

Pole Vault.—1, G. Elliott (Eng.), 14 ft; 2, R. Miller (Can.), 13 ft. 9 ins.; 3, J. Burger (South Africa), 13 ft. 6½ ins.

Hammer.—1, M. Iqbal (Pakistan), 181 ft. 8 ins.; 2, J. Dryer (Sth. Africa), 179 ft. 7½ ins.; 3, E. C. K. Douglas (Scot.), 173 ft. 3 ins.; 6, A. R. Valentine (Scot.), 169 ft. 0½ ins.

Women—

100 Yards.—1, M. Jackson-Nelson (Aust.), 10.7s.; 2, W. Cripps (Aust.), 10.8s.; 3, E. Maskell (N. Rhodesia), 10.8s. P. Devine (Scot.), 11.1s. in heat did not qualify for final.

220 Yards.—1, M. Jackson-Nelson (Aust.), 24.0s.; 2, W. Cripps (Aust.), 24.5s.; 3, S. Hampton (Eng.), 25.0s. P. Devine (Scot.), 25.7s. in heat did not qualify for final.

80 Metres Hurdles.—1, E. Maskell (N. Rhodesia), 10.9 s.; 2, G. Hobbins (Can.), 11.2 s.; 3, J. Desforges (Eng.), 11.2s.

Javelin.—1, M. Swanepoel (South Africa), 143 ft. 9½ ins.; 2, T. Fisher (N. Rhodesia), 137 ft. 8½ ins.; 3, S. Couzens (Can.), 127 ft. 10½ ins.

Shot.—1, Y. Williams (N.Z.), 45 ft. 9 ins.; 2, J. MacDonald (Can.), 42 ft. 7 ins.; 3, M. C. Swonepoel (South Africa), 42 ft. 0 ins.

High Jump.—1, T. Hopkins (N.I.), 5 ft. 6 ins.; 2, D. Tyler (Eng.), 5 ft. 3 ins.; 3, A. Whitty (Can.), 5 ft. 3 ins.

Long Jump.—1, Y. Williams (N.Z.), 19 ft. 11½ ins.; 2, T. Hopkins (N.I.), 19 ft. 2 ins.; 3, J. Desforges (Eng.), 19 ft. 2 ins.

Discus.—1, Y. Williams (N.Z.), 147 ft. 8 ins.; 2, S. Allday (Eng.), 131 ft. 3½ ins.; 3, M. Dupree (Can.), 126 ft. 10 ins.

4 x 110 Yards Relay.—1, Australia, 46.8s.; 2, England, 46.9s.; 3, Canada, 47.8s.

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SEPTEMBER, 1954.

Vol. 9, Nos. 3 & 4.

# THE SCOTS ATHLETE

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D. W. R. McKenzie (Edinburgh Univ. A.C.) throwing the Javelin at the Scottish Championships, established a new native record of 203 ft. 8½ ins. Photo by Ben Bickerton.

## JOHN EMMET FARRELL'S RUNNING COMMENTARY.

SCOTTISH BEST PERFORMANCES, 1954.  
THE EMPIRE MARATHON. OUR POST.  
WE RUN ON POWER BY PERCY CERUTTY.  
A SCHOOL FOR SPRINTING.

## SCOTTISH BEST PERFORMANCES

Compiled by ROBERT SINCLAIR, Jr.

### 100 Yards

R. Quinn (V.P.A.A.C.), 10.2s.—Westerlands—15/6  
G. H. Cain (Edin. Northern H.), 10.2s.—Holyrood—3/6  
R. Johnstone (Edin. Eastern H.), 10.2s.—Inverleith—25/5

### Notable

J. E. A. Robertson (Ed. Northern H.), 10.1s. (W), Saughton—19/5

### 220 Yards

W. Henderson (Watsonians A.C.), 22.3s.—Ibrox—29/5

D. MacDonald (Garscube H.), 22.4s.—Ibrox—29/5

T. W. Henderson (G.U.A.C.), 22.8s.—Westerlands—29/5

J. E. A. Robertson (Ed. Northern H.), 22.8s.—White City—5/6  
Notable

R. Quinn (V.P.A.A.C.), 22.5s. (3 yds.)—Ibrox—7/8

### 440 Yards

J. E. A. Robertson (Ed. Northern H.), 49.3s.—White City—15/5

D. MacDonald (Garscube H.), 49.4s.—Ibrox—5/6

J. V. Paterson (Ed. South. H.), 50.5s.—Meadowbank—3/7

R. Johnstone (E.E.H.), 50.8s.—Meadowbank—26/6

A. M. Sanderson (V.P.A.A.C.), 50.8s.—Meadowbank—2/6

J. Johnstone (St. A.U.A.C.), 51.1s.—Craiglockhart—5/6

D. P. Marshall (Shettleston H.), 51.2s.—Meadowbank—26/6

### 880 Yards

J. S. Hamilton (Canada), 1m. 52.7s.—Vancouver—3/8

R. Stoddart (B'houston H.), 1m. 54.8s.—Dunoon—28/8

J. Kirk (Shettleston H.), 1m. 57.1s.—Meadowbank—6/7

I. M. Stuart (G.U.A.C.), 1m. 57.4s.—Westerlands—9/6

T. B. Begg (V.P.A.A.C.), 1m. 58.0s.—Westerlands—15/6

### Notable

J. V. Paterson, 1m. 54.8s. (2 yds.)—Dunoon—28/8

G. Sorbie (V.P.A.A.C.), 1m. 55.3s. (8 yds.)—Ibrox—7/8

### 1 Mile

A. Small (Plebeian H.), 4m. 16.7s.—Meadowbank—6/7

J. L. Hermiston (Edin. H.), 4m. 18.9s.—Meadowbank—6/7

A. S. Jackson (E.U.A.C.), 4m. 19.5s.—Meadowbank—26/6

J. L. Hendry (Walton A.C.), 4m. 20.4s.—Meadowbank—26/6

W. H. Watson (E.U.A.C.), 4m. 21.6s.—Birmingham—31/7

J. Smart (E.S.H.), 4m. 22.5s.—Saughton—2/6

J. Stevenson (G'nock W'park H.), 4m. 22.9s.—Renfrew—21/6

P. Ballance (G.U.A.C.), 4m. 24.2s.—Aberdeen—3/7

J. R. Cameron (T.V.H.), 4m. 24.6s.—Meadowbank—26/6

### 2 Miles

I. Binnie (V.P.A.A.C.), 9m. 11s.—Ibrox—12/6

J. Stevenson, 9m. 12.9s.—Meadowbank—19/6

A. S. Jackson, 9m. 14.8s.—Meadowbank—19/6

A. C. Black (Edin. H.), 9m. 16.7s.—Meadowbank—19/6

E. Bannon (Shettleston H.), 9m. 21.0s.—Shawfield—5/6

T. Tracey (Springburn H.), 9m. 23.5s.—Helenvale—16/6

J. McLaren (S.M.W.A.C.), 9m. 25.0s.—Shawfield—5/6

### 3 Miles

I. Binnie, 13m. 59.6s.—Vancouver—3/8

J. Stevenson, 14m. 5.2s.—Ibrox—12/6

E. Bannon, 14m. 21.2s.—Ibrox—2/4

A. S. Jackson, 14m. 22.1s.—Meadowbank—8/6

Continued on pages 11 & 13.

# THE SCOTS ATHLETE

TO STIMULATE INTEREST IN  
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

EDITORIAL OFFICES—69 ST. VINCENT STREET, GLASGOW, C.2

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JOHN EMMET  
FARRELL'S



THE Empire Games have come and gone and Scotland's small team of 5 have done remarkably well to return with one gold and one bronze medal. The sensational marathon win of Joe McGhee is of course the chief talking point and there is no doubt that independent of the unfortunate collapse of Jim Peters in the stadium, McGhee himself put up a superb performance. Considering the gruelling almost freak conditions in which the race was run the Scottish champion may have been said to have run the race of his life.

Even if he had finished only 3rd which was the best position for which he had hoped would have been outstanding. His win must have given him a great personal thrill.

#### Jim Peter's Collapse.

A race is never won or lost till the tape is broken or the finishing line is crossed and this is specially true of the "unpredictable" marathon race and one run in extra gruelling conditions. Judement

as well as pure running ability is an essential ingredient and it would be churlish to underestimate McGhee's performance. True, the race should not have been started in the heat of the noon-day sun which meant that on a warm day the runners had to endure the enervating effects of increasing heat throughout the whole race. But conditions were the same for all.

Still one must be objective. Purely on the basis of times and past performances Jim Peters was in a class by himself. Why then had Peters to set such a tremendous pace in the prevailing conditions? I can suggest two possible reasons. (1) A conscious and sub-conscious respect for colleague Stan Cox on form his nearest rival, and a desire to put as much distance as possible between himself and Stan and (2) his relentless, aggressive style of running had become so much part and parcel of his make-up that he found it difficult to make due

allowance for the unusually trying conditions.

#### Interview with Eamon Andrews.

After listening to Jim Peter's interview with Eamon Andrews I find this opinion somewhat substantiated. Jim said that the pace was comparatively steady at first quoting the figure of 10 miles in 55 mins. which is well inside his capabilities. Subsequently leading by a wide margin he came within sight of the stadium and felt no more tired than usual at this stage of the marathon. But he did not know then that Stan Cox had retired, and kept on relentlessly. But times that are comparatively steady in normal conditions become too fast in abnormal conditions.

Peters must have piled on the pace in the later stages when strength in a marathon is ebbing fast—to reach the stadium in around 2 hrs. 22 mins. or 2 hrs. 23 mins.—far too fast under the prevailing conditions. Deterioration can set in very quickly in a marathon and the transition from fatigue to exhaustion is rapid in heat-wave conditions. Peter's break-down is to be regretted not only because of the Empire race but also because it meant his elimination from the European Games.

I have little doubt that a period of rest will restore his physical condition but the bigger question is to what extent his experience will effect his racing psychology if and when he runs again.

I sometimes wonder how old Tom Richards would have fared in these conditions. The Welsh veteran ran his fastest ever marathon in this year's A.A.A. championship just beating 2½ hrs.—a wonderful performance but on a split vote the Welsh association troubled by lack of funds did not send him to the Games because his time was over 10 mins. behind Peter's. Now suppose the Scottish Selectors had decided Joe McGhee's selection on the same basis!

#### Good Running But No Medals.

In athletics Dr. Douglas got a 3rd place in the hammer and A. Valentine was placed 6th, but their respective

throws of 173 ft. 3 ins. and 169 ft. 4 in. were well behind their best. Ian Binnie ran poorly in the 6 miles but despite finishing only 7th in the 3 miles could not be faulted here as his time of 13 mins. 59.6 secs. was one of his best and only the tremendously high standard relegated him to such a minor position.

#### Jim Hamilton's Great Run.

Jim Hamilton new resident in Canada reached the final of the 880 yds. and showed great form to finish 6th and put up the fastest time of his career.

His time of 1 min. 52.9 is faster than Hamish Stothard's Scottish record of 1:53.4, but of course a Scottish record must be made on home territory.

#### The Bannister-Landy Epic.

There is little more to be said of the epic mile race between Bannister and Landy which lived up to the highest expectations as those who witnessed the race or listened to the recording will agree.

Bannister ran a wonderfully judged race to hold on and come through with his driving finish while Landy took the responsibility, and it is a responsibility to try and run his rival into the ground.

Both ran a heroic race. Each had run a sub 4 minute mile. Now joined together in contest they repeated this feat with Bannister the winner and Landy still the record-holder.

#### Such Condition was not Easily Attained.

Bannister is reported to have said that he may retire at the end of the season to concentrate on more important things. That may be so, but don't let us be deluded into believing that the Doctor took his athletics anything but seriously, and similarly with Chris Chataway. Perhaps it is an old University custom to assume that athletics must not be taken too seriously. Do you think that Bannister and Chataway reached world class by looking out of the window to see if the sun was shining? What do you think, chums?

#### This Performed Equalled The Best.

Lack of space precludes mention of all the great Empire Games performances. England monopolised the 6 miles 3 miles and  $\frac{1}{2}$  mile and Savidge's great putt, Elliot's 14 ft. pole vault and K. Wilms-hurt's great double in long jump and hop, step and jump were all wonderful but perhaps the greatest performance at the Games or on a par with the Bannister-Landy mile was the jump of 6 ft. 8 ins. by Nigerian, Ifeajuna. A jump of 6 ft. 8 ins. is of itself a wonderful feat but when accomplished by an athlete of 5 ft. 7 ins. it becomes almost fantastic.

#### Scottish Round-Up.

The Scots contingent did not set the heather on fire in this year's Triangular contest. However young Scottish champion Bob Stoddart of Bellahouston Harriers ran a grand 1:54.9 half. With his great physical advantages he should continue to make good progress.

#### Gregor's Great Record.

Kent policeman Norman Gregor also surprisingly beat A.A.A. champion Geoff. Elliot in the pole vault. This was the only Scottish win and it is worthy of note that Gregor has won this event on the 3 occasions on which he has competed.

#### New Record For Logan.

In the S.A.A.A.—Atalanta (Combined Universities) contest at New Meadowbank in July, stalwart 6 ft. 5 in. Renfrew policeman Tom Logan broke his recent shot putt record of 46 ft. 5½ ins. by heaving the missile 46 ft. 7 ins. In the same contest Scottish mile champion Adrian Jackson was surprisingly beaten into 3rd place by Small and Hermiston.

Alec. Small of Plebeian who finished 4th in the championships to Jackson turned the tables on this occasion with a brilliant 4:16.7 secs. while young Jim McLaren of Shotts—Scottish Junior cross-country champion continued his marked improvement by beating Senior cross-country champion Eddie Bannon with a grand 3 miles in 14:26.5.

#### Gracie's Form Too Late.

Scottish low hurdle champion David Gracie who has been somewhat under a cloud this year has come late to hand. What a pity the Larkhall boy did not show his real paces in time for selective consideration.

#### Versatile Athletes.

Glasgow policeman Willie Piper better known as a pole-vaulter and high jumper has recently turned to the long jump with marked success while Edinburgh athlete J. V. Paterson steeple-chase champion last year has now turned to the 440 and 880 yds. with equal distinction.

As Jack can run a good quarter and stay over 2 miles I should like to see him have a try at the mile.

#### Quinn And McDonald Continue To Shine.

Bob Quinn, Victoria Park's capable sprinter after giving his club such grand service in the relays has been doing himself a good turn by some brilliant wins off virtual scratch marks.

Similarly Donald McDonald, Garscube's brilliant quarter mile continues to shine. His feat in running second to American star R. Fessenden at Ranger's sports was a grand bit of work especially as he defeated Higgins of England, the British Olympic runner. Both Quinn and McDonald have been knocking at the Scottish championship door. Perhaps next year they will ring the bell and enter the inner sanctum.

#### Ken Wood's Great Mile.

One of the greatest feats of the year was Ken Wood's victory in the Emsley Carr mile in the amazing time of 4:4.8, the fastest time ever put up on the White City track. Some of the greatest runners in the world have run on the White City track, including our own sub-4 min. miler Bannister. It is interesting to note that Ken Wood ran for England in this year's cross-country International.

This may puzzle the track only protagonists for hard cross-country doesn't seem to have done Wood any harm. What a brilliant crop of runners England have. Derek Johnson fresh from his Empire Games  $\frac{1}{2}$  mile triumph ran a great British Games 440 to equal the English native record of 47.9 beating American Ralph Fessenden in the process while up-and-coming half-miler Ron Henderson continued his startling progress with a 1:51.7 secs. win over Hungarian opposition.

#### One Must Keep On Trying.

To make progress in any sphere of activity patience is required; and athletics is no exception to the rule. Many athletes lack tenacity of purpose, feel that they are making little progress and give up trying. Even if aspirations are unfulfilled, ambitions unrealised, some improvement must be made and that in itself is a source of satisfaction. In any case you get a kick out of trying.

#### Some Inspiring Examples.

Take specific cases. Freddy Green so long a shadow athlete now a world-ranking figure. Marathon runner Eric Smith of Leeds a shift worker who overcome all obstacles, now selected for the European Games at Berne. Joe McGhee the outsider who came up at Vancouver; and perhaps the most inspiring example of all, Andrew Forbes of Victoria Park—the man who just failed to win the 6 miles for Scotland at the last Empire Games in New Zealand, ex cross-country champion of Scotland and previous 3 miles record holder. For years just an ordinary club runner he improved beyond recognition to eventually write some fragrant pages of athletic history for his club and Scotland. So whether your ambitions are of club, national, or International standard it may be worth trying a little harder and a little longer.

True the worm can never fly, but remember too that the butterfly was once a caterpillar.

#### Postscript to Running Commentary

#### EUROPEAN GAMES RUSSIAN ATHLETES SUPREME.

With 16 gold medals, Russian athletes overshadowed the others, nevertheless Britain considering the disparity in size and numbers put up a magnificent display to capture 3 gold, 4 silver and 7 bronze medals.

#### British Stars.

Jean Desforges, Thelma Hopkins and Roger Bannister, magnificent winners of respectively long and high jumps and 1500 metres ran undoubtedly as the supreme British stars.

Yet considering that the fields were practically world class, the feat of Chataway, Parker and Dianne Leather in gaining 2nd places is little removed.

J. B. Parker's great hurdle run was an excellent result, and a most pleasant surprise.

#### Sando and Elliot Surpassed Themselves.

Frank Sando in gaining 3rd place in the 10,000 metres put up his best ever performance and Geoff Elliot did likewise in the pole vault.

#### Consistent Sprinters.

G. Ellis two bronze medals in the sprints and the meritorious 3rd places of the Misses Shirley Hampton, Anne Pashley and Pam Seaborne in the 200 metres, 100 metres, and 80 metres hurdles were heart-warming to British followers.

#### Salute to Derek Johnson.

Geoff Iden's grand 6th place in the marathon in the excellent time of 2 hrs. 28 mins. (Eric Smith also ran well in the race). Bob Shaw's courageous effort to reach the final of the 400 metres hurdles and finish 5th in the time of 52.3 (2nd best ever by a British athlete) are all worthy of mention but in some ways the British athlete who captured me at the Games was young Derek Johnson who gained no medals but won many tributes by his wonderful efforts. His 4th place in the 800 metres in 1:47.4 (2 secs. better than his best) was a classic. While his last lap effort in the 4 x 400 metres relay was almost out of this world

Unfortunately though it brought his side first to the tape they were disqualified because the previous runner crossed the path of a rival.

#### Drama and Sensation.

The original marathon race over the plains of Marathon to Athens was drama personified and since then the race has always been an unpredictable one full of sensational possibilities.

This year we have had two big marathon sensations. First of all the surprise collapse of Jim Peters and the sensational victory of Joe McGhee in the Empire marathon and now a wonderfully close finish in the European championship was spoiled by the Russian taking the wrong turning entering the stadium. A special track which was being hurriedly improvised was unfinished when the leading runners entered. Technically only the 4th runner from Portugal, ran the exact trail and the race should have been declared null and void. Even though the runners had been briefed to take the right hand turn a tired runner should not be given this responsibility. Surely it is the simplest thing in the world for stewards to be placed at the mouth of the stadium barring the runners and with arm outstretched directing them.

How frustrating not only for Ivan Filin who seemed to be the likely winner but also for Veikko Karvonen who finished first and got the official verdict. Perhaps in the circumstances the donation of a special gold medal to the Russian was the best possible solution but there was a general feeling that the race was spoiled.

#### Zatopek Off The Gold Standard.

Emil Zatopek ran a wonderful pillar-to-post race in the 10,000 metres to collect his usual gold medal, but in the 5,000 metres he was relegated to the (for him) unusual position of having to make do with a bronze medal. The race was a sensational victory for Kuz of Russia in the world record time of 13 mins. 56.6 secs. Defeat for Zatopek in this

race was always a possibility but it was the manner of it that provided the sensation. Zatopek was never in the race. Kuz kept piling on the pace and was never headed. Chataway ran well to beat Zatopek in the finish but he erred in judgment in sticking to the Czech possibly thinking that Kuz was setting a false pace. Both Chataway and Zatopek were well behind their best times.

The race again demonstrated that one should try to run one's own race; Although Chataway may have been nearer the winner if he had gone after him earlier it must be remembered that he had 12 laps to catch the Russian and would have had to break world record to beat him.

#### Bannister's Wonderful Judgment.

Roger Bannister's win in the 1,500 metres was a truly wonderful effort and the culmination of a great season. The "slowish" pace throughout and I am using the term in a comparative sense played into Roger's hands for his devastating finish is well known. Nevertheless he deserves great credit for his impeccable judgment. Unlike colleague Chris Chataway he ran his own race and was content to lie back till the time was ripe. There has been an air of inevitability about Bannister's form this year. He is running with the confidence of an athlete who is aware of his fitness and satisfied with his preparation. Let's hope that circumstances are such that he is able to try for an Olympic title in 1956 with similar form to sustain him.

In the Annual Perth-Dundee (22 miles) road race the winner Allan Lawton was only 5 secs. out of his Leeds Harehills clubmate, Eric Smith's record made last year. Lawton's time was 2h. 1m. 13secs. Runner-up was George King (Greenock Wellpark H.) in 2h. 4m. 23 secs. and 3rd was A. Turner (Bedlington) 2h. 5m. 20 secs.

We regret it was not possible to publish an issue for August, 1954.



## ARTHUR NEWTON'S VIEW

Dear Ross,

I quite agree with you that there has been a lot of misleading talk in the newspapers about the Jim Peters "incident." Actually the affair was quite simple. I feel pretty sure about it as I myself suffered in the same way at one time—though fortunately not so badly—when I was in Rhodesia. The cause of it all is the complete ignorance of the authorities with regard to marathon running. Time after time marathon men have stressed the fact that such races should never be held in the middle of a warm summer's day, yet the organisers put on the Vancouver event at Mid-day! Even now they've not learnt the lesson: I see that they propose to put the next race on in the late afternoon instead. Isn't the afternoon in summer almost certainly warmer than the early morning? If they must have such races in summer—quite the wrong time of the year for extra-long distances—they should start it at about 8 a.m. The race would then be over before the heat became really bad. Peters' collapse was due entirely to incipient sunstroke, and the longer they left him unattended the worse it was apt to get. Had they chucked a bucket of cool water over him when he first began to notice heat-effect he could have finished in exactly as good condition as Mekler, who "suffered" practically not at all. In South Africa they understand this sort of thing and Vic. Clapham's famous Comrades Marathon is a sample of how things should be done. Out there a cyclist is permitted to travel either well before or well behind the man he is looking after:

he actually does quite a bit of each, just passing his man every now and then towards the finish in case anything is required. It's no good telling a man he can get a drink three or four miles further on when he suddenly discovers he wants one immediately; or that he can get only tea or cold water when he knows he needs a lemonade-sugar-salt concoction: this merely tends to aggravate an already acute situation. Of course a thoroughly trained man doesn't need a drink at all provided the race is undertaken in suitable weather, but if the day happens to be unduly hot even the best trained man may find it necessary to pick up something—Not when he is told he can get it at stated intervals but when he needs it.

You can hardly blame Jim Peters: his only mistake was that he started off and kept up a pace that was a shade too fast for the prevailing weather conditions; and only prolonged experience can teach you how to make the satisfactory adjustment. Stan Cox was used to being a minute or two behind Peters and probably saw to it that he kept in this position, with the result that he struck the same trouble. Beyond making you feel a bit sick and off colour for a day or two this sort of sunstroke has no ill after-effects at all, but it makes you more careful on future occasions. I'm no doctor, as you know, so I can't say what might have happened if Peters had been left unassisted for much longer: in all probability the consequences would have been mighty serious. Anyway, Peters' mishap may perhaps have done a lot of good for marathon running, as it has once more brought home to the organisers that marathon men need suitable and essential attention when their races are staged at unsuitable and unessential times.

I'm still very fed up about the press-coverage of this Vancouver race. We couldn't get any sort of news at all about McGhee beyond the fact that he came in first. He was the winner, yet hardly got any mention. And what about Mekler and Barnard, let alone the other three

who finished? Here's a week gone, and if it wasn't that Mekler has been out here to tell us about it we should still be without any knowledge as to the running of these five men. By the way, you'll be glad to hear that Mekler is still in such good form that he nearly ran me off my bike on a 22-mile run yesterday: up and down some decent hills he travelled at an average of just under ten miles to the hour, and I had real hard work to keep up with him. Well, I reckon you can now tell your readers what was at the back of Jim Peters' and Stan Cox's misfortune.

Cheers,  
ARTHUR F. H. NEWTON,  
Ruislip, Middlesex.

## ONE CHAMPION OF ANOTHER.

Dear Mr. Ross,

I write to you to give you an outline of the achievements of Henry Kennedy formerly of Bellahouston since he emigrated to Canada last June '53.

I think this should be of interest to athletics followers in Scotland as Henry was very popular with his fellow athletes.

In August '53 he was runner-up in the Canadian Eastern District 3 miles, in Sept. he won the Ontario and Inter-Province 3 miles in 15 mins. 9 secs. and 14 mins. 54 secs. During the Autumn he won various road races and finished 1953 by winning the Canadian National C.C. Championship (6 miles).

The latter half of the winter saw him at indoor meetings in the States where he met Alex. Brekenridge. His best times on the boards were a two miles in 9:23.6 and a 1½ miles is 6.52.

During the present track season he has really "gone to town," winning the Ontario 3 miles in 14.45 the Canadian National 3 miles in 15.04 (slow track). Off he went to Vancouver to compete in the 3 miles Empire Games trial, this he won in the new Canadian "Native" Record time of 14.29 and thus earned his place in the Canadian team for the Empire Games.

Out of all this he has had several U.S. Universities on his tail all anxious to grant him an Athletic Scholarship. He has decided to go to Michigan State College and take a 4 year course on Engineering.

I would just like to add that I don't know of anyone who deserves success in athletics more, he trains very hard and the obvious enjoyment he gets from running is an inspiration to all who know him.

Enclosed is a cutting from a British Columbian Newspaper showing him winning the 3 miles.

Yours in Sport,  
BOB STODDART,  
Glasgow, S.W.2.

(Henry ran his fastest 3 miles to date at the Empire Games where he finished 11th in 14 mins. 19.8 secs.—Editor).

## WITH REFERENCE TO OUR CONTRIBUTOR P. W. CERRUTTY.

The following appeared in our favourite athletics column, Editor, Cordiner Nelson's "Track Talk," in our U.S.A. contemporary "Track and Field News," August, 1954.

"I wish I had a few thousand dollars I didn't know what to do with. I'd use it to bring Percy Cerutty here to train American distance runners. Cerutty, the man who developed John Landy, is not appreciated in Australia because his methods are unorthodox. (Apparently they would rather have an orthodox 4:12 miler than an unorthodox 3:58 miler). I feel sure Cerutty would conduct a perpetual clinic here if the A.A.U. or the state department or anyone interested in giving our distance runners a chance to keep up with the Europeans, would finance him. I'm equally certain that he knows as much about distance training as any man who ever lived. It's a shame to waste such ability."

We will publish several recent letters from our friend Cerutty in the October "The Scots Athlete." These, otherwise personal letters will contain comments on personalities such as Bannister, Peters, Pirie, Zatopek, and discusses themes on "training," "the club coach" and "...

## "THAT" MARATHON RACE

by G. S. BARBER

HAVING had some 48 years experience with marathon runners may I join with those youthful reporters in the discussion on their "This MUST not happen again" race.

This WILL happen again so long as there are men like Jim Peters who will put out every ounce of strength to win races whether it is a marathon race or 100 yards. I have seen men far more exhausted in a 440 yards race than in marathon races, but the reason there is an outcry about this one is that it was a major event attended by big newspaper men.

My experience of marathon running is that it has always been a sort of "unwanted baby." Look how long it took to convince the A.A.A. that a marathon championship was an important event, it took longer to convince the Scottish officials to consider this.

When a race of this kind is proposed promoters usually find an empty space in the programme to allow the first few to finish on the track but they usually continue the other events as if the marathon race was not in being.

How many times have we seen the road race from Drymen to Firhill Park messed up at the finish with officials NOT connected with the race, directing men the wrong way round the track or holding up a tape at the wrong finishing place.

I saw an unholly mess at the White City, London at the finish of the British marathon championship. (The leading officials of the race came into the ground at least 15 minutes before the leaders were due to arrive (I know because I was with them) warning those in authority that the race was approaching. Did it make any difference? Not a bit, they started a hurdle race on the track and when the runners entered no one knew what to do and the two men Squire Yarrow and Donald Robertson running

together dodged and ducked in and out of the hurdles until they were dizzy. The result was that Donald Robertson was beaten by a short head in a most indescribable mix-up.

I must admit that a man at the end of 26 miles is not so bright as he was when he started, more reason that everything should—and could—be made easy for him to finish the race.

The finishing point of this race is usually in a different place from that of other events and the officials for the marathon race should explain to each competitor how he enters the track, the number of laps to go and the finishing point. But when something untoward occur all sorts of men take up the role of advisers and upset the race. It was reported in the newspapers that . . . Mick Mays team masseur who helped Peters on the track said "I caught him at what WE THOUGHT to be the finishing line before he had a chance to fall." Note those words 'at what we thought to be the finishing line.'

I saw what happened at Vancouver in two news-reel pictures. When Peters saw an official standing in the centre of the track I am sure he thought that the white line was his goal—and just stopped. In fact he could not have ran on because the person caught him and stopped him.

Jim Peters must take much of the blame himself. He has been running long enough to know to make full allowance for conditions. The fact that he was so far ahead proves it was an unnecessary folly on his part to run himself out.

Lets be sensible about this race. Peters can run again and forget about his unlucky break. Dorando Pietre ran some of his best races of his career after his dramatic collapse in the marathon race at the Olympic Games in 1908, and I remember the newspapers said the same things.

Continued from page 2.

T. Tracey, 14m. 25.6s.—Ibrox—2/4  
A. C. Black, 14m. 25.7s.—Meadowbank—  
8/6

J. McLaren, 14m. 26s.—Meadowbank—  
6/7

H. Kennedy (Canada), 14m. 19.8s.—  
Vancouver—3/8

### 120 Yards Hurdles

W. H. Clephan (Watsonians A.C.), 15.2s.—White City—17/7

C. A. R. Dennis (E.U.A.C.), 15.4s.—  
Meadowbank—6/7

N. R. Buist (St. A.U.A.C.), 15.7s.—  
Craiglockhart—5/6

S. Nelson (J.T.C.A.C.), 16.1s.—Jordan-  
hill—19/5

### 440 Yards Hurdles

D. K. Gracie (G.U.A.C.), 53.7s.—White  
City—10/7

W. H. Clephan, 55.6s.—Meadowbank—  
26/6

C. A. R. Dennis, 55.9s.—White City—  
10/3

### High Jump

W. Little (G.U.A.C.), 6 ft. 3 ins.—  
Westerlands—24/6

W. Piper (G.P.A.A.), 6 ft. 3 ins.—  
Dunoon—27/8

N. G. A. Gregor (H.H.H.), 6 ft. 2 ins.—  
Maidstone—12/5

Continued from previous page.

How many of us have gasped at the end of a marathon race and said "never again, this is my last race" and after a bath, rest and some food are looking about for entry forms for the next race.

But remember—in the future when we discuss this race let us not forget (as some would have us forget) who won the race—Joe McGhee. Because almost everyone knows that Dorando Pietre collapsed at the finish of the 1908 Olympic Games but very few know who won the race.

It was J. J. Hayes of America, time 2 hrs. 55 mins. 18 secs. and the first Britisher to finish was W. T. Clark, Liverpool—who was 12th.

K. S. C. Cunningham (V.P.A.A.C.),  
6 ft. 0 ins.—Westerlands—15/6

J. L. Hamilton (W.S.H.), 5ft. 11 ins.—  
Ibrox—12/6

### Long Jump

G. H. Cain (E.N.H.), 22 ft. 9 ins.—  
White City—17/7

W. Piper, 22 ft. 3½ ins.—White City—  
31/7

T. McNab (Shett. H.), 21ft. 10½ ins.—  
Leeming—26/5

W. H. Clephan, 21 ft. 9½ ins.—Holy-  
rood—17/6

W. Fraser (Watsonians), 21 ft. 9 ins.—  
Myreside—30/6

### Hop, Step and Jump

T. McNab, 47 ft. 7½ ins.—Meadowbank—  
26/6

R. M. Stephen (Shett. H.), 46 ft. 5 ins.—  
Aberdeen—3/7

H. M. Murray (E.U.A.C.), 44 ft. 10 ins.—  
Craiglockhart—22/5

### Pole Vault

N. G. A. Gregor, 13 ft. 6½ ins.—Ibrox—  
7/8

W. Piper, 12 ft. 2 ins.—Meadowbank—  
26/6

P. W. Milligan (V.P.A.A.C.), 11 ft.  
0 ins.—Meadowbank—26/6

D. D. Campbell (H.A.C.), 10 ft. 9 ins.—  
Helenvale—3/7

P. McAndrew (J.T.C.A.C.), 10 ft. 6 ins.—  
Meadowbank—26/6

W. Britee (R.H.S.F.P.A.C.), 10 ft. 6 ins.—  
Meadowbank—26/6

### Putt

T. A. Logan (R. & B. Constab.), 46 ft.  
7 ins.—Meadowbank—26/6

J. Drummond (Heriots), 44 ft. 5 ins.—  
Ibrox—7/8

K. Maksimczyk (E.E.H.), 43 ft. 6½ ins.—  
Inverleith—25/5

J. L. Donnelly ("Q" A.C.), 42 ft. 2 ins.—  
Tillicoultry—8/5

S. Olaffsen (E.U.A.C.), 41 ft. 8 ins.—  
Craiglockhart—29/5

W. McNeish (V.P.A.A.C.), 41 ft. 6½ ins.—  
Meadowbank—6/7

R. C. Buist ("Q" A.C.), 40 ft. 4½ ins.—  
Craiglockhart—1/6

I. H. Drummond (E.H.), 40 ft. 1½ ins.—  
Westerlands—21/7

## WE RUN ON POWER

by PERCY W. CERUTTY.

MOST athletes imagine we run on leg strength. That is entirely fallacious. Training for running does not make our legs, muscularly, much or any stronger than that of many workers, and not nearly as strong as those of a weight-lifter. Yet we can run much further—faster than the untrained man no matter how muscularly strong he may be.

Why is this? If we have not built in excessive strength, then what is the result, in us, of all our hard training? When training has been long and serious we have built in something else: it is POWER! All-over organism power. Heart-lungs-glands-muscle-spirit power. We have become something that previously we were not.

It is because few reflect on these things: that most look upon athleticism as a simple pastime and bring little of their mental powers to bear upon their chosen sport. They go on year after year doing without critical examination what has been done traditionally for generations.

And it's because of the attitude of athletes themselves that the cynical statement is used "All brawn and no brains." Unfortunately, in all too many cases the charge may be true.

It is apparent to me that brains are far bigger as a factor to getting a big success in athletics than just training as we know it. Athletes must learn to develop their critical reflective capacities and to direct them inwards upon their own activities. Athletes must learn to "feel" if their training is really benefiting them. The test is that each season we should record faster times all other things being equal, or maintained.

Most athletes go through a prescribed routine, think little about it as long as they are copying someone else who has succeeded—or what is worse, accepted the views and dictations of someone who purports to know, but probably doesn't.

And the test, again, for this latter, is whether they are doing it themselves, these authoritative and talkative ones.

It is not sufficient to merely run, run, run. Milers like Landy spend much of their actual training time thinking about it as they run especially in the recovery parts of their routines. It is impossible to think deeply about ourselves, our work, and our progress if we train with others. There is a time for chatting and the comparing of notes but it is not while training routines are in progress.

Especially in the conditioning season work should be directed to producing a feeling of power within us. Nothing contributes more to the feeling of negative inanity than what is customarily called "relaxed jogging," nothing looks less like power, strength, or even manliness: Women athletes are past masters at this form of so-called training—and their inferior performances of even the most mannish of them is evidence that their mentality cannot come to grips with "INWARD POWER." Most, in any case are too self-conscious of their inferiority, and too prone to ape masculine strength and prowess.

In Australia, where I developed the idea of "fun-runs" as a form of diversion in training on the lines of fartlek, I have now moved to the concept and idea of the "Power-Run."

Power-running is not just ordinary running. Actually it is the diametrically opposite of the so-called relaxed running of many coaches.

Power-running is done with a deliberation and strength quite out of proportion to the speed resulting from its practice. In power-running we move over the ground at relatively slow speeds concentrating upon the strength and violence of the movements done. We work our arms and shoulders as vigorously as

possible. We exaggerate the degree of "lift." We stretch and yearn to be up, and more up, to lengthen ourselves, and from these deliberately engendered movements we find that we are running, and without trying to do so by getting up on the toes, that we ARE well up on the ball of the foot, knees coming up high, and that we are bouncing along with a powerful stride and with our breathing both deep and tidal.

If any of my readers essay this exercise then I tell them emphatically, if they attempt to do it with so-called relaxed hands and wrists, they will derive no real benefit and will risk muscle breakdown, and develop further the faults in style and strength that arise from the practice.

The hands MUST be closed or the fingers pinched on in some way. All that the exercise attempts to do is abortive if the hands are open.

50% of the winter conditioning should be done in this manner. If one is not tired, at first attempts, after 440 yards of it such a one has not grasped the spirit of it at all. One mile should make the strongest athletes tired enough to ease down to rest.

There is no doubt at all in my mind

### Discus

K. Maksimczyk, 145 ft. 1 in.—Craiglockhart—13/4

J. Drummond (H.A.C.), 140 ft. 1 in.—White City—17/7

J. L. Donnelly, 134 ft. 0 ins.—Meadowbank—6/7

E. C. K. Douglas (F.E.C.), 133 ft. 4 ins.—Craiglockhart—29/6

R. C. Buist, 131 ft. 1 in.—Craiglockhart—13/4

W. H. J. Leckie (Atalanta), 128 ft. 2 ins.—Uxbridge—14/7

L. Nisbet (E.U.A.C.), 128 ft. 0 ins.—Craiglockhart—22/7

### Javelin

D. W. R. Mackenzie (E.U.A.C.), 203 ft. 8½ ins.—Meadowbank—25/6

W. G. Patrick (Army), 198 ft. 5 ins.—Meadowbank—14/7

that the easy jogging type of running except that it is used as a recovery from much harder forms of training is almost completely useless in strengthening any athlete.

At times the slower movements can be moved up into a hard fast burst of any length to suit the athlete and his event. But the idea is again not understood if one thinks they can run fast as well as hard for more than a quarter mile in the powerful manner as I have described it.

Obviously when running at speed the movements must be curtailed somewhat, but the emphasis will always be on power, strength, and lift rather than pure speed.

These movements can be adopted in hill, sand and water running, when such are used as part of the conditioning.

During this form of conditioning the thought of the athlete is "inward." He feels POWER building in even as he tires. His job is to conserve this power and have it stored for racing.

Ceaseless fast running with little or no conscious concentration depletes: There is a time to save (build in) and a time to spend (race).

C. F. Riach (J.T.C.A.C.), 195 ft. 9 ins.—Nairn—14/8

G. A. Bell (Heriots), 193 ft. 4 ins.—Meadowbank—6/7

### Hammer

E. C. K. Douglas (F.E.C.), 185 ft. 0 ins.—Craiglockhart—11/9

A. R. Valentine (R.N.), 181 ft. 6 ins.—London—4/9

R. Scott (G.U.A.C.), 160 ft. 7½ ins.—Westerlands—29/5

L. Nisbet (E.U.A.C.), 149 ft. 3 ins.—Craiglockhart—24/8

I. S. Bain (Army), 145 ft. 0 ins.—Redford—15/6

J. Malcolm (E.C.P.A.C.), 144 ft. 4 ins.—Craiglockhart—27/7

D. Brands (R.A.F.), 144 ft. 7 ins.—Uxbridge—29/6

D. J. Mann (R.A.F.), 144 ft. 5 ins.—*Conditioner*—12/12

## A SCHOOL FOR SPRINTING

by L. H. WETHERILL.

(former England Track and Cross-Country International)

Some little time ago I was talking to George Smith, the A.A.A. Asst. Secretary, when he brought up the subject of sprinting. His idea was that something on the lines of the Hammer Circle is required to raise our standard in short distance running.

It is strange that, while a revolutionary speed-up has occurred in times for a mile and upwards, there has been practically no improvement in recent years in the shorter distances. What is the reason?

There can be no doubt that sprinters in general cover far less ground in training than runners who race at longer distances: up to a point this may be right and proper and they may argue that in proportion to the length of their race, they train over a longer distance than, say, marathon men. This, however, is not really a very good argument, as obviously the shortness of their races does give sprinters a chance to get nearer to perfection than long distance men can hope to do.

I suggest that much more long, slow running is needed and that, generally speaking, sprinters should work down to their distance. Is there any real reason even why they should not train hard over distances up to, say, 1 mile and even race at distances above  $\frac{1}{2}$  mile occasionally? Most sprinters are reluctant to subject themselves to toughening as runners. They seem to devote an utterly disproportionate attention to such things as warming up (and down) and exercises which are almost irrelevant to running. After all, sprinters are runners and not gymnasts.

Some of our young sprinters, whose training consists so largely of starts and a few 50 yards bursts, would be startled to learn of the amount of work done by

some of the World's best sprinters. Have our men ever thought of doing, like Bragg and Remigino, several hard 300 yard runs in one evening?

I remember Walter Rangeley, who had a span of 12 years or more as an international sprinter and who was the most graceful short distance runner I have seen, telling me he normally walked a longish distance (up to 18 miles, I think) on the moors in Yorkshire on Sundays. He ridiculed the idea that this was bad for his sprinting. On the way out to Australia for the 1938 Empire Games Cyril Holmes used to walk long distances with me round the deck. One day, a sufficiently rough one for many of the passengers (including some athletes) to be confined below, I calculated we had walked 13 miles together. Yet, when he got to Sydney, Holmes ran better than at any other time in his career. I would, indeed, suggest that there is some evidence that long walks, while not positively helping long distance runners, are useful to sprinters.

Perhaps sprinters in Britain are handicapped to some extent by the climate, but it is unlikely that they have much less natural speed than men of the coloured or other races.

Cannot then, a School of Sprinting, on the lines of the Hammer Circle, be started with the idea of it giving impetus to progress in this branch of the sport. It would presumably mean the organisation of week-end schools, where of course, the technical aspects of sprinting would be the main subject. Branches would, no doubt, have to be formed throughout the country.

An improvement in sprinting standards would lead to a corresponding improvement in many other events. What one may term "sprinting rejects"—and they would by no means necessarily be only

## British Empire Games

VANCOUVER—July 31st—August 7th.

100 Yards.—1, M. Agostini (Trinidad), 9.6s.; 2, D. McFarlane (Canada), 9.7s.; 3, H. Hogan (Australia), 9.7s.

220 Yards.—1, D. Jowett (New Zealand), 21.5s.; 2, B. Shenton (Eng.), 21.5s.; 3, K. J. Jones (Wales), 21.9s.

440 Yards.—1, K. Gosper (Australia), 47.2s.; 2, D. Jowett (N.Z.), 47.4s.; 3, T. Tobacco (Can.), 47.8s.; 4, P. Fryer (England), 48.4s.

880 Yards.—1, D. J. N. Johnson (Eng.), 1m. 50.7s.; 2, B. S. Hewson (Eng.), 1m. 51.2s.; 3, H. Boyd (Eng.), 1m. 51.9s.; 4, W. Baillie (N.Z.), 1m. 52.5s.; 5, R. Fergusson (Can.), 1m. 52.7s.; 6, J. S. Hamilton (Scot.), 1m. 52.7s.

1 Mile.—1, R. Bannister (Eng.), 3m. 58.8s.; 2, J. Landy (Aust.), 3 m. 59.6s.; 3, R. Fergusson (Can.), 4m. 4.6s.

3 Miles.—1, C. J. Chataway (Eng.), 13m. 35.2s.; 2, F. Green (Eng.), 13m. 37.2s.; 3, F. D. Sando (Eng.), 13m. 37.4s.; 4, N. Maiyoro (Kenya), 13m. 43.8s.; 5, P. Driver (Eng.), 13m. 47.0s.; 7, I. Binnie (Scot.), 13m. 59.6s.; 11, H. Kennedy (Canada).

6 Miles.—1, P. Driver (Eng.), 29m. 9.4s.; 2, F. D. Sando (Eng.), 29m. 10.0s.; 3, J. H. Peters (Eng.), 29m. 20.0s.; 4, E. G. Warren (Aust.), 29m. 42.6s.; 5, S. E. W. Cox (Eng.), 30m. 11.4s.; 6, I. Binnie (Scotland), 30m. 15.2s.

Continued from previous page.  
those who were not or could not become top sprinters—would turn to other things, with a considerable impact on standards. The 440 yards, long jump and hop, step and jump are obviously events which would benefit, as also the hurdle races. But the influence would also be felt in pole vaulting and javelin throwing, where speed is essential for greatness. The effect would spread into middle distance running, too, as quarter milers who could not quite win would turn to the half mile and so on.

120 Yards Hurdles.—1, K. Gardner (Jamaica), 14.2s.; 2, C. Highman (Eng.), 14.9s.; 3, N. Williams (Can.), 14.9s.

440 Yards Hurdles.—1, D. F. Lean (Aust.), 52.4s.; 2, H. Kane (Eng.), 53.3s.; 3, R. D. Shaw (Wales), 53.3s.

Marathon.—1, J. McGhee (Scot.), 2h. 39m. 36s.; 2, J. Mekler (South Africa), 2h. 40m. 57s.; 3, J. J. Barnard (South Africa), 2h. 51m. 49.8s.; 4, B. Lush (Can.), 2h. 52m. 47.4s.; 5, G. Hillier (Can.), 2h. 58m. 43.4s.; 6, R. Crossan (N.I.), 3h. 12m. 2s.

4 x 110 Yards Relay.—1, Canada, 41.3s.; 2, Nigeria, 41.3s.; 3, Australia, 41.7s.

4 x 440 Yards Relay.—1, England, 3m. 11.2s.; 2, Canada, 3m. 11.6s.; 3, Australia, 3m. 16.0s.

High Jump.—1, E. Ifeajune (Nigeria), 6 ft. 8 ins.; 2, P. Etolu (Uganda), 6 ft.  $\frac{1}{2}$  ins.; 3, N. Osagie (Nigeria), 6 ft.  $\frac{1}{2}$  ins.; 4, P. Wells (N.Z.), 6 ft. 5 ins.

Long Jump.—1, K. S. D. Wilmshurst (Eng.), 24 ft. 8 $\frac{1}{2}$  ins.; 2, K. Olowu (Nigeria), 24 ft. 3 ins.; 3, S. Williams (Nigeria), 23 ft. 8 $\frac{1}{2}$  ins.

Shot.—1, J. Savidge (Eng.), 55 ft. 0 $\frac{1}{2}$  ins.; 2, J. Pavelich (Can.), 49 ft. 0 $\frac{1}{2}$  ins.; 3, S. du Plessis (South Africa), 49 ft.

Discus.—1, S. du Plessis (Sth. Africa), 169 ft. 7 $\frac{1}{2}$  ins.; 2, R. Pella (Can.), 162 ft. 6 ins.; 3, M. Pharaoh (Eng.), 156 ft. 11 $\frac{1}{2}$  ins.

Hop, Step Jump.—1, K. S. D. Wilmshurst (Eng.), 50 ft. 1 $\frac{1}{2}$  ins.; 2, P. Eseri (Nigeria), 50 ft. 0 $\frac{1}{2}$  ins.; 3, B. Oliver (Aust.), 49 ft. 8 $\frac{1}{2}$  ins.

Javelin.—1, J. Achurch (Aust.), 224 ft. 9 $\frac{1}{2}$  ins.; 2, M. Newez (Pakistan), 223 ft. 4 $\frac{1}{2}$  ins.; 3, J. Khan (Pakistan), 221 ft. 5 $\frac{1}{2}$  ins.