

GLASGOW RECEPTION FOR ARTHUR NEWTON

Arthur F. H. Newton will visit Scotland from Monday, 18th to Friday, 22nd April and a reception with time for informal discussion will be held in Partick Burgh Hall, Glasgow on Wednesday evening 20th April. Many of our leading sports personalities will attend.

Roughly quarter of a century ago Arthur Newton earned his world renown by his wonderful historic long-distance running feats. His deeds were all the more amazing inasmuch as he did not take up serious running until he was forty and then had to overcome a strained heart. He pioneered many of present day athletic training principles and he is the author of several books including "Running," "Running in Three Continents," "Commonsense Athletics" and "Races and Training."

All enthusiasts desirous of meeting and hearing this outstanding veteran will be welcomed freely to the reception. It would be helpful if those meaning to attend gave prior notice to the editor.

The 2nd post-war Women's International C.C. race was held at Ayr on 26th March. Again England dominated, taking all first six placings. The individual winner was the famous British track and cross-country star, Diane Leather who finished over 100 yds. ahead of another great athlete, Anne Oliver. After the race the teams were guests at a civic reception.

Details:

England—1, D. Leather 16m. 08s.; 2, A. Oliver 16.31; 3, L. Buckland 16.45; 4, J. Bridgland 16.57; 5, M. Davis 17.00; 6, M. Wooller 17.01. Scotland—7, C. Boyce 18.18; 8, A. Drummond 18.40; 9, E. McLeod 18.47; 10, M. Ferguson 19.15; 11, D. Fulton 19.20; 12, A. Elder 19.25. England 10 pts. Scotland 34 pts.

John Emmet Farrell's "Running Commentary" will be continued in the May issue. Also to be published will be a special photographic tribute to John McLaren (Shotts Miners' Welfare A.C.) on his great victory in the English Junior C.C. Championship. A victory that particularly thrilled every Scottish enthusiast.

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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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Photo by G. S. Barber.
DONALD HENSON (Victoria Park A.A.C.) winning the Scottish
9 miles Cross-Country Championship at Hamilton Racecourse.

PAAVO NURMI

A PERSONAL MESSAGE.

JOHN LANDY—PERCY CERUTTY.
SCOTTISH STARS (1)—D. McDONALD.
NATIONAL RACE DETAILS.

Personal Message from PAAVO NURMI

IT is really too flattering that you still remember me in these times when all the records are broken. When one looks at the records I made during my time, they look very unimportant compared with those of today, and in spite of that fact you still want to write about me.

It will be twenty-four years next summer since I took part in the race in Glasgow. The trip to Glasgow was one of the most pleasant I ever made. I have most pleasant memories of the public and the officials, as well as the Scottish sportsmen. I shall never forget the lovely trip to the Scottish coast the day after.

I wish that all Scottish athletes will train with enthusiasm: your footballers of course are famous all over the world. At the same time I shall once more say that only energetic training will bring the best results on the racing track. With this message, I send my best greetings to all Scottish sportsmen and young sports enthusiasts.

PAAVO NURMI.

THE SCOTS ATHLETE

TO STIMULATE INTEREST IN
SCOTTISH AND WORLD ATHLETICS

"Nothing great was ever achieved without enthusiasm."

EDITED BY - WALTER J. ROSS

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Paavo Nurmi—The Flying Finn

By JAMES L. LOGAN.

THE recent article on Alfred Shrubbs inevitably called up memories of Paavo Nurmi, who knocked the first hole in the great English runner's set of Scottish All-Comers' Records.

Nurmi was a living legend when he came to Rangers F.C. Sports in August, 1931, and everyone who saw him that day cherishes the memory. The Flying Finn had a wonder about him that not even Zatopek has achieved. Possibly we know too much nowadays.

Every world record from one to ten miles stood in his name and in three Olympiads he had garnered seven gold and three silver medals in six different events. So complete was his supremacy that in his greatest years Time was his only real opponent. Nurmi ran with a watch in his hand, and an analysis of his records shows that this was no more trick of showmanship. His judgement of pace was almost uncanny and his brain was the master of a perfectly tuned physical machine. He ran with a mathematical certitude that ignored any possibility of physical failure.

Like all legendary figures, Nurmi had something of the mystic in him. He was not even in his teens when he began preparing himself methodically for long distance running and subjected himself to a life of astonishing austerity, even becoming a vegetarian for a period. And

in these vital formative years, he seemed to know instinctively how far to go without impairing his normal build-up of strength. In a boy, such a long period of preparation without the occasional excitement of a real race denoted one of extraordinary powers.

He was nineteen when he made his bow; but the Great War still raged and the world heard little of him until the 1920 Olympic Games, at Antwerp. It was an impressive debut: first in the 10,000 metres track and the 10,000 metres cross-country, and second to J. Guillemot, of France, in the 5,000 metres,—the only non-Finnish runner ever to beat Nurmi in an Olympic final.

In the four years between the Antwerp Games and those in Paris in 1924, Nurmi not only established himself as the World's best at his chosen distances of 5,000 and 10,000 metres but found enough speed to come down to 1,500 metres. Indeed, he was already world record holder at that distance (3 minutes 52.6 seconds) and the mile (4 minutes 10.4 seconds) when the year of his greatest triumphs arrived.

Nurmi had a terrific programme in these 1924 Games in Paris—1,500 metres, 5,000 metres, 3,000 metres team event and 10,000 metres cross-country. But even that left him dissatisfied: he wanted to have a crack at the 800 metres—and as world record holder at 1,500 metres he

must have at least stood a chance—but Finland forbade this and also his entry in the 10,000 metres track.

He won the four events in which he ran; a tremendous feat in itself, and sufficient to make him an Olympic immortal. But it was the circumstances of his victories that puts him beyond all other athletes in history.

The finals of the 1,500 and 5,000 metres took place within an hour of each other, and he won both in Olympic record time. The 10,000 metres cross-country race was even more of a debacle than the 1954 Empire Games marathon. The reason was the same: a gruelling race in broiling heat. Half of the field ended in hospital, several of them in a near-crazed condition, and most of those who finished were in a state of collapse.

And yet long before the crowd at the finish had learned of the shambles out in the country, Nurmi appeared, his long, beautiful stride unbroken. For once, he had let others make the pace over the tough course, with its deceptively easy start. And then, when they were shrivelling up under the cruel heat, Nurmi passed them. Not tactics: he had weighed up the conditions and run the race at the fastest speed possible on such a day.

And next day, while some of the victims were still muttering in the hospital ward, Nurmi ran off with the individual honour in the 3,000 metres team race.

Even with such a tremendous performance, however, there remains the fascinating conjecture on the chances of Nurmi in the two events which he was forced to forego. Ritola, his countryman, won the 10,000 metres in world record time but later that year, Nurmi sliced no less than seventeen seconds off Ritola's time!

The honour which Nurmi had brought to little Finland—whose population is less than Scotland's—was recognised by the government, who commissioned a famous sculptor to make a bronze statue of the great runner.

In the 1928 Games in Amsterdam, Nurmi won the 10,000 metres from Ritola and they rang the changes in the 5,000 metres. He also finished second in the 3,000 metres steeplechase, thus adding a sixth event to his Olympic repertoire (although he virtually won his silver medal between the obstacles in the race!).

Records were still falling to him when he came over to Scotland in 1931. His four miles world record stood at 19 minutes 15.6 seconds and Alfred Shrubbs' Scottish and British figures were 19 minutes 23 2/5 seconds. The handicap, of course, was framed to pull him out but it is doubtful if this had any influence on Nurmi. Incidentally, it looked as if Alex Pettigrew, of Greenock Glenpark, were giving Nurmi a start, for he was placed just ten yards behind the black garbed Finn! Alex, of course had a start of 430 yards.

Most people who saw the race will say that Nurmi never varied his pace throughout the sixteen laps, but the watch told a different story. His mile times were 4.45-4/5, 4.55-4/5, 4.54-3/5, 4.44-3/5: total, 19 minutes 20-2/5 seconds—just about splitting the difference between his own world record and Shrubbs' British record.

In action, Nurmi looked the part, flowing over the ground with his beautiful, long stride—perhaps over-long by modern standards, but certainly a magnificent spectacle.

His absolute mastery of himself was evident in the Ibrox race. He glanced at his watch at every lap and in the last mile imperceptibly raised the pace to ensure his three seconds margin over the British record.

And the race itself? He did not finish in the first three: no need. Tom Blakely (Maryhill Harriers), Walter Beavers (York Harriers) and that dogged little battler, J. F. Wood (Heriot's) walked off with the clocks, etc.

One great question mark still hovers over Nurmi's career. He planned to

SCOTTISH WOMENS C.C. CHAMPIONSHIP, AYR RACECOURSE 5th March, 1955.

THIS event was again favoured with fine weather although there was a cold east wind. Excellent arrangements were made by Mr. and Mrs. Thursby and Ayr Athletic Club and members of the Western District C.C. Union officiated.

Before the race there was quite a bit of speculation as to whether Miss Miller from Aldershot would master the reigning champion A. Drummond who was the home favourite, but the expected battle did not materialise as Miss Miller unfortunately did not finish the course.

The Course was one of three laps diagonally across the racecourse and this gave the spectators a good view of the entire 2 1/4 miles race, but unfortunately the race was not well supported by spectators, the large East contingent of 1953 being absent. It was unfortunate also that there were very few competitors from the East.

Of a total entry of 25 including three teams, 20 faced the starter, and for the first 1/4 mile remained pretty well bunched together, but shortly afterwards a small group including Drummond, Miller, Boyes, Ferguson, Elder and McLeod broke away and were still bunched at the end

of the first lap. Going uphill for the second time, Aileen Drummond started to force the pace, which I thought was not very fast at that point. But I had the feeling that runners were suffering from an insufficient warm up, and the cold wind which was affecting their breathing. They certainly were looking none too happy at this stage.

As Aileen drew away trailing Miss Boyes and Miller after her with the rest of the field strung out behind, it became apparent that the latter was in trouble, and that the youngest competitor in the race, Boyes, was going to be a force to be reckoned with at the finish as she was moving easily and showing little sign of tiring. As the second lap was completed Drummond was about 30 yds. up on the field and moving much better, Miller dropped out here and Boyes took up the role of challenger with McLeod maintaining her position close behind. It was now pretty definite that the holder would, unless something very unexpected happened, win again. This was indeed the result with the others dropping slightly further behind but all credit must be given to Miss Boyes for her really fine show in finishing second in her first National.

T. MONTGOMERY,

(Hon. Chief Coach S.W.A.A.A.).

Details:

1. A. Drummond, Maryhill 18m. 39s.
2. C. Boyes, Maryhill H. 18m. 52s.
3. E. McLeod, Unattached 19m. 08s.
4. M. Ferguson, Springburn 19m. 15s.
5. A. Elder, Maryhill H. ... 19m. 38s.
6. D. Fulton, Springburn 19m. 52s.
7. M. Campbell, Maryhill
8. S. Johnstone, Edin. Harr.
9. S. Stewart, Edin. Harr.
10. M. Steel, Maryhill H.
11. C. Walsh, Maryhill H.
12. C. Buchanan, Maryhill H.
13. C. Watson, Springburn
14. T. McDevitt, Springburn

Team:

1. Maryhill—1, 2, 3, 6. 12 pts.
2. Springburn—3, 5, 11, 12. 31 pts.

Contd. from page 4.

finish his Olympic saga with victory in the classic event, the marathon. His try-outs suggested that he would end his career with a glorious flourish, but instead he tasted bitter disappointment. There was a question of too-liberal expenses and before the tangle could be sorted out, the Olympics of 1932 were over.

Twenty years later, however, a bald fifty-five year old man strode gallantly round the Olympic arena, bearing the Flame on the last lap of its long journey across Europe. Never was a lap of honour so worthily earned and any bitterness that may have lingered in Nurmi's heart must have vanished forever as the crowd acclaimed him.

Scotland's Stars of Cross-Country, Track and Field. (No. 1)

DONALD MACDONALD (Garscube Harriers) 440 Yards.

By JAMES CHRISTIE.

HOW many times must a man attempt to win a Championship? Since Athletics began, people have asked that question. Does hard, arduous training qualify one for the sacred 1st place, or must one be endowed with ability, plus that great something temperament.

If only that were the case, then Donald MacDonald would be the present Scottish 440 yards Champion. First, he has temperament for the big occasion. No one could have beaten 50 secs. for the quarter, at Scotland's biggest Sports meeting last season, if they had not.

Secondly anyone who has trained with, or watched him training will, before long, realize only too well how hard is the work covered by him.

Yet, in the "Scottish Championships," he has been second three years in succession. The first 1952; he was second to David Gracie, of "440 yds. Hurdle Fame." This was one of his best performances, being as he was, on the way up. His time was 51.2 secs. under blustery conditions.

The second 1953; for the period up until the Championships he was the undisputed "Kingpin" of the 440 yds. Then "wham!"

Alan Robertson running like a machine, with his usual smooth long sprinting action led the field to win the title in 49.6 secs., four tenths outside the "Best Championship performance." Donald's consolation lay in the fact that for the rest of the season he was the undisputed 440 yds. man of Scotland.

The third 1954; with a 49.4 secs. 440 yds. at Glasgow Police Sports—he knocked out Steger the Swiss internationalist in his heat and in the final finished in line with British champion Peter Fryer and another internationalist Angus Scott—MacDonald came to Edin-

burgh, if not overconfident, then pretty firmly convinced it would take an under 50 second man to beat him.

As it transpired, it was an under 50 man who did, but it was the one whom we thought not fit enough to accomplish this, the name again, Alan Robertson, and again the time, under 50, 49.9 secs.

One would think that with so many near misses at the title, Donald would change his distance, to either 880 yds. to which he has a leaning, or return to the 100 yds. and 220 yds. which were his original distance on taking up the sport. But no, at the present time, he is hard at work training for his fourth attempt at the 440 yds., and who knows, perhaps this will be "his" year.

Donald Macdonald joined "Garscube Harriers" in the summer of 1948 as a Junior. His distances, as I have already mentioned were 100 and 220 yds. As a Junior he did nothing spectacular, but at the same time was a member of the Garscube Junior quartette of W. Stanwix, H. Hatrick, C. Scott and D. Macdonald which lost only 2 relays in the many they entered for that season.

His training, the winter of 1948, consisted of just some easy cross-country twice a week. Followed in April by the usual sprint work. 1949, his first year as a senior, was very quiet, his only claim to fame being the occasions when he ran a 220 yds. leg in the club relay.

The winter of 1949 he did very little, then from February 1950 he started training seriously for the quarter. Along with runs over 600, 660, and 300 yds. he did repetition 220 yds. Incidentally this is the distance over which the backbone of his work is built. An example of this, in say, mid-March is 10 x 220 yds. at say 28 secs., then in April he cuts down on quantity and peps up in quality,



Photo by Ben Bickerton.
J. E. A. Robertson (Edinburgh Northern Harriers) winning the Scottish 440 yards Championship at New Meadowbank, Edinburgh, last June, from D. McDonald (Garscube Harriers). This was the third time in succession Donald McDonald had finished runner-up in this event.

namely, "speed," say again 6 x 220 yds. at 25 secs.

His main successes that season were the Glasgow Police Sports 220 yds. and a double at Falkirk in the 100 and 220 yds. He also won the Cowal Invitation quarter and was a member of the medley team which annexed the Glasgow Highland Gathering Trophy.

With the close season of 1950 his training took the form it has ever since, namely repetition work. The difference has been in his actual competing. A few seasons ago he ran his quarters even paced, but now he prefers to pep them up over the first 220 yds.

1951 saw his first appearance at the championships and although gaining a standard medal in 51.2 secs. failed to qualify for the final.

The other years 1952, 3, and 4 we have already spoken of. For the record his official best performances over 100, 220 and 440 yds. are 10.3, 22.4 secs., 49.4 secs.

In respect of the second distance mentioned, the 220 yds., he feels he might have done better but like so many of Scotland's top athletes, the opportunity

to either sink or float this theory never materialized.

His club Garscube Harriers are very proud of him as they have every reason to be. Though he has won every club honour within his compass he certainly is not of the 'pot-hunter' ilk. In the true spirit of amateur athletics he is always ready to turn out, and do his best, for the club irrespective of whether the team is considered weak or strong. And though he has to overcome his modesty that amounts to shyness he is always anxious to encourage the youngsters and newcomers to the sport.

His intentions, as already mentioned, are, once again, the 440 yds., but perhaps half-milers might bear in mind he has leanings in this direction and after the championships we may see, him running from the back in open halves. Anyway whatever distance he runs, he has proved by his tenacity and trying spirit to be a great asset to Scottish Athletics.

Championships are not willed but have to be fought out. However if the patience and perseverance of Donald gets its re-

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What we have learned from Landy

By PERCY W. CERUTTY (Famous Australian Coach).

[The following article is really only an extract from a letter, dated 13th September 1954, from our Australian friend Percy Cerutti. Nevertheless to our mind it makes a complete essay in itself and presents a most interesting study—Editor.]

Landy now realises, as I have all along, that there is a limit to miles run in training beyond which miles run do not add anything to the running ability. Myself: I stress importance of the quality of the work not the quantity. In the beginning there must be lots of running—up to 200 or 300 a month even. But once stamina is built in then the emphasis needs must be on sheer speed with ample rests. The body must be inured to the task it has to do. Therefore much of the training must stimulate the race that is to be run. All this work must be inspirational rather than planned. In fact I go so far to say that any athlete that runs to a schedule whether devised by himself or another is not training in accordance with the truth. He is under a dictation: No man can be free who is under any dictation whatsoever. His performances must always be relative: that is relative to what he may have become had he not been under a dictation of some sort. When athletes understand that and can train with the truth spontaneity that is in accordance with the needs of their bodily cells, and their innate capacities, then they will run much faster.

That athletes such as Bannister and Landy are under some imposed dictations, even what appear to be self-imposed, is most obvious to me. Especially in the case of Landy he has the physical aptitude

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ward and he eventually becomes a Scottish title holder it would be an honour which would have popular acclaim.

In our next issue No. 2 "Olympic Sprinter" W. Jack.

to run a mile much faster. Of all bad cases of athletes impelled by compulsions or dictations I must confess I pin the medal upon a very dear friend, Jim Peters. In the case of Landy and Bannister, with their up-bringsings and youth it is not surprising that they are the victims of their lack of maturity. The case of Peters is different. Jim just should know better. The most uninhibited athlete I have met, and in every sense of the word, unrestricted, is another great friend of mine: Emil Zatopek. We can learn much of this man but not by copying his training schedules. Landy knows better than to do that as does Rodger. But in the ultimate, planning it as does Rodger, is not the answer. The athletic world is not ready for these truths. In fact few men will agree that the intellect cannot be trusted: that conscious thought is suspect. That truth is found, even as to our training methods, distance and speeds run, when we turn inwards and consult our bodily cells and their needs and respond instinctively to these needs. No! No! not mad Cerutti from down-under. The greatest athletes the world has known has known these things: Men who were peers above their fellows in their day and still are giants! Name one? George Hackenschmidt. He knew! He knew! And there are others.

The club coach will always have his use: Club runners need, or appear to need direction and dictation. As long as they do they will be nothing greater than Club runners. And as long as Club coaches dictate and order they will remain Club coaches. Maybe all parties are satisfied and suited. But it is to be noted that the great ones live above such coaches and their dictations. And the great coaches are not found dictating—at least, any longer. I am sure, this was the case with Goster Holmer. As he was the only

JOHN LANDY WORLD MILE RECORD-HOLDER.



John Landy (Australia) holds the world record for 1,500 metres, 3 mins. 41.8 secs. and 1 mile, 3 mins. 58 secs. He made both marks in the same race at Turku, Finland on Monday, June 21st, 1954.

coach in the world that I ever consulted myself I cannot speak as to all the famous others.

But in the beginning we must give novices some ideas as to what will be expected of them: "Guides" I call them. But they are soon shed. Spontaneity, NOT caprice: is one of the key words:

Distrusting intellectual decisions and learning to rely upon the impulses arising from bodily states is a primary dictum. But there is much more to it than just this: so the simple-minded must not think the recipe to world records is locked up in these simple words. There is more to it than this. But this is a start.

ARE WE IMPROVING ?

By G. S. BARBER.

RECENTLY whilst cleaning out an old cupboard I came across a circular issued in January 1929 under the signature of George Dallas, Hon. Secretary N.C.C.U. of Scotland (he is still in the same position today).

Amongst other things he says—"While appreciating the fact that success in championships and international events is not the sole objective in the promotion of cross-country running this Committee feels that in the best interests of the sport an effort should be made to locate the cause of our failure in distance running and see whether it cannot be removed without interfering with the popularity of the sport as such."

In general the article is completely up to date in its criticisms although it is 25 years old, yet we are committing the same follies to day.

The articles was of course an attempt to learn the cause of our failures to compete with the English runners and improve our own placings in International cross-country races.

I continue with his remarks :—

"Lack of proper preparation before entering into strenuous competition. A good novice is frequently pressed into service at once, and if he shapes well he is encouraged to race more and more. Is this wise?" How true this is today.

"There is tendency to induce a runner who has been resting to turn out in races on the plea that this will assist him to get fit. Unless the man is naturally fit the reverse may be the case."

"Excessive racing programmes :—This is a most common fault. Some Clubs arrange racing fixtures almost every week and a majority, at least twice a month. The old hand may stand this, but the young runner, who probably races in his

training runs, needs holding back. Matters might be much improved if clubs allowed a couple of months for steady long distance training before entering upon their racing programme."

"Not training the distance :—Another common fault. A steady ten miles is better training for a seven miles than three or five miles at top speed. If a runner is fit to stay, the pace will come. At anything over half a mile the real necessity is not mere pace, but ability to stay the pace."

"A further point is when these youngsters have already had a heavy season before the championships are coming along, they are liable to be run off their legs in training by seniors who are endeavouring to run themselves into condition."

"A feature now is the number of secondary events in some districts, intending no doubt to bring out the younger runners, but frequently resulting in these having to do twice as much racing as their seniors."

Let us look at figures, they say figures cannot lie. Over the last twenty years in International Cross-Country racing the English placings in that race have been 11 firsts, 5 seconds and 4 thirds. Scotland's placings :—3 seconds, 5 thirds, 3 fourths, 6 fifths, 2 sixths and one seventh.

Scotland has certainly not improved since the end of the war. The total actual finishing places of the teams eight years before the war was 879 and the eight years after the war was 1942, a long way back.

The English teams averaged 58 whilst the Scots were 146. The best individual placings of the Scots team before the war yearly from 1932 were :—Suttie Smith, 7 ; R. Sutherland, 2 ; J. Flock-

hart, 6 ; W. C. Wylie, 2 ; A. Dow, 3 ; J. Flockhart, 1 ; J. E. Farrell, 8 ; J. E. Farrell, 7 ; whilst after the war they were :—J. Flockhart, 7 ; R. Reid, 12 ; A. Forbes, 15 ; A. Forbes, 29 ; T. Tracey, 24 ; E. Bannon, 14 ; E. Bannon, 4 ; E. Bannon, 14.

Let us consider what was termed faults in 1929 and we find exactly the same today. Hardly before the tarck season is finished we start racing with the McAndrew Trophy—before anyone is really fit. This goes on throughout the season one race after another. Inter-Club, County, District and Inter-District, Club races finishing up with the National when everyone has had a 'skinful' of racing and on this race depends our selection for our International team. This race then is the most important race in our season when everyone has been racing all the winter. No wonder that the selected men are burnt up by the time they don their International Jersey. How many times have we seen men picked for the International team and not run anything like their normal form, yet year by year we do the same old stuff and get the same results. Surely it is in the bounds of possibility of someone to work out a scheme whereby this does not happen.

Why cannot the team for next year be picked from the International race of THIS year, on their running so will the future team be planned. Then that particular bunch of men will KNOW that NEXT year the honour of Scottish cross-country running is in their hands and they have a complete year to train. Cut out all those unnecessary races, surely for one year this can be tried, we cannot be any worse than we are.

With all these Coaches bursting to train someone anytime, surely one can be given the honour of training the future national team and have a full year to do it in.

Please let us try something NEW. Since 1929 we have been doing the same thing, let us experiment—if only for one year.

"WHAT'S WRONG WITH COACHING ?"

OLD Athletes, like "Old Soldiers," would, it appears, never die, but only fade away. Every season more athletes, say in their late 20's early 30's give up the game. Now, I would like to make it plain, that the age group specified are approximate ages and not definite.

With these few words I think I can proceed with a reasonable amount of confidence knowing that I have not injured too many feelings.

However the amount of backing given to both coaching examinations and facilities offered for training is not nearly good enough. At the last S.A.A.A. coaching examinations in October, if my memory serves me right, there were some 4 people sitting various exams between Junior and Intermediate standards.

This disgrace is only more marked in the attendance at training nights organised by Dunky Wright and Tony Chapman.

After the war a cry went up about training facilities for track men in winter. Yet now at High School gym on a Wednesday sometimes barely a dozen is present. At Helenvale, the only club to support this ground and see the usefulness of it is Shettleston Harriers.

At Ibrox, there again numbers are not nearly good enough.

So all clubs in and around Glasgow, you have facilities, let's see you use them. If they were taken from you, you would be the first to complain.

By the way, you old men of thirty why not sit a coaching examination. With that theory allied with your years of experience, you could pass on information, and help, in general, the boys and promising juniors of your club.

SCOTTISH CROSS-COUNTRY CHAMPIONSHIPS

HAMILTON RACECOURSE

26th February, 1955.

Details:

SENIOR 9 MILES

Individual:

1. D. Henson, V.P.A.A.C. 49m. 30s.
2. J. Stevenson, G. W. H. 49m. 36s.
3. J. McGhee, Shett. Harr. 49m. 39s.
4. I. Binnie, Vict. Park A.C. 50m. 01s.
5. T. Stevenson, G. W. H. 50m. 10s.
6. C. O'Boyle, C'dale Harr. 50m. 15s.
7. E. Bannon, Shett. Harr. 50m. 30s.
8. W. F. Lindsay, Gala H. 51m. 04s.
9. A. H. Brown, M'well YM 51m. 06s.
10. A. C. Gibson, Hamilton 51m. 17s.
11. G. White Clydesdale H. 51m. 38s.
12. P. Younger, C'dale Harr. 51m. 39s.

Team:

1. Shettleston H.—(J. McGhee 3; E. Bannon 7; R. C. Wallace 17; H. Fox 19; J. Eadie 28; T. Walters 32) 106 pts. H. Howard 37; A. W. Orr 43; F. Scally 46; W. Chalmers 48; J. Moore 55; D. Campbell 85.
2. Victoria Park A.A.C.—(D. Henson 1; I. Binnie 4; C. D. Forbes 18; W. Sloan 20; N. Austin 29; R. C. Calderwood 50). 122 pts. D. Macfarlane 73; M. Morrison 100.
3. Clydesdale H.—(C. O'Boyle 6; G. White 11; P. Younger 12; J. Hume 30; J. Higginson 52; J. Young 53). 164 pts. R. Boyd 77; J. Duffy 99; W. Hyslop 105; D. Bowman 111; M. Harvey 119.
4. Greenock Wellpark H.—(J. Stevenson 2; T. Stevenson 5; G. King 24; C. Aitken 56; J. Cairns 63; W. Stoddart 72). 222 pts. P. McLaughlan 104; D. Anderson 113; R. G. Beaton 121.
5. Springburn H.—(T. O'Reilly 25; D. G. MacKay 33; J. McCormick 54; A. Stevenson 60; D. Wallace 61; J. McGale 68). 301 pts. J. Hart 89; J. Price 112.
6. Falkirk Vict. H.—(D. Clelland 15; A. Crawford 40; R. Sinclair 44; G. Jackson 45; T. Lindsay 67; A. Cook 94). 305 pts.

7. Edin. Sth. H.—(N. Duff 35; J. Smart 36; H. Robertson 71; G. Elliot 75; W. Sanderson 81; H. Robb 90). 388 pts. D. Morrison 116.

8. Motherwell Y.M.C.H. H.—(A. H. Brown 9; D. McFarlane 57; T. Scott 70; W. S. Somerville 76; J. Campbell 84; R. Devon 130). 426 pts.

9. Garscube H.—(G. A. Dunn 21; S. Horn 39; J. Linn 86; D. G. Causon 91; W. J. Ross 92; A. W. Warton 110). 439 pts. N. M. Ross 122; I. L. McKenzie 125.

10. Plebeian H.—(D. Barclay 74; J. McCann 80; T. Rewcastle 88; A. Robertson 106; G. Jamieson 123; J. McCaffery 129). 600 pts.

Failed to close in:

Bellahouston H.—(H. Fenion 16; T. Mercer 27; A. Jack 97; J. McLean 120)

Paisley H.—(A. Napier 13; J. M. Campbell 47; C. McCart 78; J. M. Sellar 98).

Glasgow Univ. H. & H.—(J. Finlayson 14; A. Galbraith 83; B. McNamara 107; A. Lester 131).

Glasgow Police A.A.—(A. Allan 96; F. McGown 102; J. McLeish 108; W. Armour 118).

Maryhill H.—(J. E. Farrell 23; J. Wright 59; R. A. MacDonald 114).

Individual Entrants:

H. Gibson (Ham. H.) 22; C. Fraser (Edin. East. H.) 26; T. D. Reid (Larkhall Y.M.) 31; A. Duthie (Babcock & Wilcox) 34; J. Timmons (Dumbarton A.A.C.) 38; A. Hadden (Aberdeen A.A.C.) 41; J. Hepburn (East Kilbride) 42; R. Miller (Kilmarnock A.C.) 49; R. Stewart (Edin. H.) 51; A. Fleming (Cambuslang) 58; J. McElroy (Shett. H.) 62; W. McBrinn (Monkland H.) 64; H. R. Phillip (Edin. E. H.) 65; A. McDougall (V. of L.) 69; J. Smith (Larkhall Y.M.) 79; K. Phillips (Beith H.) 82; C. Donald (Aberdeen A.A.C.) 87; S. Maxwell (Beith H.) 93; J. Garvey (V. of L.) 95; H. Garvey (V. of L.) 101; D. D. Todd (Kilmarnock

A.C.) 103; P. M. Ewing (Shett. H.) 109; J. Lynn (St. Mod.) 115; J. McClure (V.P.A.A.C.) 117; J. Geddes (Monk. H.) 124; G. Marshall (Kilmarnock A.C.) 126; R. Donald (Glas. Y.M.) 127.

Times at 20th pos. 52m. 50s.; 30th 53m. 40s.; 40th 54m. 27s.; 50th 54m. 59s.; 60th 55m. 38s.; 70th 56m. 04s.; 80th 56m. 39s.; 90th 58m. 11s.; 100th 59m. 45s.

JUNIOR 6 MILES.

Individual:

1. J. McLaren, Shotts M.W. 33m. 07s.
2. A. S. Jackson, E. U. H. 33m. 28s.
3. J. Russell, V.P.A.A.C. 33m. 35s.
4. G. Everett, Shettleston H. 34m. 50s.
5. P. Moy, Vale of Leven 35m. 0s.
6. G. Nelson, B'ouston H. 35m. 13s.
7. J. C. Harris, Beith H. 35m. 18s.

Team:

1. Edin. Univ. H. & H.—(A. S. Jackson 2; A. H. C. Horne 9; W. H. Watson 11; J. V. Paterson 12). 34 pts. J. Miller 39; E. Smart 71.

2. Bellahouston H.—(G. Nelson 6; C. Kennedy 8; J. Irvine 18; S. McLean 21). 53 pts.

3. Shettleston H.—(G. Everett 4; I. Cloudsley 13; R. Wotherspoon 15; W. Gorman 32). 64 pts. F. Lindon 52; J. McDines 65.

4. Springburn H.—(A. Fulton 10; J. Gordon 26; J. Jackson 30; D. Buchanan 41). 107 pts. W. Loughlan 47.

5. Vict. Park A.A.C.—(J. Russell 3; J. Whitelaw 36; W. Burns 37; P. Keenan 38). 114 pts. K. Warden 76.

6. Braidburn A.C.—(I. Drever 19; B. D. Underhill 34; J. M. Hamilton 39; J. Corbett 44). 136 pts. J. Peutherer 55.

7. Edin. South. H.—(R. McAllister 25; N. Ross 33; A. Ross 53; N. Halverson 57). 168 pts. E. Clark 68; J. Heggie 69.

8. Cambuslang H.—(B. Morton 17; W. Mulroonie 46; I. Tierney 49; J. Lyle 78). 190 pts.

9. Glas. Univ. H. & H.—(B. Meikle 23; S. Rose 56; S. McFarlane 60; T. Robertson 72). 211 pts. H. Coulthard 74; D. Robertshaw 79.

10. Edin. North. H.—(T. R. Boyd 43; M. Stocks 61; G. Veitch 67; R. G. Sinclair 75). 246 pts.

Failed to close in:

Greenock W'park H.—(D. McConachie 22; T. Carr 63; J. Howe 64).

Falkirk Vict. H.—(G. Rankine 16; I. Paterson 27).

Plebeian H.—(J. Simpson 50; T. McQuade 54).

Irvine Y.M.C.A.—(J. Dunlop 58; S. Kennedy 59).

Individual Entrants:

D. Lapsley (West Kilbride A.S.C.) 14; J. Stevenson (Larkhall Y.M.) 20; G. Dickson (Garscube H.) 24; G. B. McLintock (Maryhill H.) 28; B. Linn (Garscube H.) 31; A. Leishman (Larbert Y.C.) 35; I. Maycock (St. Andrews Un.) 40; W. J. More (Kilmarnock A.C.) 42; J. Dodds (Gala H.) 45; W. Black (Maryhill H.) 48; C. J. Boyle (Strathay H.) 51; W. Morrison (Larkhall Y.M.) 62; R. Reid (Kilmarnock A.C.) 66; A. Ewan (Dumbarton A.A.C.) 70; W. Drysdale (Monkland H.) 73; R. Clark (Glasgow Univ.) 80.

Times at 10th pos. 35m. 46s.; 20th 36m. 46s.; 30th 37m. 30s.; 40th 38m. 0s.; 50th 38m. 29s.; 60th 39m. 30s.; 70th 40m. 44s.

YOUTHS' 3 MILES.

Individual:

1. W. Goodwin, Bella. H. 16m. 40s.
2. J. Wright, Clydesdale 16m. 54s.
3. J. Ewing, V.P.A.A.C. 16m. 59s.
4. G. Govan, Shett. Harr. 17m. 26s.
5. R. Paterson, S'allan Sch. 17m. 41s.

Team:

1. Shettleston H.—(G. Govan 4; I. Donald 12; J. Begley 13; T. McCluskie 21). 50 pts. P. McMahon 76; T. McPhail 78.

2. Clydesdale H.—(J. Wright 2; R. Clark 7; J. Hyslop 15; D. Stirrat 30). 54 pts. J. McDonald 70; W. Roddick 71.

3. Braidburn A.C.—(I. M. Hepburn 6; V. King 25; J. Drever 26; D. W. Skillin 27). 84 pts. T. Howie 35; P. W. Masterton 39; I. M. Thomson 58.

4. Victoria Park A.A.C.—(J. Ewing 3; R. Lees 11; A. Scholes 37; W. Lees 43. 94 pts. R. Ralston 60; J. Scholes 77.

5. Aberdeen A.A.C.—(G. Wilson 17; S. Taylor 18; I. Clark 23; G. Sutherland 45). 103 pts.

6. Springburn H.—(E. Sinclair 16; G. Evans 31; T. Craig 34; A. Shaw 40). 121 pts. D. Wilmouth 51; G. Lickerish 52; R. Coyle 57; F. McDonachy 67.

7. Bellahouston H.—(W. Goodwin 1; W. Wright 28; I. Richmond 55; A. Watt 69). 153 pts. A. Clark 56; B. Gray 74.

8. Irvine Y.M.C.A. H.—(T. Parker 10; J. Nelson 33; R. Kennedy 36; W. Milling 84). 163 pts.

9. Dundee Hawkhill H.—(A. Smith 24; I. McDougall 42; L. Simpson 53; J. Smith 61). 180 pts. J. Thomson 79.

10. Garscube H.—(A. MacDonald 29; J. Stewart 47; D. McFadyen 54; J. Mair 65). 195 pts. J. Mailer 72.

11. Monkland H.—(A. Clark 46; S. Kerr 49; S. Hendry 56; D. Stromberg 83). 234 pts.

12. Cambuslang H.—(I. H. Fleming 38; P. Mulrooney 62; J. Cunningham 66; A. Dougall 73). 239 pts.

13. East Kilbride Y.M.—(P. Tonner 44; T. Young 64; R. Miller 80; F. Derricott 87). 295 pts.

Failed to close in:

Edin. North. H.—(W. G. Heatlie 59; G. M. Stewart 82; G. K. Allan 85).

Motherwell Y.M.C.A. H.—(A. Fotherington 8; J. Poulton 20).

Hamilton H.—(T. McCafferty 22; J. Orr 50).

Individual Entrants:

D. Simpson (Shotts M.W.) 9; R. Irvine (Ed. East. H.) 32; T. Gunning (St. Modan's) 41; J. Clifford (Shotts M.W.) 63; D. Fraser (Edin. H.) 68; M. Napier (G'nock. Wellpark H.) 75; F.

Maguinness (V. of L.) 81; R. Irvine (Gk. Wellpark H.) 88; A. Boyd (Gk. Wellpark H.) 89.

Times at 10th pos. 17m. 59s.; 20th 18m. 29s.; 30th 18m. 47s.

INTERNATIONAL C.C. SAN SEBASTIAN.

Details:

1. F. D. Sando (England) ...	46.09
2. H. V. Foord (England) ...	46.33
3. K. L. Norris (England) ...	46.35
4. L. Theys (Belgium) ...	46.41
5. A. Amoros (Spain) ...	46.48
6. W. P. Ranger (England) ...	46.54
7. E. L. Hardy (England) ...	46.55
8. M. R. Maynard (England) ...	46.56
9. Ben Aissa (France) ...	46.57
10. L. Garcia (Spain) ...	46.59
11. G. Rhodes (England) 47.06; 12. M. Van Laere (Belg.) 47.10; 13. Com (France) 47.18; 14. M. Faria (Portugal) 47.25; 15. F. Herman (Belg.) 47.28; 16. R. Deweer (Belg.) 47.36; 17. M. Ben Said (France) 47.42; 18. J. Silva (Port.) 47.43; 19. Prat (France) 47.48; 20. K. F. Caulder (England) 47.49; 21. F. Irizar (Spain) 47.50; 22. F. Cerezo (Spain) 47.53; 23. F. Bidegui (Spain) 47.55; 24. Chicane (France) 47.57; 25. J. Araujo (Port.) 48.01; 26. M. Davignon (Belg.) 48.03; 27. W. Boak (England) 48.04; 28. A. Aguirre (Spain) 48.09; 29. M. Vandewattynne (Belg.) 48.19; 30. E. Moreno (Spain) 48.20; 31. D. J. P. Richards (Wales) 48.24; 32. K. Huckle (Wales) 48.25; 33. P. R. L. Morgan (Wales) 48.26; 34. Blusson (France) 48.30; 35. E. Bannon (Scotland) 48.31; 36. D. O'Gorman (Ireland) 48.35; 37. J. I. Disley (Wales) 48.41; 38. P. Depauw (Belg.) 48.44; 39. A. F. Pumfrey (Wales) 48.46; 40. N. E. Wilson (Wales) 48.47; 41. F. Luis (Port.) 48.48; 42. D. Henson (Scotland) 48.58; 43. J. Guixa (Spain) 49.00; 44. C. B. Owens (Ire.) 49.03; 45. Chiclet (France) 49.11; 46. R. Daniels (Belg.) 49.12; 47. A. Ventura (Port.) 49.13; 48. J. McLaren (Scotland) 49.25; 49. F. Vanderhoven (Belg.) 49.31; 50. L. Larraza (Spain) 49.35; 51. W. F. Lindsay (Scot.) 49.36; 52. A. H. Brown	

(Scot.) 49.38; 53. J. Marshall (Ireland) 49.41; 54. J. McGhee (Scot.) 49.47; 55. B. P. James (Wales) 49.59; 56. Augusto Silva (Port.) 49.59; 57. T. Stevenson (Scot.) 50.12; 58. J. Douglas (Ireland) 50.37; 59. J. Dias Santos (Port.) 50.51; 60. J. Stevenson (Scot.) 50.54; 61. W. Dodds (Ire.) 50.56; 62. Armando Silva (Port.) 50.57; 63. L. Hanna (Ire.) 51.36; 64. L. Bevan (Wales) 51.46; 65. J. Brown (Ire.) 51.56; 66. D. Appleby (Ire.) 52.18; 67. F. Walker (Ire.) 54.29.

I. Binnie (Scotland), A. Ben Lahcem (France), did not finish.

Teams:

1. England (1. 2. 3. 6. 7. 8)	27
2. Belgium (4.12.15.16.26.29)	102
3. Spain (5.10.21.22.23.28)	109
4. France (9.13.17.19.24.34)	116
5. Portugal (14.18.25.41.47.56)	201
6. Wales (31.32.33.37.39.40)	212
7. Scotland (35.42.48.51.52.54)	282
8. Ireland (36.44.53.58.61.63)	315

OUR POST

League Contests Advocated.

Dear Mr. Ross,

I am at present doing my National Service in England which has given me a fine opportunity to take a closer look at athletics south of the border. When the last cross-country season closed I had the pleasure of running for Sleaford A.C. a Lincolnshire club who compete in the "Fenland League." This league is organised and run by the clubs who compete in weekly matches. The matches include events for "boys" (up to 880 yards), "youths" (up to 1 mile), "Juniors" (all events) and seniors. There are 6 clubs in the league and all members get the chance of scratch races in any event. These meetings are a fine build-up for the season proper and one well known athlete who avails himself of this opportunity is Peter Fryer the A.A.A.

440 yards champion. He competes, and wins, the 220 yards and $\frac{1}{4}$ mile.

I found myself wishing that a similar league could be formed for the Glasgow clubs. When one considers the high standard of the Glasgow inter-club contest such a project is very desirable. The Committee of the inter-club contest would be doing Glasgow athletes a great service if they would have their contest weekly in the form of a league thus giving club members the chance of having a scratch race each week. I feel that one of the reasons for Scotland being so far behind England in athletics is the lack of full distance races available to athletes at home. If "The Scots Athlete" would give such a league its backing I feel sure all concerned would benefit.

Such a league should include races for boys and youths as well as juniors and seniors. One of the things which impressed me most was the number of youngsters competing in the Fenland League. There is more interest taken in athletics in schools here and subsequently more boys become actively interested in the sport.

On another note I would also like to suggest that the promoters of open sports meetings in Scotland would do well to consider the inclusion of races over the $\frac{1}{2}$ mile or 1 mile for youths. At present the youths sprints are doing well if they draw a dozen entries whereas over 100 youths compete in the National cross-country championship each year. These young cross-country runners are, for the most part, without a race on a Saturday afternoon during the summer and this inactivity leads, I am afraid, to many of them losing interest in the sport.

Trusting my humble suggestions will receive favourable consideration with those who can put them into effect.

I remain,

Yours in Sport,

Joe Connolly,

Bellahouston H.