

Among his "scalps" were two of the most colourful characters in the history of the sport—Pietri Dorando and Tom Longboat. Dorando, the most famous loser in sport, whose disqualification in the 1908 Olympic marathon inspired a popular song and brought him a gold cup from Queen Alexandra, was defeated by Shrubb at fifteen miles. Tom Longboat, the great Red Indian athlete, followed Shrubb home over 1, 3, 5, 10, 12 and 15 miles.

Altogether, Shrubb ran 51 races in the U.S.A. and Canada and won 49 of them. His last race, which he won, was as late as 1931 when he was 51 years of age.

These are, of course, sketchy reminiscences without race or time details. Perhaps some day we shall hear the whole Shrubb story.

James L. Logan.

OUR POST

"POWER-RUNNING"

Dear Editor,

Herewith my renewed annual subscription to "The Scots Athlete." Please accept also my sincere thanks for your

MAKE SURE OF YOUR COPY.

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

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

efforts to keep this excellent magazine in existence.

May I have a word on the article (September) on "Power Running" by Percy Cerutty, whose writings and training methods has my greatest admiration.

Mr. Cerutty goes to great lengths to elaborate on the method and action of "power-running," as if it were something quite new. However when one analyses the movements, it is found that the action is perfectly duplicated by simply running uphill! To quote Mr. Cerutty "exaggerate the degree of lift," "find we are on the ball of the foot," "knees coming up high," etc. and he states that one will find 440 yds. will be quite sufficient for anyone, and, there will be a complete absence of relaxation in hands and wrists.

I am all for new methods of training if proved advantageous but I suggest it spreads confusion amongst the ranks of athletes by dressing up, old (and fully effective) methods and presenting them only in a new guise.

Yours sincerely,

A. Cockcroft.
(Leeds Harehills).

FEBRUARY, 1955.

Vol. 9, Nos. 7 & 8.

THE SCOTS ATHLETE

PRICE
6D



W. Goodwin (Bellahouston H.) a very composed winner from a class entry and over a heavy course, in the Midland Dist. 3 miles Youths C.C. Championship at Lenzie.
Photo by G. S. Barber.

JOHN EMMET FARRELL'S
RUNNING COMMENTARY.
RACING IS SUPER-NORMAL
By PERCY W. CERUTTY.

COMPLETE RACE DETAILS.

OUR POST.

ATHLETIC RECORD

NINA OTKALENKO



The great woman distance runner, Nina Otkalenko (U.S.S.R.). She is the present European 800 metres champion and world record-holder at 800 metres and 880 yards. This photo was taken by H. W. Neale at the Floodlit London vs. Moscow contest at the White City track.

OUTDOORS

PRIVATE ROAD SPURS

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



AS I write these notes it is still winter, and we have come through a most severe spell of frost and snow under which conditions most sports are cancelled but cross-country running continues to attract the faithful. Snow of course can be a severe handicap from a racing point of view but there can be few more exhilarating experiences than a friendly pack run through soft snow. The heat generated by the well-clad runner is almost unbelievable and that tingling glow of well-being can not be compensated for by the fireside or any other artificial means.

Nevertheless we all hope that these and other extreme conditions will not re-appear by the time of the important cross-country events and especially the 3 National Championships at Hamilton race-course. Before dealing with these championships, Youths, Junior and Senior respectively. I should like to comment on some of the recent interesting events which have taken place—now all over bar the shouting and

in some cases shall be say merely a faint whisper.

Nearest to Heaven ?

I should like to extol the recent wonderful form of two world-ranking fields events competitors, both very young, Bengt Nilsson of Sweden the high-jumper and Stanislav Nyenashev, Russia's precocious hammer-thrower.

Nilsson challenges what has almost become an American preserve by clearing under his own steam 6 ft. 11 $\frac{1}{2}$ ins. a fraction only less than the world record held by Walt Davis. Will Nilsson be the first to clear officially 7 ft. the Everest aim of all high jumpers or will it fall to the present U.S.A. star, Ernie Shelton? I say officially because Cornelius Johnson and Walt Davis have both claimed to have cleared that height in practice, and of course there have been unsubstantiated rumours of an African tribe some of whose members can clear 7 ft. with ease without any scientific technique at all.

Gordon Pirie of Hammer-Throwers.

Twenty-year old Russian Stanislav Nyenashev recently set up a world-record by throwing the hammer the phenomenal distance of 210 ft. 1 $\frac{1}{2}$ ins. The interesting feature here is the defiance of tradition by this young athlete. Hitherto this event has been regarded as the prerogative of the mature athlete. Just as Gordon Pirie though still young has been running for years and has built up a back-ground where running has become a natural function so has Nyenashev got the "feel" of the hammer by handling one for years, graduating from a lighter missile to the standard championship one.

The following figures demonstrate his steady progress.

In 1951, aged 17 he threw 177 ft. 5 $\frac{1}{2}$ ins.

In 1952 at 18 he reached 186 ft. 9 $\frac{1}{2}$ ins.

In 1953 he reached 187 ft. and later 199 ft. 1 $\frac{1}{2}$ ins. for a Russian record. In 1954 Krivonosov beat him for both Russian and European titles, but now the young prodigy made his great come-back to clear 210 ft. odds for a fantastic world record.

Interesting Races at New Year.

Among the many interesting races at the New Year period were the Annual Morpeth to Newcastle classic of approximately 13 $\frac{1}{2}$ miles. Despite the absence of Peters and Binnie the standard was still exceptionally high and E. Kirkup surprise winner from Rotherham was only 2 mins. 22 secs. outside Peter's record. The well-known English distance expert Peter West finished only 12 seconds behind.

Promising Scots.

Though Scotland had no challenger of the standard of Binnie in the field they can be proud of the running of their entrants. Scot's star was W. McFarlane of Shettleston Harriers who finished 9th in the splendid time of 1 hr. 12 mins. 49 secs. only 12 secs. behind E. L. Smith one of Britain's representatives in the European

marathon. That much improved Garscube pair, Stan Horn and Geo. Dickson also made a grand debut by finishing respectively 14th and 18th in 1 hr. 14 mins. 19 secs. and 1 hr. 14 mins. 54 secs.

Paisley Harriers sent 5 runners down just for the experience and all finished in the first 40.

A. H. Brown in Great Form.

Young A. H. Brown of Motherwell Y.M.C.A.—3rd in last year's National Junior championship has been recently showing great form in the R.A.F. Training with men of the class of W. P. Ranger has brought him into great shape and it was little surprise to see him win the Beith open 4 mile race on New Year's day from A. Small of Plebeian and T. Napier of Paisley in 20 mins. 46 secs.—19 secs. outside record. Harry Fenion of Bellahouston the favourite retired with muscle trouble with about a mile to go.

"Awful lot of Runners in Brazil."

Sao Paulo, Brazil again held their annual 4 $\frac{1}{2}$ miles road race starting at mid-night on New Year's Eve. This colourful international race which starts in one year and finishes in the next, was reduced to 286 runners to give the field a chance but despite this precaution some runners were injured in the stampede. A previous winner and runner-up to Emil Zatopek last year—Mihalic of Yugoslavia finally ran out a comfortable winner from local hero Friere of Brazil and Vandewatteyne of Belgium after an early struggle in 21 mins. 50 secs.

Photo-finish in Nigel Barge Road Race.

After the most exciting race of the series Joe McGhee won the 4 $\frac{1}{2}$ miles Nigel Barge road race at Maryhill in the last stride from club-mate Eddie Bannon and Alex. Small of Plebeian a race so close that the 3 runners were credited with the same time of 23.24 which though 39 secs. behind Ian Binnie's record is still the 3rd fastest on record. J. Stevenson of Greenock Wellpark who finished 2nd to Binnie last year claims the 2nd fastest time over this course.

On this occasion with a mile to go 6 runners were in with a chance but Bannon opened up what looked like a winning gap only to be pegged back towards the tape. In all fairness to the cross-country champion he ran a remarkable race after losing a shoe early in the race. For a marathon runner McGhee's speed was an eye-opener while Small showed that he had stamina to go with his undoubted speed. Full marks also for the splendid running of J. Russell and D. Henson of Victoria Park, and Bert McLean of Springburn not forgetting the promise of newcomer J. McKay of Maryhill Harriers who finished a splendid 9th in his first open race.

Irish Runner Wins Dumbartonshire Title.

A surprise victory to some, but not to those in the know was the success of Cyril O'Boyle—new of Clydesdale who had a comfortable margin over the much-improved A. McDougall (Vale of Leven) and holder Gordon Dunn of Garscube in the Dumbartonshire 7 miles cross-country championship.

The class of O'Boyle becomes clear when he learn that he won the Eire 4 miles championship last July in 19 mins 48 secs. and was 2nd in the mile where both he and the winner clocked the same time of 4.24 in an entry so large that it looked like a cross-country start. If cleared from his Irish Association and eligible to compete in our open championships—O'Boyle a most consistent and hard trainer—will be definitely one to watch.

One holder loses, other retains.

Over a snow-covered trail Tom Stevenson of Wellpark turned the tables on his brother John—the holder and favourite in very easy fashion in the Renfrewshire championship. D. Lapsley was more fortunate in the Ayrshire Championship and retained his title by a very comfortable margin.

Mixed Grill of Sport.

The middle of January on the face of it looks like a period when as far as athletics are concerned only cross-country

running could keep its head above water (speaking figuratively) but at this point January has lived up to and even excelled its derivation as the two-headed month by providing a real mixed grill of sport indeed. However this becomes understandable when we realise that in 2 cases the venue is South Africa and in the other an American indoor one. Chris Chataway though winning all his races in his South African tour in fairly comfortable fashion found his most difficult opponent not one of flesh and blood but the effect on his breathing of the rarified atmosphere of these altitudes.

Indoor World Record.

H. Wyatt a U.S. Army private ensured that his athletic ability became public by clearing 6 ft. 10 ins at Boston.

Jack Holden Record Goes.

Jackie Mekler the well-known young versatile South African distance runner and close runner-up to Joe McGhee in the Empire Marathon at Vancouver also made history by breaking the unofficial world record for 30 miles on the track by clocking the wonderful time of 2 hrs. 57 mins. 48 secs. at Germiston against the time of 3 hrs. 0 mins. 16.8 secs. made by Jack Holden who won the last Empire Games marathon in New Zealand (1950) for England in another sensational race in which he finished in barefeet after a thunderstorm had washed off his shoes and an Alsatian dog had impeded him.

Sensational Finish to "Mitcham 15."

Stan Cox, Jim Peter's shadow in many big marathons won the Mitcham "15" miles after a most engrossing race and exciting finish but only after wearing down with relentless running the Surrey runner J. Butler who put up a magnificent display. The finishing times of both men 1 hr. 21 mins. 46 secs. against 1 hr. 21.49 indicated the closeness of the race and how well matched the pair were.

Instead of retiring along with Peters as was popularly supposed Cox now feeling better physically and mentally than for some time has decided to make a determined effort to prove himself at

least Britain's best marathon man.

It will be of interest to see if the Southgate runner can at 37 years of age and without the pressure of Jim Peter's presence equal or even excel his own amazing marathon times especially over the fast Windsor-Chiswick course.

England's Cross-Country Strength.

One of the most noteworthy features of the cross-country season to-date has been the tremendous strength of the English runners. On the continent Maynard, Ken Norris and Pirie have all had notable successes while others have been well up. Gordon Pirie's success was especially revealing in that two of his victims were the well-known Kovacs of Hungary and Mihalic of Yugoslavia.

The recent triple English success when Pirie, Norris, and Driver finished 1, 2, 3, reveals what a spearhead these 3 could be in the big International in March.

Pirie for Individual Title ?

Were I to forecast the individual winner of this year's International I would be prepared to take a risk and nominate as my selection Gordon Pirie himself but then with Pirie's ambitions so much wrapped up in the track we must wait and see if he will even be a competitor. What of Alain Mimoun the great little French holder? Has he vanished from the scene? Little has been heard recently of the running machine who now admits to being a veteran. Yet it seems such a little time ago that he came into prominence by surprising the great Raphael Puazon at Dublin.

Has Pirie, Marathon Ambitions ?

In a recent broadcast questionnaire, Pirie said that he did not feel any ill-effects of his enforced absence, that he hoped to help his club in cross-country team events, that Gerschler his coach had examined him and found him physically stronger; that he aimed to try all events from $\frac{1}{2}$ mile to 10,000 metres; to be faster in training was his general aim but that his specific and particular aim were the 1956 Olympics where he hoped to go for both the 5,000 and 10,000 metres and significantly or jokingly he added that

there was also an event called the Marathon. Could it be that the runner who is proud to be called the British Zatopek seriously harbours the ambition to duplicate the feat of his prototype.

Binnie and Cross-Country ?

Our track champion and record-holder Ian Binnie has recently come under the influence of well-known coach, Stampfl who as well as embarking him on a very intense daily schedule has strongly recommended him to take part in cross-country races suggesting that he should take our Scottish cross-country championship in his stride. Hitherto Binnie has shown little enthusiasm for this branch of the sport and this edict from his coach may not be exactly pleasant medicine, at first, though it could ultimately be of benefit.

National Championships, Youths', Junior and Senior.

Now for a round-up of the 3 championships, team and individual. Bellahouston's W. Goodwin after his clever Midland success should be a strong favourite for the youths 3 miles title at Hamilton, though previous joint favourites E. Sinclair of Springburn and J. Wright of Clydesdale, J. Ewing (Victoria Park), R. Black (Kilbarchan) and G. Wilson (Aberdeen) should help to provide a stirring race. Springburn, Shettleston, Victoria Park, Irvine Y.M.C.A. and Braidburn look the strongest teams. I have a slight fancy for the first-mentioned.

Classy McLaren should retain

Junior title.

John McLaren of Shotts Welfare showed by his brilliant win in the Midland 6 miles over National champion Eddie Bannon and other class runners that he has fully recovered from his foot injury, and I look forward to him retaining his junior title despite the presence of such brilliant junior contenders as Adrian Jackson of Edinburgh Varsity, Jim Russell, Victoria Park and P. McParland of Springburn. The team contest is difficult to forecast but I am assured that Edinburgh Univ. have a very well-balanced team.

Bannon's title in Danger.

There is a general feeling that well as Eddie Bannon is running he is not quite up to his very best and that he is in real danger of losing his individual title. Still I have such a high regard for Bannon as a cross-country expert that I am loth to write him off and if he does not win, the man I fancy, would be the classy Irish runner Cyril O'Boyle now running in the colours of Clydesdale Harriers. At the moment I would bracket these 2 as joint favourites.

My First Six.

This then would be my choice of the first six—1, E. Bannon (Shettleston H.); 2, Cyril O'Boyle (Clydesdale); 3, J. McGhee (Shettleston H.); 4, A. H. Brown (R.A.F. & Motherwell Y.M.C.A.); 5, J. Stevenson (G. Wellpark); 6, D. Henson (Victoria Park).

McGhee's stamina should take him well up. A possible win is forecast for him in some quarters but I fancy the state of the going may influence his prospects. Brown, Stevenson and Henson have the class and speed the only doubt being—will they get the distance?

Tracey, Fenion and Binnie.

In normal circumstances Tom Tracey, Harry Fenion and Ian Binnie might appear racing certainties and even now they could make up the first 9, but leg injuries have severely handicapped the training of Tracey and Fenion and they may find their task of finishing in the first 8 or 9 by no means an easy one but they have class and the knowledge of past success to sustain them. Binnie on the other hand has rarely shown up well in cross-country but Hamilton race-course should be made to measure for him and of course his coach has advised him to have a real try for the title.

A Quart into a Pint Bottle.

On paper it looks like a tremendous struggle to get into the first 9 or even a forward place in the National. What about the chances of last year's Internationals Tom Stevenson, Archie Gibson and Ron. Kane and first reserve Gordon

Dunn? Then one can't leave out of the reckoning Clark Wallace a previous International, Geo. White of Clydesdale, J. B. Wilkinson of Edinburgh Northern, the Eastern district winner, Jim Finlayson the Scottish Universities' champion, the consistent W. F. Lindsay of Gala and the unpredictable Vale of Leven pair A. McDougall and P. Moy. David Clelland of Falkirk Vics. is also running well and told me recently that he had taken my advice and was training primarily for the National with the other races merely as stepping stones.

Best Outsider.

But perhaps the best outsider is the protégé of editor W. J. Ross, young Stanley Horn of Garscube Harriers probably the most improved runner in the game. Last year he finished 20th in the Midland race, this year he finished 7th and as he prefers the country and has a good back-ground of stamina his chances in the longer race over 9 miles seem obvious.

Spectate or Participate.

Though Scotland has not yet attained a cross-country field as strong as the best European nations I believe there is an upward trend. In any case our National should provide a most engrossing race not only for the 1st 3 places but also for those keen to stake a place for the International at San Sebastian.

Pre-Race Ritual.

For there is to me an atmosphere about this race that intrigues and inspires.

That is not to say that I have been free from pre-race tension. And who is? Imagine the scene once again? Emerging from the dressing rooms like furtive bats and with as little apparent sense of direction they run up and down, sometimes alone but invariably in pairs in a camaraderie of misery—these well-trained, fit athletes with the wan woe-begotten faces and the worries of the entire universe on their wrinkled foreheads. Invariably giving parrot replies to the time-honoured questions. How are you keeping? Feeling fit? And the answers. Pretty awful! or possibly, not too bad! Do

EASTERN DISTRICT C.C. CHAMPIONSHIPS

Craigmillar, 29th January, 1955.

THE senior race for the Fraser Trophy, was well defended by the Edinburgh Varsity, packing six men inside the first fifteen finishers, gaining for them a comfortable victory over Edinburgh Southern, who for the first time this season, have gained a victory over Falkirk Victoria, who had once more to be content with third place. The individual race for District Champion was seldom in doubt for the favourite Jimmy Wilkinson E.N.H. although chased over the first circuit by D. Clelland F.V.H., and the eventual runner-up W. F. Lindsay Gala trying to close the gap over the final lap, but Wilkinson was too strong for all the challengers, and came home a comfortable winner.

The youths' race for the team championship once more fell to Braidburn A.C. who have been winners of this event since the inception of this race. The youths' of this club packed three inside the first six to be good winners over Aberdeen A.A.C. who were competing for the first time. Indeed Aberdeen had a very successful day, for they also took

Contd. from previous page.

they expect the chap to say. Feeling great! In the pink and just rarin' to go! Then possibly the worst moment of all—the warning bell that summons to the starting line.

Then the butterflies start their dervish dance and legs like jelly take their owners to the place of execution. Around you are grotesque milling figures "like ghosts from an enchanter fleeing." But one can be lonely in a crowd and there are fewer lonlier places than the start of a 9 miles cross-country race. Yet the starter's gun not only sets the runners on their course but seems to kill these butterflies out of hand and that weak tottering apology of a man suddenly changes to a dynamic relentless running machine, well, for a short while anyway?

Contd. on page 13.

home the Youths' Individual Championship, G. Wilson had no trouble in winning this event by over a hundred yards from R. Chalmers F.V.H.

Details :

SIX MILES.

Individual :

1. J. B. Wilkinson, E.N.H. 33m. 04s.
2. W. F. Lindsay, G.H. ... 33m. 17s.
3. D. Clelland, F.V.H. ... 33m. 28s.
4. A. H. C. Horne, EUHH. 33m. 45s.
5. H. Lawrence, Tev. H. 33m. 51s.
6. A. J. Crawford, F.V.H. 33m. 56s.

Team :

1. Edin. Univ. H. & H.—(A. H. C. Horne 4; W. H. Watson 10; J. V. Paterson 11; J. Miller 12; N. Allsup 14; J. Crawford 15). 66 pts. A. Ravenscroft 22; A. C. Ross 28; H. A. Cumming 34; J. McManus 40; M. Fraser 46; J. W. Brydie 68.
2. Edin. South. H.—(H. S. Millar 16; J. Smart 17; J. Dinning 19; N. Duff 20; R. McAllister 21; G. G. Elliot 24). 117 pts. A. Ross 30; N. Ross 37; H. Robertson 39; D. Morrison 65; G. Reid 66; J. Stephenson 70.
3. Falkirk Vict. H.—(D. Clelland 3; A. J. Crawford 6; G. W. Jackson 23; R. A. Sinclair 31; A. Cook 45; G. Rankin 49). 157 pts. I. Perkins 71.

4. Braidburn A.C.—(N. Donachie 13; B. D. Underhill 27; R. A. Henderson 29; J. Hamilton 38; J. Peutherer 43; J. R. D. Moore 51). 201 pts. J. K. Hislop 53; J. Corbet 69; F. Thomson 73; W. Blair 80; F. J. L. Kelly 83.

5. Aberdeen A.A.C.—(E. Wood 9; A. Hadden 25; S. Wilson 36; C. Donald 57; S. Robertson 62; G. K. Watts 64). 253 pts. R. Miles 86.

6. Dundee Thistle H.—(C. D. Robertson 18; J. Watson 26; D. Miller 32; H. Irvine 52; E. Nicol 54; T. Crighton 84). 266 pts.

7. Gala H.—(W. F. Lindsay 2; F. G. Wintrup 47; J. Dodds 60; A. P. Sanderson 72; P. Hardie 75; W. Murray 79). 335 pts. J. Dalgleish 82.

8. Strathay H.—(C. Boyle 41; D. Innes 44; R. Holmes 48; J. Dick 58; I. Newton 76; G. Wylie 77). 344 pts.

Individual Entrants :

C. Fraser, E.E.H. 7; R. Stewart, E.H. 8; H. Phillip, E.E.H. 33; F. R. Boyd, E.N.H. 35; J. Hamilton, E.E.H. 42; R. Wilkinson, Tev. H. 50; W. Messer, E.N.H. 55; H. Robb, E.S.H. 56; H. Bennett, D.H.H. 59; T. Stanton, E.H. 61; G. Wright, Tev. H. 63; R. Baird, D.H.H. 67; R. A. Sinclair, E.N.H. 74; L. Smith, E.H. 78; M. Stocks, E.N.H. 84.

YOUTHS' CHAMPIONSHIP.

Details :

Individual :

1. G. Wilson Aberdeen AC 18m. 41s.
2. R. Chalmers, F.V.H. ... 18m. 59s.
3. J. M. Hepburn, B.A.C. 19m. 04s.
1. Braidburn A.C.—(J. M. Hepburn 3; J. Drevor 4; V. King 6). 13 pts. D. W. Skillin 16.
2. Aberdeen A.A.C.—(G. Wilson 1; S. Taylor 5; I. Clark 17). 23 pts. G. Sutherland 28.
3. Falkirk Vict. H.—(R. Chalmers 2; R. Baird 18; D. Shiels 19). 39 pts. J. Hope 30; J. Anderson 32; J. Cowie 33.
4. H. M. S. Caledonia.—(Stagg 8; Martin 9; Ingram 23). 40 pts. Moore 26; Furse 27.

5. Dundee Hawkhill H.—(I. McDougall 7; A. Smith 14; L. Simpson 20). 41 pts. J. Smith 35.

6. George Heriot's School.—(G. M. Brown 11; J. F. Williams 13; R. K. Cowan 24). 48 pts. M. J. Allison 31; I. R. Dickson 34; T. E. Truslove 38.

7. Edin. South H.—(P. McIsaac 21; H. Curran 22; G. Turnbull 29). 72 pts.

8. Edin. Nth. H.—(W. Heatlie 15; G. Stewart 36; G. K. Allan 37). 88 pts.

Individual Entrants :

H. Irvine, E.E.H. 10; G. Boyle, Strathay H. 12; J. Johnstone, E.E.H. 25.

FOUND at Craigmillar, Maroon Track Suit top, zipp fastener front, Apply—E.D.C.C. Hon. Sec., Ian Ross, 37 Dundas Street, Edinburgh, 3.

SOUTH WESTERN DISTRICT C.C. CHAMPIONSHIPS.

Deafhillock Hostel, Johnston,
29th January, 1955.

The Youths' three miles developed into a battle between R. Black (Kilbarchan) and M. Thompson (Greenock Glenpark). Half a mile from home the Greenock boy led but greater experience and local knowledge won the day for Black, runner-up in the Renfrewshire Championship a fortnight previously, who finished strongly as his rival flagged. W. Davidson (Beith) son of a former S.W.D. champion was third.

Irvine Y.M.C.A. made no mistake in retaining the team title they won so handsomely last year. T. Parker (4), R. Kennedy, who was sixth last year (5th) and J. Nelson 6th to equal last years total of 15 points. Their victory was not nearly so clear cut as last year however due to a strong Glenpark combination scoring 19 points.

In the six miles John Stevenson (Wellpark) retained his title in convincing style despite a strong challenge from the diminutive Ayrshire champion Dan. Lapsley of West Kilbride. Archie Napier (Paisley) was a good third half a minute ahead of Wellpark's Tom Stevenson. The team race was an easy win for Wellpark over the holders—Paisley Harriers.

SIX MILES CHAMPIONSHIP.

Individual :

1. J. Stevenson (Gk. Wellpark) 33m.;
2. D. Lapsley (W. Kilbride) 33m. 37s.;
3. A. Napier (Paisley) 34.02;
4. T. Stevenson (Gk. Wellpark) 34m. 32s.;
5. G. King (Gk. Wellpark) 34.33;
6. I. Harris (Beith) 34m. 57s.

Team :

1. Gk. Wellpark H.—(J. Stevenson 1, T. Stevenson 4, G. King 5, D. McConnachie 10, J. Cairns 12, P. McLaughlin 23)—55 pts. C. Aitken 30, W. Aitken 34, T. Carr 38, R. G. Beaton 44.

2. Paisley H.—(A. Napier 3, G. Napier 11, J. Pearson 16, J. Sellar 19, J. Campbell 22, C. McCart 27)—98 pts. W. McNeill 28, G. Crerar 29.

3.—Beith H.—(J. C. Harris 6, G. Lightbody 8, J. W. Armstrong 15, S. Maxwell 20, K. Phillips 31, H. Walker 33)—113 pts.

4. Plebeian H.—(A. Small 7, J. Simpson 18, D. Barclay 21, T. McQuade 25, J. McCann 26, A. Muir 39)—136 pts. T. Newcastle 43.

5. Irvine Y.M.C.A.—(K. Alexander 13, S. Cuthbert 14, S. Kennedy 17, J. Lawson 24, J. Leash 36, W. Barks 41)—145 pts.

Individual Entrants:

R. Miller (Kilmarnock) 9, W. J. More (Kilmarnock) 32, D. Todd (Kilmarnock) 35, R. Reid (Kilmarnock) 37, H. Rankin (Kilmarnock) 42, D. Kennedy (Glenpark) 40.

Details—Youths'.

Individual:

1, R. Black (Kilbarchan) 18m. 6s.; 2, M. Thompson (Gk. Glenpark) 18m. 18s.; 3, W. Davidson (Beith H.) 18m. 35s.

1. Irvine Y.M.C.A.—(T. Parker 4; R. Kennedy 5; J. Nelson 6)—15 pts.

2. Gk. Glenpark—M. Thompson 2; J. Spence 8; M. Burns 9)—19 pts. D. Canning 14.

3. Beith Harriers—(W. Davidson 3; W. Carlyle 10; H. Wilson 11)—24 pts. T. Shields 13.

4. Paisley H.—(H. Harper 7; A. Murdoch 16; J. Storm 17)—40 pts.

Individual Entrants:

A. Boyd (Gk. Wellpark) 12; N. Preston (Auchmountain H. 15.

SOUTH WESTERN DISTRICT

**10 MILES RELAY
CHAMPIONSHIP.**

Renfrew, 6th November, 1954.

Details:

1. Gk. Wellpark H.—(G. King, 13m. 04s.; D. McConnachie, 13m. 24s.; J. Stevenson, 12m. 17s.; T. Stevenson, 12m. 26s.) Time 51m. 11s.

2. Beith H.—(K. Phillips, 13m. 06s.; G. Lightbody, 12m. 54s.; J. W. Armstrong, 13m. 10s.; I. Harris, 13m. 06s.) Time 52m. 16s.

3. Plebeian H.—(J. Simpson, 13m. 24s.; A. Smith, 13m. 15s.; J. McCann, 13m. 47s.; A. Small, 12m. 20s.) Time 52m. 46s.

4. Paisley H.—(J. Campbell, 13m. 08s.; C. McCart, 13m. 40s.; W. McNeill, 13m. 30s.; A. Napier, 12m. 30s.) Time 52m. 48s.

5. Irvine Y.M.C.A.—(D. Andrews, 13m. 29s.; K. Alexander, 13m. 29s.; S. Kennedy, 13m. 38s.; S. Cuthbert, 13m. 08s.) Time 53m. 44s.

6. Kilmarnock H. & A.C.—(D. D. Todd 14m. 14s.; R. Miller, 13m. 09s.; W. J. More 13m. 19s.; J. M. Burns, 13m. 51s.) Time 54m. 33s.

7. Greenock Glenpark H.—(R. Cox, 13m. 38s.; A. Deas, 14m. 07s.; I. Osborne 13m. 29s.; D. McFarlane, 13m. 29s.) Time 54m. 43s.

8. Greenock Wellpark "B"—(F. Sinclair, 13m. 02s.; T. Carr, 14m. 17s.; C. Aitken, 13m. 58s.; J. Howe, 13m. 33s.) Time 54m. 50s.

9. Plebeian H. "B"—(D. Barclay, 13m. 56s.; T. McQuade, 13m. 43s.; C. Heaney, 14m. 01s.; P. McDermid, 13m. 52s.) Time 55m. 32s.

10. Paisley H. "B"—(D. Drake, 13m. 44s.; J. Pearson, 13m. 46s.; G. Crerar, 13m. 58s.; J. Sellar, 14m. 05s.) Time 55m. 33s.

11. Irvine Y.M.C.A. "B"—(W. Banks, 13m. 54s.; J. Dunlop, 13m. 42s.; F. Muir, 14m. 24s.; J. Lawson, 13m. 56s.) Time 55m. 56s.

12. Gk. Glenpark H. "B"—(R. Clark, 13m. 50s.; J. Grant, 13m. 48s.; J. Fraser, 14m. 25s.; J. Sinclair, 14m. 11s.) Time 56m. 14s.

13. Beith H. "B"—(H. Walker, 13m. 27s.; A. McGookin, 13m. 20s.; S. Maxwell, 14m. 21s.; B. Wiggins, 15m. 25s.) Time 56m. 33s.

14. West Kilbride A.S.C.—(R. McCreadie, 14m. 04s.; J. Barr, 14m. 43s.; J. Robertson, 15m. 03s.; D. Lapsley, 13m. 10s.) Time 57m. 0s.

RACING IS SUPER-NORMAL

By PERCY W. CERUTTY (Famous Australian Coach).

ALL racing must be looked upon as a supernormal experience. That it is looked upon as something "natural" or normal is one of the reasons that few get any big success. A man capable of running a mile in five minutes is content to go on running five minute miles. At the best he is hopeful that some day he may run a 4.55 mile thus beating 5 minutes. He feels this is normal for him: Every time he starts he goes off at a steady pace that ends in a mile around 5 minutes. Should someone suggest that he goes off at a pace that returns a 4 minute mile he turns away too disgusted to suitably reply at such a stupid idea.

But each man who has run a 4 minute mile has had the suggestion made to him—and he has accepted it, even if only in degrees.

These men have believed, at least hoped, or given themselves the chance, of lifting their whole organism up to the levels that made the running of the 4 minute mile possible. When the occasion offered their organism was able to respond to these super-normal levels.

But it is as unreasonable to assume that the organism can be lifted to the super-normal levels at will as it would be to believe that it could be lifted to them daily. If it was possible, then the super-normal would not be super-normal at all, merely normal, and we would be back where most athletics are.

Even incentive and ambition are not sufficient to make super-normal perform-

Contd. from previous page.

15. Babcock & Wilcox A.C.—(A. Duthie, 13m. 05s.; W. S. Greig, 14m. 35s.; T. Myres, 15m. 39s.; J. Gunn, 14m. 58s.) 58m. 17s.

16. Auchmountain H.—(J. McLean, 15m. 36s.; P. McIntosh, 16m. 16s.; J. Morrison, 16m. 27s.; J. K. Bryce, 15m. 08s.) Time 63m. 27s.

ance a certainty. Super-normal performance is the result of a concept well held first, and the intelligent slow creeping towards the realization. I should say, the painful creeping towards the realization.

Super-normal performance requires frequent super-normal effort in training even if not of the speed and duration of the race. That is, an athlete must do quite a lot of his race preparation, as distinct from conditioning work, at speeds that appear unreasonable by past experience.

To do this he may have to cut down the amount of time or miles spent in training, or the days trained on. Running alone is not the answer once the organism is well-conditioned or every marathon man would convert his mileage run into a 4 minute mile.

So every effort must be made intelligently to approach our race training from the view of super-normal performance. And in our races it really means that we run the first half of our races at speeds that we would run if the race was only half the distance. Take the mile as an illustration: He will run his first "half" at a speed that is about normal for running an 880. His condition carries him over or through the second half of the mile at the same rate and in pain.

That it is not possible to do this every time we start means we will have failures as well as successes. As many "highs" as "lows." The same in training. Therefore a recognition of this means we do not let failures unduly depress and we accept successes as the working out of the principle or law.

But what is certain is that we cannot expect a true super-normal performance except very occasionally or the organism will soon cease to respond to the goads imposed upon it.

Let an athlete then, slowly bring himself up through normal performance to the super-normal perhaps two or three times in a track season, or in the case of the shorter distances, after a series of races as did McKenley and Rhoden in the 3 or 4 weeks preceding Helsinki.

Therefore the training must be in accord with these ideas and we adopt therefore the theory of the Inclined Sawtooth. This allows for the cycles and trends that we find. We base our training on them instead of their incidence affecting our training.

But above all we should realise that super-normal effort is super-normal, and not a slight variation of the normal.

To illustrate this I would be inclined to say that Jim Peters 3 or 4 fastest marathons was of that nature. His undoing probably was due to thinking such speeds had become normal. I am inclined

to the idea that Roger Bannister knows better than to believe that his sub 4 minute miles are normal. His appearance at the end of them indicates that they are far from normal for him and he is wise not to subject his organism to such efforts too often.

The most extravagant effort, if not done too frequently can be handled by nature. But over-do the frequency and the organism will collapse from the effort.

Super-normal effort means the releasing of all our powers, particularly the power that is not usually tapped and which has been built in over long and painful effort, in a performance that transcends reason, much less reasonable expectation. On these days we are inspired; we have the winged feet; we fly over the track; in a word, we release in one inspired effort the transcendent powers that are in us.

Edinburgh-Glasgow Road Relay

VICTORIA PARK SMASH COURSE RECORD FOR FIFTH SUCCESSIVE WIN.

Details:—

FIRST STAGE—5½ MILES.

Record—

R. B. McIntosh, Greenock G.H., 26m. 5s.
(1936)

	Time
1. V.P.A.A.C., R. C. Calderwood	27.03
2. Vale of Leven A.C., R. Campbell	27.05
3. Shettleston H., R. C. Wallace	27.07
4. Paisley H., A. Napier	27.11
5. Garscube H., S. Horn	27.12
6. Ed. Univ. H. & H. W. A. Watson	27.13
7. Clydesdale H., G. White	27.31
8. Springburn H., P. McFarland	27.37
9. B'burn A.C., R. A. Henderson	27.57
10. Falkirk Vict. H.R.A. Sinclair	27.58
11. Ed. South. H., A. Ross	28.01
12. Bellahouston H., G. Nelson	28.02
13. Maryhill H., J. E. Farrell	28.20
14. Hamilton H., J. Hepburn	28.30
15. Plebeian H., J. Simpson	28.32
16. Beith H., K. Phillips	28.35
17. Dundee Th. H., I. Watson	28.55
18. Greenock Glen. H., R. Clarke	29.01
19. Irvine Y.M. H., K. Alexander	29.15
20. Glasgow Univ. H. & H., S. Rose	29.44

SECOND STAGE—6 MILES.

Record—

J. C. Flockhart, Shett. H., 30m. 26s. (1936)

	H. M. S.
1. Shett. H., E. Bannon	30.16 0 57 23
2. V.P.A.A.C., J. Russell	30.36 0 57 39
3. S'burn, R. F. McLean	31.19 0 58 56
4. Garscube, G. A. Dunn	31.46 0 58 58
5. V. of Leven, P. Moy	32.00 0 59 5
6. Paisley, J. Campbell	32.16 0 59 27
7. Fal. V. A. J. Crawford	31.47 0 59 45
8. Ed. University H. & H.	
A. H. C. Horne	32.42 0 59 55
B'ahouston, T. Mercer	32.44 1 0 46
Plebeian H., A. Smith	32.28 1 1 0
C'dale H., P. Younger	33.43 1 1 14
Ed. S.H., J. Dinning	33.59 1 2 0
D'dee T.H., D. Miller	33.11 1 2 6
G'nock G.H., R. Clark	33.08 1 2 9
Maryhill, T. Harrison	34.08 1 2 28
Glas. Univ. H. & H.	
P. Ballance	32.54 1 2 38
E. Bannon, Shettleston H.—New Record.	

THIRD STAGE—4 MILES.

Record—

P. McNab, Springburn H., 21m. 56s. (1936)

	H. M. S.
1. Shett. H., J. Eddie	22.26 1 19 49
2. V.P.A.A.C., N. Ellis	23.01 1 20 40
3. Garscube, G. Dickson	23.25 1 22 23
4. Sp'burn, A. Stevenson	23.30 1 22 26
5. V. of Leven, R. Steele	23.37 1 22 42
6. Ed. Univ. H. & H. J.	
Crawford, ...	23.22 1 23 17
Paisley, J. Devaney	24.24 1 23 51
8. Fal. V.H., G. Rankine	24.16 1 24 1
9. B'ouston, R. Wilson	23.19 1 24 5
10. Plebeian, D. Barclay	24.13 1 25 13
11. Ed. S.H., G. G. Elliot	23.41 1 25 41
12. C'dale H., W. Howie	24.40 1 25 54
13. G'nock G. I. Osborne	23.49 1 25 58
14. Maryhill H., W. Black	24.12 1 26 40
15. Dun. T.H., J. Lowis	24.41 1 26 47
16. Irvine Y.M., J. Dunlop	24.26 1 27 34
17. B'burn, D. B. Nisbet	25.05 1 28 7
18. Glas. Univ. H. & H.	
B. McNamara, ...	25.43 1 28 21
19. Hamilton H., R. Kerr	25.25 1 28 54
20. Beith H., S. Maxwell	26.55 1 30 9

FOURTH STAGE—5½ MILES.

Record—

A. T. Whitecross, Dundee T.H., 30m. 24s. (1937)

	H. M. S.
1. Shett. H., H. Fox	31.06 1 50 55
2. V.P.A.A.C., R. Kane	31.21 1 52 1
3. Sp'burn, T. O'Reilly	31.33 1 53 59
4. Ed. Univ. H. & H.	
J. Miller, ...	31.16 1 54 33
5. Bella H., C. Kennedy	30.55 1 55 0
6. Falkirk Vict. H., G. W. Jackson	31.41 1 55 42
7. G'cube, F. Robertson	33.59 1 56 22
8. Paisley H., C. McCart	32.32 1 56 23
9. V. of L., J. Garvey	34.03 1 56 45
10. C'dale H., J. Young	32.58 1 58 52
11. Ed. S.H., H. S. Millar	33.18 1 58 59
12. Greenock Glenpark H., D. McFarlane	33.08 1 59 6
13. M'hill, R. McDonald	32.30 1 59 10
14. Plebeian, T. McQuade	34.02 1 59 15
15. D'dee T.H., J. Miller	32.41 1 59 28
16. Irvine Y.M., J. Leask	33.56 2 1 30
17. B'burn, J. Hamilton	33.24 2 1 31
18. Beith, G. Lightbody	31.24 2 1 33
19. Glas. Univ. H. & H.	
R. Meikle, ...	33.23 2 1 44
20. Ham. H., E. Gallacher	35.49 2 4 43

FIFTH STAGE—5½ MILES.

Record—

J. Campbell, Bellahouston H., 27m. 57s. (1938)

	H. M. S.
1. Shett. H., J. Turnbull	28.33 2 19 33
2. VPAC., C. D. Forbes	28.48 2 20 49
3. Springburn, A. Fulton	30.04 2 24 3
4. Edin. Univ. H. & H.	
T. N. Allsup, ...	30.02 2 24 35
5. B'ouston, C. Milligan	30.13 2 25 13
6. Fal. V.H., J. Paterson	30.09 2 25 51
7. G'cube H., B. Linn	30.06 2 26 28
8. Paisley H., G. Napier	31.01 2 27 24
9. V. of Leven, F. Lacey	31.27 2 28 12
10. Greenock Glenpark H., D. McFarlane	30.06 2 29 12
11. C'dale H., J. Hume	30.32 2 29 24
12. Ed. St. H., N. Ross	30.31 2 29 30
13. Maryhill, J. D. Gibson	30.28 2 29 33
14. Plebeian, J. McCann	30.26 2 29 44
15. D'dee T.H., E. Nicoll	31.42 2 31 10
16. Braehead A.C., B. D. Underhill, ...	31.07 2 32 38
17. Irvine Y.M., S. Kennedy	31.16 2 32 46
18. Beith, A. McGooin	32.31 2 34 4
19. Glas. Univ. H. & H.	
T. Robertson, ...	32.27 2 34 11
20. Hamilton, H. Gibson	30.38 2 35 21

SIXTH STAGE—7 MILES.

Record—

I. Binnie, V.P.A.A.C., 33m. 21s. (1953)

	H. M. S.
1. V.P.A.A.C., I. Binnie	32.32 2 53 21
2. Shett. H., J. McGhee	33.51 2 53 24
3. Sp'burn H., T. Tracey	34.46 2 58 49
4. Edin. Univ. H. & H.	
A. S. Jackson, ...	35.21 2 59 56
5. B'ouston, H. Fenlon	35.41 2 59 54
6. Fal. V.H., D. Cleland	35.51 3 1 42
7. G'cube H., A. Kidd	36.26 3 2 54
8. V. of L., A. McDonald	34.43 3 2 55
9. Paisley, H. W. McNeil	36.38 3 4 2
10. Plebeian, H. A. Small	35.47 3 5 28
11. Ed. St. H., N. Duff	36.35 3 6 5
12. G'nock G.H., J. Grant	37.42 3 6 54
13. Glas. Univ. H. & H.	
J. Finlayson, ...	35.07 3 9 18
15. Irvine, S. Cuthbert	36.36 3 9 22
16. B'burn, J. Corbett	37.35 3 10 13
17. Maryhill, G. Taylor	40.51 3 10 29
18. Hamilton H., A. C. Gibson	35.20 3 10 41
19. D'dee T.H., P. Taylor	39.42 3 10 52
20. Beith H., J. C. Harris	38.00 3 12 4
I. Binnie, V.P.A.A.C.—New Record.	

SEVENTH STAGE—5½ MILES.

Record—

	H. M. S.
1. V.P.A.C., D. Henson	28.58 3 22 19
2. Shettleston H., W. Gallacher	29.20 3 22 44
3. S'burn H., D. McKay	30.24 3 29 13
4. Ed. Univ. H. & H.	
J. W. Bridle, ...	29.52 3 29 48
5. B'ouston, R. Penman	31.21 3 32 15
6. Fal. V.H., T. D. Todd	30.54 3 32 36
7. G'cube, D. Coupland	31.04 3 33 58
8. V. of L., H. Garvey	32.15 3 35 10
9. Ed. S.H., R. Robertson	30.28 3 35 33
10. Paisley H., D. Drake	32.36 3 36 38
11. C'dale H., J. Duffy	31.30 3 37 39
12. Plebeian, C. Heaney	33.10 3 38 38
13. Greenock Glenpark H., D. Gallacher	32.49 3 39 43
14. Glas. Univ. H. & H.	
A. Galbraith, ...	31.30 3 40 48
15. Maryhill, J. Gibson	30.48 3 41 17
16. Irvine Y.M. W. Banks	31.56 3 41 18
17. B'burn J. K. Hislop	31.30 3 41 43
18. D'dee T.H., H. Irvine	31.36 3 42 28
19. Beith H., H. Walker	30.56 3 43 43
20. Hamilton, J. Stewart	33.02 3 43 43
D. Henson, V.P.A.A.C.—New Record.	

Contd. from page 8.

Yet to escape from this annual sequence of misery all the athlete has to do is to scratch. Logic demands it. Then why don't we? Perhaps because there is poetry in life as well as logic. And the athlete has too something of the poet and artist in his make-up. He too yearns to express himself. There is only one person more miserable than an athlete about to run and that is an athlete unable to run. That is why after 21 years with the choice before me, I might still prefer to run rather than to watch.

**MIDLAND DISTRICT
C.C. CHAMPIONSHIP.**
Lenzie, 29th January, 1955.

Details :

SENIORS SIX MILES.

Individual :

1. J. McLaren, Shotts W. 29m. 19s.
2. E. Bannon, Shett. H. 29m. 41s.
3. D. Henson, V.P.A.A.C. 29m. 58s.
4. J. McGhee, Shett. H. 30m. 08s.
5. J. Russell, V.P.A.A.C. 30m. 43s.
6. P. McParland, Sp'burn 30m. 51s.

Team :

1. Shettleston H.—(E. Bannon 2 ; J. McGhee 4 ; C. Wallace 8 ; G. Everett 14 ; J. Eadie 15 ; H. Fox 18). 61 pts.
2. Walters 34 ; R. Wotherspoon 46 ; D. Campbell 49 ; F. Scally 52 ; W. McFarlane 86

2. Victoria Park A.A.C.—(D. Henson 3 ; J. Russell 5 ; C. D. Forbes 22 ; W. Sloan 26 ; I. Binnie 31 ; J. P. Stirling 32). 119 pts.
- R. Kane 36 ; J. Whitelaw 44 ; P. Keenan 50 ; W. Burns 67 ; F. McKay 69.

Contd. from previous page.

EIGHTH STAGE—5 MILES.

Record—

A. Austin, Bellahouston H., 24m. 23s. (1938) H. M. S.
1. V.P.A.C. J. Stirling, 24.24 3 46 43
Previous Best Time and Course Record
3h. 48m. 44s. (1952)

2. Shett. H., G. Everett, 24.33 3 47 17
Previous Best Time 3h. 52m. 51s. (1936)
3. S'burn H., D. Tracey, 26.12 3 55 25
Previous Best Time 3h. 58m. 22s. (1938)
4. Edin. Univ. H. & H.,
H. A. Cumming, 25.52 3 55 40
Previous Best Time 4h. 4m. 2s. (1953)
5. B'houston, S. McLean, 25.32 3 57 47
6. Fal. Vic. H., A. Cook, 27.43 4 0 19
Previous Best Time 4h. 8m. 58s. (1953)
7. G'cube H., W. J. Ross, 27.19 4 1 17
8. Ed. St. H., J. Smart, 25.16 4 1 49
9. Vale of Leven A.A.C.
D. McPherson, 26.57 4 2 7
Previous Best Time 4h. 3m. 27s. (1950)
10. Paisley H., J. Sellars, 26.45 4 3 23
11. C'dale H., W. Linton, 26.41 4 4 20
Previous Best Time 4h. 4m. 22s. (1952)
12. Plebeian H., P. McDermid, 26.29 4 5 7
13. B'burn, N. Donachie, 25.24 4 7 7
Previous Best Time 4h. 11m. 12s. (1953)
14. G'nock G.H., J. Fraser, 27.45 4 7 28
15. Maryhill H., T. Ruth, 26.42 4 7 59
16. Glas. Univ. H. & H.,
G. Campbell, 27.26 4 8 14
17. Dundee Thistle H.,
C. D. Robertson, 26.01 4 8 29
18. Irvine YM. J. Lawson, 27.16 4 8 34
19. Beith, J. Armstrong, 26.26 4 9 26
20. Hamilton H., G. Craig, 28.18 4 12 1

Failed to close in :

Cambuslang H.—(B. Morton 29 ; G. Russell 42 ; A. Fleming 51 ; A. Fleming 119).

Individual Entrants :

1. A. C. Gibson (Hamilton H.) 10 ; C. Meldrum (St. Modan's) 12 ; J. Stevenson (Larkhall Y.M.) 13 ; H. Gibson (Ham. H.) 16 ; N. Duncan (Larkhall Y.M.) 17 ; J. Timmins (Dumbarton A.A.C.) 35 ; J. McElroy (Shett. H.) 59 ; W. McBrinn (Monkland H.) 62 ; T. D. Reid (Larkhall Y.M.) 63 ; J. Hepburn (East Kilbride Y.M.) 65 ; F. Lyndon (Shett. H.) 70 ; W. Drysdale (Monkland H.) 71 ; A. Hill (Shett. H.) 72 ; J. Hamilton (Shett. H.) 75 ; J. Stewart (East Kilbride) 89 ; J. Lynn (St. Modan's) 109 ; A. Ewing (Dumbarton) 110 ; R. Hutcheson (Larbert Y.C.) 114.

YOUTHS 3 MILES.

Individual :

1. W. Goodwin, B'houston H. 15.37
2. J. Wright, Clydesdale H. 15.55
3. J. Ewing, Vict. Pk. A.A.C. 16.39

Team :

1. Springburn H.—(E. Sinclair 4 ; A. Shaw 7 ; G. Evans 12). 23 pts.
2. Wilmoth 19 ; G. Lickerish 25 ; T. Cassidy 29.
2. Shettleston H.—(G. Govan 5 ; J. Begley 9 ; J. Donald 10). 24 pts.
3. Victoria Park A.A.C.—(J. Ewing 3 ; R. Lees 8 ; W. Lees 16). 27 pts.
4. R. Ralston 21 ; A. Scholes 28 ; J. Scholes 38.
4. Bellahouston H.—(W. Goodwin 1 ; D. Wright 14 ; L. Cameron 20). 35 pts.
5. Richmond 30 ; A. Watt 33.

Don't miss our March number which with special exclusive features will make it a magazine really worth studying and keeping. It will contain :—

**A PERSONAL MESSAGE FROM
PAAVO NURMI**

to Scottish athletes and sportsmen and an essay on this almost legendary figure of athletics—By James L. Logan.

“What we have learnt from Landy” by our famous Australian contributor Coach—Percy Cerutty.

FULL DETAILS, SCOTTISH CROSS-COUNTRY CHAMPIONSHIPS.