes or breaks an Athlete coming from the Junior ranks. The first season among Seniors. For him there was little or no success, but nevertheless he was "feeling his way" and as events subsequently proved learning many things from such experienced competitors as George MacDonald and W. Curtis.

"1950" Jack now began to bring out the type of performance many had been expecting the season before. His starting was not of the highest calibre, and indeed, I believe this has been the cause of most of his troubles when he was running in the "Big Time" a couple of seasons ago.

Nevertheless although slow away in the 100 yards final in 1950, (I do think that A. T. Bruce was particularly fortunate to get away with what may be termed a "Grand piece of anticipation,") he came through well and had it been 100 metres would have won, his time 10.1 secs.

The 220 yards he won from the "wily" George MacDonald and David Mercer in 22.4 secs. The interesting thing being how George with little or no training could improve with each race, heat, semi-final and final.

Now we come to, what I think was the turning point in Bill's career. In 1951 having won the double at the Scottish in 10.1 secs., and 22.4 secs., he was in the position of receiving more invitations from down South. This is the thing which really brings out everything in an Athlete, the opportunity of competition against crack material.

Being in the forces down South at that time I was in a position to have access to the White City for most of the "Big Games," In the last of them, in August of that year Willie was fortunate in having an invitation for the 100 and 220 yards. In the 100 he was placed 5th beating Brian Shenton. It was in the 220 yards that he impressed, however, running strongly under very wet conditions he finished 4th in 22.5 secs., beating Shenton again and J. C. M. Wilkinson.

With the winter he began building up until the turn of the year when he began to get down to the hard stuff. It was from this time on, all V.P. men were entertained by George Munro, W. Macfarlane and of course W. Jack with their opinions counter opinions and arguments on such varied aspects of starting, the merits of "Starting Blocks," and I think on every conceivable point on sprinting.

His training covered practically every distance stretching 150, 220, 300 and 330 yards. Dashes over 10, 20, 30 to 60 yards but all the time concentrating on his start the most important aspect of any sprint.

His hard work was rewarded with so many first class performances that I find it hard to pick out any particular one.

However, of that season, here are I think, six particular performances which had a great deal to bear on his season.

The first the "Caledonian Games" running like a "bomb" he finished second to MacDonald Bailey over 100 metres in 10.5 secs.

The second and I think the best performance was his 9.8 secs. hundred at Westerlands in May of that year. The record of 9.9 secs., held by Ian Young was a tough one. The meeting of the "Glasgow Clubs," the venue Westerlands.

The night was reasonably agreeable for Scotland but nevertheless chilly. From the gun he was out in front and won by a very large margin. A truly great performance.

Yet another first class performance, and this time under stress, was his successful defence of his 100 and 220 yards Scottish Championships, in 10 secs., and 22.5 secs.

While at the "Triangular Tournament" he gave us something we have never seen in the post war period, a win in one sprint and a 3rd in the other. The placings and times being 100 metres, 11.3 secs., 3rd and 200 metres 22 secs., 1st. At the Olympics he was down to run in the 100 metres and 4 x 100 metres relay, and not as I would have imagined a few seasons earlier at the 200 metres.

In both races he ran better than ever before, and in the 100 metres got as far as the semi-final with times he had never done before. In the relay Britain were a close fourth.

Another good performance was his 120 yards invitation at Helenvale where he did 11.6 secs. to equal the record held by another Scots Olympic 100 metres man A. McQuorquodale, of 1948 fame.

Came 1953 and the need of less concentration on Sport and more on studies, with this occurring the first part of the season was comparatively quiet apart from his again successful defence of both titles in 10.1 secs., and 22 secs.

But in the latter part he showed something of his old form of 1952 and was included with fellow Olympian D. Gracie in the German and Swedish Tour.

With the event of 1954, came pressure of business and the tussle to try and fit in training time. The pressure proved too great and training had to be abandoned.

For the record here are some of Willie Jack's honours to date. Represented Scotland in the "Triangular Tournament" 3 times, represented Great Britain in Olympic Games 1952, against France, Germany and Sweden in 1952 and 1953 respectively.

Should he be able to train and compete to his satisfaction I am sure he will be able, as in the past to represent Scotland by putting her to the fore in Athletics as she deserves to be.



## EAST or WEST?

ONCE again Edinburgh is the venue for the Championships, and as usual there are the various arguments for and against the decision to hold the Championship in the Capital.

First, the West, or Glasgow point of view. The meeting has been held at "New Meadowbank" since 1952, this then will be the 4th year in succession it has been held away from Glasgow and the West. The ground in itself, is, I think, admirable for the job on hand. The track, though a trifle hard is well spaced and in good condition, with of course the great asset of having six really first class lanes. Against this we have the overhead conditions, and as there is no covering or protection for both competitors and spectators, if a snell wind is blowing, things can be very uncomfortable all round. In the sprints running into the wind is no joke and should we forget this, recall the times in last year's 100 and 220 yards finals.

At the same time, however, it must be remembered that standards are being raised every year, and that being the case in spite of overhead conditions and other defects of New Meadowbank, it must be admitted that times are improving at the championships if not in all, then in quite a few events.

Now then, the Edinburgh or East point of view. In the past the "West" have monopolised the Championships. Year after year the Association had the use of "Hampden Park." and it must have been heartbreaking for any official to see the really poor support given to the meeting by the Glasgow Public. This, then I believe was the "West's" greatest drawback, lack of support for the meeting. Next the subject of the ground itself. The track at Hampden has never been very good and often cut up very badly, while yet another aspect was the fact that only 5 lanes could be utilised from the track. Accommodation for spectators even with bad overhead conditions was more than

adequate but as already mentioned this ground did not pay, and as the point of putting on a public show is "Cash Customers," then it seemed out of the question to continue at this venue.

It must also be remembered that although the "Senior" Championships were held in Edinburgh, the women and in last year's case, the Juniors and Youths Championships came to the West. While the relays were farmed out to either side reasonably well.

This year, I think, will see the most fair division of all of the Championships. The men and women Seniors are at New-Meadowbank, along with the men's 4 x 110 yards relay, while the Junior and Youths are at Westerlands, the same day as the 4 x 440 yards Relay. The men's medley 880 x 220 x 220 x 440 yards has been "farmed out" to the Glasgow Police sports, so all in, I think things are quite reasonably divided up.

If, as a West man myself, I have a grouse, it is that perhaps next year the Association will give Glasgow and the West another chance by putting on the men's championships at either Ibrox or Hampden Park. I am sure that with "careful advertising" and the interest built up in Athletics in the mind of the Glasgow public through seeing their own Athletes like Ian Binnie, W. Jack, R. Quinn, D. Macdonald and other low handicap back-markers running at the Ranger's and Police meetings, that they will come and support the Championships, having the interest aroused through the medium of such epic races by Bannister, Chataway, Kuts and Pirie on T.V.

If the Association is to take advantage of this upward trend in the interest shown in Athletics by the public, then let it be within the next two years, or we may find ourselves in the doldrums once again of over "two minute" half-milers representing Scotland in the Triangular Tournament, a thing which is not all that long removed from Scotland.

J.C.



Dear Sir,

I have just read, with great interest, in "The Scots Athlete" for November, 1954, James L. Logan's description of Alfred Shrubbs famous attack on W. G. George's ten miles track record.

He ends his article with some remarks concerning Shrubbs method of training and wonders how Shrubbs would compare with some of our present-day long distance runners.

As a contemporary of Shrubbs, who raced against him on many occasions, (always I would add, at a respectful distance in the rear!) I would like to express the opinion

that, were it possible for Shrubbs to run as a young man, against the cream of our present-day 5/10 milers he would hold his own with them all.

He was almost entirely self-trained, but the reason why he over-shadowed all his contemporaries, was that his methods approximated in a large degree to those of the present day, whereas we others followed the accepted rules, and were, in consequence, only half-trained.

I think that Alfred Shrubbs, with present-day methods of training, would be right amongst the front rank of distance runners, and it is even possible that his sudden electrifying bursts of speed, which he seemed to be able to produce at any moment during a race, would have so disconcerted his opponents as to pave the way to more than one outright victory.

Sincerely yours,

F. A. KNOTT.

Lancing, Sussex.

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