

The North American Scottish Games Association is dedicated to the promotion and understanding of Scottish Athletics.

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EVENTS EXPLANATION:

3. **HAMMER:** The light (16 lb.) and heavy (22 lb.) hammers thrown for distance grew out of local strength contests held at the village smithy in which sledge hammers were thrown. The rectangular heads on these "working" hammers often broke so a switch to a ball of the same weight was approved. The style used is the thrower faces away from the area to be thrown, with his feet firmly planted (often with the aid of spikes) behind a 4 foot 6 inch "TRIG". The thrower usually takes the hammer three times around his head and releases it. No turns of the feet are allowed. He must not step beyond the trig with his follow through. In modern modification, a chain or wire was added to replace the cane or hickory stick and more recently turning the feet within a seven foot circle was allowed to create the Olympic Hammer Throw. However, that is not the Scottish Hammer Throw.

4. **CABER:** The Caber is a log thrown for accuracy by flipping it on its far end so that the end held by the thrower is pointing away from him. It usually weighs from ninety to one hundred and twenty pounds, although some weigh over one hundred and fifty pounds, and it is usually from eighteen to twenty feet long. This event is prevalent in Germany, Scandinavia and several other countries as well as Scotland, and probably never served any utilitarian purpose although it has been said they were thrown to cross streams and creeks during warfare. This and other stories of its practical use are possible but a more likely story is that it was a feat of skill and strength contested by the braw lads.

STEROIDS: The N.A.S.G.A. thoroughly supports the views of the Scottish Games Association which has denounced the practice of some athletes to use Anabolic Steroids to build strength and size in order to gain an advantage over a competitor. Practice and hard work should be the only means to success in the Games, not a reliance on artificial strength, induced by drugs.

RECORDS: It is desirable both from the athletes point of view and from the spectators point of view that ground records be listed in Games programs. With such a reference point, a spectator is much more likely to enjoy a good performance than if he has nothing to judge by. Most spectators have never seen a Highland Game or have seen very few and are not knowledgeable in Scottish Athletics. We should help them understand and enjoy the Games as much as possible. It may also be desirable to list U. S. National Records and possibly World (or Scottish) bests. This information is available in each NASGA NEWS-LETTER.

Furthermore, as the S.G.A. advises, whenever a grounds record is broken an additional purse should be awarded to the athlete who is responsible. This will create further incentive for the athletes and add excitement to the competition.

SCORING: Except in certain Games with numerous athletes of high caliber it seems desirable to have a uniform scoring system. A system of 6-4-3-2-1 has been accepted by Dunedin, Delco, Bath, Charleston, and Alexandria to name a few.

CABER: In some games much time is wasted, Cabers are destroyed and spectators become bored by the continuous cutting of the Caber. Furthermore, the athletes who continue to toss, often are exhausted for the following events. It may be a good idea to throw the Caber (cutting it as necessary) until at least one competitor turns it. When all throwers have had their three attempts at this length the pole should be cut once more to an agreed upon length and the remaining competitors take three more attempts. Places should be determined first by the quality of the turned throws and then by the judges' discretion as to form or best attempt which didn't turn. A competent judge is essential in this method of scoring.

NASGA: The NASGA held its first meeting at Grandfather Mountain Games and it was agreed that the NASGA represent the athletes in upcoming Games. Specifically NASGA is interested in working towards a more realistic prize system and distribution of same including travelling expenses to more distant Games (many competitors travel over a thousand miles to compete at a single Games).

The budget for athletic prizes, expenses, and set up of facilities (rent, etc.) in each Games should be an equitable share of last years gate or this years estimated gate. The Heavy events typically contribute from 30% to 50% of spectator interest in an average American Games. These Games attract an average attendance of about 9,000 spectators. Therefore, the veteran athletes should be able to expect some form of reimbursement for travel and living expenses on the road, and all athletes should be competing for enough prize money to make the events even more exciting. Most heavies have families, hold down responsible jobs, and work out and practice from ten to twenty hours per week in preparation for Games competition.

Fred Vaughan was appointed Convenor of the NASGA and the next meeting is scheduled for the Stone Mountain Highland Games, Stone Mountain, Georgia, October 15.

DELCO SCOTTISH GAMES: June 18, 1977 Devon, Pennsylvania Attendance: 12,000 Athletic Chairman, John Severance; assisted by Betsy Roberts, Caroline Robertson; Charles MacIntosh, Athletic Steward. A major sponsor: Delaware County Visitors Association.

The Delco Games are very well organized and are ably officiated. The spectators are in good position from the stands to see most of what is happening in the activities areas. The Devon Fairgrounds is an ideal arena for a Games except for the fact that the throwing surface is soft and sandy, therefore not conducive for good distances. Competitors continually hit the ground with the hammer, slipped when pivoting and fouled. However since everyone had the same handicap, the competition remained intense.

Ed McComas and Fred Vaughan tied for Athlete of the Day with 31 pts apiece. Short was third with 27 pts and Hoyt was fourth with 14 pts. Vaughan and McComas flipped a coin for the trophy and Vaughan won.

<u>22# STONE:</u>	<u>22# HAMMER:</u>	<u>28# WEIGHT</u>
McComas... <u>44' 7 1/4" (Record)</u>	Vaughan... <u>79' 2" (Record)</u>	Vaughan... 64' 10"
Vaughan... 43' 6"	McComas... 76' 6 1/4"	McComas... 61' 9"
Short..... 39' 7 1/2"	Short..... 72' 7"	Short..... 59' 10"
Hoyt..... 35' 7"	Hoyt..... 69' 1"	Hoyt..... 50' 7"
Nice..... 31' 8"	Nice..... 57' 10"	

56# WT: DISTANCE

McComas... 35' 11" (Record)
 Vaughan... 34' 4"
 Short..... 34'
 Hoyt..... 23' 7 1/2"

CABER:

Short..... 27" Off Perpendicular
 McComas... 29" " "
 Vaughan...
 Conner ...

SHEAF:

Short..... 23' 2" (Record)
 Hoyt..... 22' 2"
 McComas... 22' 2"
 Vaughan... 20' 2"

56# HEIGHT:

Vaughan... 15' (Record)
 McComas... 15' (Record)
 Short..... 14' 6"
 Hoyt..... 12' 3"

CHAMPIONSHIP:

Vaughan... 31 pts.
 McComas... 31 pts.
 Short..... 27 pts.
 Hoyt..... 14 pts.

KEUKA LAKE SCOTTISH GAMES: June 25, 1977; Bath, New York.

Sponsored by the Bath, Hammondsport and Corning Lions Clubs. Steve Shagron, Philadelphia, PA, Gerry Larson, President of Hammondsport Lions Club together with many volunteers from all three Lions Clubs including Dale Poore, Athletic Steward, Del Gable and Lon helped put on this first ever Scottish Games in this area. The Bath Fairgrounds are ideal for these Games which should develop into one of the most successful in the country over the next couple of years.

The Caber Throw turned out to be unusual in that the log had been cut only two days previously so that it was green oak about seventeen feet long and about 10 lbs. per foot. Ron Short turned it at 11:00 and 11:30 at sixteen feet followed by McComas who just made it on his 3rd throw at 16'. The log was cut again and again and no turns were made until 24" later. Unique to these Games is the Challenge Stone which is a 540 lb. monolith with no handles or grips of any sort which is supposed to be lifted off the ground over a Caber. None of the heavies were successful and the prize will be increased by \$100.00 for next year.

ALL WINNING THROWS ARE FIELD RECORDS!

17# STONE:

McComas... 47' 7" (Record)
 Vaughan... 46' 6 1/2"
 Short..... 41' 2"
 Hoyt..... 37' 10"

28# WT:

Vaughan... 70' 5" (Record)
 McComas... 68' 8"
 Short..... 63' 2"
 Hoyt..... 48' 7"

56# WT: DISTANCE

Vaughan... 35' 1" (Record)
 McComas... 34' 1 1/2"
 Short..... 33' 2"
 Hoyt..... 24' 5"

22# HAMMER:

McComas... 86' 6" (Record)
 Vaughan... 82' 1 1/2"
 Short..... 80' 8 1/2"
 Hoyt..... 76' 10"

CABER:

Short
 McComas
 MacDonald
 Vaughan

16# HAMMER: (EXHIBITION)

McComas... 108' 9 1/2"
 Vaughan... 98' 4"
 Short..... 96' 2 1/2"

SHEAF:

McComas... 23' (Record)
 Hoyt..... 22' 2"
 Short..... 21' 6"
 MacDonald. 20' 6"
 Vaughan... 19'

56# WT: HEIGHT

Vaughan... 13' 8"
 McComas... 13' 2"
 Short..... 12' 6"
 Hoyt..... 11' 6"

CHAMPIONSHIP:

E. McComas... 34 pts.
 F. Vaughan... 28 pts.
 R. Short..... 24 pts.
 P. Hoyt..... 11 pts.
 T. MacDonald. 5 pts.

GRANDFATHER MOUNTAIN HIGHLAND GAMES: July 8, 19, 1977; Linville, NC.

Guy V. Soule, Athletic Chairman, did a fine job setting up and running the athletics with the help of Ross Morrison, Phillip and John Soule, Ed Holcombe and a loyal contingent of helpers. Combined attendance for Saturday and Sunday: 30,000.

Saturday's heavy championships were comprised of the most representative and some of the best Scottish Athletes to ever compete at the prestigious Grandfather Mountain Games; including two athletes from California, John Ross (Santa Rosa, CA) and Gordon Varnedoe (Oakland, CA), both former Caber and Games champions at the Caledonian Games of San Francisco, and most of the top Eastern and Southern Heavies.

As in any good competition, the championship was not decided until the last event. Even then, less than three feet of total distance separated the first three places. Fred Vaughan (N. Myrtle Beach, SC) set one Games record, won four events and the championship with 49 points. Ed McComas (Baltimore, MD) placed 2nd with 40 pts. and one first followed by Ron Short (Winston Salem, NC) who broke the Games record in the Sheaf and acquired 27 pts. Fourth in the overall was John Ross with 11 points and fifth was Gordon Varnedoe, the Caber winner, with 10 points. Arnold Pope (Fayetteville, NC) and David Bryson (Albermarle, NC) rounded out the field.

An outstanding and unusual feature of these Games was the performance of the always entertaining Gordon Varnedoe of Savannah, GA., Oakland, CA and Olympia Beer fame, who within less than a five minute period won two events titles.

Having just won the heavyweight wrestling event, and without even having time to put his shoes back on, Varnedoe was called to throw his first Caber. The first attempt didn't turn but on his second try, the barefooted Caber thrower turned a perfect 12:00. Ron Short, John Ross, Ed McComas and Arnold Pope all turned the Caber before and after Varnedoe but none were able to do better than 11:30. Short and Ross tied for second. They took one throw each in a throw-off and Ron won. Ed was fourth and Arnold fifth.

16# STONE: (49' 3" McComas 1976)

McComas... 49' 1"
Vaughan... 44' 1 1/2"
Ross..... 44'

56# WT: (33' 1" Bangert 1970)

Vaughan... 31' 7 1/2"
McComas... 31' 5"
Short..... 30' 6 1/2"
Pope..... 26'

22# HAMMER: (78' 4 1/2" McComas 1974)

Vaughan... 82' 8 3/4" (Record)
McComas... 82' 2 1/2"
Short..... 75' 7"
Ross..... 73' 3"

28# WT: (71' Vaughan 1976)

Vaughan... 68' 3/4"
McComas... 66' 7"
Short..... 61' 11 1/2"
Ross..... 56' 8"

CABER:

Varnedoe
Short
Ross
McComas

SHEAF: (21' 8" Short 1974)

Short..... 22' (Record)
McComas... 20'
Vaughan... 19'
Bryson.... 18'

56# WT: HEIGHT

Vaughan... 13' 6"
McComas... 13'
Ross..... 12' 6"
Short..... 11' 6"
Pope..... 11' 6"

CHAMPIONSHIP

Vaughan... 49 pts.
McComas... 40 pts.
Short..... 27 pts.
Ross..... 11 pts.
Varnedoe.. 10 pts.
Pope..... 2 pts.
Bryson.... 1 pt.

VIRGINIA SCOTTISH GAMES: July 23, Episcopal High School, Alexandria, Virginia. Attendance: 12,000. Scottish Athletics Chairman, Peter Dove was assisted by John Severance (Media, PA), Betsy Roberts and David McKenzie.

Ed McComas became the first U. S. National Heptathlon Champion taking three firsts and four seconds and setting one record as he slipped by Fred Vaughan 34 points to 30 1/2 points. Vaughan set two records while winning

three events and taking two seconds. Third in the competition was Pete Hoyt (Altamonte Springs, FL) who established a new record in the Sheaf Toss. Arnold Pope, with a good effort in the Caber was fourth.

<u>22# STONE: (45' 3 1/2" McComas)</u>	<u>22# HAMMER: (84' 6 1/2" McComas)</u>	<u>28# WT: (74' Vaughan)</u>
McComas... 43' 8 1/4"	McComas... <u>87' 10" (Record)</u>	Vaughan... 72' 4 1/2"
Vaughan... 43' 1 1/2"	Vaughan... 86' 9 1/2"	McComas... 67' 3"
Hoyt..... 35' 10"	Hoyt..... 75' 6 3/4"	Pope..... 53' 1"
Bryson.... 33' 9"	Bryson.... 67' 11"	Hoyt..... 52' 9"

<u>56# WT: (32' 5" McComas)</u>	<u>CABER:</u>	<u>SHEAF: (22' 6" Short)</u>
Vaughan... <u>33' 8" (Record)</u>	McComas	Hoyt..... <u>23' 2" (Record)</u>
McComas... 33' 1"	Pope	McComas... 22' 2"
Bryson.... 26' 6 3/4"	Bryson	Vaughan... 20' 2"
Pope..... 25' 5"	Vaughan	Pope..... 20' 2"

<u>56# WT FOR HT: (13' 9" McComas)</u>	<u>CHAMPIONSHIP:</u>
Vaughan... <u>15' 6" (Record)</u>	1. McComas... 34 pts.
McComas... 15' 2"	2. Vaughan... 30 1/2 pts.
Pope..... 13' 2"	3. Hoyt..... 17 1/2 pts.
Hoyt..... 12' 2"	4. Pope..... 16 1/2 pts.
Bryson.... 12' 2"	

A very important feature of the V.S.G. was the announcer. He kept the crowd informed as to distances thrown, what records were being aimed at and pertinent information on the athletes. The crowd showed their appreciation through cheers and applause for a good effort.

Charleston, W. Va. St. Andrews Society held a Scottish Family Day, June 24. Mr. Harry Wallace invited Arnold Pope to put on an exhibition of the Heavy Events. This gathering may become an annual affair in West Virginia.

1977 RANKINGS: (AS OF 8/1/77)

22# STONE: W.R. 49' Oldfield
A.R. 49' Oldfield

- 1. McComas... 44' 7 1/4" (Delco)
- 2. Vaughan... 43' 6" (Delco)
- 3. Short..... 39' 7 1/2" (Delco)
- 4. Hoyt..... 35' 10" (Alexandria)
- 5. Bryson.... 33' 9" (Alexandria)

16# STONE: W.R. 63' 2" Oldfield
A.R. 63' 2" Oldfield

- 1. McComas... 49' 1" (GFM)
- 2. Vaughan... 46' 6 1/2" (Bath)
- 3. Ross..... 44' (GFM)
- 4. Short..... 41' 2" (Bath)

28# WT: W.R. 87' 2" Anderson
A.R. 80' 7" Vaughan

- | | |
|----------------------------------|-------------|
| 1. Vaughan... 76' 2" (St. Louis) | 1. Short |
| 2. McComas... 68' 8" (Bath) | 2. McComas |
| 3. Short..... 63' 2" (Bath) | 3. Varnedoe |
| 4. Pope..... 56' 10" (St. Louis) | Ross |
| 5. Ross..... 56' 8" (GFM) | 5. Pope |

CABER:

56# WT: W.R. 41' 11" Anderson
A.R. 36' 8" Vaughan

- 1. Vaughan... 36' 8" (Dunedin)
- 2. McComas... 35' 11" (Delco)
- 3. Short..... 34' (Delco)
- 4. Bryson.... 26' 6 3/4" (Alex.)
- 5. Pope..... 26' 4" (Ellerbe)

22# HAMMER: W.R. 123' 5" Anderson
A.R. 103' 4" Anderson

- 1. McComas... 87' 10" (Alexandria)
- 2. Vaughan... 86' 9 1/2" (Alexandria)
- 3. Hoyt..... 81' 1/2" (Ellerbe)
- 4. Short..... 80' 8 1/2" (Bath)
- 5. Ross..... 73' 3" (GFM)

16# HAMMER: W.R. 151' 2" Anderson
A.R. 132' 3" Anderson

- 1. McComas... 108' 9 1/2" (Bath)
- 2. Vaughan... 100' (St. Louis)
- 3. Shelton... 97' 10" (Long Beach)
- 4. Short..... 96' 2 1/2" (Bath)
- 5. Hoyt..... 94' 10" (St. Louis)

56# WT FOR HEIGHT: W.R. 15' 7" Anderson
A.R. 15' 6" Vaughan

- 1. Vaughan... 15' 6" (Alexandria)
- 2. McComas... 15' 2" (Alexandria)
- 3. Short..... 14' 6" (Delco)
- 4. Pope..... 13' 2" (Alexandria)
- 5. Shelton... 13' (Long Beach)

SHEAF:

- 1. Short..... 23' 2" (Delco)
- Hoyt..... 23' 2" (Alexandria)
- 3. McComas... 23' (Bath)
- 4. Bryson.... 21' (Ellerbe)
- 5. MacDonald. 20' 6" (Bath)

CHAMPIONSHIPS: McComas won at Ellerbe, NC; Webster Groves, MO; Bath, NY; Alexandria, VA; and tied at Devon, PA. Vaughan won at Dunedin, FL; Grandfather Mountain, NC and tied at Devon, PA.

COMING EVENTS:

August 17..... Ballater Highland Games, Ballater, Scotland
August 20..... CRIEFF Highland Games, Heavy-Weight Championship of Scotland
September 3..... International Scottish Games, Kansas City, MO
September 3,4.... Caledonia Club of San Francisco U. S. Heavy Events Championship, Santa Rosa, CA
September 10..... Ligonier Highland Games, PA
September 17..... Charleston Scottish Games, Charleston, SC
October 1..... Flora MacDonald Highland Games, Red Springs, NC
October 15..... Stone Mountain Games, Stone Mountain, GA

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