

scottishathletics HALL OF FAME



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*Cover photo – Allan Wells and Patricia Russell, the daughter of Eric Liddell, presented with their Hall of Fame awards as the first inductees into the **scottishathletics** Hall of Fame (photo credit: Gordon Gillespie).*

INTRODUCTION

The **scottish**athletics Hall of Fame was launched at the Track and Field Championships in August 2005.

Olympic gold medallists Allan Wells and Eric Liddell were the inaugural inductees to the **scottish**athletics Hall of Fame. Wells, the 1980 Olympic 100 metres gold medallist, was there in person to accept the award, as was Patricia Russell, the daughter of Liddell, whose triumph in the 400 metres at the 1924 Olympic Games was an inspiration behind the Oscar-winning film *Chariots of Fire*.

The legendary duo were nominated by a specially-appointed panel consisting of Andy Vince, Joan Watt and Bill Walker of **scottish**athletics, Mark Hollinshead, Managing Director of Sunday Mail and an on-line poll conducted via the **scottish**athletics website.

The on-line poll resulted in the following votes: 31% voting for Allan Wells, 24% for Eric Liddell and 19% for Liz McColgan. Liz was inducted into the Hall of Fame the following year, along with the Olympic gold medallist Wyndham Halswelle.

Since the induction of these four athletes, Yvonne Murray in 2007, Tom McKean in 2008, and Jim Alder in 2009 all entered the Hall of Fame.

In considering the intake into the Hall of Fame, **scottish**athletics set up a Nominations Committee which is also tasked to make recommendations for Honorary Life Membership and the Tom Stillie Award. The Committee is made up of Leslie Roy, Ron Morrison, Hugh Buchanan and Arnold Black.

This year (2018), focus was put on identifying worthy recipients to be inducted into the Hall of Fame with the result that there is a significant increase with the addition of Rosemary Chrimes, Duncan Clark, Dale Greig, Lee McConnell, Angela Mudge, Tom Nicolson, Geoff Parsons, Alan Paterson, Don Ritchie, Meg Ritchie, Ian Stewart, Lachie Stewart, Rosemary Stirling, James Wilson and Dunky Wright. Their stories are in this booklet.

The **scottish**athletics Hall of Fame is a perpetual list of senior Scottish athletes of outstanding achievement.

JIM ALDER

Nothing came easily to Jim Alder – even his marathon triumph at the 1966 Commonwealth Games was nearly a disaster as, arriving at the stadium in the lead, a lack of officials meant that he could not find the entrance to the stadium and lost his lead to Bill Adcocks. Another Hall of Fame recipient, Dunky Wright, was the man who pointed Alder to the entrance and he overtook Adcocks in the stadium to win a well-deserved gold medal. Three days earlier, he had defied team management orders not to compete in the 6 miles. Convinced he could win a medal, he was smuggled into a taxi by team captain Ming Campbell, warmed up in the street, and came away with the bronze medal.



Jim Alder with 1966 Commonwealth gold, flanked by Bill Adcocks and Mike Ryan

Four years later, he won the silver medal at the Commonwealth Games marathon in 2:12:04, which remains the Scottish native record to this day. He set world records for 30,000 metres of 1 hour 34 minutes 01.8 seconds in 1964 and 1:31:30.4 in 1970, a time still standing as the current European record. He also holds the current U.K. 2 hours record of 37,994 metres, set in that 1964 race.

Jim Alder was inducted into the Scottish Athletics Hall of Fame in 2009.



ROSEMARY CHRIMES

As Rosemary Payne, she will be remembered as winning the first Scottish gold medal at the 1970 Commonwealth Games in Edinburgh, when she won the discus title on the opening day. But her career was much more than that - in 1960 there was no Scottish woman in the British top ten all-time lists at any of the throws. Yet from 1964 until 1977, the British discus record was held by Rosemary Payne.

She competed for Scotland at the 1958 Commonwealth Games and defended her title at the 1974 Games, when she won the silver medal.

She made her debut for Great Britain in 1963 and represented Great Britain on 51 occasions. Following her "retirement", she found a new career in veteran athletics, winning five gold medals at the 1988 European Veterans Games and went on to set 23 World Masters records between 1986 and 2012.

DUNCAN CLARK

Greenock-born hammer thrower Duncan Clark (1915-2003) lost many of his best years of competition as a result of the Second World War. He was already in his thirties when he won the bronze medal at the European Championships at Oslo in 1946 with a throw of 51.32 metres to become the first Scots athlete to win a medal in the European Championships. He set the first of his three United Kingdom records the following year in Gothenburg in a late season international match against Sweden where he won with a throw of 54.46.



He was selected for the Empire Games at Auckland, New Zealand, in 1950, where, with an opening round throw 49.94, he won the gold medal, setting a Games record.

He competed in the European Championships in Brussels later that year, but found the standard of competition much higher and finished 6th with 52.83. He competed in two Olympic finals, 1948 & 1952, won two AAA titles and seven Scottish titles – the first in 1939, and a further six between 1946 and 1952. He emigrated to New Zealand after being enchanted by the country during his Empire Games visit in 1950 and went on to win six New Zealand hammer titles between 1953 and 1960.



DALE GREIG

Dale Greig is best known as a pioneering woman distance runner becoming one of the first women to run a marathon, setting the inaugural recognised IAAF women's world best for the distance.

Her first competition over the standard marathon distance of 26 miles 385 yards came during her annual holiday in the Isle of Wight in May 1964, where sympathetic officials allowed her to run a time-trial on the day of the race, starting 4 minutes ahead of the male competitors. Despite the hilly terrain, and being shadowed by an ambulance throughout the race at the insistence of the athletics authorities, she had no qualms about completing the distance. Her finishing time of 3 hours 27 minutes 45 seconds was remarkable, being recorded as an IAAF inaugural world best.

She went on to compete in the Isle of Man 40 miles race in 1971, finishing in 6:48:00. In hill running, she was the first woman to compete in and finish the Ben Nevis 10 mile mountain marathon race in Fort William. She ran in the classic London to Brighton 53 mile race completing the arduous event in 8:30:03. She continued to compete on the track in mile races and won her 4th and final Scottish cross country title in 1968. In 1974, she recorded her most notable international marathon success when winning the women's World Veteran Championships in Paris in 3:45:21.

Her pioneering efforts opened the way for women throughout the world to be admitted to marathon races having ventured into uncharted territory at a time when some respected authorities still believed that running such long distances was harmful for a woman.

WYNDHAM HALSWELLE

(1882-1915) Wyndham Halswelle won medals in both the 400 and 800 metres at the Olympic Games in Athens in 1906 and, on his return for the British season, he won the 100, 220, 440 and 880 yards, all on the same afternoon at the Scottish Championships. In 1908, he set a world best of 31.2 seconds for 300 yards and then posted a British 440 yards record of 48.4 seconds before facing the world's best at the Olympic Games.



Halswelle had the fastest time in both the heats and the semi-finals and in the final he faced three Americans, John Carpenter, William Robbins and John B. Taylor. The race was not run in lanes and the starter warned the runners against jostling, but subsequently events were to show that the warning was not heeded. Coming into the home-straight, Halswelle made a move to pass Carpenter who responded by starting on a crab-like course across the track and within 30 metres he had forced Halswelle to within 18 inches of the outside edge of the track. At this point,

one of the umpires signalled to the judges to break the tape and after an hour of deliberation a verdict of "No Race" was declared and Carpenter was disqualified. A re-run, in lanes this time, was ordered but Robbins and Taylor, who were both entitled to compete, sided with Carpenter and refused to run. Halswelle appeared alone and won the 1908 Olympic 400 metre title on a walk-over. He became the first Briton to win gold, silver and bronze medals in individual Olympic events.

Halswelle made a farewell appearance at the 1908 Rangers Sports and never ran again. At the age of 32, Captain Halswelle was killed in action in France. On 12 March he was wounded in the Battle of Neuve Chapelle in France. Despite his injuries he refused to be evacuated and just over a week later, while attempting to rescue a fellow officer, he was killed when shot through the head by a sniper's bullet. Halswelle was one of 80 members of his Regiment killed during an attempt to gain just 15 yards of ground.

Wyndham Halswelle was inducted into the Scottish Athletics Hall of Fame in 2006.



ERIC LIDDELL

(1902-1945) Eric Liddell's family home was in Edinburgh where he attended university. In 1924, Liddell was part of the British team for the Olympic Games in Paris. A devout Christian, Liddell refused to run in a heat held on a Sunday and was forced to withdraw from the 100 metres race, his best event. Liddell spent the months leading up to the Games training for the 400 metres race, though his best pre-Olympics time of 49.6 seconds, set in winning the 1924 AAA 440 yards, was modest by international standards.

The 400-metre had been considered a middle-distance event in which runners raced round the first bend and coasted through the back leg. Deprived of a view of the other runners because he drew the outside lane, Liddell raced the whole of the first 200 metres to be well clear of the favoured Americans. With little option but to then treat the race as a complete sprint, he continued to race around the

final bend. He broke the Olympic and world records with a time of 47.6 seconds. It was ratified as a world record, despite it being 0.2 seconds slower than the record for the greater distance of 440 yards. Speaking of his approach to the 400m, Liddell said: "The secret of my success over the 400m is that I run the first 200m as hard as I can. Then, for the second 200m, with God's help, I run faster." A few days earlier Liddell had competed in the 200-metre finals, for which he received the bronze medal.

In 1925 Liddell went to China as a missionary, but died there in 1945 in a Japanese internment camp. Eric Liddell was inducted into the Scottish Athletics Hall of Fame in 2005.



LIZ McCOLGAN

When Liz McColgan was at her peak, she was unstoppable. On a steamy night in Tokyo at the 1991 World Championships, she produced what commentator Brendan Foster called “the greatest performance by a British distance runner,” as McColgan systematically took apart the field in the final of the 10,000 metres with an astonishing front-running display which won her the gold medal.

She won two Commonwealth gold medals at the event, the first at the Edinburgh Games of 1986, where, cheered on by a packed crowd at Meadowbank, the then Liz Lynch ran to victory in 31:41.42, a British record and a triumph by nearly 12 seconds. She successfully defended her Commonwealth title in Auckland in 1990. In 1988, she took the Olympic silver medal at 10,000m in Seoul in 31:08.44.

photo credit: Sporting Heroes

At cross-country, she was second in the World Cross Country Championships in 1987 on the final occasion that Scotland was represented.

On the road, she set world bests at 5, 8 and 10 kilometres, won the World half marathon championships and the New York, London and Tokyo marathons.

She was awarded the MBE in 1992 and inducted into the Scottish Athletics Hall of Fame in 2006.

LEE McCONNELL

Lee McConnell competed in the 400 metres and 400 metres hurdles, winning 11 medals at the major championships. Her individual honours include winning a 2002 Commonwealth silver at 400 metres, 2002 European Championship bronze at 400 metres, and 2006 Commonwealth bronze at 400 metres hurdles. Starting her career as a high jumper, she represented Great Britain at that event at the European Under 23 Championships.

When Scottish athletics was struggling in the first decade of this century, Lee McConnell was the constant, and sometimes sole Scottish representative, in British teams at major championships. Between 2001 and 2012, she competed at 3 Olympic Games, 6 World Championships, 4 European Championships, 1 World Indoors and 3 European Indoor Championships. For Scotland, she ran in 3 consecutive Commonwealth Games.

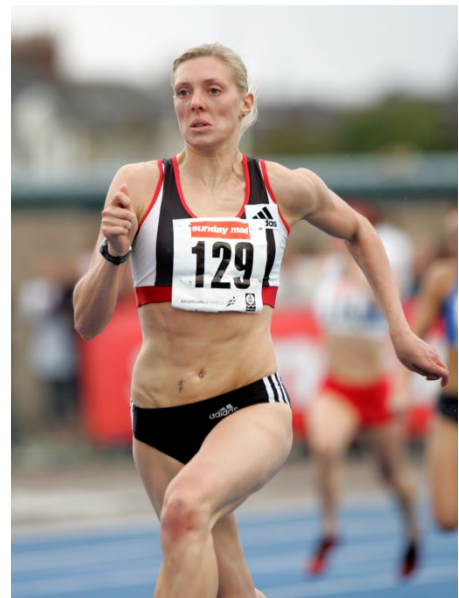
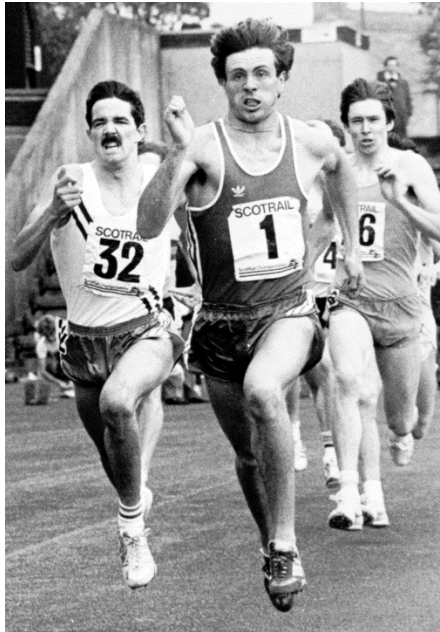


photo credit: Gordon Gillespie

A regular member of British relay teams, she won 8 medals at major championships in the 4x400 metres, including 4 bronze medals at World Championships.



TOM MCKEAN

Tom McKean is one of Scotland's most successful endurance runners, his deadly kick and burst of closing speed over the final stages of an 800 metres race winning him medals at Commonwealth, European and World level.

He won a silver medal in the 1986 Commonwealth Games in Edinburgh behind Steve Cram then a few weeks later, beat Cram but placed 2nd again, this time to Seb Coe at the European Championships in Stuttgart.

His breakthrough to gold status appropriately came on home soil in 1990 as he dominated the field at the European indoor championships at Kelvin Hall then went on to win European outdoor gold later that year in Split. In Toronto in 1993, he added a World indoor gold medal to his tally.

photo credit: John Scott

In addition, he won four successive European Cup races from 1985 to 1991 and was victorious in the World Cup 800 metres race in 1989. He bettered 1 minute 45 seconds for 800 metres on 17 occasions and set the current Scottish record of 1:43.88 in 1989.

Tom was inducted into the Scottish Athletics Hall of Fame in 2008.

ANGELA MUDGE

Angela Mudge is a Scottish champion hill runner and skyrunner. On the international stage she won the Women's World Mountain Running Trophy in 2000, the World Masters Mountain Running Championships in 2005 and the Buff Skyrunner World Series in 2006 and 2007.

She finished second behind New Zealand's Melissa Moon in the 2003 World Mountain Running Trophy, held in Girdwood, Alaska, leading the Scottish team of Tracey Brindley (3rd) and Lyn Wilson (18th) to the Women's Team championship.

In the European Mountain Running Trophy, she won the silver medal on 3 occasions, in 1999, 2001 and 2003. In 2006, she competed in the Buff Skyrunner World Series, a grand prix of eight high altitude endurance races around the globe. She was victorious in four successive rounds in Spain, Switzerland, Japan, and Italy, to win the Series overall, retaining her title the following year.

After her Skyrunning success, she participated in the Everest Marathon, the world's highest marathon which starts only two hours from Everest Base Camp, at an altitude of 5,200 metres. She finished eighth overall, the first woman and the second westerner out of 80 participants, setting a course record.



*photo credit:
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photo credit: John Scott

YVONNE MURRAY

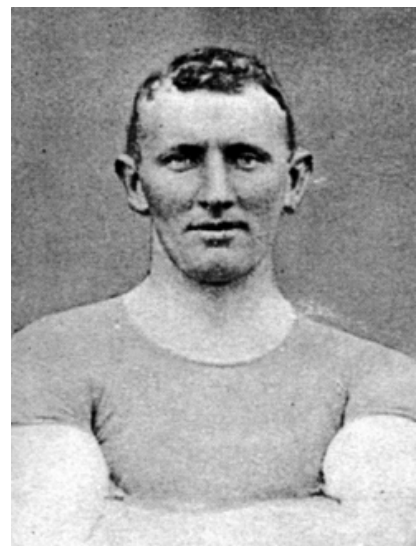
Yvonne Murray is one of Scotland's most outstanding long distance runners, winning medals at the European Championships, Commonwealth Games, Olympics and World Championships. She won the European indoor 3000 metres title in 1987, the 3000 metres at the 1990, European Championships at Split. In 1993, she won a gold medal at the World Indoor Championships, again over 3000 m. Then in the following year, she won gold at the 1994 Commonwealth Games over 10000 metres. In total, she won 4 gold, 3 silver and 3 bronze medals at major championships. No Scottish athlete has won more medals in individual races at the major championships.

Murray set 32 Scottish senior records in her career, 19 national, 11 native and 2 all-comers' records at distances from 800 metres to 5000 metres. She still retains 3 national, 4 native, 1 all-comers and 3 age-group records in 2018.

She was a UK or WAAA champion on 10 occasions and was awarded the MBE in 1990. She was inducted into the Scottish Athletics Hall of Fame in 2007

TOM NICOLSON

Thomas Nicolson (1879-1951) dominated Scottish throws at the start of the 20th century. Nicolson competed in two Olympic Games, becoming the first and only Scot to finish in the top six in the hammer final, a feat he achieved in both the 1908 and 1920 Games. He won forty-two Scottish throwing titles in four disciplines and set sixteen Scottish native records. In 1908, at the age of twenty-nine, he threw the hammer 166 feet 9½ inches (50.84 metres) which was unbeaten as a British record for fifteen years and stood as a Scottish record until 1947. He won fourteen Scottish shot and nineteen hammer titles between 1903 and 1924, claiming fourteen double wins in the shot and hammer events. He won six hammer titles at the AAA Championships, setting a championship record of 50.20 metres in 1909 that stood for thirteen years. He was one of Scotland's few world class athletes in the early years of last century, and finished fourth in the 1908 Olympic Games at London.



For durability and consistency, the career of Tom Nicolson is without approach in the history of Scottish and British athletics. The SAAA jubilee history of Scottish Athletics recognised his ability and personality: "It is not likely that we shall ever have another Tom Nicolson, most modest of great athletes, most loveable of sportsmen. He will ever rank as the greatest heavy athlete Scottish amateur athletics ever boasted. His best individual achievement may be beaten by a brother Scot ... but there surely never will be a career so long and full of honours as that of the genial Kyles farmer."



photo credit: David Hewitson

GEOFF PARSONS

High jumper Geoff Parsons represented Scotland at 4 consecutive Commonwealth Games between 1982 and 1994, winning the silver medal in 1986 with a Scottish record of 2.28 metres and bronze medals in 1990 and 1994, the latter won with another Scottish record of 2.31 that remains the record over 20 years later. He won a bronze medal at the European Indoor Championships in 1986 and competed in the Olympic Games, World Championships, and 2 European Championships.

From the time he burst on to the Scottish high jump scene as an 18 year old in 1982, he topped the Scottish rankings for 15 years in a row, raising the Scottish record from 2.20 metres to 2.31. He set the inaugural Scottish indoor record of 2.30 in 1986, a performance that has remained unbeaten to this day.

ALAN PATERSON

Alan Paterson (1928-1999), with his Western Roll technique of high jumping, first set a Scottish record of 1.87 metres as a 17-year-old schoolboy in 1945 and represented Great Britain that same year. He won the gold medal at the 1950 European Championships with 1.96 metres, the same height that had won him a silver medal in 1946. In July 1946, he travelled to an invitation meeting in Antwerp and became the first Briton to clear 2 metres.

In 1947, Paterson finished second in a significant contest, this time in his own country, and the plaudits he received gave high jumping in Britain - and the west of Scotland in particular - its biggest-ever boost. The scene was Ibrox Stadium, where 72,000 had gathered to watch a combination of world-class athletics and five-a-side football, at the famed Rangers Sports. The American national champion Bill Vessie was warmly applauded when he cleared 2.02 to set a UK all-comers' record. Minutes later the 19-year-old Paterson launched his lanky frame over the bar on his second attempt. The stadium erupted with applause as Paterson had beaten the long-standing British all-comers' record. He became the equal-fourth best jumper in the world for that year, and led the European rankings by four centimetres, an unprecedented achievement for a British jumper.

The summer of 1949 saw Paterson, now 21, turn in a best of 2.01 metres. By this time the highly respected US magazine, Track and Field News, had begun publication and chose to make the Scot No. 1 in the world for that year. No other British high jumper has achieved that number 1 ranking since.





DONALD RITCHIE

Don Ritchie is regarded by many as one of the greatest ultra runners of modern times. With track World Best Performances at 50 km (twice), 40 miles, 50 miles (twice), 100 km, 150 km, 100 miles and 200 km (twice), plus world road bests at 100 km and 100 miles he had an unparalleled record in the sub 24 hour events.

He won several prestigious races in Europe, the US and Japan as well as enjoying success at cross country, hill races and marathons. For services to athletics and charity he was appointed MBE in the Queen's Birthday Honours list in 1995.

In October 1978 he covered 250 laps of London's Crystal Palace track, 100 kilometres (62.2 miles) in 6 hours 10 minutes 20 seconds, at an average of under six minutes per mile. His 100 mile race at Crystal Palace in the late 1970s was covered at an average of under 7 minutes per

mile. Among his many incredible feats was his record for the John O'Groats to Land's End run in 1989 of 10 days, 15 hours and 27 minutes.

MARGARET RITCHIE

Margaret "Meg" Ritchie dominated British shot and discus throwing during the 1970s and 1980s. She won the Commonwealth Games discus title in 1982, having been a finalist in 1974 and 1978; she was an Olympic finalist in 1974 and 1978, a World Championship finalist in 1983, and a European Championship finalist in 1978.

She won the Shot and Discus at the US NCAA Championships in 1982, the only Scot to achieve a double-win at these championships, and won the indoor shot the following year.

Her shot and discus performances of 18.99 (1983) and 67.48 (1981) remain Scottish records to this day and she is still the British discus record holder, a title she has held since setting her first British record in 1977.



photo credit: John Burles



photo credit: Daily Record

IAN STEWART

It is one of the iconic moments in Scottish athletics history – a Scottish 1-2 in the 5000 metres at the 1970 Commonwealth Games, Ian Stewart triumphing over Ian McCafferty with the great Kip Keino and Ron Clarke in their wake, winning in a European record of 13:22.8, the leading time in the world that year. Ian Stewart was one of the world's leading distance runners between the late 1960s and mid-1970s. In addition to his Commonwealth title, Stewart won gold at the European indoor 3000 metres in 1969, the European outdoor 5000m that same year, and the European indoor 3000 again in 1975. He won the bronze medal in the 5000 metres at the 1972 Munich Olympic Games.

At cross-country, he won the World Cross Country championship in 1975 and he remains the last British male winner of the title to this day. This followed on from a bronze medal in the final ICCU Championship in 1972.

The American magazine Track and Field News ranked him as the world's best athlete over 5000 metres in 1970, and he was ranked in the top 10 on five other occasions.

Stewart set British records at 1500 metres 3:39.12 (1969), 2000 metres 5:02.98 (1975), 2 miles 8:22.0 (1972) as well as the 5000 metres and set Scottish records from 1500 metres to 10000 metres.

LACHIE STEWART

A gutsy victory in the 10,000 metres final for Lachie Stewart at the 1970 Commonwealth Games in Edinburgh ranks as one of the most memorable moments in Scottish sport. Cheered on by a passionate home crowd, Stewart outsprinted the multiple world record holder and overwhelming favourite, Australian Ron Clarke, to win gold on the first day of the Games. Stewart took more than 20 seconds off his previous best to win.

Lachie won 13 Scottish track titles and twice won the national cross-country title. His first Scottish records were set at the 3000 metres steeplechase and he went on to establish 18 Scottish national records and 23 native records between 1966 and 1971 at events from the steeplechase up to the one hour race. He represented Scotland in 17 track internationals between 1964 and 1974 and 28 times in cross-country internationals.





photo credit: UK Athletics

ROSEMARY STIRLING

Rosemary Stirling did not cut an imposing figure on the track, but her achievements stand alongside any other female athlete in the history of Scottish athletics. She was the first Scotswoman to win track gold at the Commonwealth Games and three times finished in that unrewarded 4th place. A gold medal winner at the European Championships where she was finalist on six occasions indoor and out, and an Olympic finalist, she also held Scottish records at 400 metres that lasted 12 years and, at 800 metres, an incredible 36 years from her first record, set in 1966.

In 1967, she took the first of five WAAA indoor titles and became a world record holder as part of the team that broke the 3x800 metres and 3x880 yards relay records. These were two of the five world records she held as part of Great Britain relay teams.

In 1970, at the Commonwealth Games in Edinburgh, Stirling struck in the home straight and won the 800 metres in 2:06.3, becoming the first Scottish woman to win gold on the track. In 1972, at the Munich Olympics, she ran 2:00.15 for a new Commonwealth record that only earned her 7th place. That performance was to remain a Scottish record for 30 years.

ALLAN WELLS

Six Scottish athletes have won gold medals at the Olympic Games, three of them in individual events. Five of these were won in the years up to and including 1924, only one athlete has won gold in the 21 Olympic Games since Paris in 1924. That man is Allan Wells.

In Moscow in 1980, Wells qualified for the final with a new British record 10.11 seconds. By 60 metres the field were fading, and by 80 metres the race was between Cuba's Silvio Leonard on the inside and Wells on the outside. With seven metres to go Wells began an extreme lean which allowed his head and shoulder to cross the finish line 3 inches before Leonard's chest in a photo finish; both men were timed at 10.25.

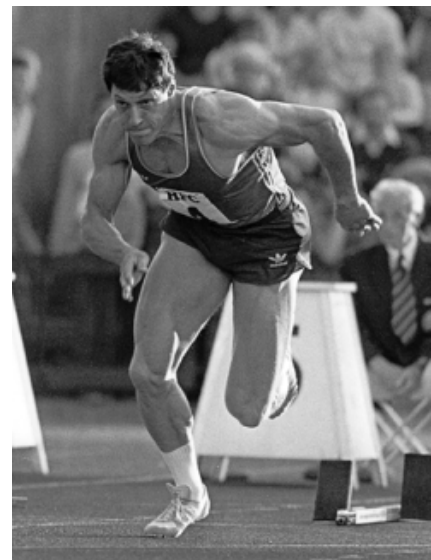


photo credit: John Scott

In the 200 metres, Wells set a British record of 20.21 to win the silver medal, just 0.02 behind the Italian, Pietro Mennea. In 1982, Wells won gold in the 200 metres and the 4x100 metres relay at the 1978 Commonwealth Games and then won double gold in 1982, winning both the 100 and 200. He is the only Scottish athlete to have won 2 gold medals in a single Commonwealth Games.

He was awarded the MBE in 1982 and, jointly with Eric Liddell, was the first inductee into the Scottish Athletics Hall of Fame in 2005.



JAMES WILSON

When winning two medals at the 1920 Olympic Games in Antwerp, James Wilson (1891-1973) of Greenock Glenpark Harriers became the third of only five Scottish athletes to win more than one Olympic medal in the same Games.

He won many Scottish track titles, initially winning the 4 mile title in 1914 and completing the hat trick of wins in 1919 and 1920 after the First World War. In 1920 he won the 10 mile track title on the Celtic Park cinder track in the Scottish record time of 52:04.4, also setting records at the intermediate distances of 5, 6, 7, 8 and 9 miles.

In the 10000 metres at the 1920 Olympic Games, Wilson set off at a fast pace from the gun, stringing out the field as he led up to the final two laps. With 800 metres to go Wilson was passed by Paavo Nurmi (the favourite) and 5000 gold medallist Joseph Guillemot (France), but held on grimly to third position behind the leading pair. Nurmi won in 31:45.8, from Guillemot 31:47.2, with Wilson recording a personal best of 31:50.8 in third position to take the bronze medal.

Having won the Scottish and International cross country Championship titles earlier in the year, Wilson was highly regarded for the cross country event which was then still a part of the Olympic Games athletics programme. Competing just three days after his 10000 track race, Wilson finished outside the individual medals this time but led Britain to the team silver medals.

DUNCAN WRIGHT

Duncan "Dunky" McLeod Wright (1896-1976) was the first Scottish athlete ever to win a gold medal at the Commonwealth Games, taking the marathon title at the inaugural Games in 1930, and winning the bronze medal at the same event four years later. He ran in three Olympic Games, placing 4th in the 1932 marathon. He won the AAA marathon in 1930 and 1931, the Poly Marathon twice (1924 and 1934) and the Sporting Chronicle Marathon in Manchester twice (1924 and 1925).

Over the country, he won the Scottish Cross Country Championships four times and competed in the International Cross Country Championships eleven times where he was part of the Scottish team that won the team bronze medal on six occasions.



After his running days were over he worked for the sport as an official - a founder member of the Scottish Marathon Club who was attending meetings up until a month before his death, coaching suprema for many years, Scottish team manager at several major Games and a member of several influential SAAA Committees.