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MODERN ATHLETICS.

SECOND EDITION.

WILKINSON, H.F.

PRICE ONE SHILLING AND SIXPENCE.

LONDON:
"THE FIELD" OFFICE, 346, STRAND, W.C.

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1875.

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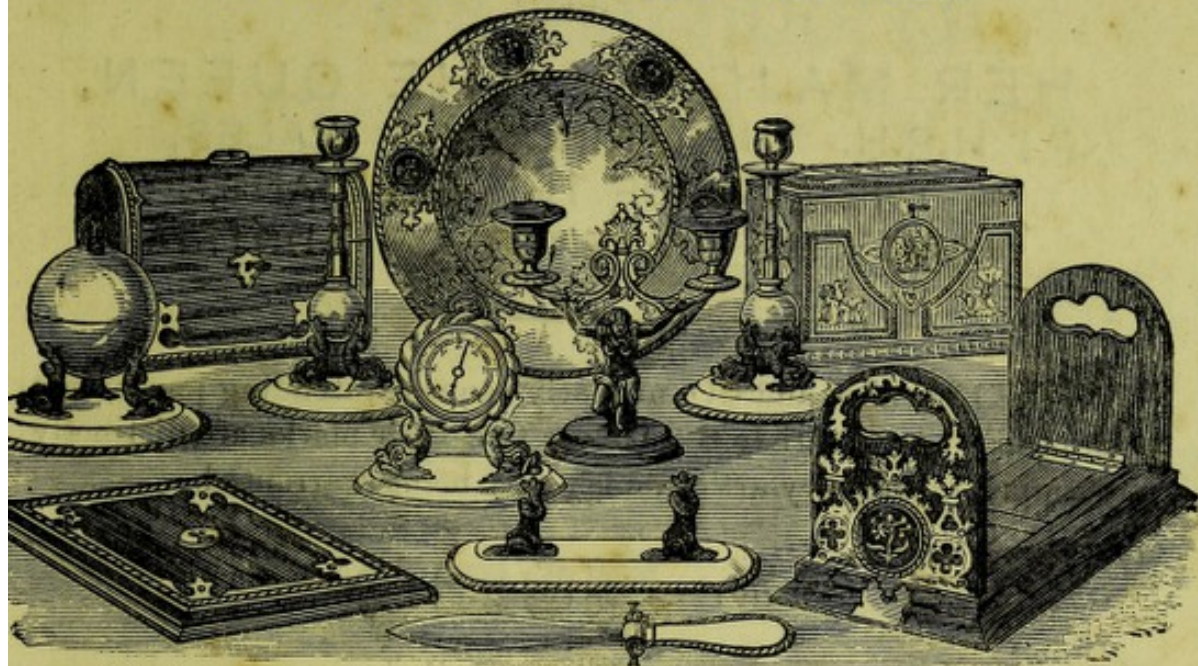
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BY

H. F. WILKINSON,

OF THE AMATEUR AND LONDON ATHLETIC CLUBS.

SECOND EDITION,
REVISED AND CORRECTED.

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PREFACE TO THE SECOND EDITION.

SINCE the issue of the first edition of "Modern Athletics" many changes and alterations have taken place. These are duly commented on, chapters out of place and date omitted, and the tables of "Best Performances on Record" very considerably enlarged and corrected to the present time. Some of the particulars given therein have never before appeared in print, and only been obtained from the private memoranda of well-known timekeepers or others who were present at the respective contests; but nothing has been inserted except on unimpeachable authority. To all those who have assisted me with such information I take this opportunity of returning my best thanks.

H. F. WILKINSON.

LONDON,
March 13, 1875.

PREFACE TO THE FIRST EDITION.

THE issue, for the first time, of the present work, requires a few words of explanation. Athletic sports have rapidly spread throughout the length and breadth of the United Kingdom during the last few years; whether for good or for evil it is not within the author's province to discuss, further than this, that the fact itself would seem to carry with it its own justification. General acceptance is sufficient recognition of the need and of its supply, or at least may prove the author's justification for the present compilation.

In order that he may not be accused of plagiarism, it should be mentioned that the first chapter, on "Ancient Athletics," had previously been written by him for another publication, and he trusts that its reproduction, if only for the sake of comparison, with some slight additions, may not be out of place here in a work professedly on modern pursuits. The chapter on the "Rise and Progress of Modern Athletics" has been compiled from information found in files of *Bell's Life in London*, and is believed to be in the main part correct, although a few chronological errors may doubtless have crept in. The observations on "the Management of Athletic Meetings"

are in some measure derived from personal experience, and will perhaps prove useful to provincial committees desirous of instituting athletic gatherings. The regulations in this chapter are chiefly founded on a set of rules originated by the West London Rowing Club and the conditions in force at the Amateur Athletic Club competitions. For training, the chief works consulted have been "Training in Theory and Practice," by A. Maclaren; "Training for Pedestrianism, &c.," by C. Westhall; and "Hints on Training," by J. G. Chambers. To these authors I desire to express my many obligations and warm acknowledgments. A large mass of University and Public School statistics had been collected, but want of space at the last moment precluded their insertion. Of metropolitan meetings preference has been given to those of the West London Rowing Club, the first to hold athletic sports in London. The tables of the best performances on record have been carefully compiled from files of *Bell's Life in London*, with one or two exceptions. It was found absolutely necessary to select some authority as a standard, and that journal was accordingly chosen as the oldest reliable chronicle of pedestrianism. The statistics of the fastest amateur times have been compiled with the greatest possible care. A figure makes but little show in print, but the discovery of that figure, the testing, the confirmation or correction of it, involves much search and patient investigation. At provincial meetings instances are constantly occurring of amateurs *being said* to have run 100 yards in 10 seconds; but it will be almost invariably found on close inquiry either that the course is down hill, the distance is short,

the "clocker" a tyro at his work, or else that a very strong wind blew in the rear of the runner. The Author firmly believes that there are not two amateurs now alive who could run 100 yards in such time on a path as level as a billiard-table and on a perfectly calm and favourable day. Provincial committees, who are naturally and properly proud of the feats they record, must recollect that to correctly obtain the fastest times on record requires a long series of arithmetical calculations, in order to compare the times and distances of all the races a man has ever run. No pedestrian, either amateur or professional, ever attains the top rung of the ladder at one step ; and when a man is said to have done "the fastest time on record," the only method of proving the truth of the assertion is to look up all his previous performances.

In conclusion, the Author offers his best acknowledgments to the Editors of *Bell's Life in London* and the *Sportsman*, for the assistance received in compiling the table of fastest professional running times ; and to those amateurs who kindly forwarded particulars of their age, height, and weight, which have not been published in cases where any gentleman desired they should be withheld.

H. F. WILKINSON.

LONDON,
September 30, 1868.

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HONORARY SECRETARIES are particularly requested to at once forward any alterations or corrections in "THE ATHLETIC DIRECTORY" to the "PUBLISHER of 'MODERN ATHLETICS,' 346, Strand, London, W.C."

MODERN ATHLETICS.

CHAPTER I.

ANCIENT ATHLETICS.

THE term "*Athletic Sports*" is altogether of modern date ; it would not have been understood by the ancients ; to them gymnastic exercises were no pastime, but a serious and important part in the training of youth. The whole education of a Greek had three divisions—letters, music, and gymnastics—but these last occupied as much time and labour as the two others put together ; indeed, at a certain period of life those ceased, and gymnastics alone continued to be practised, not only in youth but in adult and mature age, the exercises being adapted to the strength and years of the exercised. Greek physicians and philosophers were alike convinced of the intimate connection between body and soul ; their faith was muscular, the chief article being that physical and mental health went together. That their creed was not unsound, the result has proved ; for while the body received from these exercises that beautiful development which has made Greek art a pattern to all succeeding generations, so, if not in consequence of these exercises, at least in connection with them, the triumphs of the Greek intellect have been no less, and perhaps even more predominant.

Taking gymnastics in its comprehensive classical sense, it may be divided into the agonistic and the athletic arts ; the former was pursued for the purpose of improving their health and bodily strength by those who, though

they sometimes contended for prizes in the public games, did not, like the athletes, devote their whole lives to the preparation for these contests. In fact, the one was an amateur, the other a professional. But in early times, as in the present, there were persons of considerable political and social importance who obtained prizes at the national games, but who did not follow athletic exercises as a profession. Thus we read in the eighth book of Herodotus, in his enumeration of the naval forces at Salamis, that of the nations resident beyond the river Acheron, the Crotoniatæ were the only people who, when Hellas was in danger, came to her succour with one ship, whose commander was Phayllus, and he was thrice a Pythian victor. But as the preparation for these contests involved more and more extraordinary efforts, it was found that a severe and exclusive course of training was necessary to ensure any chance of obtaining victory. Hence arose a class of men, the professional athletes, who in the latter and more degenerate days of Rome, alone contended in the public games, while the spectators enjoyed the easy luxury of a self-indulgent criticism. This was the division of the exercised.

Of the exercises themselves there was a distinction between the pancratium and the pentathlon, though both were events common to the gymnasium and the great religious festival games. The former was more akin to our boxing and wrestling combined, a violent and hard exercise, which does not now enter into athletic sports, but is confined to professionals and the prize ring, and therefore needs no description here. There was also, on the one hand, in the national games, chariot and horse races (with which, not being bodily exercises, we do not conceive ourselves to be concerned); and on the other, in the gymnasia, boyish sports, such as ball playing, boys pulling at the two ends of a rope ("French and English"), top spinning, playing at "dubs," and the like, which are also foreign to our subject. We will therefore direct our attention to the pentathlon, as more nearly corresponding to "athletic sports" as now understood, both in its own nature and in the position, as gentlemen, of those who

practised it in old time, and who, we hope, will not cease to practise its corresponding equivalents now.

The pentathlon consisted of five distinct kinds of games, viz.:—Leaping (ἄλμα), foot race (δρόμος), disc-throwing (δίσκος), spear-hurling (ἀκόντιον), wrestling (πάλη). In their entirety, in their performance on the same day and in a certain order by the same athletes, they belong to the time in which the great national games of Greece were instituted, though different parts of the course are mentioned in early times as being practised by the old heroes.

How these acted, how they felt, what they said, how they amused themselves, their public and private life, all this and much more is pictured in the marvellous verse of him whom the epigrammatist well calls—

ἀνδρῶν ἡρώων κοσμήτορα, θεῖον Ὅμηρον.

We have in later writers dry disconnected facts on which staticians feed, but for life portraits of character and manners, for the thing itself producing in us the emotions which it produced in those that did and saw it, we must go back to the “sweetest of bards, the blind old man who dwelt in craggy Chios.” He, we may be sure, reproduces to us the fashion of his own age. No matter what persons or places he describes, the names are nothing. Phæacia may be Utopia, Odysseus may be Utis, which

Forms of things unknown, the poet's pen
Turns into shape.

Homer, like Shakspeare, drew his materials—whatever “tricks strong imagination” played with them—from what passed around him; and though his heroes may bear old Trojan or Argive titles, yet he had associated with them all, had sung his hymns in the hall of Alcinous, and, blind though he was, had witnessed the Phæacian games. Regarding, then, his poetry as contemporary history, we find that of the pentathlon, boxing, wrestling, leaping, and running are the four classes enumerated by Alcinous (Odyssey VIII. 103), as practised by the Phæacians:—

Περιγυγνόμεθ' ἄλλων
Πύξ τε, παλαισμοσύνη τε, καὶ ἄλμασιν, ἠδὲ πόδισσιν.
B 2

Boxing, wrestling, running, archery, and spear-throwing were the challenges which Odysseus gave the Phæacians, and which were declined by them, after they had proof of his disc-hurling powers: (Odyssey VIII. 205, &c.)

Leaping was one of the most prominent parts of the pentathlon, as it is one of the chief events in our modern games; but it seems to have been practised then in a somewhat different manner. We do not know that there are any records of the "long jump" the "high jump," or the "hurdle jump." The ancients seem to have leapt with masses of metal (*ἀλτῆρες*, *graves massæ*), something like our dumb bells, in both hands, though probably this was not the earlier practice. In the account of the Phæacian games (Odyssey VIII.) Amphialus is said to have been far the first; but, very provokingly, it is not reported whether it was the "high jump," or whether he reached 5ft. 9in., as Messrs. Little and Roupell, of Cambridge University, did at the champion meeting of the Amateur Athletic Club on March 23rd, 1866.

The foot race.—There were diversities in this: either the simple foot race (*δρόμος*), in which the performers went in a straight run from the starting-post to the goal; or the double foot race (*διὰυλος δρόμος*), in which the goal was rounded, and the starting-point was also the winning-post; or the race of the heavy armer (*τῶν ὀπλιτῶν δρόμος*), in which the runners were in panoply. This last is something for our volunteers, in full marching order, to look forward to. In the Phæacian games (Odyssey VIII.) the course seems to have been a straight one, and the "blameless Clytonéus" was the victor, the rest were nowhere, the difference being represented as that in the speed of mules against oxen in ploughing a furrow—an agricultural comparison not probably appreciated at Beaufort House, but well understood by any heavy-land farmer, if horses be substituted for mules. The race in the funeral games at the tomb of Patroclus (Iliad XXIII.) was the *διὰυλος*, and, as usual, Ajax's luck was bad; he would have been the victor, but for the help which the goddess Athené somewhat unjustly gave Odysseus. The foot race in the fifth book of the Æneid,

except so far as it is a mere copy of the games in the twenty-third Iliad, is after the manner usual in Virgil's own days in the circus at Rome; as the *Ludus Trojæ* (revived and celebrated by Augustus) in the same book, was described by Virgil under the form of an equestrian exercise, in which Ascanius and a certain number of selected Trojan boys exhibit the evolutions of a mock battle.

The disc-throwing has no exact parallel in modern times, though putting the weight or throwing the hammer is *ejusdem generis*. This has been termed by some among ourselves an "ungraceful and unmeaning effort;" but disc-throwing was especially lauded among the ancients. It was practised in the heroic age. Whilst Achilles continued still wrathful, and lay in his dark sea-traversing ships, muttering wrath against Agamemnon, and while his horses were eating their heads off on trefoil and parsley, his forces amused themselves with disc-throwing and dart-hurling (Iliad II. 774). Something more than a disc—a rudely molten mass of iron which the great might of Eëtion used to hurl—Achilles (Iliad XXIII.) proposed as the projectile at the funeral games in honour of Patroclus, when Epëus got laughed at; but Polypætēs cast it as far as a cowman can throw his crook, however far that may be. It was also the game in which Odysseus, without taking his coat off (*αὐτῷ φάρει*), and with a disc bigger, thicker, and stouter than those puny ones which the Phæacians used, far surpassed all his competitors, who had been most impudently chaffing him. But then it must be remembered that he had the goddess Athené for a marker, which was hardly fair: (Odyssey VIII. 186, &c.)

Then, mantled as he was, he rushed in rage
 And seized a huge round discus, heavier far
 Than that wherewith Phæacian youths engage,
 And whirled it once, and launched it in the air.
 Sang the great stone, and the Phæacians there,
 A ship-framed people, masters of the oar,
 Crouched to the earth beneath the booming blare.
 Lightly it darted from his hand, and bore,
 Steady in flight, right on, surpassing every score.

Worsley.

It could have been wished that the weight of the disc had been given, and that Athené had been provided with a measuring tape. As it is, we are again unable to compare ancients and moderns. The distance to which the disc was commonly thrown became a measure of length, and was called *τὰ δίσκουρα*. Thus in the games at the tomb of Patroclus, the chariots of Menelaus and Antilochus ran abreast (*Iliad* XXIII., 431 and 523).

Far as a discus' flight, by some stout youth,
That tests his vigour, from the shoulder hurled,
So far they ran together, side by side.

Lord Derby.

Again,

So far was Menelaus in the rear
Of Nestor's son ; at first, a discus' cast
Between them lay.

Lord Derby.

The disc-thrower stood on a raised platform (*βαλβίς*), with the right leg, bearing all his weight, forward ; the disc, ready to be delivered, in the right hand, which was thrown back. This attitude, which was represented by the sculptor Myron, is selected by Quintilian as evidence of the great effect produced by a figure in action as compared with one at rest. We possess in the British Museum a copy of this celebrated statue. The player is ready to swing round his outstretched arm, so as to describe a semicircle, at the end of which the disc will be delivered at an angle of about 45 deg., the athlete springing forward at the same time. The contest was still more unequal when a god entered the lists in his own person, and not merely as partner and marker to a competitor. Hyacinthus found this to his cost in his trial with Phœbus (*Ovid, Met. X.*) Both stripped (*corpora vesta levant*), and the god had the first throw, he cleft the clouds, and showed no less skill than strength (*exhibuit junctam cum viribus artem*). The mortal ought to have kept a respectful distance till the projectile had settled down ; but, in his eagerness to have his turn, he hastened to pick up the disc, which

rebounded from the ground, struck him in the face, and killed him.

Protinus imprudens actusque cupidine ludi
Tollere Tænarides orbem properabat; at illum
Dura repperctum subiecit in aëra tellus
In vultus, Hyacinthe, tuos.

Ovid, Met. X. 182.

However, the god made what amends he could for the accident, and those florists who rejoice in Hyacinths and Hyacinth shows have no reason to complain.

Celebrandaque more priorum
Annua prælatâ redunt Hyacinthia pompâ.

Ovid, Met. X. 218.

To the spear-hurling we have no modern parallel, without we choose to accept throwing the cricket ball as such. Archery would be the nearest approach, but can hardly be said to enter into modern athletic sports. Here also Odysseus was eminent (*Odyssey VIII. 229*), boasting, not without reason—

Also, this hand so far can hurl the spear,
That none with arrow may the score exceed.

Worsley.

Wrestling, also no part of the modern, was a distinctive feature of the ancient pentathlon. Indeed, so important was it, that in its wider sense the word *πάλη* (wrestling) embraced all gymnastic exercises, and the schools of the athletes were called *palæstræ*. Homer has two beautiful descriptions of wrestling matches. One in the twenty-third *Iliad*, so often referred to, in which the mighty Telamonian Ajax and wise Odysseus contend. Their backs creaked, the perspiration ran down, purple welds arose on their sides and shoulders, all in vain, neither could throw the other, though Ajax was very near it after his invocation of Jove. But Odysseus was too much for Ajax and Jove together. The other description is in *Odyssey VIII. 159*. In the Phæacian games Euryalus surpassed all his countryman in wrestling; and presuming on his easy victory over them, must needs jeer at Odysseus—

Now am I, stranger, not at all inclined
 To judge thee versed in wrestling and the race,
 Or games that are in vogue among mankind.
 Thee, rather with the ship-frequenting kind
 Of traders, overseers of merchandise,
 Whose talk is of cargoes, and their mind
 Dreams of unjust gains, and doth bargains prize,
 I class with athletes not, if I may trust my eyes.

Worsley.

He soon, however, "caved in," on proof of the stranger's prowess in throwing the disc.

Of these games the foot-race seems to have been coeval with the institution of the Olympic Games themselves, or, at least, with their use as a chronological æra, when Coroebus conquered in the foot-race, B.C. 776. Indeed, the δρόμος was the only contest during the first thirteen Olympiads. The δίαυλος (in which the course was traversed twice) was introduced in Olympiad XIV.; wrestling and the pentathlon generally, in Olympiad XVII.; boxing, in Olympiad XXIII.; and the pancratium in Olympiad XXXIII.

How the victory was determined in some of the athletic games of the ancients it is not easy to say. In leaping, racing, throwing, decision was easy, even if several athletes competed. But in wrestling no more than two persons could be engaged together at once. Did the victors in the several pairs contend together at last? But how was the prize awarded in the whole pentathlon? Was a man expected to be a victor in each event? It is something fearful to think of, and yet a passage in Herodotus (Book IX., chap. 33) seems to look that way. The father of history, in his pleasant gossiping style, tells there a story of Tisamenus, who at Platae was the divine officiating on the Grecian side. The Pythian oracle told him that he should win five great contests. He naturally took this to mean the pentathlon, and accordingly trained hard. He would have gained the Olympic prize had he not been beaten in the wrestling by Hieronymus. So he missed it by one, as Herodotus says, ἀσκέων δὲ πεντάεθλον, παρὰ ἓν πάλαισμα ἔδραμε νικᾶν Ὀλυμπιάδα. This is one of those "nuts to crack,"

which examiners are fond of giving in the Oxford Schools.

The ancients trained hard, and held the relation between medicine and gymnastics to be so close, that the one was as necessary to cure disease as the other was to preserve the health. Hence Gymnasia were dedicated to Apollon, the god alike of the healing and the fine arts. The directors of these establishments practised as physicians, while the subordinate attendants were "dressers," both alike deriving their occupation and their skill from their experience. One noted character (Herodicus) is celebrated by Plato as combining in his own person the three allied professions, as they were then considered, of sophist, gymnasiarch, and physician; and, like fashionable doctors among ourselves, he sometimes severely tried the confidence of his patients, if he did not abuse it, when he tested their training by prescribing a walk from Athens to Megara and back again, a distance of more than twenty-four English miles, without resting. Indeed, malicious people said he killed the weak and feverish by his strong remedies, violent exercises, and dry rubbing. The regular practitioners stigmatised him as an "advertiser" and a quack. Certain it is that he was successful in dealing with cases—his own included—beyond their skill. The story is that "enjoying" (as honest country folk say) bad health, he tried gymnastics on himself, and, perfectly succeeding, proceeded to practice on others. The college of physicians of that day were the Asclepiadæ, the professional descendants of Æsculapius, "the blameless healer" (ἰητὴρ ἀνύμων) of Homer, whose father (later legend said) was Apollon, and whose sons, Machaon and Podalirius, were army surgeons before Troy. Herodicus interfered with this divine right of doctoring, and accused the "regulars" of neglecting the science of medical dietetics. His method was, as with other reforms, adopted after a time and improved by the faculty; so that we find Hippocrates assuming to himself the glory of having perfected and reduced training to a system not very different from that which was recently in use among ourselves. These reforms were rubbing or

chafing to bring down excess of flesh, and to harden that which remained; walking, either on the round or straight course; arm exercises, preparatory to the more serious work of the *palæstra*; mock-wrestling with the hands only, without closing; and regular motions of the arms and body, which appear to have been like our dumb-bell exercises, and do not properly belong to gymnastics.

The gymnasium was not a Roman institution, and though the agonistic art was practised at an early time in the *Ludi Maximi*, yet it was of Grecian origin. Indeed, the regular training of boys after the Greek fashion was opposed to Roman habits, and held in contempt. Towards the end of the Republic, indeed, wealthy Romans, who had acquired by residence in Greece, or otherwise, a taste for Greek manners, used to attach to their villas places for exercise (*gymnasia*, *palæstræ*, or *gestationes*), just as an English country gentleman erects a billiard-room; yet these never made gymnastics popular among the people, who preferred being spectators in magnificent *thermæ*, amphitheatres, and other colossal buildings, of the contests of professional gladiators in the cruel arena.

In one respect our position is like that of the Romans. Athletics are not indigenuous with us. Let us guard against that decline which is too apt to set in with luxury and refinement, which happened to the Greeks and Romans, when idle loungers, instead of trained youth, frequented the *gymnasia*, when the hard work was handed over to hired professionals, and when the excitement was in betting and gambling on the efforts of others, without any personal emulation. The *gymnasia* thus lost their character as institutions for physical and mental training, and became mere cock-pits and prize-rings. *Absit omen.* The case was far different in the best times of classical antiquity. Those athletes who conquered in any of the great national games of Greece received the highest honours and rewards. They were considered to confer a glory on the state to which they belonged; they entered their native cities in triumph through breaches made in the walls;—thus finely intimating that the state which possessed such citizens needed no other defence. They

received also substantial rewards ; were relieved from the payment of taxes ; enjoyed the seat of honour at all public games ; their statues were erected at the public cost ; and their praises were sung by poets. "There is no greater honour for a man during his life," says Homer, "than that he should be accomplished in the use of his hands and feet ;" and when Euryalus hurled his severest taunt at Odysseus, he told him "that he was a 'city man,' and not like an athlete : " (Odyssey VIII. 147 and 148.)

Long may our gentlemen glory in personal prowess by land and water. They have one sanctifying influence which the Greeks and Romans wanted. No women were permitted to be present in the gymnasia, or even to cross the river Alpheus during the celebration of the Olympic Games, under penalty of being hurled from the Typæan rock ; whereas now our athletics are all honoured by the sanction and plaudits of the fair, as in the tournaments of mediæval times.

CHAPTER II.

THE RISE AND PROGRESS OF MODERN ATHLETICS.

A PERIOD of many centuries is passed over before any revival of the Agonistic, or amateur branch of Athletics, can be found in recent times. The first instances of them, as far as they come within the purpose, occurred at the Royal Military College, Sandhurst, and at our great public schools. There we have every reason to believe, from the testimony of an old cadet, that half-yearly meetings were founded as annual institutions as far back as 1812, though unfortunately no record is extant of them at that early date. In 1837 the celebrated "Crick Run," so well described in "Tom Brown's School Days," was founded at Rugby, and there are accounts of the Shrewsbury School Hunt since 1842.

Trinity College, Dublin, held a meeting in October, 1844 and in 1845, an annual steeplechase, scurry and hurdle races took place at Eton; but it is not certain that this was the first year. These, however, did not constitute any regularly organized meeting, but were held at various periods of the year. In 1846 an annual steeplechase was inaugurated at Shrewsbury Royal School, followed by the "May Races," the first record of which is found in 1852. In 1849 the Royal Military Academy, Woolwich, held its first meeting, mainly through the exertions of Colonel Eardley Wilmot, R.A. These sports were continuous down to 1853, when a break was caused by the Crimean War and Indian Mutiny. In 1862 they were revived by Messrs. Awdry, Beaver, Kennedy, and other Old Cheltonians who had not lost that love of athletics so well fostered at their school. Harrow, ever famed for its hurdle racers, started competitions of that nature in 1853, which included contests open either to the

whole school or restricted to boarding houses, the minor events sometimes extending over several weeks. About this time Addiscombe and Haileybury were not behind-hand; but as they have now ceased to exist, they are not considered within the sphere of this chapter.

At the two Universities there were no athletic sports of any description until 1852, when Exeter College, Oxford, took the initiative and held a meeting, which has since been repeated annually. In 1856, and even in 1858, *Bell's Life*, in its reports of these sports, styles them "rural and interesting revels," and again "a revival of good old English sports."

The first athletics at Marlborough College were in 1851, when a mile race, and a shorter one for boys under fifteen, were run on the turnpike road. In the following year the half-yearly Marlborough meetings, so well described by "Teddington" in *Bell's Life* of the period, were founded, and continued down to 1862, since when they have been annual only. To Cheltenham, however, beyond a doubt, must be assigned the merit of founding Public School meetings on a large scale, with a commodious grand stand for ladies, printed programme, roped and staked course, and thoroughly organised in all other respects. The credit of setting an example now so universally followed in all other large schools, must be ascribed to the Rev. T. A. Southwood, then, as now, the head-master of the Civil and Military Department at Cheltenham College, and to whom the College, in this as well as in its studies, owes a debt which can never be repaid. On October 22, 1853, the first Cheltenham meeting was held, and it is stated that the old five courts, now in the quadrangle, were fitted up as a grand stand for the ladies, there being then no chapel to impede the view. Since the above date the meetings have been held every successive spring in regular order, and not as at other schools, where the races were occasional and unaccompanied by any public demonstration.

Durham University held a meeting in 1852, but no evidence has been found that it was continued annually. At the Universities, Exeter College, Oxford, was all alone

till 1855, when mention is first made of any sports at Cambridge; St. John's College and Emanuel taking the lead. At Oxford, Balliol, Wadham, Pembroke, and Worcester followed the example of Exeter in 1856; Oriel in 1857; Merton in 1858; Christ Church in 1859; and in 1861 separate College meetings had become general. At the close of 1860, the Oxford University Sports, open to all undergraduates, owed their foundation to the exertions of the Rev. E. Arkwright, Merton College. At Cambridge the University sports had already been founded in 1857, but annual meetings of the separate colleges were not frequent, as at the sister university, till 1863.

Rugby improved on the "Crick Run" and "House Leaping," by instituting regular sports in 1856, and an annual steeplechase in honour of "Tom Hughes" and "Tom Brown's School Days" in 1858. Winchester began in 1857; and the two Metropolitan Public Schools, viz., Westminster and Charterhouse, old opponents in the cricket-field, entered the arena simultaneously in 1861.

The modern athletic era in the metropolis commences at this time. The initiative in London was undoubtedly taken by the Honourable Artillery Company (the oldest volunteer corps extant), who held their first meeting in 1858. Next came the West London Rowing Club in the winter of 1861-62. This club instituted athletic meetings as a subsidiary sport during the rowing recess, at a time when such gatherings were quite unknown in the metropolis. It was said such meetings would never answer; that men who trained hard throughout the rowing season required rest in the winter, and that incessant training all the year round was injurious. The first spectators came to jeer, but remained to applaud, and went away very strongly possessed in favour of athletics. These winter meetings have been repeated with great success. After this the late Mr. W. Price instituted some open amateur handicaps at the former Hackney Wick Grounds, the first taking place on 26th of July, 1862.

In June, 1863, the Mincing Lane Club, now the celebrated London Athletic Club, was formed by several gentlemen connected with the colonial trade.

About this time and during the preceding years, frequent desire was from time to time expressed through letters and suggestions in *Bell's Life* for the foundation of the Oxford and Cambridge sports. But whether because there was then no easy means of railway transit between Oxford and Cambridge, as the Bletchley junction route was not completed, or from other causes, nothing was settled till 1863. In that year some Oxford and Cambridge sports had been arranged to come off at Cambridge during Whitsun week; but *Bell's Life* for May 10th, 1863, inserts a letter from H. G. Kennedy, Hon. Sec. to Cambridge University Athletic Association, regretting that the fixture had fallen through, owing to a disinclination on the part of the Oxford gentlemen to engage in a contest during the summer term. Thus the institution of these sports fell through, but fortunately only for a short time, as in the spring of the following year the first meeting was held. Cambridge formed a University Athletic Association, afterwards called a club, the committee consisting of a representative from each college, in 1863, if not earlier. Oxford did not follow this example till June 9th, 1866.

Within the last six years athletic meetings have become general throughout the kingdom. They have extended even among the English residents on the Continent and in the colonies, and are now plentiful in the United States of America. Eton adhered to her original stray steeplechases and the like till 1864; and Harrow made no reform till 1866, when she held her first regularly-organized meeting. The late West London Cricket Ground was the first celebrated rendezvous of metropolitan athletes, till in 1864 the members of Her Majesty's Civil Service introduced the late Beaufort House, Walham Green, into prominence as a good spot for amateur meetings. Their *réunions* have certainly, to say the least, been as successfully conducted and as numerous and fashionably attended as any others in the metropolis. In the

fall of 1865 a great impetus was given by a series of private matches between C. Guy Pym and several prominent military, university, and provincial athletes at this inclosure, and these events led to the pretty general establishment of strangers' races at Oxford and Cambridge College fixtures. On the closing of Beaufort House, the present Lillie Bridge Ground was opened in March, 1869, and has since been patronised by nearly all metropolitan athletic clubs. Of these the Amateur and London Athletic Clubs are the most celebrated. The former holds an annual champion meeting, and has succeeded in bringing the best amateur talent of the day to the post, whereas the latter is now justly considered the first society in the United Kingdom for sport. There are also important meetings in the provinces, especially at Birmingham, Manchester, Liverpool, Sheffield, and Newcastle. In fact, there is scarcely a cricket or foot-ball club throughout the kingdom which does not now hold its annual athletic meeting.

CHAPTER III.

THE MANAGEMENT OF ATHLETIC MEETINGS.

THE rapidity with which athletic contests are being multiplied wherever the English tongue is spoken, calls for a few directions regarding the proper management of such sports. To those who have never yet initiated events of the kind it is trusted the following remarks may prove useful; while to many societies who make athletics their business, some new arrangement worthy of adoption may perhaps be suggested. That there is much need for improvement at many meetings throughout the United Kingdom is unfortunately only too apparent.

COMMITTEE OR STEWARDS.—The first proceeding should be to procure the names of those who have an aptitude for carrying arrangements to a satisfactory issue. Those who may be elected stewards for the meeting should guarantee its expenses, and endeavour to supplement its funds by obtaining offers of prizes from their friends, or at least some assistance in this direction. Such events should then be fixed on as the resources will allow; the chief race, being thrown open to all properly qualified amateurs, should of course possess as its award the best prize that circumstances will permit.

SECRETARY AND ENTRIES.—The first should receive the names and entrance fees of those who may be desirous of competing, and be careful to forward them full particulars as regards the times of starting the various races, advertise the meeting well, and give every information that may be required. No entries should be accepted unless accompanied by the amount of the entrance fees, and a statement of the competitor's colours. In the case of open contests great care must be taken that none but *bonâ fide* amateurs are allowed

to compete. No competitor should be allowed to enter under a false name, and the committee should reserve to themselves the right of refusing any entry.

POLICE.—A sufficient force should always be engaged to preserve order amongst the spectators and keep the course clear. At many meetings there is great laxity in this respect. "Amateur" policemen in the shape of stewards are never effectual, being always prone to accede to their friends' entreaties to enter forbidden parts of the ground.

THE COURSE.—If on turf, this should be roped and staked, or otherwise marked with small flags not more than a foot square. There should be a straight run in of at least one hundred yards for a sprint race does not admit of turning. Wherever possible, a regularly-made running-path should be chosen as the scene of contest, since such a course conduces to much quicker times being made and a more accurate measurement of distances. In handicaps the start allowed each competitor should be notified by a card, with the distance allowed clearly defined thereon, inserted in a small split stick placed on the edge of the running-path. For sprint races, the course to be kept by each competitor should be divided by pegs and ropes about two feet above the ground, and at least four feet apart. The best sized lap for a course is a quarter mile one, 150 yards long by 70 broad.

TELEGRAPH BOARD.—This is an indispensable necessity, and great confusion often arises from want of it. It should be so placed as to be clearly visible not only to all spectators outside the ropes, but to members of the press, this object being best affected by its being made to turn in any direction on a pivot. Before each race or heat the numbers of the starters, as on the printed programme, should be posted on the board, and after the contest, the numbers of the first, second, and third men should likewise be displayed, together with the time of the race, distance, or height jumped, which can be written with chalk if the board be painted black.

STARTING.—A bell should be rung five minutes before

each heat, to warn the competitors to come to the post ; and in the absence of any one at the time specified the race should be started without him. All level races should be started by word of mouth, handicaps by report of pistol. In the latter case the official should stand in the rear of all the men, putting the pistol behind his back so that none of the competitors can possibly perceive when he is about to fire it. In a sprint race no advantage in this respect must be permitted. Indeed from the shortness of the race and the manifest gain from a start of a few inches only, the necessity for a rigid adherence to this rule must be apparent. The starter should therefore, if possible, have some experience in his duties, for otherwise the rapid movements of practised amateurs will enable them to "poach" a lead—if a somewhat unparliamentary expression may be used. Should a start take place before the word is given, or the pistol fired, the competitors should be immediately recalled, and any arch offender put back a yard for each offence, but when once the fiat has gone forth it is irrevocable. The warning "get ready" should *alone* be given, and *directly* the starter sees every competitor *exactly on his mark*, the signal should be made. Nothing is more ludicrous or likely to produce a false start than asking the absurd question "are you ready?" over and over again as if the official were playing a tune on a Scotch fiddle.

THE GOAL.—This should consist of a piece of stout white tape tied to a post at one side of the course and held loosely against an opposite post across the track by the judge, so that when the winner passes the line of the two posts he may carry the tape away.

ATTENDANTS ON COMPETITORS.—One only should be allowed each runner, and on the starter giving the order to get ready, he should leave the course and retire outside. No friend or attendant should *on any pretence whatever* be allowed to run round, or in any way time a competitor. They only tend to dishearten his opponents, who, in handicaps, especially, have quite enough to do in regaining a penalty imposed, without being jeered at by

other people's servants. Any competitor who infringes this rule should be instantly disqualified. In private life we keep our domestic servants at a respectful distance, why should it not be so at athletic meetings?

CALLING THE LAPS.—This is a most necessary proceeding in long distance contests, especially when the laps are short and the race a time handicap. Some person thoroughly conversant with all the competitors by sight should be stationed at the winning post. His duty should be to inform each competitor, as he passes, the number of laps he still has to traverse, and jot those completed down against the competitor's name, on a programme especially reserved for the purpose.

THE JUDGE.—Should be some distinguished amateur who knows all the competitors by sight, and is well able to adjudge the various distances between those who pass the post. Through the incompetency of this official, most erroneous decisions as regards distances are frequently made. At the goal a small space should be enclosed as his *sanctum sanctorum* which no one should be allowed to enter on any pretence as he has quite enough on his hands to give just decisions, without being bothered by the importunities of bystanders. No appeal whatever must be allowed against this official's decision.

REFEREE FOR WALKING MATCHES.—As in the case of a judge, too much care cannot be bestowed on the selection of this official. If possible, some gentleman who has a keen aptitude for distinguishing fair "toe and heel going," in fact, who is or has been a walker himself, should be selected. Professional referees as a rule have not the same firm decision of mind as an amateur, and do not like to make themselves obnoxious by disqualifying a competitor. The referee should always judge a competitor by running alongside of him and carefully watching his feet and knees, not his shoulders and body, as this method is the only true mode of testing fair walking. Before the start takes place, the referee should clearly specify to the competitors how many cautions, generally two, will be given. It is usual to give *none* in the *last* lap, but to disqualify a walker instantly should

he commence "lifting." No appeal whatever must be allowed against this official's decision.

HEATS.—When the number of entries for one race are large, the competitors should be divided into heats. For sprint races six is the outside number that should be allowed to start for one heat; but in half-mile and other longer distance contests, ten or a dozen can compete at once. If any competitor jostles, runs across, or wilfully obstructs another runner he should be immediately disqualified. As much time as possible should intervene between the trial heats and final one. When the meeting extends over two days, the final heats should be run on the second one.

HANDICAPS.—The great success of these descriptions of contests has rendered such races very popular. There is indeed far more interest taken in a well-arranged handicap than in an ordinary contest where all start off one mark. The great difficulty, however, is in obtaining an efficient handicapper. He must not only be well acquainted with the doings of the various performers, but capable of comparing their times with those of the other competitors, and of making the necessary allowances to those not so well qualified to compete. To obtain proficiency in the science of handicapping, a long and studious apprenticeship must be served, and the task should not be undertaken, even in local contests, without a thorough knowledge of the business in hand.

TIMING.—Like handicapping, this requires an almost life-long apprenticeship. Too much attention cannot be given to this necessary item, as correctness is of the most vital importance, and the making of future handicaps depends thereon. The timer should never take his eye off the men for a *single* instant after they are once on the mark, *perfect unison* of the senses of seeing and feeling being imperative to time a race with any approach to accuracy. Directly the winner's chest breasts the tape, the watch should be stopped. It is almost needless to say that an accurate stop watch is necessary, as no correct estimate of the time which has elapsed can be formed with an ordinary one.

HURDLE RACING.—The general distance is 120 yards, with 10 flights of hurdles. The proper height of the hurdles is 3 feet 6 inches, and they are placed 10 yards apart, with 15 yards at either end. A turf course should always be selected, and each competitor must keep to his own hurdles throughout the race.

HIGH JUMPING.—For this two upright, movable posts, with mushroom stands, and each 6 feet high, should be provided. The best material for a cross-bar is a thin lath, half-an-inch thick, and care must be taken that it is perfectly straight. Small holes, in which to insert pegs, should be bored half-an-inch apart, from 3 feet upwards, on the upright posts; and in measuring the height jumped, care should be taken to include the thickness of the cross-bar. The best take off for all descriptions of jumping is level and springy turf, some tan or other soft substance being laid down for the leaper to alight on. Every competitor may make three attempts at each height, should he require so many to clear the bar. Each height should be determined by the majority of the competitors. Displacing the bar only counts as a try. When two or more competitors clear a certain height, and fail at an inch higher, it is usual to give them three more tries, and if they again fail, to declare it a tie. Should they, however, be jumping for second prize, the three more tries are not given, as it would be unfair on the competitor who has already cleared the height.

WIDE JUMPING.—Sixteen feet from the line where the competitors take off, a space of 8 feet in length and 4 in width should be cleared of turf, and laid down with soft clay. On each side of the so prepared space two pieces of wood, 8 feet long, and marked every half-inch from 16 feet up to 24 feet, should be placed. By means of a straight lath placed across from side to side the distance of each jump may be thus easily ascertained, care being taken to measure from the back of the *hindermost* heel of the competitor. Each leaper has three jumps, and then the three best men three more apiece. Crossing the scratch line in an attempt counts as a jump. Should

any portion of a leaper's body touch the ground in the rear of his hindermost heel-mark it is no jump.

POLE JUMPING.—The same description of apparatus is required for this as for high jumping, with the exception that the upright posts should be 11 feet high, and pierced for the pegs, at intervals of an inch only from 6 feet upwards. Competitors generally provide their own leaping poles. As in the running high jump, every competitor has three attempts at each height should he require so many to clear the bar. Each height should be determined by the majority of the competitors. Displacing the bar only counts as a try. When two or more competitors clear a certain height, and fail at an inch higher, it is usual to give them three more tries, and if they again fail to declare it a tie. Should they, however, be jumping for second prize, the three more tries are not given, as it would be unfair on the competitor who had already cleared the height.

PUTTING THE WEIGHT.—For this trial a cannon ball or stone weighing 16 pounds, should be provided, and two parallel lines drawn across the ground 7 feet apart, the weight to be delivered from the shoulder with either hand. Each competitor has three throws (7 feet run and no follow being allowed), and then the three best men three more apiece. Crossing either line in an attempt counts as a put. All puts to be measured from the nearest point of the scratch, continued in a straight line on either side, until opposite the pitch.

THROWING THE HAMMER.—No preparation as regards the ground is required for this, beyond sprinkling some sawdust or ashes to show the competitors' foot-marks, as the distance is measured from the nearest foot-print in delivery, to where the head of the hammer pitches. The head of the hammer should be globular in shape, weighing 16 pounds, and the length of the handle from 3 feet to 3 feet 6 inches. Every competitor has three throws, and then the three best men three more each.

THROWING THE CRICKET BALL.—For this a straight distance of 100 yards should be measured out, as by so doing the measurement of each individual throw is much

facilitated. Sometimes it is stipulated that straight throws only should count, all those outside certain bounds being no throws. Every competitor has three throws, and then the three best men three more each. The fairest test is to compel the competitors to throw both ways, add together each man's best throw in either direction, and then take the average. By this means less aid is obtained from any wind which may be blowing.

PRIZES.—The prizes for all events should be of as valuable and varied a nature as the funds will allow. There is one point which may be brought before the notice of running men, and that is the monotonous character of the trophies of victory. As a rule, nothing but cups are offered. This is a mistake. Numerous *souvenirs* are to be found which will answer the purpose satisfactorily, without pandering to the universal rage for pot hunting, and announcing prizes of far greater value than they are really worth. The chief drawback to many meetings is the expenses attached to the prize fund. Gold, silver, and bronze medals are now much in vogue for first, second, and third prizes respectively.

ACCOMMODATION FOR COMPETITORS.—If there be no regular dressing-room on the ground, a tent should be erected close to the goal, into which competitors may retire directly a race is over in order to escape cold. Every requisite in the shape of towels and washing accommodation, and if possible a shower-bath, should be provided.

SPECTATORS.—With the exception of the committee, members of the press, and the attendants on competitors, these should be rigidly excluded from coming inside the course. This rule is unfortunately by no means so strictly observed as it ought to be, and immediately on any infringement of it, all racing should be suspended till the course is clear.

PROGRAMMES.—These should contain the following information, viz. :—Names of stewards and officials, list of races in the order they are to be run, with time of starting each heat; names and numbers of competitors and distinctive colours, together with the start given in the

case of handicaps, and names of the clubs to which each competitor belongs when the race is an open one. Lastly, the conditions of the meeting, regulations about starting, and the like. They should be printed on cardboard—about the size of an ordinary sheet of notepaper, and folded in the same manner. This form will be found the most convenient. A retail price of sixpence each should be charged, by which a large profit ought to be realized towards the expenses of the meeting. They should be sold on the ground *only*, and by no one except those authorized by the committee. More than one instance has been known where pirated copies have been sold at reduced rates. To guard against this, the best plan is to make the programme copyright, and defer its publication to as late a time as possible before the actual commencement of the meeting. A few should be printed on one side of the paper only, for members of the press, and interleaved with blank sheets of paper. The committee should reserve to themselves the right of making any alterations in the programme which may be rendered necessary by unforeseen circumstances.

PRESS.—A copy of the programme together with a ticket of admission to *all* parts of the ground, should invariably be sent to every sporting, daily, and prominent weekly paper. Members of the press should be admitted within the enclosure, care being taken that every information they may require is supplied, and that the telegraph board is placed in such a position that they can plainly see the numbers thereon.

CHAPTER IV.

TRAINING.

TRAINING is a process which requires more care and attention than any other ordeal through which an athlete has to pass, though its *injurious* effects have always been overrated by the timid. There is an old maxim that everything is good in moderation, and this is as applicable to training as to other things.

The object of training is to enable a man to go through violent exercise with the least possible inconvenience and injury to himself. An untrained man not only feels the exertion most severely during a race, but his frame does not resume its wonted state for some time after. On the other hand, a man in good condition will contend in a most severe contest, and recover his usual temperament a short time after passing the winning post. Whatever may be the effects, whether for good or ill, of athletic contests, personal experience and observation prove that much more harm ensues from any severe bodily exertion, when a man is untrained than when he is trained. Another very important point, generally overlooked by those who talk about the diseases brought on in after life through training, is the going out of training. After a man has been living in temperance, soberness, and chastity for a period varying from one to two months, or even more, and then, after a race, suddenly indulges in every kind of excess and debauch, the reaction is too sudden, and far greater than nature can bear. There is no general imputation of excess after enforced abstinence, but such a thing sometimes occurs. When one hears of the entire crew of a certain University boat in such a year having all died at an early age through the effects of training, the answer sometimes has been that either there

was no race that year, or else that the competitors died from other causes besides those originating in training. It must, however, be said, that on no account should any man who doubts the soundness of his lungs and heart, be advised to go into training without previous medical advice. 'To those weakly constituted by nature training is undoubtedly injurious, perhaps fatal.

Among the ancients the athlete went through a system of training which lasted over several months. Considering, however, the nature of their diet, chiefly pork, and other things of a like nature, which a modern athlete never thinks of touching, it would appear, from the excellent results, that the main point consisted in their living a quiet and regular life, in fact, as was quoted above, keeping the body in temperance, soberness, and chastity.

In giving the following directions on training, it must be premised that they pertain to amateurs only, and not to professionals, who go through a much stricter and different system, for the following reason. A gentleman having been accustomed to a liberal diet, has consequently good blood in his system, and a sound foundation whereon to commence. On the other hand, the professional pedestrian or oarsman has more than probably been leading a loafing, public-house kind of life for some time past, and living on deleterious slops compared with the gentleman's nutriment. A professional accordingly wants blood put into his system, which is usually done by a liberal allowance of steaks, chops, and port wine, before he is fit to undergo the ordeal of training.

The old system of training consisted in constantly ringing the changes on physicking and sweating, but such a notion is now quite exploded; and the four admitted and primary points are, diet, sleep, clothing, and exercise. The great object to be remembered is that every particle of the human frame which decays has to be replaced by another particle, although perhaps not of a like nature; *e.g.*, a reduction of adipose has to be compensated for by a corresponding increase of muscle. A new body, in fact, has to be built up for running. Practice makes perfect. A man has gradually to unbuild his ordi-

nary heart and lungs, and then, bit by bit as it were, reconstruct those organs in a manner suited for whatever branch of exercise may be required.

The time necessary for the training of an athlete varies with different temperaments. If he be stout and inclined to make flesh, a period of two months is by no means too long; but if, on the other hand, he is a thin and spare man, half that time will be sufficient, and a much more liberal diet may be allowed. If a bracing sea-side air is not attainable, the next best is that of any country place which is healthy and lies high. This, however, is only available by those whose time is not otherwise employed, whereas the greater number of our modern amateurs are engaged in business in London, and other large cities. They, of course, are obliged to train under great difficulties, and deserve all the more credit for doing so. The usual course of proceeding on commencing training, is to physic a man, in order to clear him out. If, however, he has been living tolerably steadily, and his functions are regular, he does not require any medicine, which is in his case simply weakening, and there is much truth in the old proverb—"Throw physic to the dogs," when it can be dispensed with. Should the subject, however, require any medicine, mild rhubarb pills are far better than castor oil or Epsom salts, which exhaust the constitution. Early rising is not advisable for a man in training, unless he has always been accustomed to it, as by doing so he becomes weary and jaded before the day is over. From 6 A.M. to 7.30 A.M., according to habit and season, is the best time for turning out. After this a short walk, at an easy pace, should be taken before indulging in a swim, which is the best kind of bath if the weather be warm enough and available opportunities are at hand. Sea-bathing is the best, as it is more strengthening; and when that is not obtainable, a running stream or weir pool is preferable to a lake or still water. Should the time of year be winter, or no opportunity of outdoor bathing be available, a cold sponge bath at home should be indulged in. It is a most popular error to let the body cool down after exercise, before a bath. Neither is it necessary to dry the skin

first, as so doing does not close the pores, which is effected by a cold bath only, as that shrinks the skin. Violent exercise of any kind before breakfast on an empty stomach is most injurious. It wearies a man for the rest of the day. The use of cold water, in the present days of almost general tubbing does not require advocating, nor is it needful to expose the erroneous idea that the free use of it produces colds and sore throats. It is just the opposite, as the chest becomes accustomed to cold water the more freely it is used, and can therefore better bear cold air and sudden changes. It need hardly be added, that after the bath a man should rub himself thoroughly dry all over with rough towels.

Much stress has been laid on forbidding smoking, the mischief of which is unquestionable; but when tobacco has been freely used, more injury is caused to the system by a sudden cessation than by a moderate continuance. By far the best way is to curtail the number of pipes consumed in the day as much as possible, and so gradually leave it off altogether. Persistent smoking and athletics are incompatible.

DIET.—On this point it should be remembered that man is by nature both herbivorous and carnivorous. Consequently the most nourishing diet is a judicious combination of meat and vegetables. On returning home, breakfast should follow, and consists of two cups of tea, not too hot, stale bread or dry toast, any cold meat except veal or pork, or better still a mutton chop. Watercresses may be allowed freely, as they purify the blood and aid digestion. Tea, not too strong, is preferable to coffee, since the latter is heating and consumes the vital power of the body. Unless a man prefer his tea without it, there is no necessity to dispense with milk, which is one of the most nourishing articles of drink, but sugar must be carefully eschewed. A little butter—not more than one small pat—may be allowed at this meal; but if the man be inclined to make flesh he is better without it. Eggs are capital for a change, and tend to improve the wind. Chicken, fowls, and fish are also admissible, one of the great objects in training

being to vary the diet as much as possible. Dinner should always be about 2 P.M. For this meal a joint of beef or mutton is preferable, always broiled or roasted, never boiled. Although lamb is a good thing when in season, as it is easily digestible, venison, when obtainable, is *facile princeps* the best meat once or twice a week. As at breakfast, fish and fowl are allowable for a change, and any vegetable whatever which may be in season, with the exception of potatoes, carrots, beetroot, parsnips, and all other roots, as they contain much saccharine matter. Spinach is the best vegetable, after that French beans, then seakale or asparagus, but without butter. No condiments should be taken except salt, since pepper and mustard tend to produce thirst. Lettuces and mustard and cress are capital things, as they promote digestion; but they must be taken with no other flavouring except salt and vinegar. Light bread or fruit pies or puddings may be taken as a change, but in the case of the latter no crust should be eaten. Cheese must never be touched. Now for drinkables. On this point nothing is better for dinner than a pint bottle of good dry champagne, provided a man is strong and therefore does not want to make blood, which, as I have stated before, amateurs seldom require. Many advocate old ale, but the difficulty is to get it good and unadulterated except in the country. Port, sherry, stout, and all spirits are heating, and therefore consume the vital power of the body; although the former must of course be given in case a man is trained off or weak. Of other wines besides champagne, good sound claret is the best, but care must be taken that it does not produce diarrhoea in hot weather. If old ale is taken, a pint should be the quantity, and if one or two glasses of port wine are required after dinner in the case of weak constitutions, not more than half a pint of ale is required. Of all liquids, however, champagne is the best, as it gives a man energy and life, without producing heaviness and fulness like port wine. If dessert is taken, one orange, or two or three Turkey figs are the best; but any fruit in season, freshly plucked, is admissible, as it

promotes digestion. By far the best time, however, to take fruit is in the morning at breakfast, before the sun has been on it. No sugar must be eaten with it. It is as bad to eat directly after hard exercise as it is to do so just before, since the blood is distributed in those parts of the body which have been exercised. The evening meal, whether tea or supper, should be as light as possible; it is most injurious to the digestive organs to eat heartily before sleep. Half a pint, or even more if desired, of tea or old ale may be taken, and of food much the same description as at breakfast, though less in quantity, for the reasons just stated. Many advocate a basin of gruel at the evening repast. Although it is undoubtedly strengthening, its general efficiency may be doubted, for it suits the palates of very few except those accustomed to it; and one of the greatest points in training is not to compel a man to eat any food which is distasteful to him. In the above dietary more than two pints of liquid are allowed in the day: the theory of stinting a man's liquor, as it is vulgarly termed, is a most fallacious one and quite contrary to nature, since when a man is in training he perspires through exercise, and the quantity of liquid thus exuded must to a certain extent be replaced. There is only one restriction that must be placed on taking more than two pints of drink during the day, and that is that all drink should be taken at meals, and not at odd times and in the shape of *petits verres*. Condemning a trainee to thirst has the same effect as giving him ardent liquors. Both make him feverish, restless, and unable to sleep. The times of taking the meals must of course vary according to circumstances; but the maxim that "it is better to eat often in moderation than to gorge oneself once a day," should ever be remembered. Mr. H. Salter, a great authority on diet in training, wisely says, "the great thing in training is to find out as soon as possible what mode of living the subject has been accustomed to, and as it must to a great extent be the most suitable to his peculiar case, to adopt it without hesitation." Acting on this principle, the dietary above mentioned will be

found the most suitable for gentlemen, being that to which they have been most accustomed. Pickles, spices, pepper, mustard, and all seasonings, sauces, and therefore all made dishes and *entrées*, which usually contain such condiments, must be carefully avoided, from their tendency to produce an unnatural appetite and create thirst. Liquids, like food, should never be swallowed directly after exercise, as cases of ulcerated sore throat are sometimes brought on by drinking when the throat is heated by exertion. The lean of a mutton chop and dry toast, with weak brandy and water, is the best meal to be taken about two hours before starting in a race. If intense thirst is felt the mouth should be rinsed out with water, but nothing swallowed. Relief is often obtained by bathing the wrists and feet in cold water.

SLEEP.—Of this eight hours is an outside limit, and from six to seven will generally be found sufficient, retiring to rest not later than 11 P.M., and rising from about 6 A.M. to 7.30. A.M., according to circumstances. The bedroom window should always be kept open at top and bottom, slightly in winter and wider in summer. Foul air generated by the human breath is never more hurtful than in a bedroom. Too much clothing should not be placed over the chest whilst sleeping, as by so doing respiration is more laboured, and the legs and extremities, not the trunk, require extra covering for purposes of warmth. A mattress should be always used to sleep on, never a featherbed. High pillows and bolsters are very injurious. The natural height to which the head should be raised in sleep is about the thickness of the upper portion of the arm, which constitutes the pillow as designed by nature.

CLOTHING.—Flannel should be worn next the skin throughout the year, but beyond this no restriction is necessary when in mufti. The best attire for running is what is termed the University costume, and consists of a pair of thin merino or silk drawers, reaching to the knee and confined round the waist by a broad elastic band. For the upper part of the body a thin merino or silk Jersey is the best. No covering for the head is usually

worn, but in a race of such long duration as a seven miles walking or ten miles running contest, it is advisable to wear a cap or straw hat if the rays of the sun are very powerful. For running, thin shoes made of French calf, and fitting the foot like a kid glove when laced up, are worn. The sole should be thicker than the heel, and contain four or five spikes, the lacing being continued almost down to the toe. For walking races, the heel should be thicker than the sole, and containing a few sparrow-bill nails, none being required in the toes. Chamois leather socks, just covering the toes, but not reaching above the top of the shoe, are the best adapted for running. Ordinary merino socks, but not thick and heavy like worsted ones, and worn over the chamois leather coverings, are the best for walking, as they prevent the dust and grit raised from the path from getting between the shoe and the foot. Except for sweating purposes heavy clothing should never be worn in practice, the gait and stride being much impeded thereby. A piece of cork of an elongated egg shape should be grasped in each hand while walking or running.

EXERCISE.—In all exertion two sets of muscles are used—the extraordinary or special, and the ordinary or habitual. The former are those which are specially brought into use by an exercise of the will on the part of the athlete while engaged in his proper pursuits; but the latter, in their connexion with the heart and lungs, are naturally and unconsciously used by all men, whether athletes or not. Those particular muscles which are most brought into play by any special exercise will be the most developed, *e.g.* in walking chiefly those of the legs and thighs, in rowing chiefly those of the arms, legs, and loins. Like all other things, the beginning should be in moderation, and by far the best plan is to reduce all superfluous flesh, should there be any, before an attempt be made to contend against time. Thus a man will be able to walk or run with much more ease and comfort to himself, and will not be discouraged by what would otherwise be considered bad performances. Now the reduction of flesh is accomplished by a combination

of two methods—either sweating it off, or working it into muscle, technically termed “caking” it. Sweating may be performed in two ways, either artificially or naturally. The former, except in the shape of a Turkish bath, is so weakening and injurious to the system, that it need not be further alluded to. The latter plan is by far the most healthy, being consonant to the laws of nature. It is accomplished by putting on a rough, but not too porous, worsted jersey next the skin, and running some distance at a slow steady pace, but not fast enough to cause distress or fatigue. If the lower limbs are much overloaded with flesh, a pair of woollen drawers may be advantageously worn, but this will be seldom required, the exercise itself in most cases sufficiently accomplishing the desired result. Working fat into muscle, or caking it, a most simple process, is performed by plenty of long and steady exercise, at a moderate pace, accompanied by severe rubbing with rough towels after the bath. The system of covering the body with several thick coats for sweating purposes is bad, and has a tendency to slowness in pace. The best distance to commence running for sweating is about a mile or more; if the pedestrian is not fatigued, and this should ever be avoided, the pace being an easy trot at first, afterwards gradually increased from day to day, as the limbs acquire elasticity, and the heart and lungs become accustomed to the increased number of respirations, the work becomes a pleasure instead of a toil. After a trainee has thus got himself into condition, actual practice should commence according to the length of the race in which he is about to compete. Directions for this are given in the ensuing chapters. It is a great mistake to take no exercise during the day, except running the distance of the race once at top speed. Except for two or three hours after meals, the runner should be on the move, and taking light exercise or amusing himself, throughout the day. By so doing, he prevents stiffness of the muscles, and occupies the mind; but this, of course, is only feasible with those who can devote their entire time to training, and is a remark

applicable to professionals rather than amateurs. Violent exercise before breakfast, as was said before, is bad, unless a man is accustomed to it. The time of day for performing the distance, or a portion of it, on the running path, should vary according to the time of the year. In the summer months when the sun is powerful, it is not advisable to take hard exercise on the path before 6 or 7 P.M.; but in spring, autumn, and winter, the best time is between 10 A.M. and noon, about two hours after breakfast. One or two days' rest should be taken before the day fixed for the contest, as by this means the limbs, which may have been wearied from constant work, recover their wonted elasticity and stride. One or more trials against time, at the distance to be run in the race, should be performed, but not within a week of the great event. In the case of sprint races, the distance may be run out oftener, but all trials should be left to the judgment of the trainer, who has by far the best perception as to weariness and jading from over-work. If it is apparent that a man is doing his utmost in a trial, yet still the watch tells a tale that the time is bad, the pedestrian should be at once stopt and given a day's rest, or even more if required. If the distance of the race be a quarter of a mile or under, the man may safely run it out four or even five times a week. Should it, however, be a half mile or upwards, more work is necessary, and the distance traversed should be varied every day. After running on the path the pedestrian should have a cold bath, and be well rubbed down all over for the purpose of avoiding stiffness. Before starting in a race, the legs should be well rubbed and a gentle canter taken, in order to give elasticity to the muscles. When a man is thoroughly wound up fitness comes and goes like an appetite. If the trainer does not wish the time of a man's trial to be known, the best method is to let him make a few false starts, as touts may be thereby put off their guard.

ACCIDENTS DURING TRAINING.—These are chiefly strained muscles, blisters, and corns. In the case of the first, perfect rest must be taken until a complete cure is effected.

The following embrocation, originally introduced by the late Mr. Charles Westhall, may be useful :—"Spirits of wine, a quarter of a pint ; spirits of turpentine, a quarter of a pint ; white vinegar, a quarter of a pint. Mix the above ingredients thoroughly, and place before the fire until slightly warm. Beat up thoroughly a new-laid egg, and mix gradually with the spirits, &c., taking great care that the bottle is well shaken from time to time." For blisters, the best method is to lance the skin with a needle, never with a pin, and press the water out ; they will then generally heal up in a short time. Should the skin become badly broken, the foot must be well bathed in warm water, and the part kept protected by a bandage of lint, well soaked in Goulard water. Blisters generally occur in training for walking matches rather than in running. Corns are usually caused by tight-fitting boots, and should be extracted, as soon as possible, by bathing them in hot water. But in all these prevention is better than cure. For other more serious accidents, such as varicose veins, rupture, sprained ankles, and the like, the pedestrian should immediately seek the best medical advice obtainable, and on no account attempt a self cure.

In conclusion, an athlete should confine himself exclusively to that kind of exercise which suits him best, if he wishes to be a proficient, and at the same time recollect that there is moderation in training as in other things. Very few men are A 1 all round. A novice should never attempt self-training, but always seek the advice of some experienced person, an amateur if possible, as professionals are too often apt to train by a stereotyped code of rules, without studying the peculiarities of each constitution. Be it ever remembered, however, a man anywhere weak by nature should never attempt training without the permission of his medical adviser.

CHAPTER V.

WALKING.

THIS branch of pedestrianism is undoubtedly the most arduous, and requires more severe training than any other. Yet, as the means of locomotion used in practice every day, all should become acquainted with its principles. As an exercise for bringing into play all the muscles of the body none can equal it, since in fast walking, not only the muscles of the feet, legs, and loins are used, but those of the ribs, chest, shoulders, and also arms, while they work across the body. No description of race is more pleasing to spectators than a closely, and I may add *fairly*, contested walking match, in which the competitors *walk* in the strict sense of the word, and attempt no "lifting," the technical term for unfair going.

Walking consists of a succession of steps, not of leaps, which constitute running. Fair walking is generally called "toe and heel," and one foot should always be on the ground. The steps are taken as much as possible from heel to heel, which part of the foot must touch the ground first and be firmly dug into it. The ball and toe of the foot should not be on the ground for any perceptible space of time. If they are dwelt on the walker loses a certain amount of time in each stride, besides causing the knee to bend by bringing the weight of the body on the toes, which are unable to bear it. The latter point is one of the great differences between running and walking. In the former all the weight of the body is thrown on the toes and balls of the feet, and in the latter on the heels. At each stride the loin and hip, corresponding to the leg which is being put forward, should be twisted well round,

the right loin and hip towards the left, and the left loin and hip towards the right. By this means the walker is enabled to put his feet down almost in a geometrical straight line, one in front of the other, and thereby gains additional length of stride. As regards the upper part of the body, the arms must be kept well up and inclined outwards from the chest, with the elbows slightly bent; since in fast walking the arms perform almost as important functions as the legs. Each arm must be swung across the chest, and the shoulders well lifted at the same time in unison with each alternate stride. The object of this motion is to raise the weight of the body off the heels, and thereby enable the legs to take a quicker stride. Some walkers keep the arms close to the body, move them much less, and more towards the nostrils. This method, however, is only suitable to men very slightly built about the chest and trunk. They can walk with a very quick and rapid stride, being enabled to move their legs much faster from having no top weight to carry. This mode, however, is more suited for short than long distances, as the rapidity of stride requires great power of endurance, rarely found in small-chested men; and in a long race the pedestrian who gets over the same ground with fewer strides, and consequently less physical exertion, has a great advantage. Above all things, the shoulders must be kept well back, the chest out, the whole body as upright as possible, and the knees perfectly straight. Nothing tends so much to lifting as stooping forward with the body or bending the knees. In fact, a competitor who walks in this style is sure, involuntarily, to commence running if pressed in a race, because the weight of his body is thrown on his toe instead of the heels, this being the essential difference between running and walking.

The first thing to be done with a novice, who desires to be trained for walking, is to get him into good style at once. A great deal depends on this, as bad faults are more easily taught than eradicated, and a man who has acquired a good style of walking from the very commencement seldom infringes the rule of fair toe and heel. If a man requires sweating it should be done as soon as pos-

sible, by taking long steady walks, never by running. For one whose style is already secured, however, the best method is to walk short distances at top speed. This has the same effect for sweating purposes as long distances at a slower rate, and does not make him lose pace. On the other hand, it is a bad plan to force the pace with a young beginner till he has acquired style, as by so doing his going would very likely become doubtful. When the pupil, therefore, has possessed himself of both wind and good style, he should commence fast walking in order to obtain speed. This desideratum is acquired by walking short distances, beginning with a quarter of a mile, at his very best speed. As soon as he can accomplish this in anything under two minutes, he may gradually increase the distance from day to day; but must be particularly careful not to continue long distances, if the watch indicates that he is at all affected with the slows. Nothing makes a man lose speed so much as walking long distances at a slow rate.

On commencing training, the number of aches and pains all over the body are legion. This is caused by the fact mentioned in the previous chapter, that a set of muscles, different to those in previous use, have to be gradually built up and brought into play. In fact, owing to the severe exertion every part of the body is obliged to undergo in fast walking, there is no other kind of exercise wherein a beginner has to endure so much physical pain. The two commonest ailments which a walker suffers from, are shin-soreness and stitch. The former is often felt by ordinary walkers along a road or street; and in this case is very frequently caused by wearing heavy boots, a great drag on the shin bones; or by wove drawers which fit tight to the leg, and thereby heat the muscles, besides engendering varicose veins. The only way to cure shin-soreness is to stop for a few minutes when it comes on very severely, and rub the legs well. Stitch seldom comes on if a man is in condition and good health. It is best got rid of by walking indomitably on and trying to forget its existence. A man cannot start too fast in a walking race, whatever the distance may be. He should

get off at his very utmost speed, thereby getting through the aches and pains stage the sooner, after which he blows freely, goes with more ease to himself; and, since the action then becomes mechanical, can generally keep on at the same rate till nature is exhausted. Of course, this is presuming that he is in first-rate condition, without which a man cannot contend in a walking race with any prospect of success. The most trying part of a walking race is probably between the end of the first hundred yards and half a mile, since the pedestrian is all over aches and pains, and has not reached his second wind. For this reason walking requires such indomitable pluck and perseverance in carrying a man over this portion of the race. If he wavers for a moment and gets his arms down, it is all up with him. Should a man be unable to cut down his fellow competitors at starting, and take a commanding lead at once, his best plan is to keep doggedly behind them and so wear them out. On no account, however, must he permit them to get away more than four or five yards at the outside. Walking is different from running in this respect, since in the former a long lead can scarcely ever be regained. When the leaders are distressed, he should rush at them and try to go by. If unable to succeed at the first attempt, he should try again repeatedly until he gets to the fore. Nothing worries the leader in a walking race so much as having a man whom he cannot shake off, doggedly plodding at his heels. Again, if a man holds a long lead and is approached by another competitor, he should always recollect that the latter has taken a great deal out of himself in coming up, and therefore struggle hard to keep the lead. Should a walker have the race so safe in hand as to find time to ease himself, the best way of doing so is to take slower, not shorter strides, and to put the arms more out from the body, but on no account to lower them. In conclusion, the motto of any athlete who wishes to take honours in walking, must be, start at your very best pace, whether practising or racing, and the more distressed you feel, the faster you must try to go. Easing will relieve distress, but meanwhile, a long lead is

obtained by other competitors. On the other hand, if the pedestrian is in good condition and keeps indomitably on, the distress will be invariably walked off, provided only the man be sound at heart and in good condition. Approach not the course, if these essentials be wanting.

CHAPTER VI.

RUNNING.

THIS branch of pedestrianism may be appropriately divided into three heads:—viz., sprinting,* which includes all distances from 100 to 400 yards; medium distances, from a quarter to three quarters of a mile; and lastly, long distances, from one mile and upwards.

SECTION I.—SPRINTING.

Short distances are in vogue with the majority of runners, as they require a less severe and arduous preparation than long races, and, to a certain extent, strength takes the place of wind. An A 1 sprinter, in good condition, will run 100 yards at top speed in one breath, and can also probably go his best pace up to 150 yards without drawing a second breath. At the commencement of work, a man should begin running about a quarter of a mile in order to bring the necessary muscles into play. In running, the leaps are taken from toe to toe, as by this means a longer stride is obtained. The chief muscles used in short distance running are those of the front part of the thigh, which bring the legs forward at each stride. After the pedestrian has been sweated sufficiently, and finds that he can run with comfort to himself and without undue strain on any of the muscles, he should quicken his pace, commencing by practising starts, and gradually increasing the distance at top speed

* The technical word "sprint" is in use in the vulgar tongue of Northamptonshire, where it means "lively." It is probably allied to "springe," a noose which, fastened to an elastic stick, catches with a spring or jerk; also to "springal," an active young man; and to "spring" itself, in its manifold meaning of elastic force, whether in the season of the year, or in the efforts of the body, or in the sources of water, or in the young shoots of plants.

up to that of the race itself. In sprinting, half the battle is in starting well, and this therefore should be practised till a man is a proficient thereat. Professional pedestrians spend hours at this part of their business. A great mistake is often made in keeping the feet too far apart, as by so doing the pedestrian gives himself unnecessary exertion. About twelve inches is quite far enough apart to keep the feet (the left one in front), and the body should be kept nearly upright with its weight resting on the hindermost or right foot. The arms should hang down, and move in planes parallel with the sides of the body, and not be kept up across the chest, as in walking. A man to act as a trial horse is of great service, as it tends to make a competitor run himself out more. The use made of such trial horse should vary from time to time—now starting behind the pedestrian, now running the last portion of the distance with him.

The course may be run at top speed oftener in a sprint race than a long distance one, as the exertion is less protracted. When a contest is run in heats, as sprint races usually are, a man should lie down on his back and rest between each heat. Should nature require any support, the best thing to take is a dry crust or biscuit and a small quantity of brandy nearly neat. A man must be careful to keep in his stride, and to run straight at the tape, on which he should always keep his eye fixed; or otherwise he will be apt to cannon other competitors, whom he may seriously injure with his spikes, which are longer for sprinting.

SECTION II.—MEDIUM DISTANCES.

Of these the first, a quarter of a mile, is undoubtedly the most difficult of all distances to run, because it requires both speed and endurance. In a quarter, a man must spirt the whole way. For all medium distances the runner should commence by taking spins of from half to three-quarters of a mile, according to the distance to be run, until he is in condition, and the muscles have become flexible. After this, he should run three hundred

yards, or more, according to the distance, at top speed, and afterwards gradually increase the length of this spin from day to day. Quarter and half miles, and six hundred yards, are favourite amateur distances. The three quarters of a mile is seldom run.

SECTION III.—LONG DISTANCES.

Of these a mile is the most favourite amongst amateurs. For all long distances the great desiderata are wind and endurance. In practising, therefore, long runs at a steady pace must be taken. The best distance to begin at is a mile, which should be first done in about eight minutes, which time must be reduced by three minutes or more after the pedestrian has become accustomed to his work. When a mile, therefore, can be performed in five minutes, longer runs may be tried according to the length to be gone over in the contest. A deal of exercise, especially walking, and a stricter diet, are necessary for long distance running, and it is remarkable how few amateurs ever take proper pains and trouble to get thoroughly fit for a really long distance journey of ten miles or so. Two and three miles are frequent distances with amateurs, but beyond four miles few amateur races of note have occurred. Up to two miles a man never wants to run more than one trial before the day, and if the distance be more than two miles he should never run right through in a trial, as he only uselessly tires himself by so doing.

CHAPTER VII.

JUMPING.

JUMPING requires more sudden contraction and expansion of the muscles than any other branch of pedestrianism, but is accompanied by fewer mishaps through over-exertion. As usually practised nowadays, it may be divided into high, broad, and pole jumping, hurdle racing, steeple chasing, and hare and hounds. Vaulting, standing leaps, and the hop-step-and-jump, are now almost obsolete.

SECTION I.—HIGH JUMPING.

Practice should commence at about three feet, which height should be continued until the athlete has got the necessary muscles thoroughly flexible. When this has been accomplished the height may be gradually raised. About ten or a dozen paces will be generally found a sufficient run to take, but the distance varies according to fancy and habit with nearly every leaper. Taking off at a distance of half the height to be cleared is the best. Never take too long a run, as it entails needless exhaustion. A great point in high jumping is to leap gracefully. To do this the legs should be brought well up under the body, and care taken to clear the bar with the trunk as well as the lower limbs, the jumper alighting on the toes and balls of the feet.

SECTION II.—WIDE JUMPING.

This description of leaping is perhaps the easiest of all. Practice should commence at about ten or eleven feet, the distance being gradually increased. A run of about eighteen or twenty paces is sufficient, and care must be taken not to get out of step in the run or take off before

the scratch is reached. The run should be quick and practised frequently at a short distance, if any difficulty is found in keeping step. The jumper alights on his heels instead of his toes, as in high jumping, and care must be taken not to fall backwards, or the leap becomes null and void.

SECTION III.—POLE JUMPING.

The leaping pole should be made of fir or ash, and about eleven or twelve feet in height, gradually tapering towards the top, and with a steel spike at the foot. As in all other contests the leaper must commence at a moderate height, about six feet, and gradually raise the bar as he becomes accustomed to the exercise. He should firmly grasp the pole at about the height to be cleared, the hands two to three feet apart, with the right one uppermost if he be a right-handed man. A run of from fifteen to twenty paces should be taken, holding the pole well in front. On taking off, the weight of the body must be raised by the arms, and the legs should surmount the bar first, the body being kept almost in a straight line with them, and brought over afterwards. The leaper thus alights facing the side from which he took off, where he also leaves his pole, which must be quitted hold of on reaching the bar.

SECTION IV.—HURDLE RACING.

This branch of pedestrianism has essentially been a favourite one since the institution of modern athletic meetings. The usual length of the course is 120 yards, with ten flights of hurdles three feet six inches high and ten yards apart, with fifteen yards on the flat at start and finish. In this pastime it all depends whether the obstacles are bucked or leapt over. The former is by far the easiest method, and consists in taking the hurdles in stride. A first-class hurdle racer will take but three strides between each flight, of course taking an extra long one for what may be termed the fourth stride over the timber. In this method the spring over the first hurdle

may be made from either foot, according to fancy, but the remaining nine springs must be taken from the same foot. This bucking requires much practice, and should be commenced over low obstacles about two feet high. Deliberately taking off to jump the hurdles causes the competitor to alter his stride and so lose time. Care must be taken not to trip or touch the top bar, as doing so almost invariably entails a mishap.

SECTION V.—STEEPLECHASING.

From twenty to thirty years ago this was the only branch of amateur pedestrianism much in vogue, and it is still encouraged at most provincial meetings, on account of the fun it affords the spectators. The course is generally a made one, the leaps consisting of sundry wet ditches interspersed with furzed hurdles. A good steeplechaser is a rarity, as great judgment, combined with unparalleled staying powers and fair jumping capabilities, are requisite. The greatest mistake made is pandering to the gallery, so to speak, by needless exhaustion of strength in attempting to clear water jumps. This should never be done, but a quiet hop into the water taken, and the element waded through. The wet accumulated in the clothes is much less distressing than the shaking caused by and the strength expended in desperate leaping. The wet ditches, as a rule, are never more than two to three feet in depth. Approaching the hurdles, of course a little extra steam is required to clear them, as they are generally so far apart that the bucking method cannot be adopted. Several hare and hounds clubs hold cross country steeplechases wherein the obstacles have generally been well worn down from long use, and are not so formidable as in made courses. University costume is the best, as the drawers do not extend below the knees and hold the water, whereas a few prickles from the furzed hurdles are far less detrimental to speed than long trousers with the legs saturated with wet. Short spikes in the running shoes may be advantageously used.

SECTION VI.—HARE AND HOUNDS.

Rugby School may justly claim to be the founder of this now popular pastime, which began to be developed in the metropolis and great provincial towns by the celebrated Thames Hare and Hounds Club, in the winter of 1867-8. It keeps men in exercise during the winter months, and as company and moderate exercise is more thought of than rivalry and hard racing, attracts many votaries. A line is generally taken, and a trail laid across country by a couple of hares, who have a certain amount of law allowed them according to the distance to be run. Long trousers and a thick jersey should be worn, as, owing to losing the trail, halts are frequent, and hedges have to be scrambled through. Light canvas shoes are preferable to spiked running shoes, since the latter cramp and tire the feet over a long distance, when a man goes as much on his heels as his toes, and often has to walk from fatigue. Racing all the way should never be permitted, since it tends to divide the pack and dispirit men. A mile or two from home will generally be found soon enough to begin the ding dong business, and an efficient rubbing down afterwards relieves approaching stiffness.

CHAPTER VIII.

THROWING THE HAMMER, AND PUTTING THE WEIGHT.

SECTION I.—THROWING THE HAMMER.

THIS branch of exercise has been introduced from the north of the Tweed. The novice should commence practising with a light hammer, from seven to eleven pounds, the usual one being sixteen pounds in weight, with a handle from three feet to three feet six inches long, according to the height of the thrower. Great strength is required in the muscles of the back and loins, few weak men being adepts at this pastime, or at that of putting the weight. At first, a run of four or five yards only should be taken, until the athlete has acquired the knack of swinging the missile. The latter should be grasped firmly and swung round like a pendulum till a good momentum is acquired. When this is accomplished, a short run should be made in the direction to be thrown, the hammer being swung round in a plane at right angles to the vertical position of the body. One or two final turns of the body are taken in the run, and a final impetus given in the last half of the last turn. The throwing seldom takes place from a scratch, but the distance is usually measured from that footstep of the competitor nearest the pitch of the head of the hammer. In swinging the missile during the run, care must be taken to keep it low, otherwise the curve described in its flight through the air will be too high.

SECTION II.—PUTTING THE WEIGHT.

This pastime is also an innovation from across the border. The amount of run allowed ought always to be limited to seven feet, and no "follow" permitted, so the athlete

may not pass either of the lines drawn seven feet apart during the process of putting. The body should be balanced on the right leg and foot, which are placed close on the hindmost line, the left leg being rested slightly between the two scores. Meanwhile the weight should be grasped in the right hand, which should again rest on the corresponding shoulder. The putter rises and falls on the balls of the feet, raising the weight at the same time till a sufficient impetus is obtained. When this has been accomplished, one or two hops should be made towards the scratch line, the left leg being made a pivot at the end of them, and the missile delivered at the moment the right leg reaches the scratch line. The great art in this pastime consists in making a quick jump when the weight leaves the hand, rather than a heave; but elevation is, nevertheless, a great object in successful putting. Sheer strength of the shoulders, back, and loins is more than ever requisite in this pastime.

CHAPTER IX.

THE LAWS OF ATHLETICS,

*As in force at the Amateur Champion Meeting, and
Oxford and Cambridge Universities.*

1.—No attendant to accompany a competitor on the scratch or in the race.

2.—Any competitor starting before the word to be put back one yard at the discretion of the starter. On a repetition of the offence to be disqualified.

3.—All level races to start by word of mouth, handicaps by pistol.

4.—In hurdle races each competitor to keep his own hurdles throughout the race.

5.—In sprint racing each runner to keep his own side of the course.

6.—Jostling, running across, or wilfully obstructing another so as to impede his progress to disqualify the offender from any further competitions held by the club.

7.—All cases of dispute to be referred to the committee of management at the time.

8.—The decision of the judges in all competitions to be final.

9.—In pole leaping and high jumping, three tries at each height. The height at each successive elevation to be determined by the majority of the competitors. Displacing the bar only to count as a try.

10.—In broad jumping, putting the weight, and throwing the hammer, three tries only allowed. The three best competitors of the first trials to be allowed three more tries each for the final. The furthest jump, put, or throw of the six attempts, to win.

11.—In throwing the hammer the length of the run is not limited, the throw to be measured from the nearest

footprint at the delivery to the pitch of the head of the hammer.—[The accuracy of the measurement is facilitated by sprinkling ashes, sawdust, or sand, at the point of delivery; the footprints of the competitors being effaced after each throw.]

12.—“No throws” count as a try.

13.—In putting the weight and broad jumping crossing the scratch in the attempt to count as “No try.”

14.—The weight of the hammer and shot or stone to be 16lb. each.

15.—The height of the hurdles to be 3ft. 6in.

16.—The weight to be delivered from the shoulder with either hand. Seven feet run allowed. No put to count, if delivered or followed with any part of the body touching the ground over the mark. All throws to be measured from the nearest point of the scratch, continued in a straight line on either side, until opposite the pitch.

17.—DEFINITION OF AN AMATEUR.—Any person who has never competed in an open competition, or for public money, or for admission money, or with professionals for a prize, public money, or admission money; nor has ever at any period of his life, taught or assisted in the pursuit of athletic exercises as a means of livelihood; nor is a mechanic, artisan, or labourer.

CHAPTER X.

STATISTICS.

SECTION I.—**The Oxford and Cambridge Meetings.**

FIRST MEETING: *March 5, 1864.*—Christ Church Cricket ground, Oxford; weather fine; grass course.

100 Yards Race.—B. S. Darbyshire, Oxford, 1; A. H. Harrison, Cambridge, 2; H. C. Jollye, Oxford, 3; W. F. Wynne, Cambridge, 0; won by half-a-yard, same between second and third; time, $10\frac{1}{2}$ sec.

Quarter Mile Race.—B. S. Darbyshire, Oxford, 1; A. H. Harrison, Cambridge, 2; W. E. Heap, Oxford, 3; P. M. Thornton, Cambridge, 0; won by two yards; time, 53sec.

One Mile Race.—C. B. Lawes, Cambridge, 1; A. H. Hannam, Oxford, 2; G. B. Streeton, Oxford, 3; P. M. Thornton, Cambridge, 0; T. S. Warman, Oxford, 0; won by seven yards; time, 4min. 56sec.

Hurdle Race, 120 Yards, 10 Flights.—A. W. T. Daniel, Cambridge, 1; E. W. Finch, Cambridge, 2; C. Bill, Oxford, 3; H. Skelton, Oxford, 0; E. B. Michell, Oxford, 0; R. Kerrison, Cambridge, 0; won easily, two yards between second and third; time, $17\frac{3}{4}$ sec.

Hurdle Race, 200 Yards, 10 Flights.—E. W. Finch, Cambridge, 1; A. W. T. Daniel, Cambridge, 2; H. Skelton, Oxford, 3; — Onslow, Cambridge, 0; C. Bill, Oxford, 0; E. B. Michell, Oxford, 0; won by half-a-foot, a foot between second and third; time, $26\frac{3}{4}$ sec.

High Jump.—F. H. Gooch, Oxford, 5ft. 6in., 1; G. M. Osborne, Cambridge, 5ft. 4in., $\frac{1}{2}$; C. W. Smith, Oxford, 5ft. 4in., $\frac{1}{4}$; R. A. Gatty, Cambridge, 0.

Wide Jump.—F. H. Gooch, Oxford, 18ft., 1; C. Booth, Cambridge, 17ft. $4\frac{1}{2}$ in., 2; W. Wright, Cambridge, 3; T. M. Davenport, Oxford, 0.

Steeple-chase, about Two Miles.—R. C. Garnett, Cambridge, 1; R. E. Webster, Cambridge, 2; C. B. Clive, Oxford, 3; J. Wood, Oxford, 0; A. Grant, Oxford, 0; won by six yards, bad third; time, 10min. 34sec.

SECOND MEETING: *March 25, 1865.*—Fenner's Ground, Cambridge; heavy storm of snow and sleet throughout the afternoon; grass course excessively heavy.

100 Yards Race.—H. C. Jollye, Oxford, $\frac{1}{2}$, 1; Hon. F. G. Pelham, Cambridge, $\frac{1}{2}$, 2; R. J. Hood, Cambridge, 3; D. Morgan, Oxford, 0; on running off Jollye won by half-a-yard; time, $10\frac{3}{4}$ sec.

Quarter Mile Race.—Hon. F. G. Pelham, Cambridge, 1; E. W. Tritton, Oxford, 2; F. H. Cheetham, Cambridge, 3; M. G. Knight, Oxford, 0; won easily; time, $55\frac{1}{2}$ sec.

One Mile Race—R. E. Webster, Cambridge, 1; Earl of Jersey, Oxford, 2; H. Moor, Oxford, 3; F. H. Cheetham, Cambridge, 0; E. B. Michell, Oxford, 0; won by forty yards; time, 4min. 43½sec.

Two Miles Race.—R. E. Webster, Cambridge, 1; A. H. Johnson, Oxford, 2; R. C. Garnett, Cambridge, 3; Earl of Jersey, Oxford, 0; won by forty yards; time, 10min. 38½sec.

Hurdle Race, 120 Yards, 10 Flights.—T. Milvain, Cambridge, 1; L. Tiffany, Cambridge, 2; C. N. Jackson, Oxford, 3; D. Morgan, Oxford, 0; won by a yard, four feet between second and third; time, 19sec.

High Jump.—F. H. Gooch, Oxford, 5ft. 5in., 1; G. M. Osborne, Cambridge, 5ft. 4½in., 2; E. M. Moore, Oxford, 5ft. 2in., 3; J. H. T. Roupell, Cambridge, 0.

Wide Jump.—F. H. Gooch, Oxford, 18ft. 9in., 1; G. W. Elliot, Cambridge, 18ft. 1in., 2; W. F. Maitland, Oxford, 3; W. C. Barker, Cambridge, 0.

Putting the Weight, 16lb.—The method of putting being different at each university, it was arranged that the competitors should have three puts in each style, and that the aggregate of the two best puts should decide. G. W. Elliot, Cambridge, 65ft. ¾in., 1; C. Booth, Cambridge, 64ft., 5¾in., 2; J. Jones, Oxford, 63ft. 6in., 3; W. H. Croker, Oxford, 0.

Throwing the Cricket Ball.—E. A. Gray, Cambridge, 103yds. 2ft. 8in., 1; G. M. Osborne, Cambridge, 100yds. 2ft. 11in., 2; W. H. Croker, Oxford, 98yds. 6in. 3; E. A. Gillett, Oxford, 0.

THIRD MEETING: March 9, 1866.—Christ Church Cricket ground, Oxford; weather cold and showery; grass course heavy.

100 Yards Race.—R. W. Vidal, Oxford, †; T. M. Colmore, Oxford, †; B. B. Connolly, Cambridge, 3; J. S. E. Hood, Cambridge, 0; a yard between the dead heaters and Connolly; time, 10¼sec.; the dead heat was not run off.

Quarter Mile Race.—Hon. F. G. Pelham, Cambridge, 1; E. Nolan, Oxford, 2; F. H. Cheetham, Cambridge, 3; M. G. Knight, Oxford, 0; won by three yards; half-a-foot between second and third; time, 54¼sec.

One Mile Race.—J. W. Laing, Oxford, 1; W. P. Bowman, Oxford, 2; W. C. Gibbs, Cambridge, 3; C. B. Lawes, Cambridge, 0; J. W. Fletcher, Oxford, 0; won by twenty yards, two feet between second and third; time, 4min. 46sec.

Two Miles Race.—J. W. Laing, Oxford, †; C. H. Long, Cambridge, †; T. G. Little, Cambridge, 3; R. C. Garnett, Cambridge, 0; W. P. Bowman, Oxford, 0; A. H. Johnson, Oxford, 0; eight yards between the dead heaters and Little; time, 10min. 20sec.; the dead heat was not run off.

Hurdle Race, 120 Yards, 10 Flights.—D. Morgan, Oxford, 1; R. W. Vidal, Oxford, 2; T. Milvain, Cambridge, 3; L. Tiffany, Cambridge, 0; won by two yards, one between second and third; time, 18¼sec.

High Jump.—J. H. T. Roupell, Cambridge, 5ft. 6in., 1; T. G. Little, Cambridge, 5ft. 5in., 2; F. W. Parsons, Oxford, 5ft. 4in., 3; W. C. Stuart, Oxford, 0.

Wide Jump.—T. G. Little, Cambridge, 20ft. 4in., 1; W. F. Maitland,

Oxford, 19ft. 11in., 2; A. C. Tosswill, Oxford, 19ft. 8in., 3; J. Law, Cambridge, 0.

Throwing the Hammer, 16lb.—G. R. Thornton, Cambridge, 87ft. 7in., 1; R. J. S. James, Cambridge, 86ft. 9in., 2; D. Morgan, Oxford, 86ft. 6in., 3; W. H. Croker, Oxford, 0.

Putting the Weight, 16lb.—G. W. Elliot, Cambridge, 32ft. 10½in., 1; R. Waltham, Cambridge, 32ft. 9½in., 2; D. Morgan, Oxford, 30ft. 4in., 3; C. C. Cotes, Oxford, 0.

FOURTH MEETING; April 12, 1867.—Late Beaufort House ground, London; weather beautifully fine; path rather heavy.

100 Yards Race.—E. A. B. Pitman, Cambridge, 1; T. M. Colmore, Oxford, 2; C. C. Corfe, Cambridge, 3; J. Somerville, Oxford, 0; won by half-a-yard; time, 10⅔sec.

Quarter Mile Race.—E. A. B. Pitman, Cambridge, 1; W. F. Maitland, Oxford, 2; Hon. F. G. Pelham, Cambridge, 3; W. J. Frere, Oxford, 0; won by two yards, a foot between second and third; time, 51½sec.

One Mile Race.—S. G. Scott, Oxford, 1; E. Royds, Cambridge, 2; J. W. Fletcher, Oxford, 3; W. C. Gibbs, Cambridge, 0; T. G. Little, Cambridge, 0; won by ten yards, same between second and third; time, 4min. 40⅔sec.

Two Miles Race.—R. L. N. Michell, Oxford, 1; C. H. Long, Cambridge, 2; J. H. Morgan, Oxford, 3; C. G. Kennedy, Cambridge, 0; A. E. R. Mickelfield, Cambridge, 0; J. W. Fletcher, Oxford, 0; won by a foot, fifteen yards between second and third; time, 10min.

Hurdle Race, 120 Yards, 10 Flights.—C. N. Jackson, Oxford, 1; H. M. Thompson, Cambridge, 2; A. Hillyard, Oxford, 3; R. Fitzherbert, Cambridge, 0; won by three yards; good third; time, 17⅔sec.

High Jump.—T. G. Little, Cambridge, 5ft. 9in., 1; C. E. Green, Cambridge, 5ft. 8in., 2; Hon. F. S. Ogrady, Oxford, 5ft. 7in., 3; F. W. Parsons, Oxford, 0.

Wide Jump.—C. A. Absolom, Cambridge, 20ft. 2in., 1; W. F. Maitland, Oxford, 20ft. 1in., 2; T. G. Little, Cambridge, 19ft. 5in., 3; W. G. Edwards, Oxford, 0.

Throwing the Hammer, 16lb.—J. R. Eyre, Cambridge, 98ft. 10in., 1; G. R. Thornton, Cambridge, 97ft. 3in., 2; W. H. Croker, Oxford, 90ft. 10in., 3; W. Hedley, Oxford, 0.

Putting the Weight, 16lb.—R. Waltham, Cambridge, 34ft. 9in., 1; T. Batson, Oxford, 32ft. 11in., 2; C. A. Absolom, Cambridge, 32ft. 8in., 3; W. R. Burgess, Oxford, 0.

FIFTH MEETING: April 3, 1868.—Late Beaufort House ground, London; weather fine; path good going.

100 Yards Race.—J. P. Tennent, Oxford, 1; C. A. Absolom, Cambridge, 2; C. C. Corfe, Cambridge, 3; F. O. Philpott, Oxford, 0; won by two yards and a-half, a yard and a-half between second and third; time, 10½sec.

Quarter Mile Race.—J. H. Ridley, Cambridge, 1; W. J. Frere, Oxford, 2; A. W. Lambert, Cambridge, 3; R. V. Somers-Smith, Oxford, 0; won by three yards, same between second and third; time, 51sec.

One Mile Race.—W. C. Gibbs, Cambridge, 1; J. W. Laing, Oxford, 2; W. P. Bowman, Oxford, 3; S. G. Scott, Oxford, 0; H. P. Gurney,

Cambridge, 0; won by twenty-five yards, ten between second and third; time, 4min. 31 $\frac{3}{4}$ sec.

Three Miles Race.—J. H. Morgan, Oxford, 1; R. L. N. Michell, Oxford, 2; G. G. Kennedy, Cambridge, 3; A. E. R. Micklefield, Cambridge, 0; E. Royds, Cambridge, 0; J. W. Fletcher, Oxford, 0; won by one hundred and seventy yards, twelve between second and third; time, 15min. 20 $\frac{1}{2}$ sec.

Hurdle Race, 120 Yards, 10 Flights.—C. P. Taylor, Cambridge, 1; L. E. Newnham, Oxford, 2; A. Hillyard, Oxford, 3; R. Fitzherbert, Cambridge, 0; won by three yards, same between second and third; time, 16 $\frac{3}{4}$ sec.

High Jump.—Hon. F. S. Ogrady, Oxford, 5ft. 7in., 1; J. G. Hoare, Cambridge, 5ft. 6in., $\frac{1}{2}$; F. W. Parsons, Oxford, 5ft. 6in., $\frac{1}{2}$; C. E. Green, Cambridge, 0.

Wide Jump.—A. C. Tosswill, Oxford, 21ft. 2 $\frac{1}{2}$ in., 1; R. Waltham, Cambridge, 21ft. 1 $\frac{3}{4}$ in., 2; C. A. Absalom, Cambridge, 20ft. 1 $\frac{1}{2}$ in., 3; F. O. Philpott, Oxford, 0.

Throwing the Hammer, 16lb.—T. Batson, Oxford, 99ft. 6in., 1; H. Leek, Cambridge, 98ft. 8in., 2; J. R. Eyre, Cambridge, 97ft. 2in., 3; W. A. Burgess, Oxford, 0.

Putting the Weight, 16lb.—R. Waltham, Cambridge, 34ft. 3in., 1; C. A. Absalom, Cambridge, 33ft. 6in., 2; W. R. Burgess, Oxford, 32ft. 11 $\frac{1}{2}$ in., 3; T. Batson, Oxford, 0.

SIXTH MEETING: *March 18, 1869.*—Lillie Bridge ground, London; weather windy, cold, and wet; path very bad going owing to having only just been made.

100 Yards Race.—J. G. Wilson, Oxford, 1; J. F. Strachan, Cambridge, 2; C. C. Corfe, Cambridge, 3; J. P. Tennent, Oxford, 0; won by four yards, two feet between second and third; time, 10 $\frac{1}{2}$ sec.

Quarter Mile Race.—A. R. Upcher, Cambridge, 1; C. C. Corfe, Cambridge, 2; A. F. Jeffreys, Oxford, 3; J. G. Wilson, Oxford, 0; won by a yard-a-half, two yards between second and third; time, 53 $\frac{3}{4}$ sec.

One Mile Race.—E. Royds, Cambridge, 1; R. V. Somers-Smith, Oxford, 2; J. W. Laing, Oxford, $\frac{1}{2}$; S. G. Scott, Oxford, $\frac{1}{2}$; H. P. Gurney, Cambridge, 0; won by three yards, thirty-five between Somers-Smith and the dead heaters; time, 4min. 35 $\frac{1}{2}$ sec.

Three Miles Race.—J. H. Morgan, Oxford, 1; T. T. Paine, Cambridge, 2; E. A. Bartlett, Oxford, 3; K. A. Deakin, Oxford, 0; L. R. Whigham, Cambridge, 0; G. Henderson, Cambridge, 0; won by one hundred and seventy yards, bad third; time, 15min. 34 $\frac{3}{4}$ sec.

Hurdle Race, 120 Yards, 10 Flights.—F. O. Philpott, Oxford, 1; W. W. Cooper, Cambridge, 2; F. C. Williamson, Oxford, 3; E. E. Toller, Cambridge, 0; won by three yards, four between second and third; time, 17 $\frac{1}{2}$ sec.

High Jump.—R. L. N. Michell, Oxford, 5ft. 5in., $\frac{1}{2}$; J. G. Hoare, Cambridge, 5ft. 5in., $\frac{1}{2}$; E. Phelps, Cambridge, 0.

Wide Jump.—R. Waltham, Cambridge, 20ft. 8in., 1; F. O. Philpott, Oxford, 19ft. 6 $\frac{1}{2}$ in., 2; J. Brookes, Oxford, 18ft. 8 $\frac{1}{2}$ in., 3; E. Phelps, Cambridge, 0.

Throwing the Hammer, 16lb.—H. Leeke, Cambridge, 103ft., 11in., 1; F. U. Waite, Oxford, 101ft. 5in., 2; M. H. C. Shelton, Cambridge, 95ft. 1in., 3.

Putting the Weight, 16lb.—R. Waltham, Cambridge, 34ft. 8in., 1; S. F. Lucas, Oxford, 33ft. 11in., 2; E. Phelps, Cambridge, 24ft. 7in., 3; H. W. R. Domville, Oxford, 0.

SEVENTH MEETING: *April 7, 1870.*—Lillie Bridge ground, London; weather beautifully fine; path in first rate order.

100 Yards Race.—J. G. Wilson, Oxford, 1; E. H. J. Clarke, Cambridge, 2; W. A. Dawson, Cambridge, 3; F. O. Philpott, Oxford, 0; won by four feet, a yard between second and third; time, $10\frac{1}{2}$ sec.

Quarter Mile Race.—R. V. Somers-Smith, Oxford, 1; A. R. Upcher, Cambridge, 2; E. M. Prothero, Oxford, 3; R. Philpot, Cambridge, 0; won by a yard, four yards between second and third; time, $50\frac{1}{2}$ sec.

One Mile Race.—R. H. Benson, Oxford, 1; T. Christie, Oxford, 2; F. Shann, Cambridge, 3; A. J. C. Dowding, Oxford, 0; L. Evans, Cambridge, 0; T. T. Paine, Cambridge, 0; won by two yards, forty between second and third; time, 4min. $32\frac{3}{4}$ sec.

Three Miles Race.—J. H. Morgan, Oxford, 1; E. M. Hawtrey, Cambridge, 2; F. E. Armitstead, Oxford, 3; W. Haines, Oxford, 0; F. W. Maitland, Cambridge, 0; won by one hundred and twenty yards, twenty between second and third; time, 15min. 40sec.

Hurdle Race, 120 Yards, 10 Flights.—J. L. Stirling, Cambridge, 1; W. C. Davies, Cambridge, 2; F. O. Philpott, Oxford, 3; E. S. Garnier, Oxford, 0; won by six yards, one between second and third; time, $16\frac{3}{4}$ sec.

High Jump.—J. H. Gurney, Cambridge, 5ft. $4\frac{1}{2}$ in., †; E. Bergman, Oxford, 5ft. $4\frac{1}{2}$ in., †; W. F. Curteis, Cambridge, 5ft. $3\frac{1}{2}$ in., 3; F. O. Philpott, Oxford, 0.

Wide Jump.—J. A. Ornsby, Oxford, 20ft. $3\frac{3}{4}$ in., 1; H. A. M. Wilcox, Cambridge, 20ft. $3\frac{1}{2}$ in., 2; E. Bergman, Oxford, 20ft. $2\frac{1}{2}$ in., 3; W. Waterhouse, Cambridge, 0.

Throwing the Hammer, 16lb.—F. U. Waite, Oxford, 107ft. 2in., 1; H. F. Nicholl, Oxford, 104ft. 3in., 2; M. H. C. Shelton, Cambridge, 0; A. W. Churchward, Cambridge, 0.

Putting the Weight, 16lb.—S. F. Lucas, Oxford, 37ft. 1in., 1; E. Phelps, Cambridge, 35ft. 9in., 2; H. W. R. Domville, Oxford, 33ft. 3in., 3; A. W. Churchward, Cambridge, 0.

EIGHTH MEETING: *March 31, 1871.*—Lillie Bridge ground, London; weather dull and cold with N. wind; path in first-rate order.

100 Yards Race.—J. G. Wilson, Oxford, 1; R. Philpot, Cambridge, 2; G. H. Urmson, Oxford, 3; W. A. Dawson, Cambridge, 0; won by half-a-foot, three-quarters of a yard between second and third; time, $10\frac{1}{2}$ sec.

Quarter Mile Race.—R. Philpot, Cambridge, 1; A. R. Upcher, Cambridge, 2; R. Leach, Oxford, 3; A. J. C. Dowding, Oxford, 0; won by three yards, two between second and third, time, $50\frac{3}{5}$ sec.

One Mile Race.—T. Christie, Oxford, 1; C. F. Gunton, Cambridge, 2;

G. H. Urmson, Oxford, 3 ; Hon. A. L. Pelham, Cambridge, 0 ; won by three yards, six between second and third ; time, 4min. 35½sec.

Three Miles Race.—A. F. Clarke, Oxford, 1 ; E. M. Hawtrey, Cambridge, 2 ; F. Shann, Cambridge, 3 ; W. M. S. Dorrien, Oxford, 0 ; F. E. Armitstead, Oxford, 0 ; T. T. Paine, Cambridge, 0 ; won by one hundred and fifty yards, a hundred between second and third ; time, 15min. 23½sec.

Hurdle Race, 120 Yards, 10 Flights.—E. S. Garnier, Oxford, † ; W. C. Davies, Cambridge, † ; F. Chappell, Oxford, 3 ; H. W. Beauchamp, Cambridge, 0 ; good third ; time, 17sec. ; the dead heat was not run off.

High Jump.—J. H. Gurney, Cambridge, 5ft. 6½in., 1 ; J. A. Ornsby, Oxford, 5ft. 6in., 2 ; F. G. Templer, Cambridge, 5ft. 5in., 3 ; F. H. Woods, Oxford, 0.

Wide Jump.—E. N. Hodges, Oxford, 20ft. 2½in., 1 ; J. A. Ornsby, Oxford, 19ft. 3½in., 2 ; E. S. Prior, Cambridge, 18ft. 8½in., 3 ; C. S. Williams, Cambridge, 0.

Throwing the Hammer, 16lb.—A. W. Churchward, Cambridge, 105ft. 5in., 1 ; H. F. Nicholl, Oxford, 101ft., 2 ; S. H. Gatty, Oxford, 98ft. 7in., 3 ; M. H. C. Shelton, Oxford, 0.

Putting the Weight, 16lb.—H. W. R. Domville, Oxford, 35ft. 3½in., 1 ; M. H. C. Shelton, Cambridge, 33ft. 2½in., 2 ; A. W. Churchward, Cambridge, 0 ; F. E. Coxhead, Oxford, 0.

NINTH MEETING : *March 25, 1872.*—Lillie Bridge ground, London ; weather cold and dull ; path heavy going.

100 Yards Race.—W. A. Dawson, Cambridge, 1 ; R. Philpot, Cambridge, 2 ; F. Parsons, Oxford, 3 ; F. A. Southam, Oxford, 0 ; won by two yards, three between second and third ; time, 10½sec.

Quarter Mile Race.—R. Philpot, Cambridge, 1 ; A. W. Brodie, Cambridge, 2 ; J. Parsons, Oxford, 3 ; E. M. Prothero, Oxford, 0 ; won by three yards, five between second and third ; time, 51½sec.

One Mile Race.—T. Christie, Oxford, 1 ; T. R. Hewett, Cambridge, 2 ; G. F. Gunton, Cambridge, 3 ; T. C. Bush, Oxford, 0 ; G. A. Templer, Cambridge, 0 ; R. Helme, Oxford, 0 ; won by two yards and a half, ten between second and third ; time, 4min. 38½sec.

Three Miles Race.—R. H. Benson, Oxford, † ; E. M. Hawtrey, Cambridge, † ; A. F. Somerville, Cambridge, 3 ; E. A. Sandford, Oxford, 0 ; L. Evans, Cambridge, 0 ; W. E. Sherwood, Oxford, 0 ; fifty yards between the dead heaters and Somerville ; time, 15min. 44½sec.

Hurdle Race, 120 Yards, 10 Flights.—E. J. Garnier, Oxford, 1 ; H. W. Beauchamp, Cambridge, 2 ; E. S. Prior, Cambridge, 0 ; E. P. Lempriere, Oxford, 0 ; won by a foot ; time, 17sec.

High Jump.—J. H. Gurney, Cambridge, 5ft. 5in., 1 ; E. S. Prior, Cambridge, 5ft. 4in., 2 ; F. H. Woods, Oxford, 5ft. 3in., 3 ; M. Graham, Oxford, 0.

Wide Jump.—E. J. Davies, Cambridge, 21ft. 5in., 1 ; H. K. Upcher, Oxford, 2 ; F. T. Bowles, Oxford, 3 ; J. H. Gurney, Cambridge, 0.

Throwing the Hammer, 16lb.—J. Paterson, Cambridge, 105ft. 2in., 1

E. S. Garnier, Oxford, 99ft., 2; H. Baily, Oxford, 0; C. M. Thompson, Cambridge, 0.

Putting the Weight, 16lb.—H. W. R. Domville, Oxford, 37ft. 5in., 1; N. Littleton, Cambridge, 35ft., 2; J. A. S. Evans, Oxford, 0; W. Y. Winthrop, Cambridge, 0.

TENTH MEETING: *March 31, 1873;* Lillie Bridge ground, London; weather very wet; path heavy going.

100 Yards Race.—G. H. Urmson, Oxford, 1; E. J. Davies, Cambridge, 2; C. J. Ottaway, Oxford, 3; R. Philpot, Cambridge, 0; won by two yards, a yard between second and third; time, $10\frac{3}{8}$ sec.

Quarter Mile Race.—G. H. Urmson, Oxford, 1; T. Snow, Oxford, 2; G. A. Templer, Cambridge, 3; W. A. Brodie, Cambridge, 0; won by four yards, two between second and third; time, $51\frac{3}{8}$ sec.

One Mile Race.—G. F. Gunton, Cambridge, 1; E. A. Sandford, Oxford, 2; L. Evans, Cambridge, 3; T. C. Bush, Oxford, 0; R. H. Benson, Oxford, 0; Hon. A. L. Pelham, Cambridge, 0; won by ten yards, five between second and third; time, 4min. $29\frac{3}{8}$ sec.

Three Miles Race.—W. M. S. Dorrien, Oxford, 1; A. F. Somerville, Cambridge, 2; G. H. Armitstead, Oxford, 3; H. Russell, Oxford, 0; C. Jackson, Cambridge, 0; W. Iazard, Cambridge, 0; won by a hundred and fifty yards, bad third; time, 15min. $18\frac{3}{8}$ sec.

Hurdle Race, 120 Yards, 10 Flights.—H. K. Upcher, Oxford, 1; E. S. Garnier, Oxford, 2; E. J. Davies, Cambridge, 3; H. W. Beauchamp, Cambridge, 0; won by a yard, same between second and third; time, $17\frac{1}{8}$ sec.

High Jump.—J. H. Gurney, Cambridge, 5ft. 6in., 1; F. H. Woods, Oxford, 5ft. 5in., 2; M. Graham, Oxford, 0; E. S. Prior, Cambridge, 0.

Wide Jump.—E. J. Davies, Cambridge, 21ft. 3in., 1; E. R. Nash, Oxford, 20ft. 4in., 2; H. K. Upcher, Oxford, 0; J. H. Gurney, Cambridge, 0.

Throwing the Hammer, 16lb.—E. S. Brown, Oxford, 122ft. 6in., 1; J. Paterson, Cambridge, 111ft. 8in., 2; J. D. Todd, Oxford, 110ft. 3in., 3; Hon. A. L. Pelham, Cambridge, 0.

Putting the Weight, 16lb.—E. S. Brown, Oxford, 35ft. 2in., 1; N. J. Littleton, Cambridge, 34ft. 1in., 2; C. H. Hodges, Oxford, 0; W. Y. Winthrop, Cambridge, 0.

ELEVENTH MEETING: *March 27, 1874.*—Lillie Bridge ground, London; weather fine, path good going.

100 Yards Race.—E. J. Davies, Cambridge, †, 1; M. G. Glazebrook, Oxford, †, 2; G. A. Templer, Cambridge, †, 3; E. R. Nash, Oxford, 0; time, $10\frac{3}{8}$ sec.: on running off Davies won by a foot, same between second and third; time, $10\frac{3}{8}$ sec.

Quarter Mile Race.—G. A. Templer, Cambridge, 1; C. R. B. Barrett, Oxford, 2; A. R. Lewis, Cambridge, 3; G. A. Needham, Oxford, 0; won by three yards, five between second and third; time, 52sec.

One Mile Race.—E. A. Sandford, Oxford, 1; J. G. Chester, Oxford, 2; T. G. Fairbairn, Cambridge, 3; R. L. Winter, Oxford, 0; C. Jackson, Cambridge, 0; W. Dalby, Cambridge, 0; won by ten yards, five between second and third; time, 4min. 39sec.

Three Miles Race.—W. R. H. Stevenson, Oxford, 1; H. Russell, Oxford, 2; T. Yardley, Cambridge, 3; G. H. Armitstead, Oxford, 0; C. Jackson, Cambridge, 0; W. Izard, Cambridge, 0; won by two hundred yards, bad third; time, 15min. 47 $\frac{2}{5}$ sec.

Hurdle Race, 120 Yards, 10 Flights.—H. K. Upcher, Oxford, 1; S. Roberts, Cambridge, 2; C. A. Bayly, Oxford, 3; W. C. R. Bedford, Cambridge, 0; won by three yards, half a foot between second and third; time, 16 $\frac{2}{5}$ sec.

High Jump.—M. J. Brooks, Oxford, 5ft. 10in., 1; M. Graham, Oxford, 5ft. 8 $\frac{1}{2}$ in., 2; E. S. Prior, Cambridge, 5ft. 4in., †; J. D. Cochrane, Cambridge, 5ft. 4in., †.

Wide Jump.—E. J. Davies, Cambridge, 22ft. 10 $\frac{1}{2}$ in., 1; H. K. Upcher, Oxford, 21ft. 9in., 2; E. R. Nash, Oxford, 20ft., 3; G. C. Macauley, Cambridge, 0.

Throwing the Hammer, 16lb.—G. H. Hales, Cambridge, 126ft. 9in., 1; J. D. Todd, Oxford, 120ft., 2; S. S. Brown, Oxford, 119ft. 6 $\frac{1}{2}$ in., 3; J. Paterson, Cambridge, 0.

Putting the Weight, 16lb.—S. S. Brown, Oxford, 37ft. 11in., 1; N. J. Littleton, Cambridge, 37ft. 8 $\frac{1}{2}$ in., 2; W. T. Winthrop, Cambridge, 36ft. 3in., 3; C. H. Hodges, Oxford, 0.

SECTION II.—Amateur Champions.

ONE HUNDRED YARDS RACE.

			Sec.
1866.	T. M. Colmore	... Oxford University A. C. ...	10 $\frac{1}{2}$
1867.	J. H. Ridley	... Eton College ...	10 $\frac{3}{4}$
1868.	W. M. Tennant	... Liverpool A. C. ...	10 $\frac{1}{2}$
1869.	J. G. Wilson	... Oxford University A. C. ...	10 $\frac{2}{5}$
1870.	A. J. Baker	... London A. C. ...	10
1871.	J. G. Wilson	... Oxford University A. C. ...	10 $\frac{2}{5}$
1872.	W. A. Dawson	... Cambridge University A. C....	10 $\frac{1}{2}$
1873.	J. Potter	... London A. C. ...	...
1874.	E. J. Davies	... Cambridge University A. C....	10 $\frac{1}{2}$

QUARTER MILE RACE.

			Sec.
1866.	J. H. Ridley	... Eton College ...	55
1867.	Ditto	... Ditto ...	52 $\frac{3}{4}$
1868.	E. J. Colbeck	... London A. C. ...	50 $\frac{2}{5}$
1869.	Ditto	... Ditto ...	53 $\frac{3}{5}$
1870.	A. R. Upcher	... Cambridge University A. C....	52 $\frac{3}{5}$
1871.	Ditto	... Ditto ...	51 $\frac{1}{5}$
1872.	R. Philpot	... Ditto ...	52 $\frac{1}{5}$
1873.	A. R. Upcher	... Ditto ...	53 $\frac{2}{5}$
1874.	G. A. Templar	... Ditto ...	53 $\frac{3}{4}$

HALF MILE RACE.

			Min.	Sec.
1866.	P. M. Thornton	Cambridge University A. C....	2	5
1867.	W. J. Frere	Oxford University A. C.	2	10
1868.	E. J. Colbeck	London A. C.	2	2
1869.	R. V. Somers-Smith	Oxford University A. C.	2	2 $\frac{3}{5}$
1870.	Ditto	Ditto	2	2
1871.	Hon. A. L. Pelham	Cambridge University A. C....	2	6
1872.	{ T. Christie	Oxford University A. C. }	dead heat.	2 1
	{ G. A. Templar	Camb. University A. C. }		
1873.	Hon. A. L. Pelham	Cambridge University A. C....	2	4 $\frac{4}{5}$
1874.	E. A. Sandford	Oxford University A. C.	2	4

ONE MILE RACE.

			Min.	Sec.
1866.	C. B. Lawes	Cambridge University A. C....	4	39
1867.	S. G. Scott	Oxford University A. C.	4	42
1868.	W. M. Chinnery	London A. C.	4	33 $\frac{1}{5}$
1869.	Ditto	Ditto	4	50
1870.	R. H. Benson	Oxford University A. C.	4	54 $\frac{3}{5}$
1871.	W. M. Chinnery	London A. C.	4	31 $\frac{4}{5}$
1872.	C. H. Mason	Ditto	4	42 $\frac{1}{4}$
1873.	W. Slade	Ditto	4	32 $\frac{3}{5}$
1874.	Ditto	Ditto	4	43

FOUR MILES RACE.

			Min.	Sec.
1866.	R. C. Garnett	Cambridge University A. C....	21	41
1867.	G. G. Kennedy	Ditto ditto	22	13
1868.	W. M. Chinnery	London A. C.	21	11
1869.	Ditto	Ditto	21	30
1870.	H. C. Riches	Ditto	21	24
1871.	J. Scott	Ditto	20	38
1872.	J. B. Edgar	Douglas, Isle of Man	21	31 $\frac{1}{4}$
1873.	A. F. Somerville	Cambridge University A. C....	21	38
1874.	W. Slade	London A. C.	20	52

WALKING RACE, SEVEN MILES.

			Min.	Sec.
1866.	J. G. Chambers	Cambridge University A. C....	59	32
1867.	J. H. Farnworth	Liverpool A. C.	58	12
1868.	W. Rye	London A. C.	57	40
1869.	T. Griffith	S. Essex A. C....	58	35
1870.	Ditto	Ditto	55	30
1871.	J. Francis	Ditto	58	9
1872.	T. R. Hogg	London A. C.	57	22
1873.	W. J. Morgan	Atalanta R. C.	54	57
1874.	Ditto	Ditto	55	26 $\frac{3}{4}$

HURDLE RACE, ONE HUNDRED AND TWENTY YARDS, TEN FLIGHTS.

			Sec.
1866.	T. Milvain ...	Cambridge University A. C. ...	17 $\frac{3}{4}$
1867.	T. Law ...	Ditto, ditto ...	
1868.	W. M. Tennent ...	Liverpool A. C. ...	17 $\frac{2}{5}$
1869.	G. R. Nunn ...	Guy's Hospital A. C. ...	18 $\frac{3}{5}$
1870.	J. L. Stirling ...	Cambridge University A. C. ...	17
1871.	E. S. Garnier ...	Oxford University A. C. ...	16 $\frac{3}{5}$
1872.	J. L. Stirling ...	Cambridge University A. C. ...	16 $\frac{1}{5}$
1873.	H. K. Upcher ...	Oxford University A. C. ...	
1874.	Ditto ...	Ditto ...	16 $\frac{1}{2}$

HIGH JUMP.

			Ft.	In.
1866.	{ T. G. Little ...	Cambridge University A. C. ... }	5	9
	{ J. H. T. Roupell ...	Ditto, ditto ... }		
1867.	{ C. E. Green ...	Ditto, ditto ... }	5	8
	{ T. G. Little ...	Ditto, ditto ... }		
1868.	R. J. C. Mitchell ...	Manchester A. C. ...	5	8
1869.	J. G. Hoare ...	Cambridge University A. C. ...	5	2
1870.	R. J. C. Mitchell ...	Manchester A. C. ...	5	9
1871.	Ditto ...	Ditto ...	5	9 $\frac{1}{2}$
1872.	E. S. Prior ...	Cambridge University A. C. ...	5	4
1873.	J. B. Hurst ...	Louth (Lincolnshire) A. C. ...	5	6
1874.	M. F. Brooks ...	Oxford University A. C. ...	5	11

WIDE JUMP.

			Ft.	In.
1866.	R. Fitzherbert ...	Cambridge University A. C. ...	19	8
1867.	Ditto ...	Ditto, ditto ...	19	4 $\frac{1}{2}$
1868.	R. J. C. Mitchell ...	Manchester A. C. ...	19	8 $\frac{1}{2}$
1869.	A. C. Tosswill ...	Oxford University A. C. ...	19	7
1870.	R. J. C. Mitchell ...	Manchester A. C. ...	19	11 $\frac{3}{4}$
1871.	{ E. J. Davies ...	Cambridge University A. C. ... }	20	4
	{ R. J. C. Mitchell ...	Manchester A. C. ... }		
1872.	E. J. Davies ...	Cambridge University A. C. ...	22	7
1873.	C. L. Lockton ...	London A. C. ...	19	4
1874.	E. J. Davies ...	Cambridge University A. C. ...	22	5

POLE JUMP.

			Ft.	In.
1866.	F. Wheeler ...	City Amateur A. C. ...	10	0
1867.	W. F. P. Moore ...	London A. C. ...	9	3
1868.	R. J. C. Mitchell ...	Manchester A. C. ...	10	6 $\frac{1}{2}$
1869.	R. G. Graham ...	Barnes F. C. ...	9	3
1870.	R. J. C. Mitchell ...	Manchester A. C. ...	10	3
1871.	Ditto ...	Ditto ...	10	0
1872.	H. C. Fellowes ...	Litchfield College ...	9	6
1873.	W. Kelsey ...	Hull A. C. ...	10	6
1874.	E. Woodburn ...	Ulverston C. C. ...	10	7

THROWING THE HAMMER—16LB.

			Ft.	In.
1866.	W. J. James	... Cambridge University A. C. ...	78	5
1867.	P. Halket	... London A. C. ...	94	7
1868.	H. Leeke	... Cambridge University A. C. ...	99	6
1869.	W. A. Burgess	... Oxford University A. C. ...	102	3
1870.	H. Leeke	... Cambridge University A. C. ...	102	0
1871.	W. A. Burgess	... Oxford University A. C. ...	105	5
1872.	H. Leeke	... Cambridge University A. C. ...	111	7
1873.	J. Patterson...	... Ditto, ditto ...	108	0
1874.	S. S. Brown	... Oxford University A. C. ...	120	0

PUTTING THE WEIGHT—16LB.

			Ft.	In.
1866.	C. Fraser	... London ...	*34	10
1867.	J. Stone	... Liverpool A. C. ...	36	6
1868.	Ditto	... Ditto ...	37	11
1869.	H. Leeke	... Cambridge University A. C. ...	31	4½
1870.	R. J. C. Mitchell	... Manchester A. C. ...	38	0
1871.	Ditto	... Ditto ...	38	8½
1872.	E. J. Bor	... London A. C. ...	42	5
1873.	Ditto	... Ditto ...	40	0
1874.	W. F. P. Moore	... Amateur A. C....	39	11

* The weight of the ball was accidently 18lb. 10oz.

CHAPTER XI.

THE ATHLETIC DIRECTORY.

[Corrected to February 1, 1875.]

HONORARY SECRETARIES are particularly requested to at once forward any alterations or corrections to the "PUBLISHER of 'MODERN ATHLETICS,' 346, Strand, London, W.C."

The Names and Postal Addresses of the Honorary Secretaries of the various Societies which hold Athletic Meetings annually throughout the world are given as far as possible. At Colleges and Schools where changes are frequent, owing to the students and pupils leaving, and at meetings where the Secretary's name cannot be ascertained, an (*) is appended before the direction, and it will be sufficient to address "The Hon. Sec., 'The Athletic Sports,' &c." e.g. "The Hon. Sec. 'The Athletic Sports,' Balliol College, Oxford;" or "The Hon. Sec., 'The Athletic Sports,' Cholmeley School, Highgate, N."

*ABINGDON SCHOOL, ABINGDON.

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- ✓ CONGLETON.—S. Fisher, Congleton.
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- *DULWICH COLLEGE, DULWICH, S.E.
- *DURHAM GRAMMAR SCHOOL, DURHAM.
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- *EASTBOURNE COLLEGE, EASTBOURNE.
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- *EDINBURGH UNIVERSITY ATHLETIC CLUB, EDINBURGH.
- EDWARDS AND ROBERTS'.—J. Martin, 16, Wardour-street, W.
- EGREMONT ATHLETIC CLUB.—R. Danson, 3, Seabank-road, Egremont, Birkenhead.
- *EMANUEL COLLEGE, CAMBRIDGE.
- ENGLISH CIVIL SERVICE.—W. Morse, War Office, Pall Mall, S.W.
- *EPSOM COLLEGE, EPSOM.
- ERITH AND BELVIDERE. — A. C. Lyster, Gisburne House, Lessness Heath.
- ETON COLLEGE.—The Captain of the Boats, Eton College, Windsor.
- *EXETER COLLEGE, OXFORD.
- EXMOUTH CRICKET CLUB.—G. Foster, Strand, Exmouth.
- FALL BARN.—W. Fielding, Fall Barn, Rawtenstall, Manchester.
- FARNHAM.—R. Mason, Farnham.
- ✓ FARNWORTH ATHLETIC CLUB.—J. Nunn, Widness, Warrington.
- *FELSTEAD SCHOOL, CHELMSFORD.
- *FOREST SCHOOL, WALTHAMSTOW, ESSEX, E.
- GAD'S HILL CRICKET CLUB.—J. A. Brown, Gad's Hill, Rochester.
- GERMAN GYMNASTIC SOCIETY.—C. Young, 30½, Old St. Pancras-road, N.W.
- GLASGOW ACADEMICAL CLUB.—C. T. Sloan, 106, Vincent-street, Glasgow.
- GLASGOW ALEXANDRA CLUB.—W. Dick, 73, Whitevale-street, Glasgow.
- *GLASGOW UNIVERSITY, GLASGOW.

- ✓ GLOSSOP CRICKET CLUB.—G. Williamson, 75, High-street East, Glossop, Derbyshire.
- *GODOLPHIN SCHOOL, HAMMERSMITH, W.
- *GONVILLE AND CAIUS COLLEGE, CAMBRIDGE.
- GRAPPENHALL.—H. C. Reynolds, Grappenhall, Warrington.
- ✓ GREAT HARWOOD CRICKET CLUB.—A. Birtwistle, Great Harwood, Accrington.
- GREAT MARLOW.—C. M. Footit, Marlow.
- GREAT WESTERN RAILWAY CRICKET CLUB.—J. Price, Goods Department, Paddington Station, W.
- GROVE HOUSE CRICKET CLUB.—J. W. Shrive, 71, Lisson-grove, N.W.
- *GUY'S HOSPITAL, ST. THOMAS'-STREET, BOROUGH, S.E.
- HACKNEY CRICKET CLUB.—W. R. Horncastle, 2, Queen-street, E.C.
- *HAILEYBURY COLLEGE, HERTS.
- HANOVER CRICKET CLUB.—S. C. Burleigh, 4, Adelphi-place, Cold Harbour-lane, Camberwell, S.E.
- *HARLOW COLLEGE, HARLOW.
- HARROW SCHOOL.—The President of the Philathletic Club, The School, Harrow.
- ✓ HASLINGDEN ATHLETIC CLUB.—W. H. Shaw, Haslingden.
- *HASTINGS AND ST. LEONARDS.—1, Bohemia-road, Hastings.
- HEALY HALL.—J. Mawson, Whitworth, Rochdale.
- HEDON ATHLETIC CLUB.—W. L. White, Hedon, Hull.
- *HEREFORD CATHEDRAL SCHOOL, HEREFORD.
- *HERTFORD COLLEGE, OXFORD.
- ✓ HEYWOOD.—C. Bamford, Heywood, Manchester.
- HITCHIN CRICKET AND FOOTBALL CLUB.—W. T. Lucas, Hitchin.
- ✓ HOLLINGWORTH LAKE.—R. Butterworth, Littleborough, Manchester.
- HONOURABLE ARTILLERY COMPANY.—R. H. Nunn, 2, Prince's-street, E.C.
- HORNSEA CRICKET CLUB.—R. J. Wade, Hornsea, Hull.
- HORNSEY CRICKET CLUB.—A. W. Crosse, Eagle House, Hornsey, N.
- ✓ HUDDERSFIELD ATHLETIC CLUB.—E. J. Pilling, Box 49, Huddersfield.
- *HULL AND E. RIDING COLLEGE, HULL.
- ✓ HULL TOWN CRICKET CLUB.—R. Carver, Hull.
- ✓ HYDE.—S. Green, Croft House, Hyde, Manchester.
- ILKLEY ATHLETIC CLUB.—J. Hammond, Ilkley, Leeds.
- IPSWICH AND SUFFOLK ATHLETIC ASSOCIATION.—H. W. Fisk, 20, Norwich-road, Ipswich.
- IRISH CHAMPION ATHLETIC CLUB.—H. W. D. Dunlop, Record of Titles Office, Dublin.
- IRISH CIVIL SERVICE ATHLETIC CLUB.—J. T. Hurford, 52, Serpentine Avenue, Dublin.
- ✓ IRLAM.—J. Maddick, Irlam, Manchester.

- ✓ ISLE OF MAN.—P. Kinley, Douglas, Isle of Man.
 ISLE OF MAN ODDFELLOWS.—C. Key, Leigh-terrace, Douglas, Isle of Man.
- *JESUS COLLEGE, CAMBRIDGE.
 *JESUS COLLEGE, OXFORD.
 *KEBLE COLLEGE, OXFORD.
- ✓ KENDAL CRICKET CLUB.—G. L. Hogarth, Kendal.
 *KENSINGTON GRAMMAR SCHOOL, 26, KENSINGTON-SQUARE, W.
 KILDARE CRICKET AND ROWING CLUB.—W. M. Stephens, 43, Westbourne-grove, W.
- *KING'S COLLEGE, CAMBRIDGE.
 *KING'S COLLEGE (LONDON) ATHLETIC CLUB, STRAND, W.C.
 *KING'S COLLEGE (LONDON) SCHOOL, STRAND, W.C.
- ✓ KNUTSFORD.—F. Merriman, Knutsford.
 LANCASTER ATHLETIC CLUB.—G. Loxam, 121, Moor-lane, Lancaster.
 LEEDS ATHLETIC CLUB.—J. H. Hudson, Leeds,
 *LEEDS GRAMMAR SCHOOL, LEEDS.
 LEICESTER ATHLETIC SOCIETY. — W. Howes, Upper King-street, Leicester.
- ✓ LEIGH CRICKET CLUB.—J. Edge, Leigh, Manchester.
 LEWES PRIORY CRICKET CLUB.—T. Chatfield, Lewes.
 LEWISHAM CRICKET CLUB.—F. R. Ingersoll, Lewisham, S.E.
 LEYTON AND WALTHAMSTOW.—J. S. Kennard, Grosvenor Park-road, Walthamstow, Essex.
- *LINCOLN COLLEGE, OXFORD.
 LINCOLN CRICKET AND FOOTBALL CLUB.—H. B. Bromhead, Lincoln.
 LITTLEHAMPTON.—W. Dyer, Littlehampton.
- ✓ LIVERPOOL AND BIRKENHEAD PARK CRICKET CLUBS.—J. E. Aspinall, 15, Mellor's-buildings, Exchange-street East, Liverpool.
 LLANDRINDOD.—E. Roberts, Llandrindod, Radnorshire.
- *LOCHIE HOUSE SCHOOL, EDINBURGH.
 *LODER'S CLUB, CHRIST CHURCH, OXFORD.
 LONDON ATHLETIC CLUB.—W. Waddell, 12, Queen Victoria-street, E.C.
 *LONDON INTERNATIONAL COLLEGE, SPRING GROVE, KEW BRIDGE, TURNHAM GREEN.
 LONDON RIFLE BRIGADE.—A. T. Ewens, 17, Finsbury-place South, E.C.
 LORDSHIP LANE CRICKET CLUB.—H. Wilkinson, 84, Redcliffe-gardens, West Brompton, S.W.
- LOUGHBOROUGH ATHLETIC CLUB.—H. S. Hedderley, Loughborough.
 LOUISVILLE ATHLETIC CLUB.—G. Rehm, Louisville, Kentucky, United States of America.
 LOUTH ATHLETIC CLUB.—W. E. Ditchett, Louth.
 LURGAN.—G. Hazlett, Lurgan, Ireland.

LYNN.—W. H. Jones, Market-place, Lynn.

LYONSDOWN CRICKET CLUB.—J. L. Pank, Marylands, Barnet.

MACCLESFIELD.—J. Skinner, Macclesfield.

*MADRAS COLLEGE, ST. ANDREWS.

*MAGDALEN COLLEGE, OXFORD.

*MAGDALEN COLLEGE (OXFORD) SCHOOL.

*MAGDALENE COLLEGE, CAMBRIDGE.

*MALVERN COLLEGE, MALVERN.

✓ MANCHESTER ATHENÆUM GYMNASTIC CLUB.—E. Moore, Athenæum Gymnastic Club, Manchester.

✓ MANCHESTER FOOTBALL CLUB.—J. Maclaren, 18, George-street, Manchester.

✓ MANCHESTER MECHANICS' INSTITUTE GYMNASTIC CLUB.—H. W. Henry, Mechanics' Institute, Manchester.

MANSFIELD FOOTBALL CLUB.—M. Ellison, Mansfield.

MARKET HARBOUROUGH.—R. Lawrence, Market Harborough.

MARLBOROUGH ATHLETIC CLUB.—W. S. Bambridge, Marlborough.

*MARLBOROUGH COLLEGE, MARLBOROUGH.

MARSHALL AND SNELLGROVE'S.—F. Bowness, 151, Oxford-street, W.

*MERCHANT TAYLORS' SCHOOL, SUFFOLK-LANE, CANNON-STREET, E.C.

*MERCHISTON CASTLE SCHOOL, EDINBURGH.

MERTHYR TYDVIL CRICKET CLUB.—R. K. Milligan, Merthyr Tydvil.

*MERTON COLLEGE, OXFORD.

MOSELEY HARRIERS.—C. T. Green, Moseley, Birmingham.

✓ NATIONAL OLYMPIAN ASSOCIATION.—J. P. Brooks, Much Wenlock, Shropshire.

*NEW COLLEGE, OXFORD.

NEW YORK ATHLETIC CLUB.—*20, St. Mark's-place, New York, United States of America.

NEWARK FOOTBALL CLUB.—J. Deny, Newark.

NEWCASTLE-ON-TYNE CRICKET CLUB.—J. G. Boss, Newcastle-on-Tyne.

NEWCASTLE-UNDER-LYME.—T. Slaney, Newcastle, Staffordshire.

*NEWTON COLLEGE, NEWTON ABBOT.

NORTH DURHAM CRICKET CLUB.—J. Johnson, Gateshead.

*NORTH LONDON HARRIERS.—"The Spaniards," Hampstead Heath, N.W.

NORTH OF IRELAND CRICKET CLUB.—J. Allen, Pavilion, Belfast.

✓ NORTH STAFFORDSHIRE BREWERY ATHLETIC CLUB.—J. Barlow, North Staffordshire Brewery, Newcastle, Staffordshire.

NORTHAMPTON ATHLETIC CLUB.—C. J. Norman, 20, Newland, Northampton.

NORTHERN ATHLETIC CLUB.—W. C. Cutter, Newcastle-on-Tyne.

NORTHUMBERLAND CRICKET CLUB.—W. Grace, Newcastle-on-Tyne.

✓ NORTHWICH CRICKET CLUB.—W. C. Cheshire, Heywood, Manchester.

- ✓ NOTTINGHAM FOOTBALL CLUB.—E. H. Greenhalgh, Hounds Gate, Nottingham.
- ✓ NOTTINGHAM FOREST FOOTBALL CLUB.—J. White, Maypole Yard, Nottingham.
- ✓ NOTTINGHAM PHILATHLETIC ASSOCIATION.—S. W. Widdowson, Nottingham.
- OAKFIELD CRICKET CLUB.—F. West, The Waldrons, Croydon.
- *OAKHAM SCHOOL, OAKHAM.
- OLD BOND STREET ATHLETIC CLUB.—C. Nicholls, 10, Old Bond-street, W.
- OLNEY.—H. H. Booth, Olney, Newport Pagnel.
- *ORIEL COLLEGE, OXFORD.
- ✓ ORMSKIRK.—W. L. Hutton, Fairfield House, Ormskirk.
- ✓ ORMSKIRK CRICKET CLUB.—T. Esther, Ormskirk.
- OTLEY CRICKET CLUB.—A. H. Barker, Otley.
- ✓ *OWEN'S COLLEGE, MANCHESTER.
- OXFORD CHURCHMEN'S UNION.—N. R. Bowden, Oxford.
- ✓ OXFORD UNIVERSITY ATHLETIC CLUB.—J. D. Todd, Lincoln College, Oxford.
- ✓ PATRICROFT CRICKET CLUB.—E. B. Walker, Patricroft, Manchester.
- PECKHAM ATHLETIC CLUB.—F. T. Pridmore, Rye House Inn, Peckham Rye, S.E.
- *PEMBROKE COLLEGE, CAMBRIDGE.
- *PEMBROKE COLLEGE, OXFORD.
- ✓ ~~P~~PENDLEBURY, SWINTON, AND CLIFTON.—W. Monks, Pendlebury, Manchester.
- PENISTONE.—T. M. Lewes, Penistone, Sheffield.
- PINNER CRICKET CLUB.—S. F. Weall, Pinner, Watford.
- ✓ PRESTON GYMNASIUM CLUB.—W. Platt, Bairstow-street, Preston.
- PRIVATE BANKS' CRICKET CLUB.—C. H. Ruffles, 1, Lombard-street, E.C.
- *QUEEN'S COLLEGE, BELFAST.
- *QUEENS' COLLEGE, CAMBRIDGE.
- *QUEEN'S COLLEGE, CORK.
- *QUEEN'S COLLEGE, GALWAY.
- *QUEEN'S COLLEGE, OXFORD.
- ✓ RAMSBOTTAM.—R. W. Hurst, Ramsbottam, Manchester.
- RAILWAY CLEARING HOUSE.—T. Reid, 123, Seymour-street, Euston-square, N.W.
- RAVENS COURT PARK CRICKET AND FOOTBALL CLUB.—G. F. Congreve, Exchequer and Audit Department, Somerset House, W.C.

- READING CRICKET CLUB.—H. H. Jones, Rose Cottage, Erleigh, Reading.
- READING ROWING CLUB.—H. Lucas, Reading.
- *READING SCHOOL, READING.
- *REPTON SCHOOL, BURTON-ON-TRENT.
- ✓ RICHMOND (SURREY) CRICKET CLUB.—E. H. Ash, Streatham Lodge, Richmond, Surrey, S.W.
- RICHMOND (YORKSHIRE) CRICKET CLUB.—R. H. Bellews, Richmond, Yorkshire.
- RIPLEY.—J. Burch, Mount Pleasant, Ripley, Derby.
- ✓ ROCHDALE ATHLETIC CLUB.—A. F. Bramhall, 9, Blackwater-street, Rochdale.
- *ROSSALL SCHOOL, FLEETWOOD.
- *ROYAL AGRICULTURAL COLLEGE, CIRENCESTER.
- *ROYAL MILITARY ACADEMY, WOOLWICH. S.E.
- ROYAL MILITARY COLLEGE.—Capt. E. A. Anderson, Royal Military College, Farnborough Station.
- *ROYAL NAVAL SCHOOL, NEW CROSS, S.E.
- *RUGBY SCHOOL, RUGBY.
- ✓ RUNCORN.—W. Westover, 19, High-street, Runcorn.
- ✓ RUSHOLME GYMNASTIC CLUB.—H. Nall, Public Hall, Rusholme, Manchester.
- SACRISTAN.—R. Oliver, Sacristan, Durham.
- ST. ALBANS CRICKET CLUB.—A. H. Debenham, St. Albans.
- *ST. ANDREW'S COLLEGE, BRADFIELD, READING.
- *ST. ANDREW'S UNIVERSITY, ST. ANDREW'S.
- *ST. BARTHOLOMEW'S HOSPITAL, SMITHFIELD, E.C.
- *ST. CATHERINE'S COLLEGE, CAMBRIDGE.
- *ST. DAVID'S COLLEGE, LAMPETER, CARDIGANSHIRE.
- ST. HELEN'S CRICKET CLUB.—W. Foreman, Church-street, St. Helen's.
- *ST. JOHN'S COLLEGE, CAMBRIDGE.
- *ST. JOHN'S COLLEGE, HURSTPIERPOINT.
- *ST. JOHN'S COLLEGE, OXFORD.
- *ST. JOHN'S WOOD COLLEGIATE SCHOOL.—12, Winchester-road, Avenue-road, N.W.
- *ST. LEONARDS-ON-SEA SCHOOL, HASTINGS.
- ST. PAUL'S ATHLETIC CLUB.—A. J. Pretty, 3, St. Paul's Churchyard, E.C.
- *ST. PAUL'S SCHOOL, ST. PAUL'S CHURCHYARD, E.C.
- *ST. PETER'S COLLEGE, CAMBRIDGE.

- *ST. PETER'S COLLEGE, RADLEY, ABINGDON.
- *ST. PETER'S COLLEGE, WESTMINSTER, S.W.
- *ST. PETER'S COLLEGE, YORK.
- ✓ SALE AND ASHTON-ON-MERSEY.—T. H. Firth, Holme Field, Sale, Manchester.
- SALISBURY.—S. E. K. Welch, Salisbury.
- *SECOND TRINITY, CAMBRIDGE.
- ✓ SHEFFIELD FOOTBALL CLUB.—H. W. Chambers, 14, Bank-street, Sheffield.
- *SHERBORNE SCHOOL, SHERBORNE.
- *SHREWSBURY ROYAL SCHOOL, SHEWSBURY.
- *SIDNEY COLLEGE, BATH.
- *SIDNEY SUSSEX COLLEGE, CAMBRIDGE.
- SOUTH LONDON HARRIERS.—H. F. Bates, 3, St. John's-terrace, Crystal Palace-road, East Dulwich, S.E.
- SOUTH NORWOOD ATHLETIC CLUB.—C. E. Leeds, Selhurst-road, South Norwood, S.E.
- ✓ SOUTHPORT ATHLETIC CLUB.—W. B. Leeming, Southport.
- SPALDING.—J. R. Capps, Spalding.
- SPARTAN HARRIERS.—A. Scott, 23, Eden-grove, Holloway, N.
- ✓ STALYBRIDGE ATHLETIC SOCIETY.—L. W. Marsland, Stalybridge.
- *STAMFORD HILL SCHOOL, STAMFORD HILL, STOKE NEWINGTON, N.
- STAVELY.—R. Barlow, Stavely, Chesterfield.
- ✓ STOCKPORT.—F. Moody, Wellington-road South, Stockport.
- STOW-ON-THE-WOLD.—F. C. Jacobs, Stow-on-the-Wold, Moreton-in-Marsh.
- SURREY ATHLETIC CLUB.—G. T. Cox, 3, St. Saviour's-villas, Herne Hill-road, Brixton, S.W.
- *SUTTON COLDFIELD GRAMMAR SCHOOL, BIRMINGHAM.
- SWANSEA CRICKET CLUB.—W. A. Essery, 94, Mansel-street, Swansea.
- *TAUNTON COLLEGE, TAUNTON.
- TEWKESBURY.—F. Moore, Tewkesbury.
- THAMES HARE AND HOUNDS.—W. Rye, The Limes, Fairfield, Wandsworth, S.W.
- THAMES STEEPLECHASES.—W. Rye, The Limes, Fairfield, Wandsworth, S.W.
- *THIRD TRINITY AND KING'S COLLEGE, CAMBRIDGE.—Trinity College, Cambridge.
- ✓ TODMORDEN.—J. Bentley, jun., Todmorden.
- *TOOTING COLLEGIATE SCHOOL, TOOTING, SURREY, S.W.
- TOPSHAM AND WOODBURY.—T. D. Hayman, Topsham.

TORQUAY CRICKET CLUB.—C. W. Kitson, Torquay.

TOTTENHAM HOUSE CRICKET CLUB.—H. J. Martin, 156, Tottenham Court-road, W.

*TRENT COLLEGE, TRENT.

*TRINITY COLLEGE, CAMBRIDGE.

*TRINITY COLLEGE, OXFORD.

*TRINITY HALL, CAMBRIDGE.

*TUNBRIDGE SCHOOL, TUNBRIDGE.

UNITED HOSPITALS.—H. Lyne, St. George's Hospital, W.

*UNIVERSITY COLLEGE (LONDON), GOWER-STREET, W.C.

*UNIVERSITY COLLEGE (LONDON) SCHOOL, GOWER-STREET, W.C.

*UNIVERSITY COLLEGE, OXFORD.

UPPER CLAPTON CRICKET CLUB.—J. M. Wohlgemuth, 19, Buccleuch-terrace, Upper Clapton, E.

✓ UPPINGHAM SCHOOL — The Captain of the Games, The School, Uppingham.

UPTON PARK FOOTBALL CLUB.—A. Stair, Upton, Stratford, E.

UXBRIDGE CRICKET CLUB.—E. Willis, 90, St. Andrew's, Uxbridge.

*WADHAM COLLEGE, Oxford.

WAKEFIELD CRICKET CLUB.—J. C. Marks, Wakefield.

✓ WARRINGTON.—W. Milner, Springfield, Warrington.

WELLINGBOROUGH.—S. E. Hollis, Wellingborough.

*WELLINGTON COLLEGE, WOKINGHAM.

WELLS.—A. F. Somerville, Dinder House, Wells, Somerset.

*WELSH COLLEGIATE INSTITUTION, PROSPECT HOUSE, LLANDOVERY, CARMARTHENSHIRE.

WERNETH.—J. Duxbury, Werneth, Oldham.

WEST LONDON ROWING CLUB.—J. Donaldson, 5, Prince's-street, E.C.

✓ WESTERN CRICKET CLUB.—R. Hampson, Eccles, Manchester.

WEST KENT FOOTBALL CLUB.—W. W. Thomson, Morden, Surrey.

WESTON-SUPER-MARE AND EAST SOMERSET ATHLETIC SOCIETY.—T. Blackmore, Weston-super-Mare.

✓ WIDNES ATHLETIC CLUB.—C. E. Barlow, Widnes.

*WIMBLEDON COLLEGE, WIMBLEDON, S.W.

*WINCHESTER COLLEGE, WINCHESTER.

WINDSOR AND ETON ALEXANDRA CRICKET CLUB.—A. J. Hudson, 2, Nella Villas, Windsor.

WITNEY.—E. French, 33, Bridge-street, Witney.

WOODFORD WELLS FOOTBALL CLUB HARE AND HOUNDS.—A. H. Tozer, Ivy Lodge, Woodford Green.

WOOD GREEN CRICKET CLUB.—E. Bloomfield, Milbone Villa, Wood Green, N.

WOOTTON.—A. Sharples, Wootton, Liverpool.

*WORCESTER CATHEDRAL SCHOOL, WORCESTER.

*WORCESTER COLLEGE, Oxford.

WORKING MEN'S CLUB AND INSTITUTE UNION.—W. Allan, 150, Strand, W.C.

WORTHING.—L. Obeirne, Worthing.

YORKSHIRE STEEL AND IRON WORKS CRICKET CLUB.—T. M. Lewis, Yorkshire Steel and Iron Works, Penistone, Sheffield.

CHAPTER XII.

BEST PERFORMANCES ON RECORD.

[Corrected to February 6, 1875.]

SECTION I.—Walking.

In none of the cases quoted were any cautions received.
Professional.

Distance.	Time.	Name.	Weight.	Height.	Date and Place.	Referees.	Remarks.
1 Mile.	H. M. S. 0 6 23	W. Perkins, Old Kent Road.	st. lb. 9 4	ft. in. 5 6	June 1, 1874, Lillie Bridge Grounds, London.	E. Smith of <i>Bell's Life</i> .	Beat W. J. Stockwell, Camberwell, by 100yds. in three mile match. $\frac{1}{4}$ mile, 1m. 22s.; $\frac{1}{2}$ mile, 2m. 56s.; $\frac{3}{4}$ mile, 4m. 40s. Weather very fine.
2 Miles.	0 13 30	"	"	"	"	"	
3 Miles.	0 20 27	"	"	"	"	"	
4 Miles.	0 29 13	W. J. Stockwell, Camberwell	8 12	5 7	Feb. 14, 1870, Prince of Wales', Ground, Bow.	H. Woodstock, late of <i>Bell's Life</i> .	Received 30sec. start of G. Davison. Hoxton, in six mile match, and won easily. 1 mile, 6m. 50s.; 2 miles, 14m. 14s.; 3 miles, 21m. 33s., Weather cold and damp.
5 Miles.	0 36 51	"	"	"	"	"	
6 Miles.	0 44 39	"	"	"	"	"	
7 Miles.	0 54 10	G. Davison, Hoxton.	10 1	5 9 $\frac{1}{2}$	Dec. 6, 1869, Late Hackney Wick Ground.	J. Jenn, of <i>Bell's Life</i> .	In match to walk 21 miles in three hours, which he did easily. 1 mile, 7m. 22s.; 2 miles 15m. 1s.; 3 miles, 22m. 56s.; 4 miles, 30m. 50s.; 5 miles 38m. 40s.; 6 miles, 46m. 35s. Weather cold and damp.
8 Miles.	1 1 48	"	"	"	"	"	
9 Miles.	1 9 41	"	"	"	"	"	
10 Miles.	1 17 33	"	"	"	"	"	
11 Miles.	1 25 30	"	"	"	"	"	
12 Miles.	1 33 26	"	"	"	"	"	
13 Miles.	1 41 27	"	"	"	"	"	
14 Miles.	1 49 27	"	"	"	"	"	
15 Miles.	1 57 41	"	"	"	"	"	
16 Miles.	2 6 1	"	"	"	"	"	
17 Miles.	2 14 36	"	"	"	"	"	
18 Miles.	2 23 40	"	"	"	"	"	
19 Miles.	2 33 2	"	"	"	"	"	
20 Miles.	2 42 48	"	"	"	"	"	
21 Miles.	2 53 34	"	"	"	"	"	

Professional Walking—(continued).

BEST PERFORMANCES ON RECORD.

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Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Referees	Remarks.
22 Miles.	H. M. S. 3 11 35	The late J. Smith, Ipswich.	35	st. lb. 7 7	ft. in. 5 4½	Nov. 10, 1851, Late Copenhagen House Ground, Islington.	The late J. G. Willey, of <i>Bell's Life</i> , and the late H. Holt, of <i>The Era</i> .	Won 25 mile handicap from scratch by 3yds., defeating the late C. West- hall, Tottenham Court Road. and W. Spooner, Turnham Green, each scratch; the late J. Heaver, Ham- mersmith, and the late E. Ferguson, Long Acre, each 2m.; and W. Bennett, Ealing, 2½m. 7 miles, 58m. 30s.; 8 miles, 1h. 6m. 45s.; 10 miles, 1h. 23m. 30s.; 14 miles, 1h. 59m.; 15 miles, 2h. 7m. 40s.; 20 miles, 2h. 53m. 30s.; 21 miles, 3h. 2m. 25s.
23 Miles.	3 20 39	"	"	"	"	"	"	
24 Miles.	3 30 58	"	"	"	"	"	"	
25 Miles.	3 42 16	"	"	"	"	"	"	
26 Miles.	4 13 40	The late S. East, Westminster.	29	10 4	5 7½	June 21, 1848, Over a measured mile, on Turnpike Road, Harlington Corner, Hounslow.	The late G. V. Dowling, of <i>Bell's Life</i> .	Received 2m. start of W. Mountjoy, Brompton (Kent), in 30 mile match, and won easily. 2 miles, 17m. 30s.; 4 miles, 35m.; 6 miles, 52m. 55s.; 8 miles, 1h. 11m. 35s.; 10 miles, 1h. 30m. 57s.; 12 miles, 1h. 49m. 54s.; 14 miles, 2h. 9m. 20s.; 16 miles, 2h. 29m. 28s.; 18 miles, 2h. 49m.; 20 miles, 3h. 9m. 10s.; 22 miles, 3h. 30m. 28s.; 24 miles, 3h. 52m. 20s.
28 Miles.	4 36 50	"	"	"	"	"	"	
30 Miles.	4 58 0	"	"	"	"	"	"	
32 Miles.	5 29 0	The late R. Fuller, Paddington.	33	10 0	5 9½	May 1, 1848, Over a measured mile, on Turnpike Road, Harlington Corner, Hounslow.	The late G. V. Dowling, of <i>Bell's Life</i> , and O. Swift.	Defeated easily by W. Mountjoy, Brompton (Kent), in a 40 mile match after leading for 36 miles. 2 miles, 18m. 18s.; 4 miles, 36m. 29s.; 6 miles, 55m. 22s.; 8 miles, 1h. 14m. 35s.; 10 miles, 1h. 33m. 45s.; 12 miles, 1h. 53m. 40s.; 14 miles, 2h. 14m.; 16 miles, 2h. 35m. 30s.; 18 miles, 2h. 57m. 30s.; 20 miles, 3h. 20 m. 30s.; 22 miles, 3h. 41m.; 24 miles, 4h. 1m 15s.; 26 miles, 4h. 22m. 20s.; 28 miles, 4h. 43m. 10s.; 30 miles, 5h 5m. 10s.
34 Miles.	5 49 40	"	"	"	"	"	"	
36 Miles.	6 14 0	"	"	"	"	"	"	

Professional Walking—(continued).

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Referees.	Remarks.
38 Miles.	11 M. 8 6 36 26	The late R. Fuller, Paddington.	22	st. lb. 9 13	ft. in. 5 9½	Feb 16, 1837, Over a measured mile, on Turnpike Road, Wimbledon Common.	The late T. Spring.	Beat the late R. Burn, Sackville Street by 2 miles in 40 miles match. 2 miles, 19m.; 4 miles, 38m 15s.; 6 miles, 57m. 44s.; 8 miles, 1h. 17m. 10s.; 10 miles, 1h. 36m. 46s.; 12 miles, 1h. 56m. 47s.; 14 miles, 2h. 17m.; 16 miles, 2h. 37m. 40s.; 18 miles, 2h. 58m. 26s.; 20 miles, 3h. 19m. 53s.; 22 miles, 3h. 41m. 35s.; 24 miles, 4h. 3m. 11s.; 26 miles, 4h. 24m. 35s.; 28 miles, 4h. 47m. 36s.; 30 miles, 5h. 9m.; 32 miles, 5h. 31m. 50s.; 34 miles, 5h. 53m. 20s.; 36 miles, 6h 15m. 24s.
40 Miles.	7 1 5	"	"	"	"	"	"	
41 Miles.	7 40 9	J. Redfern, Shoreditch.	43	7 12	5 3½	June 26, 1871, Prince of Wales' Ground, Bow.	J. Jeun, of <i>Bell's Life</i> .	In match to walk 50 miles in 10h., which he did easily. 1 mile, 10m. 59s.; 2 miles, 22m.; 3 miles, 32m 57s.; 4 miles, 43m. 30s.; 5 miles, 54m. 5s.; 6 miles, 1h. 4m. 35s.; 7 miles, 1h. 15m. 3s.; 8 miles, 1 h. 25m. 20s.; 9 miles, 1h. 35m. 35s.; 10 miles 1h. 45m. 53s.; 11 miles, 1h. 56m. 8s.; 12 miles, 2h. 6m. 25s.; 13 miles, 2h. 16m. 50s.; 14 miles, 2h. 27m. 17s.; 15 miles, 2h. 37m. 54s.; 16 miles, 2h. 48m. 26s.; 17 miles, 2h. 59m.; 18 miles 3h. 9m. 40s.; 19 miles, 3h. 20m. 32s.; 20 miles, 3h 31m. 26s.; 21 miles, 3h. 42m. 22s.; 22 miles, 3h. 53m. 3s.; 23 miles, 4h. 7m. 37s.; 24 miles, 4h. 21m. 43s.; 25 miles, 4h. 33m. 27s.; 26 miles, 4h. 44m. 25s.; 27 miles, 4h. 55m. 47s.; 28 miles, 5h. 7m. 15s.; 29 miles, 5h. 18m. 40s.; 30 miles, 5h. 30m. 2s.; 31 miles, 5h. 41m. 38s.; 32 miles, 5h. 58m. 23s.; 33 miles, 6h. 9m. 24s.; 34 miles, 6h. 20m. 25s.; 35 miles, 6h. 31m. 20s.; 36 miles, 6h. 42m. 49s.; 37 miles, 6h 54m 11s.; 38 miles, 7h 5m. 38s.; 39 miles, 7h. 7m. 14s.; 40 miles, 7h 28m 44s.
42 Miles.	7 51 40	"	"	"	"	"	"	
43 Miles.	8 3 12	"	"	"	"	"	"	
44 Miles.	8 15 12	"	"	"	"	"	"	
45 Miles.	8 27 13	"	"	"	"	"	"	
46 Miles.	8 39 33	"	"	"	"	"	"	

Professional Walking—(continued).

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Ref. rees.	Remarks.
48 Miles.	H. M. S. 8 52 0	The late R. Fuller, Paddington.	23	st. lb. 10 0	ft. in. 5 9½	Sept. 18, 1838, From 11th to 13th milestone on Hampton and Staines Road.	The late G. V. Dowling, of <i>Bell's Life</i> .	Beat the late J. Townsend, Lewes, who only went 35½ miles, easily in 60 miles match. 4 miles, 37m. 55s.; 8 miles 1h. 17m. 18s.; 12 miles, 1h. 57m. 20s.; 16 miles, 2h. 38m. 9s.; 20 miles, 3h. 21m. 2s.; 24 miles, 4h. 5m. 20s.; 28 miles, 4h. 55m. 35s.; 32 miles, 5h. 41m. 30s.; 36 miles, 6h. 26m. 43s.; 40 miles, 7h. 10m. 39s.; 44 miles, 8h. 45s. Going very dry, loose, and bad.
50 Miles.	9 28 0	The late J. Townsend, Lewes.	45	10 2	5 5½	Sept. 9, 1836, From 5th to 6th mile- stone on Blackheath and Shooter's Hill Road.	Ditto.	Beat W. Smith, Greenwich, easily in 50 miles match. 6 miles, 65m. 30s.; 10 miles, 1h. 34m. 30s.; 14 miles, 2h. 16m.; 18 miles, 3h. 6m.; 25 miles, 4h. 20m. 30s.; 31 miles, 5h. 35m.; 33 miles, 5h. 58m.; 41 miles, 8h. 33m. Smith afterwards emigrated to Australia, and no record is ex- tant whether he is now dead or alive.
52 Miles.	9 51 0	The late R. Fuller, Paddington.	23	10 0	5 9½	Sept. 18, 1838,	Ditto.	<i>Vide</i> above.
56 Miles.	10 48 8	"	"	"	"	"	"	"
60 Miles.	11 36 30	"	"	"	"	"	"	"
138 Miles.	32 40 0	The late J. Smith, Ipswich.	49	—	5 4½	Feb. 5 and 6, 1866, From the Golden Fleece Inn, Ipswich, to the Bull Inn, Ald- gate (London), and back.	—	In match to walk the distance in 36h., which he won by 2h. 20m. 18 miles, 3h. 30m.; 40 miles, 8h. 10m.; 69 miles, 15h.; 98 miles, 23h. 15m.; 120 miles, 28h. Strong and contrary winds were encountered the first half of the journey.

The greatest distance ever walked in one hour is 7 miles, 1380 yards, by G. Davison, Hoxton, in his 21 mile match quoted above.

The greatest distance ever walked in two hours is 15 miles, 508 yards, by the same pedestrian, on the same occasion.

The greatest distance ever walked in three hours is 21 miles 147 yards, by the late C. Westhall, Tottenham Court Road, on the London and Cambridge road at Newmarket, Feb. 20 1858. It was a match to walk 21 miles in three hours, which he did, with 59s. to spare, besides going 147 yards over the distance in a high wind and very cold weather. Age, 35; weight, 9st. 12lb.; height, 5ft. 10in. Referee, the late W. Shepherd, Birmingham. 1 mile, 8m. 6s.; 2 miles, 16m. 38s.; 7 miles, 56m.; 14 miles, 1h. 55m. 50s.; 20 miles, 2h. 49m. 48s.

Amateur Walking.

Distance.	Time. h. m. s.	Name.	Age.	Weight. st. lb.	Height. ft. in	Date and Place.	Referees.	Remarks.
1 Mile.	0 6 48	T. Griffith, S. Essex A.C.	26	10 2	6 0	Aug 6, 1870, Grammar School Cricket Ground, Leeds.	J. H. Kitson, Leeds A.C., and W. Prest, Sheffield F.C.	In Leeds A.C. two miles race, where- in he defeated A. Gomersal. Dal- ton; J. E. Bentley, London A.C.; and W. Tebb, Sheffield F.C. Two miles, 14m. 34s.
2 Miles.	0 14 20	"	27	"	"	April 27, 1872, at Green Man Ground, Ealing.	J. E. Kent, late of <i>Bell's Life</i> .	Gave J. Lewis, Great Western Rail- way A. and C.C., 1m. start in 2 miles match, and won easily.
3 Miles.	0 22 34	W. J. Morgan, Atalanta R.C.	28	8 6	5 5½	April 5, 1873, Lillie Bridge Grounds, London.	T. Griffith, of <i>Bell's Life</i> .	In seven miles amateur championship race, beating H. W. Steib, Preston A.C.; A. Gilmore, Cambridge Uni- versity A.C.; G. Duxfield, South- port; and E. A. Dawes, Romford, easily, 1 mile, 6m. 56s.; 2 miles, 14m. 38s.
4 Miles.	0 30 37	"	"	"	"	"	"	
5 Miles.	0 38 45	"	"	"	"	"	"	
6 Miles.	0 46 57	"	"	"	"	"	"	
7 Miles.	0 54 57	"	"	"	"	"	"	
8 Miles.	1 8 50	F. Pace, London.	24	10 0	5 11	March 11, 1865, Prince of Wales's Ground, Bow.	The late C. West- hall, of <i>Bell's Life</i> .	In a ten mile match with H. W. Pe- therick, whom he beat easily. One mile time, 7m. 50s.; two, 16m. 29s.; three, 25m. 2s.; four, 33m. 30s.; five, 42m. 30s.; six, 51m. 10s.; seven, 59m. 52s. Very high wind.
9 Miles.	1 17 45	"	"	"	"	"	"	
10 Miles.	1 26 37	"	"	"	"	"	"	
20 Miles.	3 20 50	"	23	"	"	April 23, 1864, the late Garrett Lane Ground, Wandsworth.	H. Cordingley, Master, Mercantile Marine	In a fifty-mile race, beating T. W. Thomson, London A.C.; C. Hard- ing, and A. Heron. Ten mile time, 1h. 36m. 50s.
21 Miles.	3 29 0	— Thomas, City Road.	—	—	—	Jan. 7, 1847, Over a measured mile on Sunbury Common.	W. C. Brown, Cork Street.	In match to walk 21 miles in 3½h. which he won by a minute.
40 Miles.	7 35 30	The late E. G. Peacock, London R.C.	—	10 6	—	Nov. 19, 1852, Over a measured mile on Turnpike Road at Sutton.	The late J. De C. Ogrady, of <i>Bell's Life</i> .	In match to walk 40 miles in 8h., which he did easily. 12 miles, 1h. 59m. 30s.; 18 miles, 3h. 3m.; 20 miles, 3h. 27m. Heavy rain fell during last four miles.
50 Miles.	9 58 5	F. Pace, London.	23	10 0	5 11	April 23, 1864.	H. Cordingley, Master, Mercantile Marine.	<i>Vide</i> above.

Amateur Walking—(continued).

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Referee.	Remarks.
73 Miles.	H. M. S. 18 50 0	{ The late F. Boydell and the late E. G. Peacock, both London R.C.	—	st. lb. — 10 6	ft. in. — —	May 26, 1859.	The late R. Fuller, Paddington.	Both undertook to walk from London to Dover, 73 miles, in 23h. over a hilly road, and won easily.

The greatest distance ever walked in five hours is 28½ miles, by F. Pace, London, in his 50 mile match quoted above.

The late Captain R. B. Allardice, 23rd Fusiliers, walked 1000 miles in 1000 consecutive hours, one single mile in each single hour, on Newmarket Heath, between June 1 and July 12 inclusive, 1899, for a bet of 1000 guineas a-side, the late Mr. Wedderburn Webster backing time. Relays of umpires and timekeepers watched him throughout. Captain Allardice was 29½ years of age, 5ft. 10in. in height, weighed 13st. 4lb. at starting, and 11st. at the finish.

SECTION II.—**Running.**
Professional.

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Timekeepers.	Remarks.
100 Yards.	H. M. S. 0 0 9½	G. Seward, New- haven, Connecticut, U.S. of America.	27	st. lb. 10 9	ft. in. 5 7	September 30, 1844, on Turnpike Road, Seven Stars Inn, Hammersmith.	J. Howitt, Norwich.	Beat the late W. Robinson, Newton Moor, by 2yds.
120 Yards.	0 0 11½	"	29	"	"	May 3, 1847, Emmerson's late Ground, Ealing.	E. Smith, of <i>Bell's Life</i> .	Beat the late C. Westhall, Tottenham Court Road, by 3yds.
130 Yards.	0 0 12½	J. Barber, Attercliffe.	21	10 7	5 6½	April 7, 1874, Newhall Ground, Sheffield.	J. Vandy, of <i>Bell's Life</i> .	Won final heat of 210yds. handicap with 80yds. start, beating S. Boswell, Birmingham, 79yds.; C. Kitchen, Thorne, 75½yds.; and J. Warren, Southampton, 74½yds., by 1yd. Weather fine and clear, very strong favourable wind.
140 Yards.	0 0 14	W. G. Scarlet, Newcastle-on-Tyne.	32	9 2	5 7½	Sept. 7, 1841, North Turnpike Road, Newcastle-on-Tyne	J. D. Parrott, Newcastle-on-Tyne.	Beat J. Gealy, Berwick-on-Tweed, by 2½yds.

Professional Running—(continued).

Distance.	Time. H. M. S.	Name.	Age.	Weight. st. lb.	Height. ft. in.	Date and Place.	Timekeepers.	Remarks.
150 Yards.	0 0 15	The late C. Westhall, Tottenham Court Road.	28	9 12	5 10	Feb. 4, 1851, Bellevue Ground, Manchester.	The late J. Roberts, West London Ground, Brompton.	Beat W. Hayes, Paddington, by 2½yds.
200 Yards.	0 0 19½	G. Seward, New- haven, Connecticut, U.S. of America.	29	10 9	5 7	March 22, 1847, F. Kay's late Ground, Gannick Corner, Barnet.	E. Smith, of <i>Bell's Life</i> .	Beat the late C. Westhall, Tottenham Court Road, by 2½yds.
300 Yards.	0 0 31.	J. Nuttall, Manchester.	21	10 4	5 8	April 27, 1863, City Ground, Manchester.	The late G. Martin and the late W. Price, Hackney Wick.	Beat G. Beddow, London, in final heat of 300yds. sweepstakes easily.
350 Yards.	0 0 40	G. Walsh, Royton.	28	10 7	5 6½	April 13, 1872, Royal Oak Park Ground, Manchester.	J. Cooper, Manchester.	Beat H. Whitehead, Hyde, by 3yds.
400 Yards.	0 0 45	T. Brian, Bradford, Yorkshire.	20	8 8	5 9	Feb. 28, 1841, Doncaster Race Course Road.	The late J. Holden, Sen., Manchester.	Beat the late G. Moore, Leicester, by 3yds.
Quarter Mile.	0 0 48½	R. Buttery, Sheffield.	29	11 3	5 9½	Oct. 4, 1873, Gateshead Borough Ground, Newcastle-on-Tyne.	W. Oldham.	Beat A. Perie, Kelso, 20yds.; P. Bridge, Blackburn, 19yds.; and R. Herdman, Shields, 23yds.; from scratch by 1yd. in ¼-mile handicap.
500 Yards.	0 1 0½	G. Walsh, Royton.	30	10 7	5 6½	May 23, 1874, Royal Oak Park Ground, Manchester.	J. Holden, Manchester.	In first heat of 500yds. handicap, wherein he started from scratch, and beat W. Baglin, London, 14yds.; A. Gerner, 45; W. Howles, Newton, Heath, 55; and S. Hall, Clitheroe 22; by a foot. Weather fine.
600 Yards.	0 1 13	J. Nuttall, Manchester.	22	10 4	5 8	Feb. 20, 1864, City Ground, Manchester.	G. Hardy, Manchester.	Beat S. Albison, Bowlee, by three- quarters of a yard, in a heavy snow storm and driving wind.
700 Yards.	0 1 29	J. Padney, Mile End.	26	8 5	5 6½	April 7, 1856, On Turnpike Road between Salt Hill and Burnham Lane, Slough	The late W. Price, Hackney Wick.	Beat H. Magetis, Oxford, easily.

Professional Running—(continued).

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Timekeepers.	Remarks.
800 Yards.	H. M. S. 0 1 50	The late W. Jackson. Stockton-on-Tees.	22	st. lb. 11 6	ft. in. 5 11	Nov. 2, 1826, Epsom Race Course, Tottenham Corner to the Judge's Box.	The late R. Burn, Darlington.	Beat the late J. Wantling, Derby, by ten yards, after knocking down a man who impeded him close home.
Half Mile.	0 1 53½	F. Hewitt, Millwall.	27	10 0	5 8½	Sept. 17, 1871, on Riccarton Road, Lyttelton, Australia.	H. Cowen, A. Redwood, and — Smith.	In a match to run half a mile in less than 1m. 55½s.; quarter mile, 51½s. Nasty cross wind.
1000 Yards.	0 2 19½	J. Nuttall. Manchester.	30	10 4	5 8	Jan. 13, 1872, Royal Oak Park Ground, Manchester.	G. Haslam, Manchester.	Beat S. E. Ridley, Gateshead, by 2yds.
Three-quarter Mile.	0 3 7	W. Richards, Millwall.	27	10 5	5 8½	June 30, 1866, Royal Oak Park, Manchester.	G. Hardy, Manchester.	Beat J. Nuttall, Manchester; R. Mackinstry, Glasgow; and S. Albison, Bowlee, during high wind and rain. Half mile time, 2m. 2s.
1 Mile.	0 4 17½	{ W. Richards, Millwall; W. Lang, Middlesborough.	26 26	10 6 9 10	5 8½ 5 8	August 19, 1865, Royal Oak Park Ground, Manchester.	The late G. Martin.	Dead-heat, beating R. Mackinstry, Glasgow; S. Albison, Bowlee; C. Mower, Dereham; P. Stapleton, Mosley; J. Sanderson, Whit- worth; J. Nuttall and J. Neary, both Manchester; and E. Mills London. Quarter of a mile, 60s.; half, 2m. 5½s.; three-quarters, 3m. 14s. Dead-heat run off Aug. 26, 1865, Lang winning by twenty yards, in 4m. 22s.
1½ Miles.	0 5 36	W. Lang, Middlesborough.	24	9 10	5 8	July 18, 1863, City Ground, Manchester.	J. Holden, Manchester.	Beat J. White, Gateshead; P. Staple- ton, Mosley; and S. Albison, Bowlee, easily. One mile time, 4m. 29s.
1½ Miles.	0 6 50	J. Fleet, Manchester.	21	8 4	5 4½	Feb. 23, 1867, Royal Oak Park Ground, Manchester.	J. Cooper, Manchester.	Beat J. Neary, Manchester; W. Richards, Millwall; I. Hughes, Newton Heath; and R. Mackin- stry, Glasgow, easily.
2 Miles.	0 9 11½	W. Lang, Middlesborough.	24	9 10	5 8	August 1, 1863, City Ground, Manchester.	J. Holden, Manchester.	Beat J. Sanderson, Whitworth, by six yards. One mile time, 4m. 27s.

Professional Running—(continued).

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Timekeepers.	Remarks.
3 Miles.	11. M. S. 0 14 36	J. White, Gateshead.	25	st. lb. 7 10	ft. in. 5 2½	May 11, 1863, The late Hackney Wick Ground.	The late H. A. Reed, London.	Beat L. Bennett, Indian Reservation, Catteraugus County, Canada; W. Lang, Middlesborough; E. Mills, London; P. Stapleton, Mossley; J. Brighton, Norwich; S. Barker, Billingsgate; W. Richards, Mill- wall; and H. Andrews, Holborn, easily, in a ten-mile race. One mile time, 4 m. 40 s.; two, 9 m. 39 s.
4 Miles.	0 19 36	"	"	"	"	"	"	
5 Miles.	0 24 40	"	"	"	"	"	"	
6 Miles.	0 29 50	"	"	"	"	"	"	
7 Miles.	0 34 45	"	"	"	"	"	"	
8 Miles.	0 40 20	J. Howitt, Norwich.	31	7 8	5 2	June 1, 1852, Late Copenhagen Ground, Islington.	The late J. Garrat.	Beat J. Levett, Battersea, in ten mile race, Levett not finishing. 1 mile, 4m. 52s.; 2 miles, 9m. 54s.; 3 miles, 14m. 52s.; 4 miles, 19m. 56s.; 5 miles, 24m. 57s.; 6 miles, 30m. 48s.; 7 miles 35m. 13s.
9 Miles.	0 45 21	"	"	"	"	"	"	
10 Miles.	0 51 26	L. Bennett, Indian Reservation, Catteraugus County, Canada.	37	11 12	5 9	April 3, 1863, late West London Ground, Brompton.	The late G. Martin.	In a 12-mile handicap, in which Bennett was scratchman. W. Lang, Middlesborough, who had hundred yards start led by thirty at end of eight miles, and even- tually won by half a yard only. 9 miles, 46m. 15s.
11 Miles.	0 56 52		"	"	"			
12 Miles.	1 2 24		"	"	"			
13 Miles.	1 10 31	J. Howitt, Norwich.	31	7 8	5 24	March 29, 1852, late Copenhagen Ground, Islington.	E. Drinkwater, Williamstown, Blackrock, Co. Dublin,	In a 20-mile race, won by J. Levett, Battersea. Howitt went to front at end of three miles, and led till the end of the sixteenth, when lameness knocked him up. 1 mile, 5m. 10s.; 2 miles, 10m. 19 s.; 3 miles, 15m. 36s.; 4 miles, 21m. 5s.; 5 miles, 26m. 28s.; 6 miles, 31m. 50s.; 7 miles, 37m. 15s.; 8 miles, 42m. 31s.; 9 miles, 47m. 52s.; 10 miles, 53m. 11s.; 11 miles, 59m. 20s.; 12 miles, 1h. 4m. 58s.
14 Miles.	1 16 12	"	"	"	"	"	"	
15 Miles.	1 22 0	"	"	"	"	"	"	
16 Miles.	1 28 6	"	"	"	"	"	"	
18 Miles.	1 45 21	The late T. Maxfield, Sheffield.	25	10 8	5 5	May 6, 1845, over a measured mile, on Turnpike Road be- tween Salt Hill and Burnham Lane, near Slough, Bucks.	The late T. Spring and — Dyson, Windsor.	In a match to run twenty miles in two hours, which he accomplished, Two miles, 10m. 12s.; four, 21m. 5s.; six, 32m. 12s.; eight, 43m. 34s.; ten, 55m. 16s.; twelve, 1h. 7m 22s.; fourteen, 1h. 19m. 28s.

Professional Running—(continued).

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Timekeepers.	Remarks.
20 Miles.	H. M. S. 1 58 18	The late R. Manks, Solihull.	30	st. lb. 9 2	ft. in. 5 7	Dec. 16, 1851, late Copenhagen House Ground, Islington.	W. Dexter.	In match to run twenty miles in 1 h. 58m. 30s., which he accomplished. 1 mile, 4m. 40s.; 2 miles, 10m. 12s.; 3 miles, 15m. 43s.; 4 miles, 21m. 14s.; 5 miles, 27m. 2s.; 6 miles, 32m. 40s.; 7 miles, 38m. 22s.; 8 miles, 44m. 6s.; 9 miles, 49m. 53s.; 10 miles, 55m. 59s.; 11 miles, 1h. 1m. 55s.; 12 miles, 1h. 7m. 59s.; 13 miles, 1h. 14m. 7s.; 14 miles, 1h. 20m. 18s.; 15 miles, 1h. 26m. 48s.; 16 miles, 1h. 33m. 13s.; 17 miles, 1h. 39m. 42s.; 18 miles, 1h. 46m. 14s.; 19 miles, 1h. 52m. 51s.
27 Miles.	3 0 0	G. Martin, Maidstone.	36	9 1	5 6½	Sept. 22, 1863, London and Hertford Road.	J. Clark, Maidstone.	In match to run fifty miles in 7h., which he did easily.
30 Miles.	3 20 0	J. Rhodes, Wolverhampton.	32	9 2	5 5½	Feb. 7, 1853, Aston Cross Ground, Birmingham.	C. Bolton, of <i>Bell's Life</i> .	In match with the late R. Manks, Solihull, as to who could run greatest distance in 12h. Rhodes gave up, beaten at 44th mile. 10 miles, 58m.; 20 miles, 2h. 2m.
35 Miles.	4 8 0	The late R. Manks, Solihull.	32	9 2	5 7	"	"	<i>Vide</i> above. 10 miles, 1h.
40 Miles.	4 51 0	"	"	"	"	"	"	"
50 Miles.	6 17 0	G. Martin, Maidstone.	36	9 1	5 6½	Sept. 22, 1863, London and Hertford Road.	J. Clark, Maidstone.	<i>Vide</i> above.
52 Miles.	7 3 0	The late R. Manks, Solihull.	32	9 2	5 7	Feb. 7, 1853, Aston Cross Ground, Birmingham.	C. Bolton, of <i>Bell's Life</i> .	<i>Vide</i> above.

The greatest distance ever run in 1h. is 11 miles, 970yds., by L. Bennett, Indian Reservation, Cattaraugus County, Canada, in the 12-mile handicap quoted above.

Amateur Running.

Distance.	Time. H. M. S.	Name.	Age.	Weight. st. lb.	Height. ft. in.	Date and Place.	Timekeepers.	Remarks.
200 Yards.	0 0 21½	E. J. Colbeck, London A.C.	19	12 1	5 11½	Nov. 30, 1866, Fenner's Ground, Cambridge.	—	In Pembroke College, Cambridge, Stranger's Race, wherein he defeated T. H. Little, C. C. Ross, J. H. Ridley, W. H. Yeatman, and E. A. B. Pitman, all Cambridge University A. C., by 1 yd.
220 Yards.	0 0 22½	"	"	"	"	May 31, 1867, late W. London Ground, Brompton.	C. Perry, Kensington.	In final heat of London A. C. 220 yds Challenge Cup, wherein he defeated W. Collett by 4 yds.
250 Yards.	0 0 27½	R. W. Vidal, Oxford University A.C.	22	11 0	5 10	Dec. 8, 1865, on the Balliol College Cricket Ground, Cowley Marsh, Oxford.	H. J. Turner, late of <i>Bell's Life</i> .	In Oriel College Oxford, Strangers' Race, wherein he defeated D. Morgan, E. W. Tritton, and C. N. Jackson, all Oxford University A. C., by 6 yds.; going very heavy.
300 Yards.	0 0 33	J. Cockerell, London A.C.	24	9 0	5 7½	June 3, 1870, Lillie Bridge Grounds, London.	H. Woodstock, late of <i>Bell's Life</i> .	In a match against time to run the distance in 35s.
Quarter Mile.	0 0 50½	E. J. Colbeck, London A.C.	20	12 4	5 11½	June 20, 1868, late Beaufort House Ground, Waltham Green.	The late C. Westhall, of <i>Bell's Life</i> .	In Amateur Championship Race. He fell badly against a sheep, whereon <i>Bell's Life</i> remarks, "Had the accident not occurred there is not the slightest doubt but that 50s. would have been beaten." He defeated W. Maclaren, Manchester A. C., and H. J. Chinnery, London A.C.
600 Yards.	0 1 15	J. C. Clegg, Sheffield F.C.	23	10 11	5 11	July 7, 1873, Bramhall Lane Ground, Sheffield.	J. W. Snowdon, Leeds A.C.	Won 600 yds. Members' Handicap, from scratch at Sheffield F.C. Meeting, beating A. Edlin, 70 yds., and T. C. Wilby, 60 yds.; by 1 yd.
Half Mile.	0 1 59½	Hon. A. L. Pelham, Cambridge University A.C.	22	12 10	6 4	March 26, 1873, Fenner's Ground, Cambridge.	T. Griffith, of <i>Bell's Life</i> .	In Cambridge University Half-Mile Race, wherein he beat G. A. Temp-lar and C. F. Gunton by 1½ yds.
1000 Yards.	0 2 23½	A. C. Courtney, Dublin University A.C.	19	10 13	5 11	June 9, 1873, Trinity College, Park (Dublin).	E. Drinkwater, Williamstown, Blackrock, Co. Dublin.	In Dublin University A.C. 1000 yds. Race, wherein he defeated R. C. Miller, H. E. Gribbon, and J. V. Connolly, by 3 yds.

Amateur Running—(continued).

BEST PERFORMANCES ON RECORD.

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Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Timekeepers.	Remarks.
1 Mile.	H. M. S. 0 4 26	W. Slade, London A.C.	20	st. lb. 11 2	ft. in. 5 11 $\frac{3}{4}$	May 31, 1874, Lillie Bridge Grounds, London.	T. Griffith, of <i>Bell's Life</i> .	In English Civil Service one mile Stranger's Handicap, wherein he was scratch, and beat G. W. Gower, Great Western Railway A.C., 35yds.; A. E. Ball, London A.C., 30; A. B. H. Marsh, Oakley C.C., 50; G. Hope, German G.S., 55; H. Marchant, Ger- man G.S., 70; N. H. Matthews, Barnes F.C., 75; H. F. Drew, Mohi- cans F.C., 90; H. W. Hill, London A.C., 70; E. Carritt, Kingston R.C., 90; H. W. Beeby, Oakfield C.C., 90; E. B. Turner, Amateur A.C., 95; A. Hardy, London A.C., 100; and W. J. R. Walker, London A.C., 100; by 2yds. Weather very fine.
2 Miles.	0 9 51	J. E. Warburton, Haslingden A.C.	28	10 0	5 10	June 6, 1874, On grass course at Southport.	W. Platt, of <i>Bell's Life</i> .	In Southport meeting two miles handicap, wherein he was scratch, and beat W. Lewis, Leicester, 40yds.; T. Datchet, Liverpool, 40; A. D. Barnyeat, Southport F.C., 250; A. T. Bellis, Liverpool, 200; J. Mert, Widness A.C., 180; J. Ker- shaw, Burscough, 140; E. Twitney, Manchester A.C., 130; J. L. Coffey, Mersey Hare and Hounds, 130; and J. Crossley, Swinton F.C., 130; by 60yds. Weather very fine.
3 Miles.	0 15 8 $\frac{3}{4}$	J. Scott, London A.C.	23	9 5	5 8 $\frac{3}{4}$	March 25, 1871, Lillie Bridge Grounds, London.	W. Collett, late of <i>Bell's Life</i> .	In London A.C. Three Miles Handi- cap, wherein he was scratch, and finished fourth behind D. Donald- son, 120s.; T. S. Carlyon, 200s.; and C. J. Michod, 90s. Weather very fine.
4 Miles.	0 20 38		"	"	"	April 3, 1871, Lillie Bridge Grounds, London.		In Amateur Championship four miles race, wherein he defeated A. Wheeler, German G.S., and F. V. Rainsford, London A.C., easily.

Amateur Running—(continued).

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Timekeepers.	Remarks.
5 Miles.	H. M. S. 0 28 36	W. E. Fuller, London A.C.	22	st. lb. 9 10	ft. in. 5 11½	July 14, 1873, Lillie Bridge Grounds, London.	J. Vandy, <i>Bell's Life</i> .	In Thames Hare and Hounds ten miles open handicap, wherein he started from scratch and finished third behind H. M. Oliver, Wood Green C.C., 6m. start, and C. W. Dicker, London A.C., 2½m. 1 mile, 5m. 13s.; 2 miles, 10m. 55s.; 3 miles, 16m. 42s.; 4 miles, 22m. 39s. The beaten men were W. M. Green, Thames Hare and Hounds, 2½m. start; P. V. Rainsford, London A.C. 5m.; C. H. Mason, London A.C., scratch; N. Thursby, J. E. Matthews, S. F. Weall, all London A.C. 3m. each; L. V. Burt, London A.C. 4m.; W. Harris, Clevedon F.C., 4½m.; S. Slade, W. Kent F.C. 5m.; H. Westbrook, Blackheath F.C. 6m.; and J. Wilkinson, London A.C., 10m. Weather hot and fine.
18 Miles.	1 59 0	S. F. Weall, London A.C.	19	9 1	5 2½	Nov. 27, 1873, Over a measured mile on Harrow and Pinner road.	— Boydell J. Churchill, E. Pope, and W. White, all Pinner C.C.	In a match to run 20 miles in 2½h., which he failed to do, owing to the bad state of the road.
36 Miles.	6 0 0	The late Captain R. B. Allardice, 23rd Fusiliers.	28	—	5 10½	Oct. 12, 1807, Measured mile at Newmarket, on the London and Cam- bridge Road.	—	In match for £1050 with A. Wood, Lancashire, as to who could run the greatest distance in 24h.; Wood giving 20 miles start. Wood ran 40 miles in 6h. 20m., and then gave up, so Capt. Allardice was not required to proceed.
67 Miles.	13 0 0	"	21	—	"	Spring of 1801. Measured mile on Bre- chin and Forfar Road, County of Angus, Scotland.	—	In a match against time to run 90 miles in 21½h. for £2100. He was knocked up at end of 67 miles, and gave in.

Amateur Running—(continued).

Distance.	Time.	Name.	Age.	Weight.	Height.	Date and Place.	Timekeeper.	Remarks.
90 Miles.	H. M. S. 20 22 4	The late Captain R. B. Allardice, 23rd Fusiliers.	22	st. lb. —	ft in. 5 10½	Nov. 10, 1801, Measured mile, 16 miles from York on the Hull Road.	Six stop watches were compared, started, and sealed up in a box till end of match.	In a match against time to run 90 miles in 21½h. for £5250. He won by 1h. 7m. 56s.; 2 miles, 25m. 10s.; 31 miles, 7h.; 50 miles, 11h.
Ball gather- ing, to pick up and de- posit fifty balls in a basket, the first ball being one yard from the basket, and each ball a yard apart. 1 mile, 3 fur- longs, and 130 yards.	0 9 23½	J. Shaw, Rowarth.	—	—	—	August 10, 1874. Ashton Road Cricket Ground, Denton, Manchester	W. Platt of <i>Bell's Life</i>	At Denton Sports, beating G. Barde- kin, Mellor; A. Taylor, Hyde; W. Grindley, Nottingham, and J. Stop- ford, Denton; by 1 ball.
Ball gather- ing, to pick up and de- posit fifty balls in a basket, the first ball being ten yards from the basket, and each ball a yard apart. 1 mile, 7 fur- longs, and 150 yards.	0 13 15	T. R. Pakenham, Cheltenham College	17	9 13	5 6½	April 6, 1872, Cheltenham College Cricket Ground.	W. R. Porcher, Cheltenham.	At Cheltenham College Sports, beat- ing — Drinkwater, A. Manning, and — Julian.

SECTION III.—**Jumping.**
Professional.

Description of Contest.	Distance or Height.	Name.	Age.	Weight.	Height.	Date and Place.	Remarks.
Running wide jump (with artificial aid).	ft. in. 29 7	J. Howard, (Yorkshire). Bradford (Yorkshire).	28	st. lb. 10 10	ft. in. 5 8½	May 8, 1854, Chester Race Course.	Match to clear 27ft. in one of six leaps. Accomplished it in his fourth. Took off from block of wood 1ft. wide, 2ft. long, 3in. thick, and elevated 4in. Used dumb bells of 5lb. each.
Running wide jump (without artificial aid).	20 5	{ S. Muir, Stewartstown; and J. Young, Hawick. }	—	—	—	Sept. 11, 1869, Duke of Buccleugh's Park, Thorniebank, Dalkeith.	A tie at Dalkeith games. J. Wilson, Esq., of Weston Cowdon was judge. Muir also cleared a like distance at the same games on Aug. 29, 1868, beating R. Knox, Newstead, and another.
Running high jump	5 11	E. Vardy, Alnwick.	—	—	—	Aug. 27, 1859, Haydon Race Course.	At Alnwick games, beating J. Edington, Alnwick, and J. Allan. Weather fine and dry.
Running hop, step, and jump.	47 7	R. Knox, Newstead.	—	—	—	First week in August, 1870, on Leith Links.	At Leith games beat J. Young, Hawick, and W. Murray.
Standing wide jump (with artificial aid).	13 5½	Late E. Searles, Utica, New York, U.S. of America.	27	10 4	5 11½	Sept. 20, 1870, Utica, New York, U.S. of America.	Beat C. H. Loomis for championship of New York. Dumb bells were used.
Standing high jump.	4 9½	G. Tait, Douglas.	—	—	—	August 15, 1868, J. Christie, Esq.'s, Park, Armistone.	At Armistone and Vogue games, beating D. Anderson, Alnwick.
Standing hop, step, and jump.	40 2	D. Anderson, Alnwick.	—	—	—	July 24, 1865, Fort Eyemouth.	At Ayton, Coldingham, and Eyemouth games, beating seven others. Judge: Capt. Allen, Berwick Artillery Volunteers.

Amateur.

Description of Contest.	Distance.	Name.	Age.	Weight.	Height.	Date and Place.	Remarks.
Running wide jump.	ft. in. 23 1½	J. Lane, Dublin University A.C.	22	st. lb. 11 2	ft. in. 5 8	June 11, 1874, Trinity College Park, Dublin.	Beat E. J. Davies, Cambridge University A.C. A strong wind and a slight incline favoured them. Judges: J. N. Gerrard, J. Trail, and J. D. La Touche, all Dublin University A.C.

Amateur Jumping—(continued).

Description of Contest.	Distance or Height.	Name.	Age.	Weight.	Height.	Date and Place.	Remarks.
Running high jump.	ft. in. 5 11	M. J. Brooks, Oxford University A.C.	19	st. lb. 11 5	ft. in. 6 0	March 30, 1874. Lillie Bridge Grounds, London.	At Amateur champion meeting, beating T. Davin, Irish Champion A.C., and J. Y. Watson, London A.C. Judges: Lieut.-Col. F. Hammersley, Amateur A.C., W. M. S. Dorrien, Oxford University A.C., and C. B. Lawes, Cambridge University A.C.
Running high pole jump.	10 7	J. E. Woodburn, Ulverstone C.C.	22	10 0	5 8½	March 30, 1874. Lillie Bridge Grounds, London.	At Amateur Champion meeting, beating W. Kelsey, Hull A.C.; H. M. Fyfe, S. London Harriers; R. Sabin, Culworth A.C.; and J. B. Wooley, Crystal Palace A.C. Judges: Lieut.-Col. Hammersley, Amateur A.C., W. M. S. Dorrien, Oxford University A.C., and C. B. Lawes, Cambridge University A.C. Woodburn also cleared 10ft. 7in. at Lancaster sports, May 31, 1873.
Running hop, step, and jump.	41 5½	{ W. Kelsey, Hull A.C., and J. Wright, Sheffield F.C. }	22 21	10 0 9 7	5 8½ 5 9	July 7, 1873, Bramhall Lane Ground, Sheffield.	A tie at the Sheffield Football Club sports. Judge, J. Foster.
Standing wide jump (with artificial aid).	11 0	J. Duckworth, Haslingden A.C.	24	11 2	5 11½	July 24, 1879, Horton Road Cricket Ground, Bradford (Yorkshire).	At Atlas (Liverpool) Cricket Club sports, beating J. Duckworth, Haslingden A.C., and four others. Judges: W. D. Hogarth, Liverpool A.C., J. B. Lee, and H. R. Robertson.
Standing wide jump (without artificial aid).	10 5	J. J. Tickle, St. Helen's C.C.	22	12 4	5 10½	Sept. 2, 1871, Leigh, Manchester.	At Bradford (Yorkshire) Old Cricket Club sports, beating J. R. Bateson, Bradford Old C.C.; D. R. Rhodes, Huddersfield A.C.; G. H. Bateman, Bradford; T. Moorhouse, Bingley; O. Scatchard, Leeds A.C.; and H. B. Spencer, Halifax A.C. Judge: H. F. Wilkinson, London A.C. Weather fine and hot.
Standing high jump.	4 10	{ F. Hargreaves, Haslingden A.C.; and E. Moore, Burnley C.C. }	21 25	10 7 12 3	5 7½ 5 9½	August 5, 1871, Pendlebury, Manchester.	At Leigh (Manchester) Cricket Club sports, beating T. H. Stretch, Ormskirk C.C.; and R. Edge, Leigh C.C.
							At Pendlebury, Swinton, and Clifton sports, beating G. C. B. Cooper, Manchester Atheneum G.C. Judges: H. J. C. Turner, H. Parge, A. M. Blair, B. K. Turner, F. J. Mac-laren, and H. Greig.

Amateur Jumping—(continued).

Description of Contest.	Height or Time.	Name.	Age.	Weight.		Height.	Date and Place.	Remarks.
				st. lb.	ft. in.			
Vaulting.	ft. in. 7 1½	J. H. S. Moxley, Queen's College, Belfast.	30	10 11	5 10		June 27, 1874, Lansdowne Road Ground, Dublin.	At Irish Amateur Champion meeting, beating G. Fitzgerald and H. S. Gabbett, both Dublin University A.C. Judges, Lord Lurgan, W. Baker, and T. Hampton.
Hurdle Race, 120yds., 10 flights.	H. M. S. 0 0 16	C. N. Jackson, Oxford University A.C.	19	10 7	5 10		Nov. 14, 1865, Cowley Cricket Ground, Oxford.	In final heat of Magdalen Hall Handicap, where- in he was scratchman, and defeated D. Morgan and L. E. Newnham, both at ten yds. Time- keeper, H. J. Turner, Oxford, late of <i>Bell's Life</i> .
Thames short steeplechase course, about 4 miles 5 fur- longs of hilly road, marsh land, hilly farm land, and open course.	0 27 28	W. Slade, London A.C.	20	11 0	5 11½		May 20, 1874, Roehampton, Surrey.	Beat C. W. H. Dicker, J. E. Matthews, W. Harris, and A. E. Ball for Thames Hare and Hounds Short Steeplechase Challenge Cup, by 70yds. Weather fine and dry. Time- keeper, T. Griffith, of <i>Bell's Life</i> .
Thames long steeplechase course, about 8 miles alter- nation of hilly road, rough broken com- mon land, hilly farm land, and level heath road.	0 45 0	J. Gibb, S. London Harriers.	21	9 0	5 6		Feb. 6, 1875, Roehampton, Surrey.	Won Thames Open Steeplechase, No. 18, by 5yds. from scratch beating P. H. Stenning, Cleveland F.C., 2m. start; C. Evitt, S. London Harriers, 2m.; A. E. Ball, Thames Hare and Hounds, 1m. 30s.; P. J. Fraser, Thames Hare and Hounds, 6m.; C. H. Mason, London A.C., 1m. 15s.; W. Ball, Thames Hare and Hounds, 3m.; W. A. F. Boulger, Thames Hare and Hounds, 1m. 45s.; W. M. Colson, S. London Harriers, 2m.; W. E. Fuller, Thames Hare and Hounds, scratch; W. M. Green, Thames Hare and Hounds, 1m. 30s.; E. T. Sachs, Thames Hare and Hounds, 2m. 15s.; C. Mar- tyn, Thames Hare and Hounds, 2m. 30s.; E. C. Otter, Thames Hare and Hounds, 2m. 30s.; A. O. Ward, Thames R.C., 4m. 30s.; J. D. Ball, Thames Hare and Hounds, 7m. 30s.; and R. Matthews, Thames Hare and Hounds, 10m. Weather cold and raw, and going very heavy. Timekeeper, T. Griffith, of <i>Bell's Life</i> .
Rugby School Crick Run, about 13 miles of fair hunting country.	1 17 21	C. W. L. Bulpett, Rugby School.	18	10 12	9½		Dec. 8, 1870, Rugby.	In Rugby School Crick run, beating J. G. Adamson, H. B. Lefroy, T. F. Squarey, G. S. Bigg, S. H. Lomax, and J. H. Beck (Old Rug- betan).

SECTION IV.—Throwing the Hammer and Putting the Weight.

Amateur.

Description of Contest.	Distance.	Name.	Age.	Weight.		Height.		Date and Place.	Remarks.
				st. lb.	ft. in.	ft.	in.		
Throwing the 16lb. Hammer (run unlimited).	126 9	G. H. Hales, Cambridge University A.C.	19	13 10	6 2½			March 27, 1874, Lillie Bridge Grounds, London.	At Oxford & Cambridge meeting, when he defeated J. Paterson, Cambridge University A.C., and J. D. Todd and S. S. Brown, both Oxford University A.C. Judges: R. H. Benson, Oxford University A.C., and R. Philpot, Cambridge University A.C.
Putting the 16lb. Weight.	42 5	E. J. Bor, London A.C.	21	15 10	6 6			March 27, 1872, Lillie Bridge Grounds, London.	At Amateur Champion meeting, when he defeated W. F. P. Moore, Amateur A.C.; W. H. R. Domville, Oxford University A.C.; and N. J. Littleton, Cambridge University A.C. Judges: Lieut.-Col. Hammersley, Amateur A.C., W. M. Chinnery, London A.C., and C. B. Lawes, Cambridge University A.C.

On 19th July, 1826, the late Sir Andrew Leith Hay and the late Lord Kennedy, started at 9.30 p.m. to walk from Mr. Farquharson's house, Blackhall, Kincardineshire, to Inverness. It was an *impromptu* after dinner match, and they started off there and then in evening dress, their servants following with changes. The stakes were £5250. Captain Ross was Sir A. Leith Hay's umpire and went with Lord Kennedy, whilst Mr. Anderson accompanied his opponent. Lord Kennedy went the mountain road, sixty-nine miles as the crow flies, and accomplished the distance (probably nearer a hundred miles, allowing for gradients and detours), in thirty-two and a half hours. Sir A. Leith Hay went by the coach road, *viâ* Huntley and Elgin, and took thirty-six hours and a half to complete the distance, about one hundred miles. Owing to Lord Kennedy's leaning on an attendant's arm in ascending and descending some of the hills at the finish the result was disputed, and each drew his stake. The matter, however, was referred to the late Captain R. B. Allardice, 23rd Fusiliers, and that gentleman afterwards stated he should have decided in favour of Sir A. Leith Hay.



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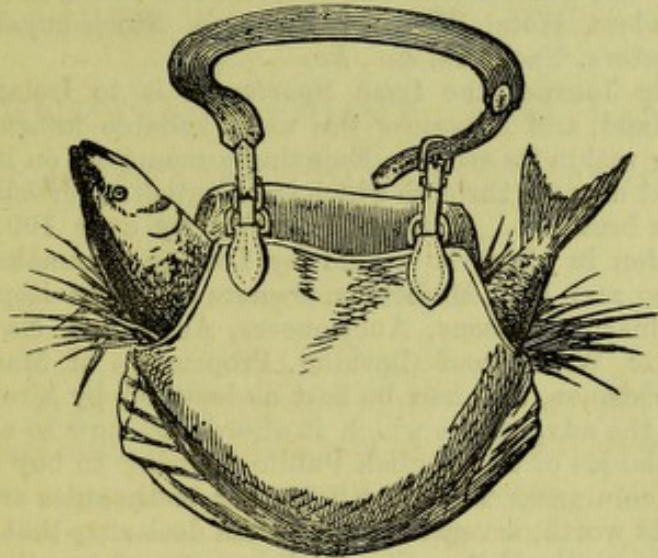
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