

Our Sports Summary

DUNEDIN.

The St. Patrick's Harriers held their sports events at Forbury Park on Saturday. The 100 yards resulted: B. Ramsay (5yds) 1, C. Menhenic (4yds) 2, W. Allen (8yds) 3. 220 yards: B. Ramsay (10yds) 1, W. Allen (12yds) 2, C. Menhenic (10yds) 3. 440 yards: R. Monaghan (scr) 1, W. Allen (32yds) 2, C. Hanrahan (6yds) 3. The aggregate places go to: B. Ramsay, 10 points, 1; W. Allen, 7 points, 2; R. Monaghan, 5 points, 3. The thanks of the club are due to Mr. B. Kernohan and Mr. W. McAllen, who acted as timekeeper and starter, and to the Forbury Park Trotting Club for the use of their grounds.

About 15 years ago, the pupils of the Christian Brothers' School, through no fault of their own, were debarred from competing in the Otago schools' Rugby competitions. This was one of the most serious mistakes ever made by the O.R.F.U.: it meant that the boys, to get suitable recreation, had to play Soccer, with the result that later very few of those boys were found in the senior ranks of Rugby. This of course meant a big loss to Otago, as no doubt some of them would have played themselves into the "reps." This year the Rugby Union authorities asked the sports master of the Brothers' School to again enter the Rugby arena, which he agreed to do, and entered three teams—A's playing in the secondary schools' competition, B's in the B grade primary schools, and C's in the C grade. The following is the position of the three teams:—

A's (first in grade)—Played 12, won 11, lost 1, drawn 0, points for 283, points against 19; 2nd grade B's—Played 12, won 9, lost 2, drawn 1, points for 156, points against 12; C (first in grade)—Played 9, won 9, lost 0, drawn 0, points for 161, points against 3.

The school played the combined primary schools of Dunedin and drew on both occasions.

The school met the Marist boys from Invercargill at Dunedin in May and defeated them 6-3, and last month travelled to Invercargill for the return match, defeating them again 10-7.

The teams were taken in hand by Rev. Father Ardagh and Rev. Brother Bowler, who appointed Mr. W. Lindsay, ex-New Zealand rep., as their coach, and who on his "day-off" took the boys in hand and attended to their practice. No doubt those responsible for the boys' training feel very proud of the position the teams hold at the close of the season. Their performance is all the more creditable in view of the fact that it is their first year at Rugby, and it is to be hoped that the Rugby Union will appreciate the lads' efforts, which are undoubtedly tending to benefit Rugby in Dunedin. Some day we hope to find some of these schoolboys defending our Otago lines or battling for the Ranfurly Shield.

The following are the positions of the Christian Brothers' School teams in Soccer football:—Secondary schools' competition (Premiers)—Played 7, won 6, lost 0, drawn 1, goals for 63, goals against 4; primary C competition (runners-up)—Played 11, won 9, lost 1, drawn 1, goals for 29, goals against 3.

The contest for the Skerrett Cup, which was presented last year by Mr. C. P. Skerrett, K.C., Wellington, for competition among the secondary schools of the Dominion, resulted in Otago Boys' High School (holders) defeating Christian Brothers' School (challengers) by 11 goals to nil, thus retaining the trophy, which the Dunedin team won in 1920, when it beat the Normal, King Edward Technical College, and Christian Brothers' teams. The game was played at Culling Park, and the spectators were well rewarded by witnessing an excellent exhibition of the Association game. From the beginning of the game High School had the advantage, as the Christian Brothers' team could not withstand the combination and strong attacks of the winners. It is only fair to the losing team to say that their players have this season been following the Rugby game, and issued the challenge from a pure spirit of sport.

HOW TO BECOME A SPRINTER.

In a few weeks, when the days become a little longer, the knights of the spiked shoe will be looking out their running gear with a view to getting into "slow-work." It may not be out of place, therefore, to offer a word of advice to those young runners who contemplate facing the starter for the first time this year (writes an old-time athlete).

One of the most remarkable things about running is that not ten per cent. of those who follow it have the remotest idea of how to prepare themselves for a race. They fondly imagine that two or three weeks of spasmodic running will make them fit, when it really requires from eight to twelve months' careful training before one could say that he was doing his maximum. A runner is really much better off with no training than with two or three weeks, for the reason that at the end of that time he would be slower than if he had not trained at all.

The first month should be spent in "slow-work." Run a mile slowly on tip-toes and resist all inclination to sprint. At this stage, sprinting is most harmful, as the leg muscles, knees, and ankles, are not fit to stand such a violent effort. Strength must be built up gradually. The "long-work" develops together all the muscles which are brought into play when running, it strengthens the ankles thereby increasing the length of the stride, and it prepares the athlete for the next section in his course of training, which is known as the "run through." Run over a distance of about 150 yards at three-quarter pace, taking as long a stride as you can, and about twenty yards from home, put forth every effort. Do not abandon "long work" however, during any part of your training. A month of this will see you ready to begin breaking. This is the most severe part of training and the greatest care must be exercised to avoid strain. Short breaks of twenty yards should be undertaken with a view to getting off the mark and gathering speed rapidly. The best plan is to get a friend to start you, keeping you for an indefinite period on the mark before giving the signal to go. Such training is invaluable for racing, as it will enable you to stay patiently upon your mark thereby removing the danger of penalty for breaking away, and it will also serve to keep your attention concentrated upon the pistol, ensuring that you will get away well. Well-trained runners rarely are left upon the mark.

The work of training does not begin and end on the running track. You should exercise frequently and regularly—in your room by skipping or indulging in stretching exercises—out of doors, by taking long walks and sun-bathing. All your training, however, will be in vain if you neglect to be properly massaged. The "rub-down" is the most important feature in preparing for athletics. Without it the muscles will become hard and contracted and will lack that elastic strength which all champions strive to gain. Do not use embrocations unless you are sore. Many young runners fairly drench themselves with patent oils, etc., because they have seen some old weather-beaten warrior of the track endeavoring with the aid of such things to temporarily patch-up legs which have been jarred and ricked upon unfriendly paths. The veteran knows that he needs a rest: the embrocation is only intended to tide him over a temporary difficulty.

Be regular and temperate in your habits. There is really no occasion for the practice of grim austerities, but you should strive to keep in good health by avoiding foods and drinks likely to bring on troubles such as indigestion. Don't try to copy another man's style. Remember that the gracefulness of his movements is the result of arduous training. And, besides, it doesn't matter what you look like as long as you get the tape first. A common fault with young runners in training is to watch their shadows. The man who wins races watches the tape. The late L. C. McLachlan on one occasion was shown a runner with a reputation for speed. He was gaudily attired, and when exercising took a deal of notice of his shadow. "I like his kind," said "Lockie" with a smile. "He is much too pretty to win a race."

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