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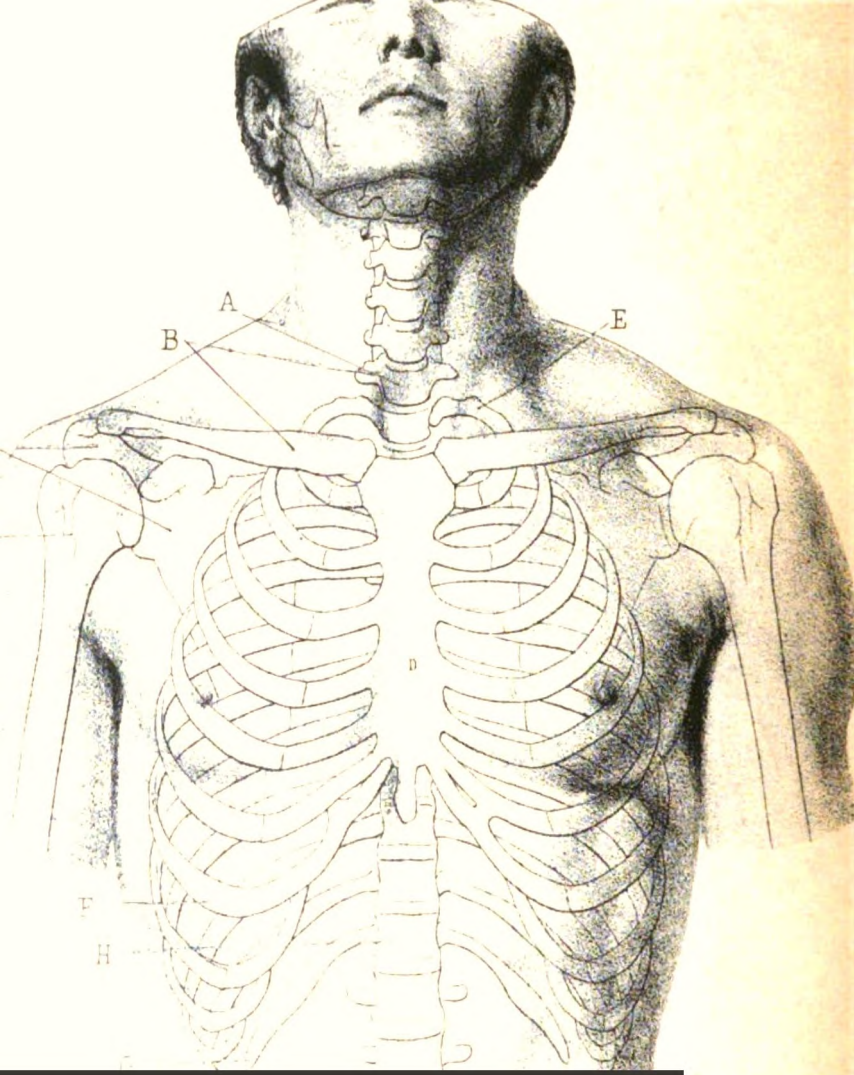

The pedestrian's record

James Irvine Lupton, James Money Kyrle Lupton

THE

PEDESTRIAN'S RECORD

W. G. GEORGE.

ph by W. J. McIlwrick, Paisley.]

THE

PEDESTRIAN'S RECORD

TO WHICH IS ADDED

A DESCRIPTION OF THE EXTERNAL HUMAN FORM

Illustrated with Anatomical Plates

BY

JAMES IRVINE LUPTON, F.R.C.V.S., L.A.C.

AUTHOR OF "THE EXTERNAL ANATOMY OF THE HORSE," ETC., ETC.

AND

JAMES MONEY KYRLE LUPTON, L.A.C.

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PREFACE.

THE Pedestrian's Record is presented to those who are interested in athletic pursuits. A portion of the work is directed to the past history of manly exercises, and to a superficial consideration of the anatomy, physiology, and chemical composition of the human body and the foods that support it. Hints on training are given for the contemplation of the athlete, who must judge from his own feelings and experience the foods to be taken and amount of work to be indulged in, as we have distinctly indicated the system of hygiene suitable to most constitutions. In preparing the the following pages we have been greatly assisted in our task by references to Kirke's, Paget's, and Foster's Physiology, Sharpey and Quain's Anatomy, and Brande's Manual of Chemistry.

The records and Sheffield handicaps have been compiled from that valuable little book, "The Sporting Life Companion," and the championships have been collected from Ireland and America, and especially from the files of the *Field;* to those connected with this paper who have helped us, we tender our best thanks for their courtesy and assistance. It is trusted the Pedestrian's Record will be of some use to athletes. No doubt inaccuracies will be met with, and when they are discovered we shall be pleased to be informed of our faults, which can be corrected in a second issue, should our readers deem the book worthy of such support.

The records and championships have been revised and corrected to June 30.

JAMES IRVINE LUPTON.

JAMES MONEY KYRLE LUPTON.

Richmond, Surrey.
1889.

ATHLETICS.

WHEN Solon observed that all men should know themselves (γνῶθι σεαυτόν), no doubt he applied the remark more to the mental than to the physical development of the human body, but, whatever might have been his intention, a knowledge of the composition and constitution of animate bodies should to a certain extent be possessed by most people, but particularly so by men who are engaged in severe physical exertion, whether such be imposed by the necessity of daily labour, or chosen as a pastime.

Athletic exercises have, during late years, grown into an institution. Race grounds exist throughout England; records are broken from year to year; the performance thought so much of last year has been beaten this.

It would seem that for the performance of these exercises great, and in some instances unnatural, strain must be imposed upon the tissues of young athletes; and when in training, does it ever occur to them that very often, owing to a lack of knowledge of themselves, they may be training in a manner rather suited to devitalize than to strengthen their systems,

and that, if such be the case, a continuance in the practice of running, or any other exercise, courts not only disease, but physical injury to the various parts of the animal body, such as breakdown, lacerated muscles, &c.? "Enough is as good as a feast." Young pedestrians whilst training do not recognize this golden rule. Many think the more they run the stronger and swifter they will grow. Rest, which refreshes a man after a day's toil, will equally reinvigorate the youth who has overtaxed his system with too constant and too prolonged exertion. Young athletes are gluttons for work; and when they feel the effects, instead of resting awhile, to allow time for overworked tissues to regain their former tonicity, are wont to declare their determination to run the stiffness off. Alas! adding fuel to fire, perpetuating the injury already inflicted, and fostering its further development, until sometimes permanent disease has removed for ever from the cinder-track an injudicious athlete.

My reader may imagine that is too strong an assertion, and may challenge me to cite instances. Look around and notice the numerous young men who have retired at the zenith of their career. Some state business takes up all their time, and will not allow them to continue the sport; the truth being, symptoms have set in which have caused their medical advisers to prescribe rest and no more running. Death too has attacked many a splendid runner, who had contracted on the race-course the seeds of diseases which have

proved fatal. Disease amongst athletes comes on insidiously but surely, is not recognized at first, and later on is only thought to be of a very temporary nature, which a little less or a little more exercise will put right. *Vanâ spe illusit imago;* the trivial disease grows dangerous; symptoms evince themselves; the youth, thus affected, sits as helpless as an old man in his grandfather's arm-chair. Although a picture of disasters has been painted, it is presented, not with an idea of discouraging people from indulgence in athletic exercises, but to point out the quicksands and rocks which are likely to be met with by injudicious training. A man about to race must inure his body to endure the continuance of severe strain, the effects of which cannot be withstood on the day of trial without careful preparation. A man cannot with impunity jump up from his dinner-table and run a mile race, neither can any one accustomed only to daily walks compete in a sprint, without injury supervening. No work and too much work, both are detrimental to the runners about to toe the mark at any race meeting. It is evident therefore a line must be drawn somewhere, and that a certain system of living be adopted whereby the body may in the first place fit itself for those physical exertions which it is about to undergo. Many books have been written on men training for running, walking, boating, etc.; in some curious views at utter variance with physiological facts have been recorded, which by their propagation have led athletes to destruction, and in some instances

to death. These antiquated ideas are not fossilized yet: men exist who prescribe raw meat as food, and withhold drink from parched lips; who reduce the body "to get off substance" far below its natural weight. By these means weakness not strength is induced; the man so trained cannot win.

At the *Field* office some years back we remember meeting A. A. Casamajor, the late well-known amateur sculler, who at the time looked thin and too highly trained; his condition, he remarked, was certainly the result of hard work, that he was in perfect health, and the only way to keep the body free from disease, and in strength, was to adopt the system he pursued, which consisted in adopting a diet prescribed for men in training and taking severe exercise daily. What is condition, he remarked, but the healthiest state of bodily development? Such, no doubt, is the case; but the human body, the harp of a thousand chords, cannot with impunity always be strung to concert pitch. The harp strings must be loosened sometimes, or they would elongate or break, when false notes or no notes would result upon digital manipulation. The same remark applies to the athlete; perpetual strain will snap his system somewhere, relaxation must succeed exertion, prolonged rest exhaustion. The body prepared for the fight can withstand much, but never can be brought to the perfection that could for an indefinite period bear the oft and repeated punishment. *Est modus in rebus.* Thus far you may go, but no

further, and in this particular the training of the athlete forms no exception.

It has often been stated by physiologists that in order to perpetuate health the due balance between waste and supply should be preserved, *i.e.*, that the waste in the animal body should be re-supplied by just sufficient to compensate for the loss, and perhaps for an adult little more than such re-supply is demanded, but for the young and for not fully developed persons the weight of waste must be compensated for by a greater weight of food; but, although such is the fact, at the same time, demand and supply must to a great extent regulate a healthy animal system. A man may, so to speak, manufacture his death by daily over-eating or drinking; and, in a similar manner, by too perpetual and violent exertion an athlete may shorten his days. All animal organisms are most "wonderfully and beautifully made"—hard and soft structures, the one acting on the other, effecting locomotion; internal tissues, engaged in the functions of digestion and assimilation, and all parts nourished with blood, which is conveyed to every animal tissue by means of numerous arteries and veins which permeate every structure, the fluid within them being distributed throughout the body by a most powerful engine, the heart, which never ceases from the moment of birth to the last instant of life to distribute this vital fluid.

The nervous system is the most important of all, for it controls all the others; without it no special sense could exist, limbs would not move, the heart

could not beat: in fact, every animal, without electricity, and without the nervous wires for its distribution, would cease; denied the existence of electric power, animals and plants would die, and the earth would become "a lump of death and chaos of hard clay." The great importance of electric force upon animate and inanimate bodies has never as yet received that amount of attention which its omnipresence demands; it assists our eyes to see and is with our fingers as they write; it forms our thoughts, suggests to the discoverer his conception, the singer his voice. The brain, no doubt, immediately controls these functions, but it could not unless electric force pervaded the cerebral mass and gave its power to the brain. Every one knows that the brain controls the action of the body, and that the sympathetic system of nerves influences the workings of the internal parts of the animal system, and that the mind cannot in any way compel or frustrate such motions. For instance, man cannot put a stop to the action of his heart, although he can withhold his hand from striking his foe; he can run off the cinder-path and cease to compete in a race, but cannot prevent the processes of digestion and assimilation from performing their functions. In sleep these important functions are carried on without his recognition, but should any slight interference with them occur, it would at once be brought to his notice, uneasiness would cause restlessness, which would in due course awake him to the reality of his position, when the brain would dictate the means

to resort to for the removal of pain, and, if beyond his means of resort, other aid would be sought foreign to his person, or, in other words, his mental faculties would suggest the wisdom of seeking medical assistance. The difference of responsibility between the sympathetic and locomotive system of nerves has long been understood by physiologists. Although the locomotive, when the mind is awake, can protect from injury the parts over which the sympathetic system holds sway, the sympathetic cannot assist the locomotive in its various actions. "If one member of the body suffers all members suffer with it," and this sensation is conveyed to all the various sections of the animal frame, through the medium of the nerves, which, in communicating with the brain, act as so many conductors of electricity. The brain is always on the alert to protect the body from evil, and it is curious to observe that when this protective organ is incapable of acting, or nurses a false impression, how speedily injury to some part of the organism may occur. For instance, in walking downstairs, a man fancies he is on the landing, whilst only on the supermost stair; this false impression causes him to step firmly as if his foot were about to come in contact with a level surface, instead of which the foot drops suddenly a few inches whilst falling on the landing, which sometimes causes fracture of bone or rupture of the tendo Achillis. Again a member of the body may be injured before the brain is enabled to exert its protective influence. A man stands with

his back to a stove ; by accident his hand comes in contact with a hot bar, he burns his hand, and cannot remove the injured part until the brain has been communicated with, and put in motion that portion of the locomotive system which alone can remove the hand from its unpleasant position ; this is called reflex action. The brain can protect the body from accident likely to occur from surrounding objects, but when not on the alert or engaged in thought, such as happens when a person is engaged in conversation, then injury sometimes results. As an example, a woman is talking to a friend close to a fire-place, her person being surrounded by a wide-spreading gown. The brain during conversation never has an opportunity to take cognizance of the existence of the gown ; its too widely manufactured skirt catches the flame, and the dress is quickly reduced to ashes. The nude figure over which the brain directly presides could not come to mischief so readily ; the too close approximation to the fire would soon be indicated by even too great heat, when the brain would call upon the motory nerves to remove the body to a place of safety. The brain generates ideas and gives orders to the nerves, which being distributed to every muscle of the animal frame, call into effect those actions and motions which are brought into requisition as necessity or pleasure dictates. The sympathetic system of nerves are equally under brain control, and have special functions to perform, which, during day and night, and from year's end to year's

end, act in a distinct and quiet manner; functional derangements may occur, sudden fright or emotional disturbance may for a time increase or decrease the intensity of their duties, but when in health and quietude the stomach digests its food, the liver secretes its bile, and the heart beats with a regularity which can only be disturbed by excitement or undue exertion.

ATHLETIC SPORTS IN ENGLAND.

THE days of the tournament were numbered when horse-racing commenced in earnest, which occurred during the reign of Charles II., who imported from the Levant those celebrated Barbs and Arabs with which he established an equine harem—the cradle of the so-called English thorough-bred. The Stuarts encouraged all kind of sports, and among them running and jumping became a common pastime, and that to the present day has flourished less or more according to the fluctuations of periods. No doubt the veto imposed upon all kinds of sport by the Roundheads had the effect of giving it a reactionary impetus during the subsequent reign, or perhaps the love of sport so innate with Englishmen, suppressed by Cromwell, only smouldered until a breeze of sensible liberty fanned it into flame. Horses and men raced as they do in our time, not always for honour but for stakes; long distances were the order of the

hour. Short courses for bipeds or quadrupeds were never thought of until many years afterwards, and then, as regards horses, more to accommodate young animals whom they began to run as two-year olds, at a time before their tissues were developed, before their frames were able to withstand the effects of the severe strain which long courses, of necessity, imposed upon them. The love of money and the gambling table were the incentives to this iniquity. During the Georgian epoch, men were matched to race irrespective of their social condition, the patrician raced with the plebeian, and this arrangement was productive of good results in proving who was the best man. Noblemen and country squires kept pugilists and matched them—the fighting-ring was then an institution, and did not decline until it was voted low; game cocks were constantly pitted to be engaged in deadly combat, to the delight of an aristocratic assembly; and the footman, the original letter carrier, was engaged in service more for his fleetness of foot than for any other attribute of which he was possessed. The footman represents the first professional that England recognized, and soon, by gradual expansion, running men diverged into two sections, the professional and the amateur, the one running for money, the other for prizes, and this to a certain extent is the difference between them. This separation of athletes was caused in some measure by social considerations, but more particularly by unfair running which had been noticed, and had given a bad name to the track. Owing to

this state of things, steps were taken to lay out a path upon which men might run for honour and not for money; no man was to compete with one who ran for money, if he did he became a professional, and forfeited all amateur prospects; and in this position at the present time the two classes of pedestrians stand, a fence separates the two tracks, but the line of demarcation is sometimes as much on one side as the other. Amateurs have raced for money, and have in other ways not to be mentioned transgressed the laws of the Medes and Persians, which cannot be varied to suit the convenience of amateur one day and professional the next, in the person of one and the same individual. Amateur legislation passed a vein of purification through the pedestrian ranks, but its hard and fast line has not assisted, in a national point of view, our best runners. Our foremost sprinters are professionals. No man on the cinder-track could beat Harry Hutchens at any distance from 50 to 440 yards. L. E. Myers, the American, could have made a race with him at the quarter, but would have found himself behind at the finish, and there is no amateur capable of taking down Myers's colours over 440 yards. In F. J. K. Cross and E. H. Pelling we have two fine runners, and at no distant date something big will be recorded of them. Although the professionals own the fastest sprinters, the amateurs, as a body, at long distances, are ahead of the professionals; at any rate, they were before W. G. George elected to run W. Cummings for a large stake over one, four,

and ten miles. Previously to this period, George had beaten record after record at various long distances, and was considered by the amateur world a champion of champions, and he certainly was one of the greatest pedestrians England has ever owned, and the result of his race for the mile with Cummings, in 4 minutes 12¾ seconds, stamped him as the *facile princeps* of runners; those sportsmen who did not witness this contest have much to regret. George told us that knowing Cummings to be a very good runner he wished to try conclusions with him, and sought permission of the A. A. A., but in vain; he was told he would cease to be an amateur if he joined in a race with a professional; but the love of sport was too strong for him, he threw aside the *toga virilis* which had so long decked his amateur form, and toed the mark at Lillie Bridge by the side of Cummings as a professional: and thus one of the finest amateur pedestrians was banished *a mensâ et toro* of amateurs. There is no disgrace in running for money; singers sport their voices for a salary; actors play to obtain a living, racing men race their horses for the love of gain; and running men, whether amateurs or professionals, compete for a stake, or its equivalent in the shape of silver cups, etc. Neither the one nor the other would prepare themselves for athletic contests unless they beheld glittering in the distance some possibly to be obtained prize. Honour and the love of gain go hand in hand, and equally affect all sorts and conditions of the human family, from the prince to the

serf; and it does seem strange that the form in which a prize reaches the hands of a successful competitor should be the basis which divides the athletic world into amateur and professional sections. Professors are the top-sawyers of the various departments of knowledge or art which they respectively represent, and immediately their superiority is recognized they are exalted to professorships at our universities, colleges, &c. Again, a man with a fine voice, who has delighted his admiring friends, is advised to enter the musical profession—it is a pity that such a voice should be lost to publicity—he becomes a professional singer, and why? His superexcellence of voice has gained for him a prize which his natural gift commanded. Now activity and strength of body are as much nature's bestowals as good voices and clever minds, and these attributes lead men to honour and to great positions in life. But when we come to physical force, a barrier has of late years been imposed between athletes, in those who run to live, and those who live to run—the one class for a livelihood, the other for a pastime; each section comprises within its circle many first-class performers, but the one must not compete with the other, for reasons above alluded to. This legislation has produced a bad effect: it has made an enemy of the professional, and has checked the natural aspirations of the amateur, who, like George, could not run Cummings without a deed of separation being served upon him at Lillie Bridge. If there be two good men, one in

each of these divisions, it seems to us that the A. A. A. might devise some means and enact a law by which such two almost equally grand pedestrians could compete on the same track without the amateur undergoing the indignity of expulsion. The duke runs his horse against the publican's mare ; they both race for money, and neither are humiliated ; but men runners are divided into formists and nonconformists, and to the injury of both, for is not running a national sport ? And if it be, ought not all classes to figure in the same arena ? At present we do not distinctly recognize the respective merits of the two classes of competitors ; and how is it possible to ascertain who are the best runners, whether they hie from the amateur or professional track, without practical test, without actual demonstration, which can alone be obtained by making matches between them ? We know there are difficulties in the way, and they are fully recognized. The professional runs with little other aim than the obtainment of money, and the betting has a still further alluring influence, which no doubt has been provocative in some instances of dishonesty ; but this should not be fulminated against the whole body of athletic professionals without remembering that amateurs have not always been free from the dash of this tar-brush. Mr. Montague Shearman speaks, in his work on athletics, in no measured terms of what he styles semi-amateurism, and as he of necessity does not specifically cite cases, we are left with the knowledge that amateurs have

acted contrary to the laws of the A. A. A., and in such a manner as to render them incapable of competing again on any amateur track. *Certus amor nummi;* every man living strives to obtain it, some more greedily than others. Is the sporting world an exception to the general rule? Is it not more eager, with its gambling propensities, in its pursuit? Certainly it is! And yet the amateur athlete, as the law for his guidance at present stands, if he compete for money at a race, or receives any coin of "these her realms supreme" from committees of race meetings, or from any other source, and even allows his travelling expenses to be paid for him, he can no longer remain a member of any amateur athletic association; no amateur can again race with him without forfeiting his amateurism; in fact, he is banished for ever from the amateur athletic track.

Englishmen are a race of sportsmen. From the earliest days of English history we learn how eagerly sports have been encouraged, some of a brutal nature, but of late years these have been put down by law or have been discontinued on account of their cruelty, and in their place other sports have started, and among them the cinder track stands well to the front. Its present position was no doubt assisted into prominence by the amateur athlete. Such men as Sir R. Webster, J. B. Martin, W. M. Chinnery, and others, gave the first impetus which set the ball in motion, and the foundation of the London Athletic Club secured a track for its perpetual rolling. But Stamford Bridge

must not associate with Sheffield, and why not? The question is ripe for discussion; there is much to be said on the amateur side, although it must be admitted that *Vis unita fortior*, whether it be applied to a school, a pastime, or a sport, is a motto which truly asserts that men being exponents of one and the same art or pastime should be bound together, so as to insure the force of united action. In the athletic world, one-half goes one way and half the other. The gold will not mix with alloy, and the coin bends, and similarly divided forces court weakness.

It is said that in throwing open the amateur cinder-tracks to the professional, anarchy and confusion would be the result, and that the occupation of the amateur would be a thing of the past. We know well disgraceful scenes have taken place at professional meetings, but they have been few and far between, and have constantly been caused by squabbles over gambling transactions; it is also well-known that large crowds comprise a heavy proportion of the rowdy element, who sometimes do go in for plunder, and riot ensues; but these nuisances are just as likely to occur amid any large congregation of men collected together for any purpose other than that of witnessing a running match. We have seen a bad case or two of rowdyism under the shadow of the hustings, and have heard very foul language near the *turres regâm*. At the same time it must be admitted that clique has somewhat to do in dis-

uniting the athletic forces. But in horse-racing such division does not occur; the patrician and the plebeian meet on equal ground: when the one races a horse against the other, both are subject to the same laws, enacted by the Jockey Club, and presided over by some of the truest sportsmen of the day. This body is supreme over the interests of the turf; it can punish offending jockeys, and can bring owners to task if they infringe its rules, and every detail of management passes under its Argus eyes, causing the turf to be no longer, as it was some years ago, a public scandal, but a healthy institution. Could not the A. A. A. form a club similar to the Jockey Club to rule running men? The cinder-path is now, like the turf, an institution; but the amateur must not run against the professional, and consequently we cannot with any degree of certainty test the superiority of a man belonging to one class against an individual associated with the other; consequently the best man in the professional section may be only second fiddle to the best amateur, and *vice versâ*. This is unsatisfactory, for a sport purely national should support both amateur and professional in bringing out the best man; by such means it would soon be known what we possessed in the matter of records. At present we only know publicly from the clock that Harry Hutchens could give J. M. Cowie six yards start in 120, and beat him; and again the professional watch seems to possess a different mechanism to the amateur's horseguard miniature: the times are disputed, and records are

disallowed or laughed at. Run the two sections on the same track, and superiority could be tested, and the watches would combine together, and without dispute a tale unfold, as they did when George beat Cummings over the mile in 4 minutes and 12¾ seconds. Enough has been written, we hope, to expose the importance of this subject, and it is trusted that the day is not far distant when this athletic problem will be solved to the satisfaction of those interested in sport.

TRAINING.

General Remarks.

In the previous chapter an attempt has been made to depict in a superficial manner the various tissues which exist within the animal body, and particularly those concerning which, to a certain extent, the athlete should possess some knowledge. Whether in the education of the mind or body, a gradual system of training is required; the youth cannot translate a Greek chorus before he has learnt Greek grammar, neither can the body undergo with impunity severe physical exertion without careful and continuous preparation. Mental culture causes the mind to develop, and impresses upon it greater power from day to day, and, health permitting, increases with intensity of conception and activity to advanced age; a life during

youth and manhood devoted to the acquirement of knowledge brings a storehouse of never-ceasing pleasure to the bent form and grey head. In this mental exertion has a very great advantage over bodily exercises, although the two should always, especially in early life, go hand in hand. "All work and no play makes Jack a dull boy" is an old but true saying which the athlete often repeats to the parent or guardian who warns him that examinations are near at hand, and that time spent on the cinder-track should be given up to classical or mathematical research. There is a time for all things, as we read: a time to cry and a time to laugh; there is a time also to read and write, and a time to walk and run, and the two well blend together. In fact, the training of the mind and body alone can produce that combination of perfection which has constantly manifested the "Mens sana in corpore sano."

Many instances have occurred in which an Oxford undergraduate who, after two years' study, during which time little exercise had been indulged in, having taken to running, has induced disease or injury from such undertaking. In this case the nervous system has undergone severe strain; the nerves connected with the locomotive system have at rare intervals been called into requisition, and consequently the muscles have lost their tone, rendering the body unfit for exertion, and the limbs unable to withstand the effects of even a short walk. Such a young man requires long and careful preparation; his whole system

of life must be altered, hours of study shortened, and exercise should be increased from day to day until the body has gained that muscular tonicity which will enable him to undergo the exertion necessary for one about to train for the cinder-path. Men also not engaged in severe mental strain which is so common to those studying for honours at any of our universities, and lawyers, clerks, &c., whose days from ten until four are occupied in business of sedentary nature, and who wish to devote some portion of their time to athletic pursuits, have only the mornings and evenings open to them for training. These also cannot with impunity commence hard work at once; it should begin by walking to and from business, morning and evening, and as soon as a man finds himself fit to walk a long distance without feeling tired, he may resort to the cinder-track for his daily walk or run. Hitherto our remarks have been confined to the consideration of men who have occupied their youth in study, and have not been compelled when very young to devote their time to manual labour; but a third and important class calls for attention, namely, the offspring of our toiling fraternity, those who from necessity are forced to labour before their sinews are set, or their muscles fully developed, and who possibly do not obtain the most nutritive or digestive foods, which the better-off classes are able to procure, the effects of which may result in tardy growth or permanently restricted size. Such men as these, when they turn athletes, represent

our professional pedestrians, and among them with few exceptions are to be found our fastest runners. Such individuals as a rule have not been nursed in the lap of luxury, like the children of the upper ten, neither has their child-life been so carefully attended to, as the sons of the well-to-do middle class. The three sections above mentioned have each equally to be introduced to the cinder-path with strength of body and constitution, which can alone be insured by a well-prescribed dietary system, associated with that due amount of exercise necessary to bring vigour to mind and elasticity to limb. The question arises, what are the means to attain this desirable end? Certainly not one hard and fast prescription—no two men have exactly the same configuration of feature, neither do they possess similar constitutions. Again one person will eat with pleasure that which another refuses. So it will be seen at the onset of our task we are beset with certain difficulties and rough tracks which can easily be surmounted if only due attention be paid to those hygienic laws by which "life may be preserved, although death cannot ultimately be defeated." We have, as before said, three classes of athletes to deal with, *i.e.*, in general remarks, namely, the one born with a gold spoon well in his fauces. 2. The middle class, who, when arrived at manhood estate or just before, are obliged to enter the Civil Service or some similar vocation in life. 3. The son of the soil, who, as a sapling, enters the lists of manual labour. The first two, in so far as preparation for athletics is con-

cerned, stand very much in a similar position ; both in youth have been well nurtured, have been students at Eton or Winchester, Rugby or St. Paul's, have run in the paper chase, played at cricket and football, and a few have run in matches at their respective schools. It is always good, especially for boys, to combine physical exertion with mental culture, and this the schoolboy insures, and it is this early association of mind and matter that has won for Britain victories by land and sea, and the colonization of half the globe. The student when leaving Eton or Winchester for Oxford or Cambridge would not require that amount of preparation for running that his older self does after he has been up for a year at one of our universities. Late hours, too hard reading, and little exercise, will upset the system previously well sustained at school ; if too much smoking, and late hours and dissipation be indulged in, the nervous system will suffer, muscles will lose their tonicity, and disease will supervene ; it is this state of things that the trainer has to contend with.

Of course, he insists that all bad habits must be given up, and prescribes gradual preparation. But, in many instances, the trainer is represented by a man ignorant even of elementary physiology, and, as a result, of pathology; and although his practical observation of runners, their ways and ailments, gives him certain knowledge, at the same time he is an incompetent adviser when intricate cases come under his observation. He can take the time, prescribe for the

distances, and determine how often men should run when they are in health and fit—can put, as it were, the finishing strokes before a big race—but he is incapable of prescribing meat and drink for one who has never run a yard with intent ultimately to toe the path. No doubt such men have learnt from medical men certain facts which have assisted them in diagnosing the requirements of those they train, but due caution should always be exercised by those about to place themselves under the restrictions and advice of a person unacquainted with those sciences, namely, anatomy, physiology, and pathology, which alone can give a man assurance that he is capable of successfully tending the needs of the human frame when about to indulge in severe physical exertion. There is one mistaken idea that is somewhat common to the professional trainer: he likes to get his man fit, *i.e.*, he strives to reduce weight, which has often been effected with physic and hard work. This system constantly produces baneful results; for instance, W. G. George, a man 5 ft. 11½ in. in height, and weighing over 11 stone, was reduced, while training to race W. Cummings, to 9 stone 4 lbs., and when he toed the mark for the ten mile race, on September 28, 1885, did not feel in the same robust condition that he did when he, self-trained, had beaten record at Stamford Bridge L. A. C. grounds.

Honour to whom honour is due, and we do not for a momemt pretend to say that professional trainers have not brought out men very fit, and have by their

system of preparation made them run faster by yards after their manipulation. Under Nat Perry's care J. M. Cowie grew swifter; and C. G. Wood, following the instructions of C. Ransom, was brought out in such good form for the 440 yards English Championship of 1886 that he accomplished the task in $49\frac{4}{5}$ seconds, which time, before his professional tuition, he had never been able to record. The surgeon pure and simple lacks that practical knowledge of training which the professional instructor possesses, and consequently the one assists the other; at the same time, if the science of the one could be blended with the practical experience of the other in one individual, we should then be able to give the world assurance of a trainer. Medical students might with advantage educate themselves to this end, and in a very short time the athletic world would possess men capable of giving practical and scientific advice at training quarters.

BEFORE COMMENCING TO TRAIN.

FOR walking or running steady and gradual preparation is necessary. Some men only walk more than usual, trot on the road for half-a-mile now and then, and fancy by such means they are "getting into condition." A little extra exercise, of course, has its good effect in this direction, but it is not sufficiently workmanlike, is too spasmodic, and is not of that persistent nature which is all-important in producing

strength of body, easy respiration, and elasticity of gait. Athletes of the past, when training for races, have acted as if they thought that a daily run and an occasional walk was all that was required to fit them to undergo the exertion of a race. No greater mistake can be made, for half the evils which undermine the constitutions of athletes are caused by the imperfect development of their animal bodies. Observe the pictures of undeveloped youths which are brought under our notice on the many running grounds of England at race meetings, a display very often of good legs and thighs surmounted by narrow backs, small arms, scanty muscular formation of the trunk, making a feeble contrast with the limbs below. Such bodies are disproportioned, and in most instances this peculiarity of form is caused by the insufficient exercise of the trunk and upper extremities. Never mind what kind of athletic pursuit a man chooses as a pastime, he requires not a partial but an entire development of his frame; the muscles of the arms, chest, and legs must undergo a similar amount of training, as weak arms work uneasily with strong legs; and, moreover, the existence of this state of things has been the cause of the many mishaps to which athletic flesh is heir. To correct this evil in our present system of training, men should resort to a gymnasium, where the cross-bar, ladder, and climbing-rope would not only put into operation all muscles of the body, but especially those of the arms and trunk, the very parts which are not brought into

violent use on the cinder-track; boxing and the use of dumb-bells would also invigorate the limbs, and give strength to the respiratory organs and the intercostal muscles. One of the most valuable acquirements for the runner is lung capacity, associated with strong breathing power. Many a hunter, well trained in every other respect, is said to be "weak in his bellows." What is the result? Why, he is no stayer! he cannot keep with hounds over a long burst, and for this reason alone he often leaves the hunting-field for the shafts of a hansom.

Not only for men in training is the work at a gymnasium actually requisite, but for boys and girls; in Germany and France children go through their gymnastic exercises in a style that would astonish English parents, and this because the medical men of these countries prescribe such physical efforts as the preservers of health, and as effective forces against the inroads of disease. A young man in a feeble state of health, and said to be consumptive, was seen by McLaren, of the Oxford Gymnasium, who, having examined him, thought he could reinvigorate his system at his gymnasium: the result was that within a year he became strong, the consumptive symptoms disappeared, and within three years was one of the finest made men we ever saw, 6 feet high, 40 inches round the chest, &c., and in every respect gave "the world assurance of a man."

Lord Wolseley, in a speech recently delivered, has drawn attention to the importance of gymnastic

exercise for soldiers—a better authority on such subjects it would be difficult to find. Surely, if gymnastics are necessary for the physical development of the soldier, they are more demanded for the athlete who is supposed to be specially prepared to race, and has to withstand the effects of severe strain and nervous exhaustion. Before the body is subjected to any hardships, it should undergo a preparation to render it capable of resisting the effects of such hardships: for this Lord Wolseley contends. While an athlete is preparing to run, he should train in such a manner as not only to develop the muscles of his legs, but those of his whole body, and this can be effected at a gymnasium. Do not be a glutton at first: begin little by little, and from day to day increase your work, after which, in a little time you will have acquired knack and method which will enable you to perform feats which would elicit prolonged applause from an "Empire" audience. Another matter athletes neglect whilst in training, namely, mental culture: books are often flung aside, and the education of their minds becomes a dead letter; and, as a result, the nervous system loses its force, and does not give that influence to the muscles and various tissues of the body which is so necessary to sustain vitality. All energy pursued in one direction grows tame unless varied by another and different pursuit. Now, the education of the mind and body represents those kinds of processes which are calculated to insure ultimate perfection in both; in fact, the one will not train so

well by itself as it will in combination with the other; and reports have been handed down informing us how intellectual men have been forced by the promptings of Nature, as it were, to take bodily exercise. Dr. Samuel Clarke would leap over chairs and tables; Cardinal Mazarin was in the habit of shutting himself up in his room and jumping over chairs set in various positions, according to the degree of difficulty in clearing them; Cardinal de Richelieu was often discovered jumping with his servant over stone walls; Douglas Jerrold and Charles Dickens loved a game of bowls; and many more instances of a like nature could be cited, proving that by one way or another our wisest and most eminent men have found relief by blending physical exertion with mental labour: the stern side of life demands recreation, or, as Seneca puts it, "a continuity of labour deadens the soul," the mind must unbend itself by certain amusements.

It has been our endeavour in the preceding chapter to prove the necessity for perfection of form in men about to toe the cinder-path, and that this alone can be obtained by running and taking continual exercise at our gymnasia; moreover, that every tissue of the animal should be in harmonious health the one with the other, and as the great commanding tissues exist in the brain—the nervous centres and nerves—and as these cannot be trained by any bodily exertion, but by reading, observation, and thought, so it is evident that study should be persisted in, and form a part of the athlete's education. If the nervous system is in

bad health, the whole frame sympathizes with it; similarly as when "one member of the body suffers, all members suffer with it." The Greeks and the Romans indulged in athletic exercises, in fact, it formed a part of military discipline; and constant allusions to the various games instituted have been handed down to us by ancient authors, and in these it is distinctly apparent that the exercises were of a nature calculated to produce all round perfection of the body; they wrestled, threw heavy weights, and carried weapons requiring two hands to wield them; they also ran races; of these St. Paul was a spectator more than once when he was a prisoner at Rome, for he writes: "They that run in a race run all, but one receiveth the prize."

Many readers may think that too much has been said about the education of the mind for athletes, that the ancient Greeks and Romans were educated only in the art of war. No doubt such was the case, but their minds were quickened by such discipline, and no doubt some games, or even learning obtained from observation, gave an impetus to the nervous system, and, as it were, electrified it. The Greek philosophers were men of the greatest culture, as their extant works proclaim; the masses were what we should call ignorant, but the speeches made by the Greek heroes of the Trojan War give sufficient evidence that they were men of vast observation if not of education, and although Homer wrote the speeches, he must have come in contact with men of

such mettle or he could not have given a true or graphic description of their deeds. The swift-footed Achilles was a good runner, and we are told that after the loss of Briseis and Chryseis, he consoled himself in his tent by playing the harp and singing; he consequently possessed a knowledge of music, which strengthened his nervous system ; and that he was an athlete Homer testifies in pronouncing him to have been swift of foot, and of so powerful a voice that the Trojans bolted when he shouted. His lung power stood him in stead at the military sports, if they ever had any, and if not, this man was a representative athlete and warrior of the time, when strength of body, swiftness of foot, and endurance formed the most important characteristics of a Grecian hero. It has been contended by some that the ancients were stronger men than those of the present, whilst others have asserted that the various athletic exercises which are now so common are performed by men superior in strength and dexterity to those of older times. The fact of who is right or who is wrong cannot be proved with mathematical certainty, but a glimpse into the past may assist us in arriving at a somewhat satisfactory conclusion ; not that this will in any way help us to train, neither will it conduce much to our athletic superiority, but as a matter of historical research may possess some attractive information.

There can be no doubt that the men of the past were stronger than those of the present, if history is to be relied on, for we read of feats of strength in some

instances eclipsing those of the fabled Hercules; on the other side, it is asserted that mole-hills have been exaggerated into mountains, and that the ancient deeds of prowess recorded belong rather to heathen mythology than to national history. In comparing the present with the past they ask, could any runner of the Greek or Roman periods, or during the days of the tournament, have run a quarter of a mile in 50 seconds? did any man of the past ever swim across the Channel, or do anything like it? yet Captain Webb accomplished the feat, and in a comparatively short time considering the distance, and no one before or since, without artificial assistance, has ever attempted to break Webb's record. This style of argument may go some way in one direction, but it by no means solves the difficulty, and no one will deny that men run and walk faster now than they did at the Olympian games; but at that time the surroundings were different—no cinder-track existed, training was not understood, in fact, the consumption of much food was indulged in before racing, feasts were left for immediate recreation. The Greek and Roman athletes regaled upon raw flesh and new wine, and when Lydas, the Spartan, dropped dead on completing a three-mile course, we do not learn how he was trained, but we do know that they lived upon raw meat, and the more they partook of it the stronger they were thought to become. If Lydas ran on a full stomach, his death need not surprise any one; it has happened to other men who have taken

less violent exercise after a full meal. Whatever might have been the cause of death, it is impossible for us to diagnose the cause; it might have been heart disease or any other accident causing rupture in some vital organism of the body; and because he dropped dead whilst running does not prove that men at that period were weaker than they are at the present day. Athletes run faster now, at any rate we presume so, because year by year records are broken, and the truth of the saying that there never was a good man who could not be beaten seems to be exemplified on the cinder-track. It is argued that this gradual increase of speed proves that little by little, from year to year, and from generation to generation, men have grown quicker in pace, and from deduction it is asserted that the moderns are swifter of foot than were the ancients; but do runners or walkers present specimens of our strongest men? Only a very few are possessed of powerful frames; some of our fastest athletes are small of limb and slight of body, and it is supposed that having a light body they have little to carry, and consequently can "get along." It is the exception to see men like the late W. Page Phillips and C. G. Wood toe the mark. J. M. Cowie has a good form in a small compass, and is a representative of a good little one; but there are numerous fast runners, men who have beaten records, who possess neither fine form nor the strength which must have been common to the athletes of antiquity. These men of muscle were not met with on the running path, they showed their

prowess in wrestling, throwing the stone, fighting with the cæstus, lifting great weights, and in the tournament; and the deeds recorded of them could not be approached by men of our time.

The "Chroniques de Saint Denis" bear testimony to the wonderful strength of Charlemagne; he once cleaved a warrior in two with one blow of his sword, and could carry a heavily armed man with one hand. Again, the valiant knight Renard, towards the end of his career, became a chevalier mason, and carried on his back all the enormous blocks of stone required to build the Sainte Eglise at Cologne. In the days of the tournament, numerous stories of the great strength displayed by knights and others have been handed down to us. One recites a certain German knight who would test his power by putting his arms, whilst on horseback, round the branch of a tree a foot in diameter, would urge his horse forward, and never lost his seat, nor failed to break the limb from its parent tree. A story is related of a man, Ervaltan of Spayne, who, hearing the Earl of Foix complain that a fire in a dining-room was not large enough, went into the courtyard below, where several asses laden with wood were standing, and having selected the largest animal and collected all the wood, placed this heavy burden on his shoulders, carried it up a staircase and through a gallery, and then cast donkey and wood on the fire, to the delight of the Earl of Foix. Could any man of the present day perform such a feat? A giant might, if the Society for the Prevention

of Cruelty to Animals did not interfere. In the past no doubt giants did exist. Goliath of Gath, so powerful and large was he in appearance, that he dismayed the Israelites. "He defied them," and no man could be found to fight him with the weapons then generally used in war. But a small man with a weapon of precision which will operate at a distance can destroy savage animals and others, against which at close quarters he would have no chance. David first illustrated this fact. That a race of giants did exist in past days, and these human monsters preyed upon their smaller brethren, who retaliated with projectile arms, arrows, stones, &c., ultimately succeeding in ridding the land of their oppressors, is a fact that history has established. The nursery story of Jack the Giant Killer is to our mind an outcome of actual observation, and being a tale handed down to us from the Norman period, it may be concluded that giants existed in the land at the Conquest, or were brought over by the Conqueror, who was himself said to have been over eight feet high. In the days of the tournament, although we know that they were not giants, their feats of strength have been detailed, and the Augean tasks they performed could not be accomplished by men of our time. No one now can draw the bow like the English archers who fought at Cressy. The bow they used can be tried by any of our present archers, and they will be found wanting: the hand and arm to-day is not so strong as it was then. It seems to us that the

peculiarities of times past were favourable to the greater development of the human body than they are now. Wars between nations, and internal feuds between sections of each nation, were common, and these fights were in many instances hand to hand; and for such mode of warfare strength and dexterity were the great requisites to success—it was ten to one on the most muscular. Such being the case, all attention was paid and every means devised in order to educate nations in muscular tonicity. Xenophon tells us how Xerxes trained his soldiers, the food they ate, and the exercises prescribed. It is evident, therefore, during the Grecian period training was considered essential to the welfare and success of the Grecian cohorts. The Latins were famous for the discipline of their army, and their great superiority in the field was produced by daily gymnastic and other exercises: the "Exercitus" was the Latin name for the Roman army, and can be translated in English "exercise," and in this sense it is mentioned by Varro. Gibbon, in his "Decline and Fall of the Roman Empire," tells us that athletic exercises were the important and unremitted object of their discipline. Young and old soldiers were trained both in the morning and in the evening. Covered sheds were erected for winter use, so that no tempestuous weather should interfere with the everyday practice, and it was the order of the day that weapons double the weight of those used in war should be introduced during gymnastic practice. The Roman exercises

comprised "whatever could add strength to the body, activity to the limbs, or grace to the motions." The soldiers were diligently instructed to march, run, leap, swim, to carry heavy burdens, and handle every species of arms that were used, either for offence or for defence, either in distant engagement or in closer onset. We read that Hadrian and Trajan, and other able generals, were in the habit, not only of instructing these athletes in their various feats of strength, but sometimes also disputed with them the prizes of superior dexterity; and as long as athletic exercises continued to be a Roman institution, so long the Empire retained its vigour—their gradual cessation was the first mark of decay. Flavius Rennatus informs us that when the Roman soldiers refused the use of their heavy armour, that had conquered the world, "it fell uselessly from degenerate shoulders," and contributed largely to the decline and fall of that empire. It is evident, therefore, that the ancients thought all manly exercises necessary to the perfection of manhood and development of stalwart soldiers.

This training of nations in various exercises, which increased their strength and rendered them capable of withstanding the hardships incident to war, was a form of discipline which must have produced in many human specimens men of great strength, who performed those feats which are so Herculean that moderns look upon them as mythical. Make a demand, and supply will follow. Strong bodies were wanted in the days of yore, for without strong men

battles could not be won; consequently, every human endeavour was made to produce strength of body. Every variety of exercise was indulged in, and as long as wars were dependent for success on stalwart bodies and brute force, so long this necessity for training men in all kinds of gymnastic and athletic work existed, and was pursued with national severity; but when the demand ceased, the supply fell into decay: artillery supplanted the bow and arrow; breastplates could not resist the inroad of the bullet; battle-axes were useless against gunpowder; armour became defenceless; the occupation of the soldier who depended on his brute force for success had passed away, and with it those exercises which had made the tournament the arena of great and daring deeds, giving to the knights their chivalry, and the English archer his never-to-be-broken historical record at both long and short distances; the cannon and ball usurped the place of the arrow; arms of precision rendered useless the battle-axe and javelin; defenceless armour fell from overweighted warriors, never to be reassumed; the period of scientific warfare had commenced, and the tournament was soon supplanted by horse-racing. Heavy weights might have ridden at first, but speed was the order, increasing from day to day; moderate weights sat in the saddle, to be succeeded by a rider, as at the present time, not weighing eight stone; gymnastic exercises ceased to be so exacting, and ultimately declined, and no longer represented a national institution; lighter

and less exacting pastimes were resorted to, and these, like horse-racing, more from pleasure than necessity. Tennis, foot-ball, cricket, running, wrestling, and pugilism were the sports which sprang up in the place of those exercises that had demanded so much physical exertion from our hardy ancestors. The work required of our warrior progenitors was calculated to make them strong of body and limb; the exercise of the present is slight in comparison with theirs: the railways have saved the soldiers' legs; our civilization cultivates the arts and sciences, and advances them; gas-light upset the oil-lamp, and gas will soon be extinguished by electricity; progress in all departments of construction is effected by machinery, and is evolved from inventive genius. Strong limbs are not required so much now as wise heads: mind rules matter. The training of the human body now is pursued for individual enjoyment, for the purpose of rendering a man capable of excelling in the various sports and pastimes in which Young England delights. Athletics, and pastimes demanding physical exertion indulged in during youth, will bring strength to manhood, and supply our armies with good soldiers. The Duke of Wellington has said that the Eton fields supplied him with good officers; the same fields and opportunities exist now as they did at the date of the above-quoted utterance; in fact, greater opportunities could be afforded if young Englishmen frequented gymnasia, wherein they could procure all-round bodily exercise

which, if taken wisely, would insure not only development of the limbs, but of all muscles of the body Without such perfection of form, no runner is safe from the effects of severe strain, and consequently is unprepared for the contest which awaits his footfall on the cinder-track.

Sprint-racing is a name given to those distances which have to be run over at top speed ; they extend from 50 yards to a quarter of a mile. Some consider that the quarter is beyond a sprint journey, but as the 440 yards must be run from start to finish, with no relaxation of speed, and as we know what men celebrated at these distances have done—L. E. Myers in 48$\frac{4}{5}$ seconds, at Lillie Bridge, and that Harry Hutchens, the renowned professional sprinter, is capable of beating the existing record, 47$\frac{3}{4}$ seconds, of W. Baker, which took place at Boston, Mass., U.S.A., on July 1, 1886—we think that 440 yards of road should be bracketed with the shorter sprints. Sprint runners are a genus of themselves ; very few are good at all sprint distances : the one that cannot do better than 11 for the 100 yards can glide over the 440 in 52; and again, another who can do the 100 in 10 seconds is quite out of it at the quarter. At the same time we find men who are swift at 100, and usually so at 440. J. M. Cowie, C. G. Wood, M. Shearman, J. Shearman, and the late W. Page Phillips are distinguished examples of good runners over all sprint distances from the 100 to the 440. Some men have been good sprinters, and at the same

time have won half-mile races. F. T. Elborough was amateur champion of England for the quarter in 1875, 1876, and 1877, and he also took first honours in 1876 and 1877 for the half-mile. Such a man is an exception to the general rule. The sprinter is rarely good at running beyond the quarter, and the traveller over this distance is at sea in a sprint; this difference between the two is due to anatomical arrangement; muscles adapted for very rapid and continuous speed in the one do not exist in the same proportion or direction as in the other. From this an outsider would imagine that the well-built and strong man was able to travel long distances. Such, however, is not the case; the strongest and best-formed are usually the men who run well over sprint tracks. C. G. Wood, F. T. Ritchie, J. M. Cowie, A. Vigne, and Harry Hutchens, the professional, are illustrations of this fact; the distance runners, on the other hand, are constantly spare men. W. G. George is tall and slender in comparison with the sprinters above mentioned; and others, such as W. H. Coad, J. E. Dixon, the 50-mile amateur champion, E. C. Carter, and Jack White, the professional, one of the finest runners of the past, who owns the 5, 6, and 7 miles records of the world, do not put in Herculean appearances, but they have all on the day of trial shown that they possess strength and endurance, which is not common to the sprinter. This seeming contradiction is easily explained, when we take into consideration the difference of the arenas upon which

the two classes perform; the sprinter must be off the instant the pistol cracks, and then from start to finish must run at his top speed; and during such exertion there must be no waiting to ease as over long journeys, one persistent strain must be continued. The late W. Page Phillips, when running a quarter, lost many of his races by not extending himself sufficiently at the commencement; he allowed his opponents to get too far in advance, and deferred his rush at the finish until it was too late. Many men are guilty of the same fault; all sprints must be raced through as if "the speed of thought were in their limbs;" every muscle and every physical energy must be requisitioned by a crack sprinter on the day of conquest. Over courses from 50 to 440 yards starts are of great importance; a bad start, when a man falls or hesitates when the pistol cracks, is often beaten, owing to this accident alone. Slipping or faltering at the start will often lose a man two or three yards; and this in a short race spells defeat. Attention is drawn to this fact to show how every power of immediate expression must be brought out in order to secure success over sprint courses. For such strain strong men are demanded, those who are capable of running at top speed from start to finish; a slightly-built man can run at a pace, but he cannot sustain the effects of high pressure at so rapid a pace as a Wood or a Cowie, and consequently he only figures as a front marker, and would be considered only a moderate sprinter. Long-distance runners are not the muscular Christians the outside

world would suppose ; they have many of them sufficient physical development to assure an anatomist of their strength, and they possess a lightness of body which, experience has proved, is capable of a prolonged endurance which stronger frames cannot bear. The entire organism of a big man must be large, and in running great weight has to be propelled, and over a short course the journey certainly is not far, but it has to be accomplished as quickly as possible ; the great strength can withstand the effects of this imposition on the nervous centres and muscles for a period of short duration, which cannot with safety be prolonged over two minutes. Some 440-yard runners can do the half-mile in splendid time. F. J. K. Cross and A. G. Le Maitre, *Arcades ambo*, Oxford men both, are good performers at both distances, but as a rule the quarter, and sometimes 600 yards, is the longest drag a first-class sprinter can accomplish ; and this distance to a George would be only a flutter, but he could not travel over a quarter at the speed of a Wood or a Myers. Sprinters undergo, during their short races, severe strain ; and to withstand the effects of which it is necessary that all the muscles of their bodies should be strongly developed, and, as a rule, they are. Yet this marked virility and dominance of form adds weight to the body, and imposes great exertion on the limbs, and principally on the legs, which has a tendency to exhaust a heavy man sooner than a man of lighter build, who, having little to carry, can run his 4 to 10 miles, win his race, and at the

finish will often exhibit less symptoms of distress than his brother athlete who has just won his quarter.

There are some who can sprint well, and at the same time can run a middle distance, such as a half-mile, in very quick time. L. E. Myers is an example of this form, and others will present themselves to our readers' minds. As there are three distances open for competition, namely, sprints, from 100 to 440 yards; middle, from 500 yards to three-quarters of a mile; and long, from 1 to 10 miles, so there are three distinct classes of runners who put in an appearance at these respective distances; each class requiring different preparation, not so much from a dietary point of view, as in the amount of exercise to be taken; but both the one and the other should do sufficient work by walking, running slightly, and gymnastics, so as to bring health and muscular development; and until this is attained, it is unsafe for any athlete to commence strict and regular practice, which is necessary to insure success at our race meetings. The first consideration for a trainer to recognize is the condition, constitution, build, and health of the person he is about to prepare for the lists. As runners come from all classes, various presentments are met with: from the university undergraduate to the worker from the mine; the one, most likely, has been brought up from his infancy in the lap of luxury, whereas the other has fought from his babyhood with hard times; drink or excesses of any kind may have injured the systems of each; but the former is more likely to

have been depressed by over brain-work, caused by late hours and over-study. These classes are somewhat distinct the one from the other, and demand more the advice of a medical man than the attention of the trainer; but as all athletes, irrespective of class, are about to prepare for similar if not the very same contests, it is evident that each must be brought to one and the same state of perfection. This cannot be effected by a straight line, which lies evenly between its extreme points. The man who has led a healthy life, and has taken plenty of walking exercise, may at once commence what we will call legitimate training; but the man who has taken liberties with his constitution, or has injured his nervous system by over-study or other means, then a course of medical treatment should be resorted to, and until the system has regained its former health and the muscles their tonicity, only moderate exercise can be taken,—that calculated to eradicate the offending maladies and to promote strength; until these to be desired ends are arrived at, it would not only be unwise, but also unsafe to commence training. As dietary forms an important feature in the art of training, it will be necessary to learn the mode of life and the various kinds of aliment upon which the to be athlete has indulged, for it will be understood that the patrician lives more solidly than the plebeian, the duke than the serf; and there are intermediate modes of existence, necessitated by the variety of avocations pursued in the human hive, which influence, and to a degree arrange, our manner

of living. All these various types have to be thoroughly understood before a course of preparation suitable for each case can be prescribed.

Diseases, whether mental or systemic, should receive the attention of a medical man, and must not be left to the tender care of the trainer: more harm results from improper treatment than the general public are aware of. A man without the knowledge of the conterminous sciences necessary to the education of a physician, is unable to diagnose disease; how, therefore, can he prescribe treatment for a malady that he has not recognized? Medicines, even if ever so simple, if administered in a wrong direction, fail to effect cure, and, worse, often sow the seeds of future complaints; but a man in good health and capable of taking strong exercise can render himself fit for harder work by a gradual system of training. Severe exercise will not give the body that tone which an athlete should possess, unless at the same time due attention be paid to mode of living. It is all important that not only there should be method in the times devoted to exercise, but also regularity in hours of sleep and of taking food. A man in training should go to bed at not later than eleven p.m., and rise at eight; and breakfast, dinner, and tea or supper must be discussed at certain fixed periods, with rigid punctuality. There is a very bad habit which pervades all classes of society, and is more resorted to on account of its assumed sociality than as a vice—it is drinking between meals; this custom or vice, whatever its patrons

choose to call it, must be studiously avoided by the athlete. Even drinking before a race or after it produces no good effect; it neither banishes nervousness, supposing it exists, neither does it re-invigorate an exhausted system. The common questions "What will you take? Let's have a drink," are sentences of such everyday occurrence, even to the good and wise, who sometimes accept these favours, that we cannot shut our eyes to the fact that "nipping" has become a national calamity. The human body requires very little liquid to keep it in health, and this is proved by the fact that men often do not drink because they are thirsty, but for the lack of something better to do, or from the love of alcoholic imbibition, or as a pastime, somewhat in the same manner as Charles Dickens said: he liked a glass of wine because it was something to play with. An athlete, and people generally, should never drink between meals, and it is always wiser to empty the pewter after than during the feast, when it will form an after-dinner cup in association with a post-prandial weed. Sir Walter Raleigh first introduced the noxious weed into Great Britain, and found solace from its aroma, and since his time to the present its consumption has increased, and its devotees therefore have become more numerous; but this does not prove that it possesses any virtues, or that smoking is productive of any good effect on the human system. It seems to us that it does no harm; it may, if indulged to excess, undermine the nervous centres, but when taken in moderation seems rather

to act as a soother to the nerves than a depresser of them. At any rate, it has this advantage over alcohol: it has not the power to cause the formation of organic compounds within the body, to which the men of strong drink are prone. If it has a bad effect it exists in depression of the nervous system, which is of an evanescent and not of a permanent character. Medicines and drugs of any kind do not act similarly upon every constitution: to some opium is by no means a sedative; and in a similar manner tobacco has not the same influence on all individuals; it may brace up some systems and enervate others; thus two opposite results are induced by one and the same cause. That smoking is an unnatural habit cannot be denied, for we notice the youth with his maiden weed often ill at ease, the white face and quivering lip indicating distress, which is relieved by vomiting, and it takes some weeks of persistent practice before a smoke beginner can take the noxious weed with impunity; but habit becomes second nature, and in time the system accommodates itself to that which had previously disagreed with it. No man in training should smoke; this is a safe law to enact, and we are confident that every athlete preparing for a race is in better case without a smoke throughout such period. At the same time, should he have been a great smoker previously to his signing articles, and if the negation of tobacco makes him feel uncomfortable, with a longing for the forbidden leaf, then smoke, but in strict moderation, for it is a fact that a man in

training must not have his mind disturbed ; he should always feel at ease, and enter into all harmless pleasures calculated to give tone and energy to the body. As foods both form and build up the human fabric it will be wise to recognize that man "is wonderfully and fearfully made," that tissues are most delicately composed and arranged in such a manner so as to afford ample protection to them from injury and facilitate the operation of their various functions. This magnificent machinery of the human body cannot operate successfully without that renovation which food alone can supply, and in considering this matter we must know first the composition of the body before administering to its pabular wants. Fortunately, man has been so carefully analyzed by his fellow man, that the composition of every tissue and structure of his body can be demonstrated to the fraction of a grain ; thus, for example, 100 parts of blood contain 79 of water, of albumen 7, and of colouring and other matters 14; and these compounds, like others in all animal bodies, can be reduced to their ultimate elements, which, according to our present chemical knowledge, cannot be rendered further divisible ; for example, gold, sulphur, and oxygen gas are elementary substances, and cannot be separated into anything else, but water exists as a combination of two gases, viz., oxygen and hydrogen, and these can be separated the one from the other by chemical aid. These elements unite the one with the other in various proportions to form compounds, and

these form the tissues which enter into the composition of the animal body. The number of elementary substances existing in the human frame are about sixty-two; and of these, the most important are oxygen carbon, hydrogen, and nitrogen, principally because they are contained within the vegetables and animals used as food, and consequently their narration will assist us in our endeavours to explain "what to eat and what to refuse," when giving expression to our ideas on diet. If the composition of the body and of the foods which supply it with nutriment be known, the task of prescribing for its maintenance can be readily explained, in a manner so simple that he that "runneth can read"; but in doing so we have three classes to deal with, and these represent any men who may consider themselves in good health, but in reality are not so. They may not experience any discomfort, in fact, may fancy they are in splendid condition, although at the same time they are in a diseased state; for one is anæmic, representing the bloodless state. This is caused by imperfect assimilation, or by an insufficient supply of blood to the various organs of the body. A second is plethoric; this state is produced by a redundancy of blood, by an excess or undue appropriation of that fluid; in this case the blood-vessels become distended, and the heart labours heavily under inordinate pressure. But although such is the case, yet the plethoric subject considers himself, and is said to be, in robust health, for he eats and drinks well, and sleeps soundly,

proving that the functions of digestion and assimilation are actively performed. Plethora nearly always places the subject of it in dangerous ease, in which state he remains until bleeding at the nose, or some unimportant hæmorrhage relieves the system from the high pressure imposed upon it, or some ailment, such as a bilious attack, when the remedial measures demanded necessitate a course of living calculated to reduce the system. But often no warning is given, for apoplexy, structural disease of the heart, or rupture of some organ, causes death. But Nature, ever economical in her means and wise in her ends, is always attempting to avert fatal affections, and in acting for the safety of the plethoric, sometimes causes fat to be stored up in the system as a means whereby the excess of blood may be diverted from the over-distended vital organs to the nourishment of this superfluous substance. The fat man represents our third class; neither plethora nor obesity could be produced without food and drink taken in excess, or by the devouring those alimentary substances which are known to be highly charged with nitrogenous and fatty principles. The farmer, when fattening cattle, supplies them with foods which he knows will produce fat; and the various aliments—vegetables, &c.—which cause plethora and the storage of fat in the human body being well known to the chemist and physiologist, it will therefore be readily understood that being acquainted with these facts, we are in a position to determine those foods which the athlete

should take, and those he must beware of. Plethora and obesity are deviations from a healthy state, and consequently are conditions that the pedestrian must reduce, and this in great measure can be effected by abstaining from those foods containing sugar and starch, and alcoholic liquids; *i.e.*, if we have the means at our disposal for the production of fat, we must necessarily know how to prevent its accumulation by denying ourselves that food which is capable of forming it. The remedy usually presenting itself is partial starvation, but such a system, although it may to an extent bring about the desired end, will, as experience proves, in nine cases out of ten, injuriously affect those attempting it. The investigations of chemists assist us in our research, for they have discovered that certain foods are fertile in fat-generating products, whereas in others they only sparingly exist. Therefore common sense suggests the propriety of our selection. To prove that certain foods contain fat-generating products, it will be necessary first to consider of what compounds fat consists, and afterwards the composition of those foods which cause its development. Fat is a chemical mixture in variable proportions of three compounds, viz., stearine, oleine, and margarine, in association with a sweet principle named glycerine, and when resolved into its ultimate elements, contains—

Carbon	79·98
Hydrogen.....	11·148
Oxygen	9·256
Total.....	100·000

The foods which contain fat-producing compounds in large quantities are those usually eaten and drank by us daily, viz., potatoes, bread, pastry, butter, sugar, and alcoholic fluids, such as beer, wine, and spirits. Now all these are made up with starch, sugar, oil, or alcohol, or both, and are consequently fat generators; for instance, starch and sugar enter into the composition of potatoes, bread, and pastry; and in butter, glycerine and oil are found; and in wine, beer, and spirits, sugar and alcohol are always present. Starch and sugar consist of the same chemical elements, and in nearly the same equivalent numbers; thus, the formula of starch is—

Carbon	12
Hydrogen	10
Oxygen..... ..	10

that of sugar—

Carbon	12
Hydrogen	11
Oxygen.....	11

from which it appears that the addition of one atom of hydrogen and oxygen to starch converts it into sugar. Now, during fermentation (the process of distillation), starch becomes dextrine; dextrine, sugar; and sugar, alcohol; and, if this process be carried further, alcohol degenerates into acetic acid (vinegar). Similarly, as fermentation can be conducted without, so it can within the living organism, under the guidance of certain vital functions; but this internal

distillation, if it may so be called, during its operation is hidden from the eyes of man, and is involved somewhat in mystery, and, therefore, the various changes effected, and how they are brought about, are left to physiologists to discover by experiment; but, although such is the case, still it is a well-established fact that starch, when within the system during the function of digestion, becomes sugar, and is finally deposited throughout the tissues of the body in the form of fat. That sugar existed naturally in the liver, and was abundant during digestion, was long since proved by Magendie, but it remained for Bernard and Henson to discover the existence of a sugar-producing substance in that organ, which, under the influence of saliva and blood, possessed the power of converting starch and similar substances into sugar; and from the experiments of Bernard and Lehmann on dietary, we learn that this sugar-producing material is obtained from nitrogenous food, such as meat, eggs, etc.; but is greatly increased in amount by a non-nitrogenous diet, such as potatoes, bread, beer, &c., which amount of increase Dr. Parry estimated at nearly double. Bernard considers this transformation of starch into sugar the result of fermentation.

The above is a superficial consideration of foods, concerning which all athletes should possess a certain amount of knowledge, and will serve, it is hoped, as a slight guide to the dietary training table. From it will be recognized what kind of aliment each

particular case requires; the stout man by refusing those hydro-carbonaceous foods which are the very ones demanded for a lean one, and even the former must at times partake of alimentary substances containing sugar; for it must be remembered that fat is an element of respiration, and is a material which conduces to lung power, and for this reason is of vital importance to the athlete. A thin man wishing to train, although he requires different treatment to a stout one, must not indulge in pastry, etc., *i.e.*, hydro-carbons, *ad libitum*, but only to that extent which will allow him to get greater development of body, and tonicity at the same time. Such will not want nearly so much exercise; he should put on condition before he attempts much exercise, and this, always allowing that the individual is otherwise in health, can be effected by slight walks and judicious dietary.

As before said, all sorts and conditions of men seek to enter the athletic arena, and it is incumbent upon each, from the Oxford undergraduate to the son of the soil, to cause diseases to be cured, whether they be those of the over-taxed brain, or induced by over-drinking and bad habits. This done, strong health should be acquired by a due attention to those hygienic laws which are said to prolong life. They consist in early to bed and early to rise; meals taken at fixed and regular intervals from tables not covered with luxuries, but with viands suitable to each; and for all, beef or mutton, not veal or pork, form a

sound nitrogenous food for any athlete. Pastry may be taken sometimes, but milk-puddings and custards being highly nutritious should, as a rule, comprise the after meat course, to be washed down with a pint of ale, neither sour nor strong, as beer highly charged with alcohol does not quench the thirst so readily as a milder ale. Effervescing drinks of any kind must never touch the lips. Walking and sometimes running must be resorted to as preliminary canters, and can be persisted in until the muscles have gained that tonicity upon which the trainer will feel it permissible for him to exact that amount of physical exertion which is demanded of those who seek distinction on the running-path.

Pedestrians of the present day seem to think that leg exercise is all that is required of them, that the other parts of their bodies will gain strength without being brought prominently into play; this is the great mistake which has led to such disastrous results on the cinder-track, and in other athletic pursuits where all-round preparation of the body has not been resorted to. Would a mechanic employ machinery wherein weak parts existed? Would an admiral fight a ship with confidence if he knew his armour-plates were defective? Would a soldier strike so surely with his sword if the blade were soft? Certainly not! Yet the runner, in nine cases out of ten, enters the lists with a body half-drawn out; his legs have undergone a certain amount of exertion, his lungs have been educated to bear the strain of

unnatural respiration, but the muscles approximating them, and which assist the respiratory efforts, have never been prepared by those exercises which would not only bring to them, but also to those of the arms, back, and loins, that development and tonicity which every man should possess before he competes at athletic meetings; in fact, development in one part and its negation in another represents ill-adapted and defective machinery, from which it is impossible to obtain so great results as perfection of form would insure. More than this, the undeveloped runner courts disaster every time he races; his strong legs impose upon a weak trunk; the propelling muscles seek the assistance of those super-imposed, being undeveloped, they are unable to respond with sufficient power, similarly as a fast horse on the near side of the pole will kill his slow companion on the off; an antagonism between parts exists, the weaker yields to the stronger. Spasm, heart disease, ruptured vessels, etc., are the enemies who force the citadel of the unprepared runner. What lamentations do we hear? Rachel weeping for her children; mothers discussing the injuries that have occurred to their athletic progeny; how Ajax is afflicted with valvular disease of the heart, and Priam with most dangerous spasms. They inveigh against sports of all kinds, and wish that athletism had never been an institution. "Accidents will happen in the best-regulated families," but the training for, and performance of, all athletic exercises, if conducted upon wise prin-

ciples, will prevent the occurrence of injury, and "drive" maternal "dull care away." The remedy for these evils is within our grasp; the work at a gymnasium would have the effect of developing every part of the body, and of making men not only runners but all-round athletes. The Greeks and the Romans always trained so as to produce general and not local perfection; and if it was necessary for them, surely it is quite as necessary for Englishmen, who fancy they are the most enduring men in the world. In running, the lungs undergo severe strain, which the muscular system can assist only according to its degree of development; a weak-chested man can seldom perform without evincing symptoms of distress, neither can a strong man, unless his costal muscles are as powerful in the other regions of his body. During all acts of exertion the lungs play an important part, and in no instance so markedly as whilst running. Respiration, the effort of inspiration, when pure air is drawn into the lungs, and expiration, when impure gases are expelled from them, is a function which has more to do with the general health of the body than any other, for by them we live and breathe, and have our being; if such be the case, it follows that the surrounding structures should be in a healthy and powerful state, so as to assist them in the hour of need, *i.e.*, when the acts of inspiration and expiration rapidly succeed one another.

To receive inspired air the capacity of the chest is

increased in all directions, so as to bring about the general expansion of those portions of the lungs which lie at the back of the chest and spine, and this is effected by the descent of the diaphragm and the elevation of the ribs. The latter are raised by the contraction of the external intercostal muscles, which are located between each rib ; during laboured breathing other and numerous muscles are brought into play ; in fact, all surrounding the chest, and even the arms ; for instance, the scaleni, are strongly contracted, so as to raise or at least give a very fixed support to the first and second ribs. In the same way the serratus posticus superior, which descends from the fixed spine in the lower cervical and upper dorsal regions to the second, third, fourth, and fifth ribs, by its contraction raises those ribs. In laboured breathing a function of the lower false ribs, not very noticeable in easy breathing, comes into play. They are depressed, retracted, and fixed, thereby giving increased support to the diaphragm, and directing the whole energies of that muscle to the vertical enlargement of the chest. In this way the serratus posticus inferior, which passes upward from the lumbar aponeusosis to the last four ribs, by depressing and fixing them, becomes an adjuvant inspiratory muscle. All these muscles may come into action during breathing, which, although deeper than usual, is not excessively laboured. When, however, the need for greater inspiratory efforts becomes necessary, *all muscles which can from a fixed point act in*

enlarging the chest come into play. Thus, the arms and shoulders being fixed, the serratus magnus passing from the scapulæ to the middle of the first eight or nine ribs, the pectoralis minor passing from the coracoid to the front parts of the third, fourth, and fifth ribs, the pectoralis major from the humerus to the costal cartilages, from the second to the sixth and that portion of the latissimus dorsi which passes from the humerus to the last three ribs, all serve to elevate the ribs, and thus to enlarge the chest ; and other muscles passing from the neck to the sternum are also called into action. In fact, every muscle, which by its contraction can either elevate the ribs or contribute to the fixed support of muscles which do elevate them, such as the trapesius levator anguli scapulæ and rhomboidei, by fixing the scapula, may, in the inspiratory effort, be brought into action. In easy expiration the effort is the simple effect of elastic reaction. As the inspiratory muscles relax their power, the elasticity of the lungs exerts its influence, and the air is driven out, and in a similar manner the muscles just previously engaged return to their normal position, and thus depress the ribs and diminish the dimensions of the chest. During laboured expiration the abdominal muscles become important adjuvants by pressing on the contents of the abdomen, and thus forcing them and the diaphragm into the chest as breathing becomes more forced. Every muscle in the body which can either by contracting depress the ribs or press on the ab-

dominal viscera, or afford fixed support to muscles having those actions, is called into play. The subject of respiration to the athlete is so important that a few passing remarks seemed insufficient for so great a matter, consequently it has been treated in a somewhat physiological style, more to elucidate to how great an extent the muscular system is involved during the acts of laboured breathing than as an anatomical sketch. From it we cannot fail to recognize how important it must be for the muscles of the trunk to be fully developed, not only for the assistance of the respiratory effort, but also for those exactions which running imposes on the animal frame. It has been our opinion for many years past that gymnasia should exist in every town possessing only a small population, and that the work within them should be commenced early during the youth of both sexes; in the male it would lay the foundation of a strong manhood, and bring to the maiden that state of constitution so much to be desired at maternity. It would in addition warn the female mind of corsets, and tight-lacing, and all such gear having tendency to restrict the due performance of the function of respiration; in a very short time our streets would not be lined with deformities. In the gymnasium every muscular action calculated to give tone could be indulged in, with the exception of walking or running, and these therefore might be carried on outside on the running-track. The cross-bar and ladder would bring into action the muscles of the trunk and arms, and

the expansion of the chest would follow as a result, and set in motion those parts requisitioned during laboured breathing. By a course of gymnastic training athletes would be enabled to do more than they have hitherto accomplished, and it does seem strange that a sporting country like England has very few sons who are gymnasts, although Continental countries, and especially Germany, educate their juvenile population in these very exercises which we neglect. Medical men are quite alive to our wants in this direction, and through their instrumentality a few gymnastic institutions have sprung up more for school-children than for adults, and although a gymnasium is of vital importance to the cinder-path there is not a single athletic club that sports one. Surely the premier association, the L.A.C., should lose no time in setting a good example by running up a gymnastic shed, in which the British youth might show his muscle in more ways than one.

A gymnastic meeting would be quite as attractive as a race one, and a new feature on the programme would bring a good gate—and this means money; with the certainty of producing men trained not as to their legs only, but throughout the entire muscular system, and with lungs capable of withstanding the effects of strain imposed upon them during laboured breathing. Until all kinds of gymnastic exercises are patronized, our athlete will never be a complete individual. That he should be, is not only important in a national point of view, but also to the performer

himself, who, unless he is developed throughout his entire frame, is incapable of giving the world assurance of an athlete. He may run well, but when he does his imperfect machinery courts breakdown, ruptures, and heart disease; and it is due to this lack of condition in the upper part of the body that so many young men have come to grief, which gymnastic exercises would have prevented by developing every muscle, and thus bringing out an athlete prepared for the fight.

There are as many men as there are opinions, and this holds good relative to the use of baths, whether hot or cold. An old medical friend of ours was much opposed to the matutinal immersion of the body in cold water. He thought it injurious, and called it the "perpetual slop"; but there are many physicians who recommend its daily adoption. One fact is certain, that cleanliness of body is essential to the preservation of health. The skin is one of the most important emunctories of animal bodies; it casts off through its pores impurities and gases; and if this were its only function, it is self-evident that the skin should be kept sufficiently cleansed, so as to allow its numerous foramina to perform without let or hindrance the various duties imposed upon them by Nature. Although we do not breathe by the skin, at the same time it absorbs oxygen and gives off carbonic acid similarly as the lungs do, not by a system of inspiration and expiration, but the one by absorption and the other by exudation, in association with

various secretions. This process of inhalation and exudation has been termed by physiologists transpiration, and should this function be impeded in its action by any means tending to block up the pores, illness would soon supervene, and that, too, of a dangerous nature. The influence which the skin exerts as a purifier of the system is known to every one; at the same time, a superficial consideration of its anatomy will not be out of place, as a detail of its cuticular arrangement will enable our readers to form their own opinion upon the subject under notice. The skin consists of a dermis, or true skin, and an epidermis, or scarf skin. Within and beneath the true skin, two sets of glands are embedded, namely, the sudoriparous and sebaceous glands; the former are perspiratory organs, which excrete aqueous and gaseous materials, which escape from the skin through the medium of a duct, which terminates by a valve-like aperture on the surface of the dermis; the latter secrete a peculiar fatty substance, and are distributed over all parts of the body, but are more numerous in those parts largely supplied with hair, but have no existence on the palms of the hands or the plantar surfaces of the feet. The ducts of these glands open sometimes upon the cuticular surface, but more often into the hair-follicle, their function being to afford nourishment to the hair. The secretion of both sets of glands passes through the epidermis, which is composed of tesselated epithelial cells, and serves a somewhat important part in permitting the quick

escape of these excretions, or retarding their evaporation. The epidermis is made up of flattened, oval, or polygonal cells, which protect the true skin from injury, and limit the evaporation of fluids from it. The scurf which a man notices when he brushes his hair is nothing more than the natural separation of these used-up cells, which, having served their purpose, make room for the formation of others to take their place, many of which, if not removed by washing or friction, either with the rough towel or brush, would remain and become so many barriers to the escape of impurities, the conglomerate exudation of the sebaceous and sudoriparous glands holding in its oleaginous mesh the used-up epidermic cells, which, by continuous aggregation block up the pores of the skin, and this injuriously affects the operation of the transpiratory function. Dirt will accumulate on all things on the unworked human body, but more so upon the man engaged in daily physical exertion, or in those pastimes in which the athlete delights; consequently, for such persons frequent libations are demanded, or at any rate some means must be brought into operation so as to effect the removal of the cuticular *débris* which plugs the openings of the glands. This can be effected by other means than washing: the friction obtained by rubbing the body with a rough towel will remove the epidermis, and with it the accumulated dirt; but rubbers and brushes do not effectively accomplish what is required.

The Turkish bath, which is only a sequitur of the

Roman bath, will, if the various processes about to be recommended be persisted in, thoroughly cleanse the skin from the used-up epidermis, dirt, and impurities. The hot-air bath consists of two chambers; one warm, the second heated to a very high degree of heat. The bather, having undressed, walks into chamber No. 1, in which he for a short time habituates his body to heat previously to entering chamber No. 2, where the room is heated to above boiling point. When in this apartment, the perspiration begins to pour from every pore of the skin; and when in this state, the bather is placed upon a bed, reclining, and with limbs stretched out, is rubbed down, or more properly kneaded, by an assistant. This process consists in turning and kneading the limbs, grasping, pounding, and gently squeezing the muscles with both hands, like so much dough, from the centre to the extremities; and afterwards by rubbing the body down with hair glove somewhat briskly, so as to render the skin soft, and leave its surface as smooth as satin. The bather now returns to the cooler chamber No. 1, and is there shampooed, and thoroughly dried; and having been well washed and purified, is wrapped in a hot linen sheet, and is conducted to the bed of repose, on which, perhaps, half an hour is spent, during which time a cigar and coffee is the usual order. There is no doubt that a Turkish bath has certain advantages over other baths, especially for athletes, as it thoroughly cleanses and purifies the skin and opens the pores; moreover, a sweat

can be obtained without violent exercise, in fact, when in luxurious repose ; and for this reason, some thirty years ago, its use was strongly advocated for young horses in training. Why not for young men when studying for their athletic firsts ? The advantage of the hot-air bath consists in that it is a purifier of the skin, and its adoption takes nothing out of a man, but actually invigorates him ; and, moreover, is also a strong adjuvant in the treatment of many diseases, which it will not be our province to consider in this work. Suffice it to say that the Turkish bath is a great acquisition to the trainers both of men and horses, *i.e.*, if it is used with wisdom and discretion.

A gentleman at the commencement of the current century wrote his experiences in Turkey of the hot-air bath : " The sensations after steeping and macerating in a hot-air chamber, and the after process of shampooing, are certainly very different from the sensations of weakness ; they are delightful, for in the bath health is admitted at every pore, while the latter process imparts to every particular joint its full freedom and all its latitude of motion ; the whole gives an ease, a pliability, a suppleness, and an activity equally invigorating to the mind and body, which may serve both to correct the vulgar prejudices of the relaxing effects of warm bathing, and to confirm the justness of the inference the ancients drew of the *mens sana in corpore sano*" Baths, cold, vapour, warm, and hot-air, are, under proper advice, serviceable to all, each will cleanse the skin, but the hot-

air bath produces the desired effect more successfully than either of the others, as above described. But for young people, *i.e.*, if their constitution will withstand the effect of sudden immersion in cold water, then a cold bath taken every morning before breakfast will brace the system for the rest of the day; but in taking such bath the head should be first plunged in the water, and the whole body the second afterwards. Very often ill results are experienced, simply because this mode of bathing is not attempted. If the legs are placed in the water first, a rush of blood to the head is likely to take place, and the bather feels uncomfortable for the day. At the same time, we are confident that cold baths early in the morning are health-givers, and are adjuvants to training. Warm vapour baths are necessary at times, as they more thoroughly cleanse the skin than a cold one possibly can, as the cold one shuts up the pores, whereas the hot and vapour open them. After any kind of bathing, it is most important that the body should be thoroughly dried by constant friction with rough towels, especially after ablution in cold water, as it not only warms the cuticular surface, but gives tonicity to the muscles and invigorates the system.

In the foregoing an attempt has been made to explain the various sanitary measures that should be adopted by those seeking to produce strength of body and constitution, both as regards food and by a due attention to hygienic laws; and the reasons that suggest their being carried out have been considered,

not only as requisites for the athlete, but also for humanity generally.

PEDESTRIANISM.

THE athlete having obtained a good storehouse of health, and given tonicity to his muscles by daily walking, running, or gymnastic exercises, may still further prepare himself by commencing systematic training, and as locomotion is usually effected by walking whilst engaged in our daily avocations, and as it is said to represent the most useful of athletic pursuits, we will walk first and run afterwards.

WALKING

is by no means so popular as it was; the ladies say men sport such grotesque attitudes when walking, and men think that they constantly witness a running match instead of a walking race, as stated in the programme. Every man has his natural mode of progression; some walk with a good slashing stride, and others with short puddling action, and these latter are those whom when hard-pressed, especially at the finish, take to trotting. If men walked on the track in the same style as they adopt on the road, so many instances of trotting could not occur. Fair walking consists in bringing the heel to the ground first and toe afterwards, by which an impetus is given to send the body forward; and it is in this application of the toe to the ground that walkers manage to trot. If every

pedestrian could walk as the late J. A. McIntosh did, it would be impossible to trot; he progressed with his arms swinging at his side, and without that violent effort with arms raised over the chest, which causes contortion of body and ugliness of gait among our heel and toe performers. It is in the attempt to obtain greater speed by toe impetus as the pace grows warmer and the struggle gets keener, that step by step the heel has hardly time to touch the ground, and ultimately never reaches it, when the aspirant trots in an easy first. This is unfair walking, and every perpretrator of it should be disqualified. The celebrated pedestrian, C. Westhall, considered that the simple rule of heel and toe was broken so constantly owing to men progressing with a bent and loose knee; but this action is in reality the start for a run, the effect of which, Westhall says, is to bring both feet off the ground at the same time. Certainly such is the case, but it does not occur when a man is taking, as it were, measured steps, as he would when walking on the road; but when pressed, and trying to gain speed by every physical effort, he bends his knee, and exhibits restricted sprinting form—he runs, in the same manner as a trotting horse when at the top of his speed at this pace tries to do quicker; this alone can be accomplished by starting for a gallop, *i.e.*, by breaking, and to prevent this mistake is the constant care of trotting-horse trainers. The body during a race should be kept in an upright position, with chest forward and the shoulders well thrown

back, and the knees as firm as possible, for it is impossible to prevent a slight bending of the knee in the most legitimate walking; but the more rigid the leg is kept the more rapid the pace, and it also puts a veto on actual genuflection, which throws the body forward, and takes all the weight from the heels and imposes it upon the toes; and with the body in this position it is difficult to prevent lifting, and, for this reason alone, a walker should always preserve an even tenor of his way, by not being flurried when an opponent is at his elbows, nor be tempted into a lift when he is doing his level best—it leads to running and disqualification. Neither be too slow nor too fast when starting, but go off at a fair pace, and, if a long journey is before you, try to keep it up. Never mind if you are passed, or if you feel done; the competitor who has just gone ahead perhaps suffers more than you do, and the exertions he is now making may throw him out of the race a mile from home. It is of no use striving when exhausted; ease a little, pull yourself together, and by these means try to regain a little freshness and better breathing power; if this can be re-established it brings grist to the athletic mill, and will supply that force that leads to victory. Walking requires more judgment, *i.e.*, over long distances, than any other form of athletic exercise, and consists in always keeping some power in reserve, never forcing the pace at the start, and never racing until the escape of perspiration has come to the assistance of the over-taxed lungs. In training for walking, a

man should walk daily, not at an easy but a good strong pace, and must cultivate during his stride those attitudes of arms, legs, and body which enable him to put on pace, namely, by throwing the legs well forward, the hips and loins at the same time assisting in the effort. As it is wished that the remarks about to be made on training should be as practical as possible, we append the following from the pen of the well-known walker, G. P. Beckley, on training for walking: "An ordinary week's work of training for a short distance, say two miles, may be planned thus: Monday, two miles, quietly; Tuesday, one mile, racing pace; Wednesday, one and a half, fair pace; Thursday, one a half or two, racing pace; Friday, one, quietly; Saturday, two, optional." When the distances to be walked are longer, *i.e.*, from two to ten miles, the journeys during training must be proportionately increased, and once in the week only should the full race distance be travelled.

Continuous walking takes a great deal out of a man, for the reason that he, step by step, endeavours to increase the pace, knowing well his capability of so doing by running; but this being disallowed, he keeps his body and limbs in a self-imposed yet restricted position, which, if strained further to quicker locomotion, turns the walk into a gallop, and the man lifts, similarly as the trotting horse breaks, when it, like the man, tries to get more speed out of the trot. Pluck, patience, endurance, and speed are the important attributes of a good walker; and

without strength of body and hardness of muscles the taxation on the cinder-path cannot be sustained, as restricted action during locomotion imposes severe strain upon the body, the ill effects of which fine muscular development will alone counteract.

RUNNING.

SPRINTING is a term applied to short-distance running, over which course a sprinter is capable of performing at top speed throughout the entire journey; and for such racing the arduous preparation required for the walker would be injurious, as such training would harden the limbs and rob them of that elasticity which is so essential to the success of sprinting; in fact, a very limited amount of work is required. Mr. Walsh, the late editor of the *Field*, once related to us a case of a tailor, whose work compelled him to sit upon the bench all day; but in the evening he was wont to run 100 yards, which he covered in very good time. This man never appeared in public, although, according to account, he was out of the common. Walsh argued that in this case his tendons or muscles had never been overstrained by running, and the daily posture with crossed legs on the bench gave constant rest to those parts, which caused the preservation of active mobility so necessary for top-speed running. This instance affords an example of how easily a sprinter

may over-train. Daily walks at a good pace should be taken, say four or five miles, but never so long as to be wearisome. Running must be practised over fifty or sixty yards four days of the week, and the full distance at top speed on each of the two remaining days. It will be necessary to practise starting, a most important matter to sprinters, especially as we know our friend S. H. Baker handicaps men to inches, and that an inch will win a race. A bad start, a trip, or any hesitation evinced on the stroke of the pistol-hammer spells defeat; inches if not yards may be lost; consequently men should stand firmly on their marks, not behave like unruly colts behind the flag, but like men determined to do or die. Copy the steady, resolute forms who figure at our Sheffield handicaps; these toe their marks, and remain motionless as rocks until the firearm sets the machinery in motion. Sprinters should leave their marks as one man; and to attain this perfection careful and assiduous practice is required, by daily toeing the mark in association with two or three companions, learning to stand firmly with legs not too widely apart; in fact, almost carelessly, but with ears nervously anticipating the pistol's detonation. Several starts effected by these means will teach the sprinter how to remain quiet, and practice will soon make him a clever starter. Although a sprinter should never run much beyond his race distance at the same time there are some men who will be benefited by an occasional long trot, *i.e.*, when the respiration is too

laboured, and the muscles do not sufficiently develop with the usually prescribed sprint training. In such case, more prolonged running, say over a quarter at a moderate pace, and over 500 yards at a good gallop, but not at top speed, will assist in giving strength and greater breathing power to the lungs ; and work at a gymnasium, especially on the cross-bar, will open the capacity of the chest and bring tonicity to the muscles.

In most books the ultimate extent of sprint extends only to 300 yards, and for this distance and the shorter ones, viz., 150, 220, etc., the training will be the same, only of course the yards to be run in practice must be proportionate to the length of the course over which the athlete is about to compete. In fine, never walk, run, or work in a gymnasium till tired ; the slightest extra exertion should be avoided, as anything approaching on exhaustion brings out the slows, and makes a man stale ; he loses his elasticity of movement, and with it to a certain extent his sprinting form. Leave off practice always fresh enough to begin again, and thus for ever keep alight the vital spark of healthy sprinting.

QUARTER

is said to be the most killing race athletes compete in, and so it is, owing to the distance and the speed with which it has to be travelled, and the amount of daily exercise necessary in practice. The committees at

race meetings have much to answer for in making the 440 yards race more cruel than it need be, as they have the quarter finals ran for within a half-hour of the heats. They bring men to the final with beating hearts and with respirations unquieted, and for this reason the quarter has injured, and seriously so, a formerly strong constitution. Valvular disease of the heart, aneurisms, etc., have owed their origin to the two quarters having been raced on one and the same day. We are writing for men who very likely will say that the racing two quarters in one day has never injured them. Such may be the case, but it has others, and the fastest quarter-milers have been the greatest sufferers. For obvious reasons no names will be mentioned, although several cases could be cited where cause, quarter-mile, brought out effect, heart disease, and, in some instances, fatal results. A quarter-miler must possess staying powers, which capacity of lungs and tonicity of muscles accentuate; without this form it is impossible for a man to compete successfully on the cinder-track. Although such is the case, there are long sprint-runners who are not of Herculean build, who are good performers, but these have their physical force sufficiently developed to carry to the front light bodies with long legs. L. E. Myers is a prominent example of such form; with a height 5 feet $7\frac{3}{4}$ inches he has a length of lower leg which corresponds to a man over 5 feet 10 inches in height, a length of thigh usually found in men 5 feet 9 inches, while the sitting height is the same

as that of a man only 5 feet 4 inches. This great athlete is perhaps the fastest quarter-miler on the track. C. G. Wood, who is a very powerfully-built man, can do his 440 yards in very quick time, but Myers could give him a few yards and beat him. Harry Hutchens, also a strongly-formed man, is about the only quarter-miler who could haul down Myers's colours. As before stated, a man to run a quarter of a mile must possess staying power, and this, not for a long distance, but for a short, which, for a man of the first flight, demands great rapidity of movement, *i.e.*, at top speed, without any relaxing from start to finish. Books on this subject say, start at a moderate pace, and hold in reserve for the struggle near the tape; others advise runners to start at top speed and ease at the corners; in a handicap this of necessity must occur, especially when men in front block the path of a good runner, who hesitates on heels in front, and then tries to curvature his course in order to get ahead; but in a scratch race this cannot happen, and the only advice that can be given is to run as hard as you can for 350, and then put it on for the remainder of the journey. This is, in truth, running hard, yet this alone can secure success. The crack, W. Page Phillips, lost quarters by starting too steadily, or not putting it on early enough in the race; in this form he ran when he was beaten by J. M. Cowie for the quarter championship in 1883. Such a race wants careful preparation: walking exercise, and that in a gymnasium, should be taken daily, and a run over the full distance

twice a week at racing speed ; on the other days 350 yards can be run at a fair pace. Training over the 440 yards is required, simply because two quarters have to be raced through during one day, and, in most instances, within half an hour of one another ; and it is this, and this alone, that exacts from men training for the quarter that severe preparation which is necessitated for no other race excepting the 600. Neither quarter nor 600 heats should be run on the same day. Heats could easily be arranged on the evening before the following race meeting, at which in the finals the best man would put in an appearance, and form an important feature on the programme. The professionals always run their heats the day previous to the finals ; possibly they have found out by experience the wisdom of this arrangement ; at any rate, they manage their meetings at Sheffield better in this direction than we do at Stanford Bridge. The bi-quarter race on the same day cannot be too strongly denounced, as being cruel and productive of the most baneful results to the young athlete's constitution. Race committees, let us impress upon you the words of the late Admiral Rous, *de equis*, "Learn to show more mercy to your young horses ;" and, we repeat, protect all in your power the rising generation of athletic youngsters.

a little, *i.e.* if you can without distressing yourself, but do not force the running. If three or four men are in front, endeavour to try to pass them without straining. Mind, they are done, and perhaps you feel so, "but never say die"; reserve that force within to make, if a near thing, a desperate struggle at the finish fifty yards from home, with two men in front; turn all the steam on, try to make long strides—very difficult we know—it will assist you if you can; your reserve force and breathing power not having been too heavily taxed at the start, will serve you at the finish, and if you have steered through the course wisely, mind and matter will land you an easy winner.

THE MILE

represents the commencement of the long distances, and although a miler requires stamina and endurance, he is seldom of the Herculean form of a Wood or a Phillips; in fact, light men are usually the best long-distance runners. Jack White, the professional, is an example of this class. Training for the mile is not so exacting and does not take so much out of an athlete as the preparation for the quarter, because the one has to be run throughout at top speed, whereas the other can be trotted at a much slower rate, about 4 minutes 25 seconds marking a wonderfully good performance for the mile; and although such is the case, careful and continuous practice is necessary, more in the

direction of cultivating endurance than in the educing of sprinting qualifications. Good pace, the fastest that can be obtained, is the desired end all runners have in view; but human nature can only be strained to certain points, and the machinery common to animal bodies is only capable of performing its natural functions, and these as regards locomotion are limited. The sprinter's muscular development causes him to run rapidly for a short time; but does not give him the power of continuous endurance, like the long-distance athlete who, although unable to perform over even a short journey at the same speed as a first-class sprinter, yet is able, owing to the formation of his animal organization, to run mile after mile without evincing symptoms of distress. These enduring faculties can be intensified by practice, and demand more prolonged work than is necessary for trainers of the sprint track. Long walks daily, and half-mile morning and evening, should be run at first, increasing speed at this distance from day to day. During the second week the mile may be run through once or twice a week, and three-quarters of a mile on other days at a good pace. Third week, take short walks in the evening, and every morning run the mile at a good pace, commencing at a fair speed and finishing fast; gradually from Monday to Saturday increase the rate of travelling, by this means you will by a guttatim process acquire stamina and staying force, which will enable you on the Saturday to compass the mile at racing-pace.

It is wise also, if possible, to train with a man better than yourself. W. G. George, when he was in training for his matches with W. Cummings, used to run daily with W. Snook, who caused the crack to show his muscle to an extent beyond his public performances.

FROM TWO TO TEN MILES.

Train the same as for the mile, only the work must be increased proportionately to the distance about to be run. Never take exercise to exhaust, and if such effects be produced by long walks and running, it will be advisable to rest for a time; after such repose, try again, and should similar symptoms supervene, discontinue training altogether, as a persistence in efforts which prove themselves too exacting induce weakness and devitalize the human system.

JUMPING

demands the same system of practice for each respective distance, from the 120-yard hurdle race to the long cross-country courses, as have been prescribed for the sprinter and the miler over the flat, only, in association with such preparation, long and high jumping must be combined. Jumping over hedges, stiles, and brooks may be indulged in during the daily practice, and this will bring out the muscles engaged in the function of lifting the body from the

ground, and propelling it forward. Of course, jumping must be carried on in a systematic manner, and the hurdle course should be run over daily, and every effort made to jump with rapidity, to take the hurdles in the stride, and to get off immediately on landing. Practice will soon make perfect, if a man has any jumping power in him. In long-distance steeplechases the same rapidity of motion over obstacles is not of the vital importance as with sprint hurdling; in fact, over a four-mile course or more such lively action could not be sustained; at the same time, a man should be a good jumper, as his skill and power in this particular will keep his jersey dry, save him from being bruised by falls, and increase his chance of winning. Men run in steeplechases who cannot jump a yard; they crawl over their fences, and dive through brooks, and use their hands as much as their legs, when jumping alone ought to be the order of the day. If a man is unable to jump, he is neither a hurdler nor a steeplechaser, and ought never to impede the path of those who are.

SWEATING

in the past has been carried to an unnatural excess, especially with jockeys, but in their case it is done with the intent of making small bodies still more diminutive in weight. Nine stone would be a heavy weight for a jockey, and such a man might be thin and in

hard condition, and yet he would be too heavy to mount for the Derby, and, consequently, purgatives, semi-starvation, and sweatings, are resorted to as a means of reducing not only fat, but other tissues of the body. The famous jockey, Archer, no doubt injured his constitution by adopting the devitalizing system of sweating, &c., which not only removed every particle of fat, but reduced his muscles and tissues to fatality. It will be of little avail to enter upon a description of unnatural sweating, so commonly practised among jockeys, as their system tends rather to weaken than strengthen the body. The man about to train for athletic business wants to take off no more weight excepting that which seems to impede his progress. Fat is antagonistic to rapid progression, and must be got rid of, and beyond such weight the athlete requires no further diminution. Fat can be removed by more ways than one, although the pedestrian should only adopt the legitimate one of sweating; this can be effected by running in heavy flannel clothing, and thus procuring copious perspiration from all the pores of the skin. If a man be very stout, the constant violent exercise endured under heavy clothing may take too much out of him, and have the tendency to bring on the slows. If such should occur, it indicates that this process of natural sweating must be discontinued, and that other means must be adopted, and, fortunately, we have in the Turkish bath a useful artificial mode of sweating, and it possesses certain advantages which do not

appertain to sweats the result of physical exertion, in that profuse perspiration is obtained without any sweating labour, and colds are not likely to supervene upon its adoption; at the same time, it is always better for an athlete to run his fat off, either under heavy clothing or without it; the latter is certainly the better course, if a man can stand a little extra work. The runner does not want to reduce any weight excepting that which impedes his locomotion; he does not, like the jockey, seek to reduce his body to a certain scale, all he desires is to take off that burden of fat which interferes with fast progression; to remove more than superfluous fat would be an evil rather than a gain, and so it is systemically to every living animal. When Harry Broome, the pugilist, was in training to fight Paddock, who beat him, he was wont to say that had he been allowed to strip in the ring fat he would have given a better account of himself: "I felt weaker and weaker as my condition was reduced." Tom Parr was in the habit of telling his friends that he never over-trained his horses; he brought them to the post big, and often heard people say, "here comes Parr with his beef," but, he would add, "my horses won." These examples are significant, and point to the fact that very often by reducing condition you may court weakness. Still a man cannot run with an accumulation of fat in any part of his body, or abdominal rotundity; such must be brought down to athletic proportions, it seldom can be effected without

sweating, either naturally, by running without sweaters, or, with them, should they be necessary. Gymnastic exercises, the Turkish bath, used occasionally only as a cleanser of the skin, and running will, without the assistance of unnatural clothing, in nine cases out of ten, denude the system of fat, and land upon the track an athlete as "fit as a fiddle."

DIETARY.

MEN of the past trained severely; how they survived the ordeal is marvellous. Read the following: "The most effectual process for training appears to be that practised by Captain Barclay, which has not only been sanctioned by professional men, but has met with the unqualified approbation of amateurs. We are here, therefore, almost entirely indebted to it for details. According to this method the pedestrian, who may be supposed in tolerable condition, enters upon his training with a regular course of physic, which consists of three doses. Glauber's salts are generally preferred, and from one ounce and a half to two ounces are taken each time, with an interval of four days between each dose. After having gone through the course of physic he commences his regular exercise, which is gradually increased as he proceeds in the training.

"When the object in view is the accomplishment of a pedestrian match his regular exercise may be

from twenty to twenty-four miles a day. He must rise at five in the morning, run half a mile at the top of his speed up-hill, and then walk six miles at a moderate pace, coming in about seven to breakfast, which should consist of beef-steaks or mutton-chops underdone, with stale bread and old beer. After breakfast he must again walk six miles at a moderate pace, and at twelve lie down in bed, without his clothes for half an hour. On getting up he must walk four miles, and return by four to dinner, which should also be beef-steaks or mutton-chops, with bread and beer, as at breakfast. Immediately after dinner, he must resume his exercise, by running half a mile at the top of his speed, and walking six miles at a moderate pace. He takes no more exercise for that day, but retires to bed about eight, and next morning he proceeds in the same manner.

"Animal diet, it will be observed, is, according to this system, alone prescribed, and beef and mutton are preferred. All fat and greasy substances are prohibited, as they induce bile, and consequently injure the stomach. The lean of meat contains more nourishment than the fat; and in every case the most substantial food is preferable to any other kind. Fresh meat is the most wholesome and nourishing; salt, spiceries, and all kinds of seasonings, with the exception of vinegar, are prohibited. The lean, then, of fat beef, cooked in steaks, with very little salt, is the best; and it should be rather underdone than otherwise. Mutton, being reckoned easy

of digestion, may be occasionally given to vary the diet and gratify the taste. The legs of fowls are also esteemed.

"It is profitable to have the meat broiled, as much of its nutritive quality is lost by roasting or boiling. It ought to be dressed so as to remain tender and juicy; for it is by these means that it will be easily digested, and afford most nourishment. Biscuit and stale bread are the only preparations of vegetable matter which are permitted to be given; and everything inducing flatulency must be carefully avoided. In general the quantity of aliment is not limited by the trainer, but left entirely to the discretion of the pedestrian, whose appetite should regulate him in this respect.

"With respect to liquors they must always be taken cold, and home-brewed beer, old, but not bottled, is the best. A little red wine, however, may be given to those who are not fond of malt liquor, but never more than half a pint after dinner. It is an established rule to avoid liquids as much as possible, and no more liquor of any kind is allowed to be taken than is requisite to quench the thirst. After having gone on in this regular course for three or four weeks, the pedestrian must take a four-mile sweat, which is produced by running four miles in flannel at the top of his speed. Immediately on returning, a hot liquor is prescribed, in order to promote the perspiration, and of this he must drink an English pint. It is termed the sweating-liquor, and is composed of one ounce of

carraway-seed, half an ounce of coriander-seed, one ounce of root-liquorice, and half an ounce of sugar-candy, mixed with two bottles of cider, and boiled down to one-half. He is then put to bed in his flannels, and, being covered with six or eight pairs of blankets and a feather-bed, must remain in this state from twenty-five to thirty minutes, when he is taken out and rubbed perfectly dry. Being then well wrapt in his greatcoat, he walks out gently for two miles, and returns to breakfast, which, on such occasions, should consists of a roasted fowl. He afterwards proceeds with his usual exercise.

"These sweats are continued weekly till within a few days of the performance of the match, or, in other words, he must undergo three or four of these operations. If the stomach of the pedestrian be foul, an emetic or two must be given about a week before the conclusion of his training. He is now supposed to be in the highest condition."—*From "Chambers' Information for the People," Edinburgh,* 1842.

Receive the above as a caution, not for imitation. Physic and hard work seemed to have been considered the most important adjuvants in the art of training; both, no doubt, are excellent in their way, but there may be too much of a good thing, and we do not hesitate to state that the above training syllabus prescribes treatment, calculated, if carried into effect, to send a man to the grave rather than to the cinder-path. There is no necessity for a man who has lived a healthy life, has not indulged in too

luxurious food, or been a free drinker, to materially alter his course of dietary; it will only be for such to abstain from wine, spirits, and tobacco, *or partake very sparingly of the latter*, and those foods containing sugar and starchy principles, such as bread, potatoes, &c.; and the meals should be partaken of at fixed and regular hours. The difference of constitution between men has to be considered; no two men can be treated alike, neither in the taking of exercise nor in the consumption of food. The lean man may partake of foods containing sugar and starch, in fact, will increase in weight by so doing; but a strong one, with a tendency to put on fat, must, as far as possible, abstain from puddings, pastry, potatoes, and butter.

Our friend, Mr. Walsh, late editor of the *Field*, being a medical man and one of the best all-round sportsmen we ever knew, a paragraph from his book on *British Rural Sports* is transcribed: "The grand object in all cases of training is to leave off injurious foods and drinks, to avoid smoking and venery, and to take sufficient exercise conjoined with amusement, to tire, without prostrating the muscular system.

"The diet should be plain, but varied. Roast beef and mutton, or chops and steaks, or any vegetables that agree with the individual may be indulged in; in fact, almost any wholesome and plainly cooked food, except pork and veal, may be taken, provided it agrees with the constitution, and enough exercise is taken.

"It is scarcely necessary to inculcate the free use of cold water every morning. It is not desirable to bathe during this time, though in warm weather a plunge into the river, or, better still, the sea, is very serviceable; but at all seasons the whole body should be sponged every morning, using, in very cold weather, water at a temperature of 60 or 65 degs. Fahrenheit. The body should be well rubbed with a rough cloth, until a glow is produced, and the aid of an assistant is here very beneficial."

From our own experience, and information derived from experts, it appears that the best results have been obtained from foods selected thus: Breakfast. Oatmeal porridge, with chop or fish, and a little toasted bread. Meat is always better broiled than roasted, for the reason that by broiling the natural juices are retained. No greater fallacy can be entertained than that an athlete should eat underdone meat; it is indigestible, and less nourishing than a well-cooked chop. One cup of black tea may finish this meal, as it is never wise, even during training, to experience thirst at the same time. Habit is second nature, and by abstinence from alcoholic beverages, and accustoming the system to a small amount of liquid, it will soon accommodate itself to such abstinence; and when such result has been obtained, great benefit to the athlete will supervene; for, in the first place, persons do not comprehend how little liquid the animal requires for health sake, and that such is the case can be easily understood if we consider the very large pro-

portion of water that makes up the composition of all animal bodies. That men drink too much is well known, and such practice may not injure some persons, but for an athlete, fluids should only be imbibed to quench thirst; beyond this, too much liquid enters the system, distends the blood-vessels, and becomes the means of adding weight to a body that requires some off rather than some on; moreover, it robs the organism of its vitality, and brings on the slows. Half-a-pint of liquid at breakfast and supper, and a pint at dinner ought to be sufficient for any man, and certainly it ought to satisfy the cravings of a thirsty trainee; if, however, much exercise has been indulged in, causing profuse perspiration and subsequent thirst, a little more beverage may find its way to the lips. Walks and even runs before breakfast are recommended by some; but nature does not, throughout the whole range of the lower animal life, indicate the wisdom of such procedure: birds eat grain immediately on rising; cattle commence grazing as soon as they have ruminated their pabulum; and a man, after a night's sleep, awakes with an empty stomach, and the sooner it is filled the sooner the system is fortified for the battle of life, whether it be mind or matter that is about to be put upon the strain. Moreover, the body immediately after sleep has not within it that nervous force which generates activity, and alone can be set in motion by satisfying the stomach with food. Running before breakfast is bad practice; a slight

walk may do no harm ; but, as it is bad to travel on an empty stomach, a biscuit should be eaten in order to avoid a vacuum, which Nature abhors. Old books, and those of recent issue, speak of veal and pork as bad food for the trainee, mostly because they consider it indigestible ; but this is not the most prominent reason for its non-consumption, it is not so good as older meats, because it does not contain so large a proportion of nutritive matter as beef or mutton ; and on this account, it is often said that old people should eat adult meat. An athlete in training should receive in the smallest compass highly nitrogenous food ; similarly as a racehorse receives those feeding materials, like oats, which are highly-charged with nutritive principles, but is not allowed bulky provender like hay, which causes distension of the abdomen, and produces plethora rather than condition. *Breakfast at eight o'clock.*

Dinner being the largest meal, that should be taken in the middle of the day, as at that time the body is said to be at its strongest ; beef, mutton, and fish, poultry, such as fowls and game, so long as no condiments are added, will constitute a sound diet. Salt meats of any kind must be eschewed, as they induce thirst, which is not desirable. Vegetables of any kind, with the exception of potatoes and cucumbers, may be taken, as they promote digestion, and give a healthy tone to the system. Pastry can be indulged in occasionally, but not as an everyday rule ; bread and custard puddings, and those containing a good pro-

portion of fresh fruit, will please the stomach, and the system will be satisfied with the variety, for even the best of food, continued day after day, with some people produces nausea. Change of diet is therefore always advisable, and although the trainer has not a large bill of fare to select from, at the same time he can, with the assistance of his cook, procure such dishes as will be palatable and nutritious. The dinner may be washed down with a pint of beer, neither new nor stale, neither weak nor strong, but that happy medium. *Dinner at two o'clock.*

SUPPER.

Although many trainers object to this meal, upon what grounds it is difficult to understand ; from two in the day to eight in the evening means six hours without food, and from eight to eight next morning amounts to twelve hours, in all eighteen. This cannot be wise treatment, the stomach empties in three or four hours, and can this prolonged fast benefit the system ? Certainly not ! Food taken a little and often is a dietary arrangement often prescribed by physicians ; in fact, long fasting produces weakness of stomach, and sometimes nausea. Out of training a man would not think of retiring to rest without food of some kind, and surely an athlete, whose physical energies are kept at concert pitch, requires more support than his brother who does not walk two miles a day, and sits down to a heavy dinner at seven

o'clock. Walsh writes: "I do not believe meat is necessary at night, except in very delicate constitutions." It is not necessary for an indolent man, but for one at hard work nitrogenous food is essential, even at night; and only benefit can arise from taking a light supper at eight, consisting of a broiled chop or a sole, with a slice of brown bread or toast, and half a pint of medium ale, or better still, the same quantity of lemon-squash; and if the trainee persists in smoking, one noxious weed may nightcap the receding day. *Supper at eight o'clock.*

SLEEP.

With a due attention to hygienic laws, by legitimate exercise and careful living a man may place his head upon the pillow and enjoy quiet and refreshing sleep:—

> "Never see, horrid night, the child of hell,
> But, like a lackey, from the rise to set,
> Sweats in the eye of Phœbus, and all night
> Sleeps in Elysium."

Sleep, even to a man in robust health, is affected by so many conditions that it would be impossible to determine the exact amount of sleep requisite for every individual; age, temperament, and occupation control or extend the periods necessary for oblivious repose. For instance, the infant immediately after birth passes most of its time in slumber more profound than that of the adult. This fact can easily be

explained by the constitutional difference between the two; the general system of the one has arrived at its ultimate growth, whilst the system of the other is busily engaged in the construction of its various corporeal tissues, and which prolonged sleep evidently favours. The adult does not require the slumber necessary for an infant, because the growth of his body has ceased, and the due balance between waste and supply has to be kept up, the constructive only has to keep pace with the destructive; whereas the infant's body represents a partially-formed fabric striving at further growth about to terminate in its complete construction of the full-grown man. During the period of uterogestation the fœtus passes through a prolonged sleep; when the functional energy is devoted to the construction of those organisms which together constitute the infant's body. After birth, the babe sleeps day and night, and seems only to awake to obtain sustenance, and sleeps again immediately after having received it. This proves how actively the organic functions are engaged in construction, and more so as age increases, the periods of slumber lessen gradually from year to year, *i.e.*, as the constructive and destructive forces become more equally balanced, the necessity for prolonged sleep gradually ceases, until complete development has been attained in the person of the adult. The excess of the constructive force over the destructive is not only marked during infancy, but also through childhood to adultism; the youth requires more sleep than

the young man, and the man twenty years old more than his father. The amount of sleep necessary for adults is subject to many and various conditions; with them it may be granted that the constructive and destructive operations are equally balanced, and for this reason prolonged slumber, so important to infancy and youth, is no longer requisite. At the same time, although many men are refreshed with sleep of short duration, there are others who are not reinvigorated without prolonged repose: both mental and physical exertion cannot be long continued without sleep; there is no rest for the brain during waking hours; thought succeeds thought from the moment we rise until the instant we close our eyes in soporific oblivion; the locomotive system when awake knows little rest, even the movement of the finger represents the destruction of tissue, and excessive physical exertion marks a waste which has to be resupplied; every movement, however limited, is under the control of nervous force; the brain dictates the action which the bones and their pulleys, the muscles, carry into execution. The performance of these functions, being of such constant occurrence, never receive that amount of consideration which their importance demands, yet they represent the existence of animal life, and prove that the greater the waste the greater will be the necessity for functional activity in making good such loss. We have seen that the constructive function in the infant is principally carried out during sleep, and the waste

necessitated during the day is resupplied energetically during the periods of slumber. Of course, this process is always in operation, but we may assume that during hours of activity the reconstructive force cannot be so energetic as during periods of repose; in fact, all physiological research on this subject contributes in asserting that both mental and bodily exertion require more sleep than indolence and inactivity. We now come to the consideration of how much sleep a person of moderate activity should take. Great difference of opinion exists: some, and among them medical men, state that six hours is sufficient for a man, and that if indulged in beyond this period, lassitude supervenes. In such a matter as the one before us, there can be no more mistaken notion than to suppose that a hard and fixed law can be enacted to determine a defined period of sleep. John Hunter required only five hours, Nalder only four; and there are many men we know at the present day who say they cannot do without nine hours' sleep. There is much also in the intensity of slumber: some men enjoy as profound repose as an infant, whilst others pass restless nights, and consequently do not reinvigorate their system so thoroughly as better sleepers; and, moreover, although they remain in bed nine hours, may not have slept more than four hours. Plethora, well sustained by food, combined with active digestion, induces prolonged sleep, whereas the wiry and athletic temperament seldom indulges in slumber of long duration, but it is usually intense, and consequently invigorating.

Taking into consideration the various physiological facts regarding sleep and the periods of its duration in various temperaments that come under our observation, we can make little mistake by prescribing a medium course for the guidance of athletes. The sprinter and the long-distance runner, when in training, to an extent deplete their systems during their daily practice; both the nerves and muscles have had something taken out of them; the system has undergone a degree of waste, which must be re-established if health is to be sustained, and this alone can be effected by sleep. The harder the strain the greater will have been the waste of tissue, and consequently the longer will be the period of repose necessary for its reconstruction, and as this recuperative process operates more actively during sleep it will be wise to limit or extend hours of slumber in proportion to the amount of exercise that has been taken. One matter is most important, that is, sound sleep should always be enjoyed, as restless nights indicate that indigestion or some slight bodily ailment is the disturber; heavy suppers, or too strong indulgence in food, or that of an indigestible nature, may have interfered with the healthy action of the assimilative function, and operated antagonistically to the recuperative force, for when one member suffers all members suffer with it, and in this case the mover of the whole system, the brain, cannot rest unless the whole animal mechanism works easily, and until the offending agent is removed it

keeps the body awake. A restless sleeper may, by not indulging in too prolonged slumber, if he be in the habit of sleeping seven hours, reduce the period to six, and it is most likely he will sleep more intensely during the six than he did with the seven; and if this plan fails try five hours, for five hours of sound sleep is more refreshing than ten of restlessness. The athlete should do all in his power to cultivate sound sleep; dietary must be studied to this end, and if suppers interfere, discontinue them; for, depend upon it, a healthy man can sleep, and soundly too, unless some depressing influence either of mind or body induces restlessness, and causes a man to pass "horrid nights.' We hope from the foregoing sufficient remarks have been made, which will lead the reader to arrange matters regarding sleep to his own advantage. Sleep when tired until refreshed; never arise when you feel too sleepy to do so; rest a little longer, but not in an indolent spirit. "Get up when you awake" was the advice of an eminent physician, but this may be carried too far. We remember an Oxford undergraduate who would, when he awoke in the middle of the night, get up and work out some mathematical problem, and this was so constantly the case that at last his health gave way, and the result was that instead of taking a first-class, which he anticipated, he succeeded only in securing a second. We always attributed his failure to this midnight study. The course he adopted never allowed the constructive forces their full play, and, consequently, the body was never suffi-

ciently nourished, and thus became devitalized ; the brain was involved, and on the day of trial was unable to serve him in the schools to the extent that it would have done had he abstained from prolonged and unnatural midnight study. Rest when tired is as much a necessity as food ; in fact, food cannot assimilate without periodic repose, but sleep alone can recuperate to that degree which establishes good health, therefore after steady exercise sleep as usual previously to training, and if your work during the day has been severe proportion your sleep according to the amount of exercise taken. These remarks are equally applicable to activity of mind and body. The studious and the athletic man both require more sleep than the idle and inactive. It is considered by many to be almost a crime to sleep after the midday meal ; old people seem to be predisposed to take a nap at this period, and to them it is beneficial ; the forces of life with them are sooner exhausted than with the young, but even to adolescence a short sleep after a heavy meal assists digestion, causes the storage, as it were, of electricity, and renovates the body for future labour. Of course an after-meal nap should not be indulged in unless positively "too sleepy to keep the eyes open," and must not be taken for mere idleness sake—such repose would induce lethargy, and tend more to enervate than to refresh the sleeper; but sleep is demanded when exhaustion, from whatever source obtained, indicates to the brain the necessity that the system should be renovated. And always pro-

portion your sleep according to the amount of work accomplished ; if little, sleep for seven hours ; if much, prolong your slumbers.

PATHOLOGY.

THE human frame, even when the periods of activity and repose are duly balanced, and when life is sustained under the most favourable circumstances, is liable to accident. Excess of exertion beyond this, either mental or bodily, renders the system more susceptible to the influence of external causes and the inroads of disease. Sports of all kinds are fraught with danger, and in this catalogue the cinder-track is found, although half the mishaps occurring there are due to athletes not fortifying their bodies for the day of trial by previous judicious and careful training ; at the same time, disasters will "occur, even in the best regulated families" ; and with all our precaution sometimes a broken bone, ruptured ligament, or lacerated muscle dismisses the athlete from the track, or injury to the circulatory or respiratory systems causes him to seek medical advice. It is our intention to note various physiological facts which will be of some little value to the runner during his course of training, by advising him how to steer clear of the quicksands, and how to avoid the rocks. We frequently hear people complaining of pain caused by some physical cause, as a blow, fall, etc., or of a sore

throat or cold on the chest, which may be attributed to the wet weather or continuous east wind. All these disasters, and many like them, occur as the result of devitalization of tissue, which is brought about by the nerves ceasing to exert their influence over the coats of blood-vessels, which is evidenced in the inflamed spot called a bruise, and in the congested appearance of a sore throat ; in fact, from the most trivial ailment to the more intricate forms of disease, congestion often plays so important a part that we have thought it wise to place before our readers the causes of the blood's coagulation.

CONGESTION.

John Hunter wrote on diseases of the fluids, and of the blood in particular, but never accounted for the causes of its coagulation. This was left for Dr. Richardson, who asserted that blood remained fluid both inside and outside the body so long as it was in association with the volatile alkali, ammonia, and that immediately on its escape the blood coagulated. This theory, it was contended by Sir Joseph Lister, of Edinburgh, did not fully account for the cause of the blood's coagulation, but that blood remained fluid so long as it was in contact with living tissue, and coagulated immediately that tissue became devitalized, or died. In order that we may clearly explain our views as to the causes which bring about congestion, it will be necessary for us to explain why

congestion cannot take place unless the nerves be first involved in diseased action, and the experiments which led to the elucidation of the true nature of congestion.

Sir Joseph Lister, whose lectures on pathological anatomy and practical surgery we had the good fortune to attend at Edinburgh, performed the following experiments :—He applied, previous to slaughter, two bandages firmly around and about the knee-joints of a sheep. The animal having been killed, both legs were amputated just above the bandages, when the skin was carefully dissected up from the leg, and taken off the right side, viz., A, in order to expose the metacarpal or leg vein. This being done, the external coat of the vein was painted with liquor ammoniæ, and the skin was again replaced; and this leg, together with B (the one taken from the left side), was laid aside until the following day. After a lapse of twenty-four hours the legs were reproduced, and B was now placed upon the table, and the leg-vein was exposed, which, be it remembered, had undergone no treatment with ammonia or otherwise. The vein was now opened, and from it the blood in a perfect state of fluidity was poured into a plate. The coats of the blood-vessel whence this fluid was obtained had not been killed or devitalized by the application of caustics, blisters, or any other compound calculated to destroy the integrity of or paralyze tissue; but with the leg A the case was different. This had been dressed with ammonia; by it the coats

of the blood-vessel had been paralyzed, and therefore the blood within had coagulated, because it was in contact with devitalized tissue. A was opened, and from it a thin thread of coagulated blood was obtained. A small piece of mustard applied to the web of a frog's foot causes the coagulation of blood, not only underneath, but around the mustard. A burn, intense cold, the persistent application of pressure to parts, as caused by the pressure of a hat against the forehead, causes coagulation of blood, because they temporarily destroy the vitality of the part by removing nervous influence from it. Further experiments and microscopical investigation have proved how the nerves, primarily affected, involve surrounding tissue in pathological results; how by irritating the spinal cord of a frog, temporary congestion will take place over the body generally, markedly so in the web of a frog's foot, which is easily noticed by aid of the microscope. From this, and other experiments too complicated to be amusing to any save those engaged in physiological research, we learn how beautifully Nature works both to protect animals from disease, and to set up curative processes when it exists.

The blood—the vital fluid—is from the moment of birth to the day of death continually and rapidly passing through the blood-vessels, and by this means supplying the various organs of the body with nutrition. Let the blood for a moment carry in its current deleterious or poisonous compounds, and immediately an impression is made upon the nervous system, which

sometimes involves the brain also in diseases. Inject pus (bad matter) into the blood, and abscesses will ultimately make their appearance in various parts of the body. Administer to an ox through the medium of his mouth, or inject into his veins, white hellebore, and the symptoms of vomiting will be induced. To a person unacquainted with physiological inquiry the above may appear strange, but not so when we consider the beautiful provision Nature has made to purify the blood. First, by supplying a chamber (the lungs), in which to receive a purifying gas, wherein chemical decomposition of a very important nature may be carried on; these important functions being that a certain or fixed amount of oxygen shall be conveyed during each inspiration to the lungs, in order to keep up animal heat, decarbonize the blood, and thereby sustain life, and that carbonic acid during expiration shall be expelled from the lungs. It will now be readily understood that if oxygen deficient in amount be inspired, an unnatural state of things will be produced. And further, that if carbonic acid gas sufficient in amount be not expired, a certain amount of poisonous gas must be thrown back on the system, and, as a consequence, the blood will become too strongly impregnated with carbon, and the nervous system will suffer. But, should disease occur to the lungs—should certain tubes become blocked up, or should the blood-vessels therein be implicated in disease—the due amount of oxygen, owing in the latter case to mechanical obstruction, cannot be in-

spired; and therefore oxygen is not present in the lungs in sufficient quantity to unite with the carbon existing in the blood to form carbonic acid, and the consequence is, the circulating arterial blood contains carbon in excess, and the brain becomes affected, owing to the fact that a too highly carbonized blood is determined to that organ.

In the next place, it will be our humble endeavour to explain how nerves, being paralyzed or involved in diseased action, produce a baneful effect on parts:—

Firstly, mechanical injury produces local inflammation. Scarcely an individual lives who has not noticed around the edges of a wound caused by the cut of a penknife an inflammatory blush. This state is brought about by mechanical injury to the nerves of the part, when by direct impression their integrity is lost, their action impaired, and so they cease to exert their all-necessary influence upon the coats of adjacent blood-vessels, and the consequence is that local inflammation is manifested.

Secondly, the mechanical application of pressure causes congestion. The long-continued and repeated pressure of the saddle or collar impairs nervous power and creates inflammation, noticed in the sore neck and galled back of colts during the period of breaking. In these cases nature often effects a cure by hardening or thickening the cuticle or outer skin. By long-continued exertion on hard roads inflammation of the feet is brought about, noticed in laminitis, an equine disease affecting horses' feet.

Thirdly, mechanical impressions cause inflammation. The persistent application of a piece of ice to a part interferes with nervous action, and intense congestion supervenes, observed in men suffering from frost-bitten feet. Great heat, blisters, caustics, etc., all bring about local inflammation, *i.e.*, cause coagulation of blood in the parts over which they have been applied.

Fourthly, external influences calculated to devitalize living tissue produce inflammation by involving the nerves in pathological states. How many horsemen during a run with hounds have been compelled to pull up in order, as they call it, to save their horses from suffocation? When the rider alights, he observes the following symptoms—the forelegs out, the nostrils dilated, and he hears a deep, stertorous, and laboured breathing. The animal at this time is suffering with congestion of the lungs, caused by his being galloped at a racing pace, during which period the lungs have been compelled to dilate and collapse with unusual rapidity; and thus by long-continued and excessive physical exertion, the nerves become devitalized, the lung-tissue weakened by the withdrawal of nervous force, and the blood, being in contact with injured tissue, begins to coagulate, and congestion of the lungs results. The application in medical practice and surgery of the law suggested in the above remarks on the theory as to the cause of inflammation in the treatment of diseases, and particularly so in cases of fever, the adoption of the rules which this teaching necessarily involves—has

rendered medicine rational, and has been very conducive to successful treatment, by causing practitioners to discard the depletive system of purging and blood-letting, and in its place to adopt that of supporting with stimulants those affected with maladies once considered to be the result of too exalted general or local systemic force, but now proven to be of a depletive nature.

From the foregoing it will be observed that congestion, of whatever kind, is due to the negation of nervous influence, and this is brought about by injury, the effect of strain, or physical exertion so severe as to rupture some important tissue, burst a blood-vessel, or impair the heart's action; and these are the injuries which the athlete's training makes possible. But, fortunately, sometimes premonitory symptoms, such as muscular cramp, shooting pains in the leg, and too violent palpitation of the heart, often warn people that a portion of the organism is out of gear, and remedial measures are needed. These signs of the times are often unheeded, and an injury only of a temporary nature, if not attended to at once, grows into a chronic form. There is one fact which cannot be too forcibly emphasized, namely, that slight ailments at their onset demand the aid of medical men. Do not tamper with yourself until it is too late; Jacob's Oil and Elliman's Embrocation are both good in their way, but sometimes their application does harm: there is no such thing as an universal remedy. Dog-bite specific and other equally

absurd nostrums lead silly women astray, and men too; but we warn them not to tumble into the involving trouble "catch alive O" mesh! Sprains and contusions require on their immediate occurrence hot-water fomentations, yet how constantly we see in athletic dressing-rooms stimulating liniments applied over recently-occurring congested surfaces, and frequently half over bodies that are free from any kind of hurt, the possessors of these scathless bodies telling you that its application gives them elasticity, and makes them run faster, the truth being that the friction produces electrical action and energy for which the embrocation gets the credit.

Contusions, if not of an extensive nature, require little treatment beyond the application of vinegar and water to the affected part, but those where large surfaces, and especially when subjacent tissues are involved, the attendance of a surgeon should be sought. Muscular laceration is by no means uncommon to those taking severe exercise—runners, and particularly jumpers, who sometimes strain or rupture the muscles at the back part of the leg or just above the knee; in the latter case the patella, or knee-cap, is constantly implicated in the mishap. For such cases as these all work must be prohibited, as no treatment without persistent rest will avail anything, and the greater the ease given the sooner will reparation follow. Apply at first hot fomentation to an injury of this kind, so as to reduce the congestion; this effected, rub over the surface of the injured part soap liniment, to which add

a small proportion of tincture of iodine; blend the two together by shaking the bottle and apply daily. When the knee-cap has been injured, either directly or indirectly, usually this bone seems to stand out, and around it is found that the capsule has become distended with synovia. In such case bandages will be necessary, either linen or india-rubber, and as the application of the one or the other, and the mode of surrounding the part with them, demands the manipulation of an expert, surgical skill should be engaged.

Muscular affections, not caused by injury, but induced indirectly by physical exertion, at times affect the athlete. These consist of pains occurring in various parts of the body, and owe their origin to nervous depression, and they occur thus: a man who has been daily taking violent exertion, in his training for a race, has done too much work; the nerves have week after week been supplying life to the muscles, so much in excess of their natural functions that their energy becomes exhausted, and internal congestion of the muscular tissue supervenes in the part from which their vitality has been removed. There is hardly a portion of the body which is absolutely free from these affections, for they are met with wherever there are voluntary muscles or their tendinous prolongations. The pains produced have been thought to be of a rheumatic type, and the much-abused liver has been denounced as the culprit, but whether the pains alluded to be called cramp, neuralgia, or receive any other appellation, they are represented by burning

pains across the shoulders, by muscular spasms occurring to the abdominal walls, to the muscles of the chest, the legs, and the arms, which rest, with careful and moderate living, will soon dispel. As the nervous system is primarily attacked it will be seen how necessary repose as a curative process must be, and thorough quiet to the nerves can be best insured by sleep; consequently a nap after the midday meal, with cushions so arranged as to support the affected parts, will do much to insure rapid reparation. There are numerous maladies afflicting the human body which owe their cause to defective nervous action, but further exposition of such belongs to the province of physiological research, and would not be of any use or practical value to the general reader, and consequently we will pass on to the consideration of disasters likely to happen to the athlete's circulatory and respiratory systems.

The heart, the centre from which arterial blood is distributed throughout the body, even to the minutest capillary, and to which the venous current returns, has perhaps the most important function to perform of any living organism; as its labour is incessant, its beats never ceasing from the moment of birth to the instant of death, any intermittence in its pulsation is ominous, and sometimes denotes the existence of organic disease. The most baneful affections to which flesh is heir to are those of the heart, for once out of repair it seldom ever again regains its previous integrity. To heart-disease no class of men are more

liable than athletes; it little matters what class of sport they represent, whether it be boating, running, or jumping, the man who subjects his body to severe exertion brings it within the area of likely to occur cardiac injury. Runners, especially sprinters, have been the greatest sufferers; it is the pace that kills, and it is the pace at top speed from start to finish that makes the sprinter's task so much more exacting than that of the long-distance runner. The quarter and 600 yards are the two, we may say, most injury-inflicting courses, because the training necessary for such races puts to the strain every muscle and sinew of the body, excites the respiration, and imposes rapid and laborious action on the heart and circulation. Certainly training prepares the system generally for the strain imposed upon it, and inures the cardiac organization to withstand the ill effects of unnatural exertion; but a line must be drawn somewhere, and Nature at times draws it very early in the athlete's career by causing the rupture of one more or less important blood-vessel, or injury to the heart itself. These accidents are easily accounted for, although some assert that the stronger and better trained the man the less liable he should be to mishaps of this kind. No doubt; and so he is if thoroughly trained. But, unfortunately, men will run without having sufficiently prepared their bodies for the fray; and even if they have, then sometimes a string or two of the 1000-chord harp will snap, and in some instances of an irremediable nature, in so far as

it puts a stopper to any further athletic pursuits. Rupture of a vein is not always disastrous in its effect, *i.e.*, if it heals soon and does not leave any organic formation behind it, as it does in establishing the commencement of aneurism, or uniting in such a manner as to render it impervious to the flow of the circulating blood, when any further physical exertion would be fraught with danger. Any strain beyond that which is natural is no doubt unsafe for the system, and when this is imposed upon it daily we can readily understand how easily the runner places himself within the area of such misfortunes. When he runs for ever so short a distance at top speed, the heart becomes oppressed, and the lungs are involved in respiratory trouble, for its requires extra effort to inspire the life-giving oxygen, and more labour to expire the vitiated air and carbonic acid. The heart that beats regularly before the run, beats much more quickly during the continuance of exercise, and in so doing drives the blood with greater force from the ventricles and auricles through the blood-vessels. This force so exercised may be compared to the action of a pump, to the mouth of which an india-rubber pipe has been attached, for the sake of conveying water to a distance: it will be noticed how easily the water, driven by steady strokes, passes through the tubing; but when the rapidity of the strokes is increased, how the water will ooze at the mouth of the pump, distend the tubing, and make every effort to pass through the

slightest aperture, and sometimes will even burst its barriers. And so with the heart and the circulatory system: the sharp strokes of the legs whilst engaged in rapid progression cause the heart to pump too hard, and drive with dangerously excessive force the blood through the blood-vessels, which, unlike the rubber tubing, which usually is of the same diameter from end to end, decreases gradually in its circumference as it leaves the heart to its terminal capillary. By this disposition of arterial and venous systems blood driven at an increased speed would impose greater stress upon a conduit decreasing in diameter from its commencement to its finish than in a tube of the same circumference from mouth to exit, as we observe in india-rubber tubing, and yet liquid passing through tubing of the same magnitude, if forced at greatly-increased speed, tries to overleap its barriers, so do the blood-vessels undergo a similar process of straining when the flow of blood is accelerated by rapid locomotion through them, and sometimes, like the broken tubing, they get ruptured. The surgeon cannot suture the rent, neither can he by any means draw the injured parts together, so as to insure their immediate reparation. He can prescribe a system of living and dietary calculated to preserve or build up the strength, so as to give the *vis medicatrix naturæ* a chance to exert her all-powerful influence in the curative process; but even then the cure is affected by the growth of organisms, such as aneurisms, tumours, and other enlargements, which necessitate

sometimes for the remainder of life restrictions to be imposed upon every kind of exercise requiring strong physical exertion. As the conduits for the passage of blood are sometimes involved in disease, so is the heart, the great pump of the body which is connected with them, the seat of disaster; rupture of a main conduit, like the aorta or of the heart itself, has been a cause of sudden death; but these mishaps fortunately are of rare occurrence, and happen to indolent persons quite as often as they do to men of activity. At the same time, diseases of the heart do occur to men whilst in training, and the cause is usually attributed to running: and it would seem that there was justice in the accusation, for the athlete after running well knows the feelings of oppression he experiences, and how long the cardiac palpitation continues afterwards, which is induced by the violent pumping action of the heart and the rapidity with which the functions of inspiration and expiration are effected. This violent action of the heart strains its walls, and imposes a vast amount of extra work upon its organism; and, moreover, impels the blood with unnatural rapidity through the blood-vessels, causing it to be somewhat erratic in its distribution, and thus the due balance of power between the arterial and venous circulation is disturbed. This undue stress forcing at one time too much blood, and at another too little, to the various organisms, and thus impairing their functions, syncope may result from the non-existence of sufficient blood to the brain, or congestion from its

superabundance. The valves of the heart may be injured by over exertion, when the condition of the cardiac circulation is seriously impeded.

Enough has been said to impress on athletes the importance of fortifying their bodies against disaster, and this consists in wise and careful training, but not doing too much work at first, but little by little increasing exercise until the optimum of condition has been insured, and then, and not until then, should any man attempt to compete at athletic meetings. It is to unpreparedness that more than half the mishaps and diseases owe their origin. If you train steadily at first you will be able to perform with increased force afterwards. Let it be said of the trainee, *Vires crescit eundo* constitutes an important fortress against the inroads of disease, and the exercises conducted therein give to youth a virility which is sustained to old age, and in the athlete causes that development of muscular tone which strengthens the body, opens the capacity of the chest, educates the heart and blood-vessels to endure the effects of severe physical strain, and the lungs that of laborious breathing. To whatever section of the athletic world a man belongs gymnastic exercises should always be the first consideration, and if this has formed part of the curriculum at school so much the better, if not, to the cross-bar at once. Overhead exercise is most healthful to the chest and its contents, the heart and lungs, and no man, unless these are sound, should dream of posing as an athlete. It

is the duty of all persons connected with sport to do all in their power to reduce to a minimum all chances of accident, whether they be active or non-active members of clubs; in most cases we think they do, but in their arranging quarter-mile heats and finals on one and the same day they act antagonistically to the well-being of competitors. The subject is of a too pathological order for demonstration in this place, but it could be easily proved how dangerous it is for a runner to race over two quarters at top speed on one and the same afternoon, and how injuries and diseases have resulted from the effects of races so arranged; young athletes will run whenever asked to do so, regardless of consequences, but it is positively cruel for athletic committees to overdose willing horses. Our protest is written, we trust, not in vain.

Ancient Greece and Rome have handed down to us their history of manly prowess, and detailed the importance they attached to athletic exercises, and to how great an extent it assisted them on the day of trial; and in more modern times warriors have attributed much of their success in the field to the physical development of their cohorts: proving that education of the body is as important a consideration as that of the mind.

Sport of any kind makes manhood more forcible; it quickens the senses and increases the faculties of perception, and much that is good in a man without its aid would lie dormant. Among the varied lists of sport athletics take a prominent position, and, if as

sociated with mental culture, will of a certainty succeed in producing the all-round perfection. Mind without matter serves a man little, and, *vice versâ*, a weak brain cannot argue wisely, neither can a feeble limb accomplish any great feat; but the joint cultivation of mind and matter has made Britain what she is, has allowed her to march through the regions of the earth, to explore and colonize to an extent far beyond that of any other nation, and this she owes as much to her inherent love and cultivation of sport as she does to mental excellence. Look at the map of the world, and behold the vast regions of the earth occupied and civilized by the English tongue; wherever heard it has emanated from the same parent. Old England, America, and Australia are one and the same race; they all cultivate similar, if not the same pastimes and sports, and when they lead the way no obstacle bars their progress. Sports and athletic exercises of all kinds have contributed largely in evolving that determination of character which has made England and her children famous, not only on our tight little island, but throughout the regions of the civilized world.

ENGLISH AMATEUR ATHLETIC CHAMPIONSHIPS.

100 YARDS RACE.

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1868	W. M. Tennant, Liv. A.C.	—
1869	J. G. Wilson, Ox. U.A.C....	10⅖
1870	A. J. Baker, L.A.C.	10⅕
1871	J. G. Wilson, Ox. U.A.C....	10⅖
1872	W. A. Dawson, Cam. Univ.	10½
1873	J. Potter, Manchest. A. C.	—
1874	E. J. Davies, Cam. U.A.C.	10½
1875	J. Potter, Manchest. A.C....	10⅗
1876	M. Shearman, Ox. U.A.C....	10⅗
1877	H. Macdougall, L.A.C.....	10⅖
1878	L. Junker, L.A.C.	10⅕
1879	M. R. Portal, Ox. U.A.C.	10⅗
	C. L. Lockton, L.A.C....	10⅕
1880	W. P. Phillips, L.A.C. ...	10⅕
1881	W. P. Phillips, L.A.C. ...	10⅕
1882	W. P. Phillips, L.A.C. ...	10⅕
1883	J. M. Cowie, L.A.C.	10⅕
1884	J. M. Cowie, L.A.C.	10⅕
1885	J. M. Cowie, L.A.C.	10⅖
1886*	A. Wharton, Darlington C.F.C.	10
1887	A. Wharton, Darlgtn. C.F.C.	10 1/10
1888	F. Westing, Manhattan A.C., New York	10⅕
1889	E. H. Pelling, L.A.C.....	10⅗

QUARTER MILE RACE.

Challenge Cup, value 45 guineas, presented by Mr. K. T. DIGBY, M.P.

		SEC.
1866	J. H. Ridley, Eton College	55
1867	J. H. Ridley, Eton College	52 3/4
1868	E. J. Colbeck, L.A.C.	50⅖
1869	E. J. Colbeck, L.A.C.	53⅗
1870	A. R. Upcher, Cm. U.A.C.	52⅗
1871	A. R. Upcher, Cm. U.A.C.	51⅘
1872	E. Philpot, Camb. U.A.C.	52⅘
1873	A. R. Upcher, Cm. U.A.C.	53⅖
1874	E. A. Templar, Cm. U.A.C.	53¾
1875	F. T. Elborough, L.A.C. ...	51
1876	F. T. Elborough, L.A.C. ...	52⅖
1877	F. T. Elborough, L.A.C. ...	51⅖
1878	J. Shearman, L.A.C.	53⅘
1879	J. Story, Camb. U.A.C. ...	51⅖
	H. R. Ball, L.A.C.	51⅘
1880	M. Shearman, L.A.C.	52½
1881	L. E. Myers, M.A.C., N.Y.	48⅖
1882	H. R. Ball, L.A.C.	50½
1883	J. M. Cowie, L.A.C.....	51
1884	J. M. Cowie, L.A.C.....	50⅖
1885	L. E. Myers, Manhn. A.C.	52⅖
1886	C. G. Wood, Blackheath H.	49⅘
1887	C. G. Wood, Blackheath H.	51
1888	H. C. L. Tindall, C.U.A.C.	51⅘
1889	H. C. L. Tindall, L.A.C....	48½

* Fastest amateur time on record.

HALF MILE RACE.

Challenge Cup, value 45 guineas, presented by Mr. P. M. THORNTON.

		M.	S.
1866	P. M. Thornton, C.U.A.C.	2	5
1867	W. J. Frere, O.U.A.C....	2	10
1868	E. J. Colbeck, L.A.C. ...	2	2
1869	R. V. Somers-Smith, O.U.	2	2⅗
1870	R. V. Somers-Smith, O.U.	2	2
1871	Hon. A. L. Pelham, C.U.	2	6
1872	T. Christie, O.U. (dd.) / G. Templar, C.U. (ht.)	2	1
1873	Hon. A. L. Pelham, C.U.	2	5½
1874	E. A. Sandford, O.U.A.C.	2	4
1875	E. A. Sandford, O.U.A.C.	2	4⅕
1876	F. T. Elborough, L.A.C.	2	3
1877	F. T. Elborough, L.A.C.	2	0
1878	H. A. Whateley, O.U.A.C.	2	3⅕
1879	W. W. Bolton, C.U.A.C. / C. Hazenwood, L.A.C.	2	3⅖ / 1⅗
1880	S. K. Holman, L.A.C. ...	2	0⅖
1881	S. H. Baker, L.A.C.	2	2⅕
1882	W. G. George, Moseley H.	1	58⅕
1883	W. Birket, L.A.C.....	1	58
1884	W. G. George, Moseley H.	2	2⅕
1885	L. E. Myers, Manhn. A.C.	2	1
1886	E. D. Robinson, S.L.H.	1	59
1887	F. J. K. Cross, O.U.A.C.	1	59
1888	A. G. Le Maitre, O.U.A.C.	2	0⅖
1889	H. C. L. Tindall, L.A.C.	1	56⅖

ONE MILE RACE.

Challenge Cup, value 50 guineas, presented by Mr. C. B. LAWES.

		M.	S.
1866	C. B. Lawes, C.U.A.C....	4	39
1867	S. G. Scott, O.U.A.C. ...	4	42
1868	W. M. Chinnery. L.A.C.	4	33⅕
1869	W. M. Chinnery, L.A.C.	4	50
1870	R. H. Benson, O.U.A.C.	4	54⅗
1871	W. M. Chinnery, L.A.C.	4	31⅘
1872	C. H. Mason, L.A.C. ...	4	42¼
1873	W. Slade, L.A.C.	4	32⅖
1874	W. Slade, L.A.C.	4	43
1875	W. Slade, L.A.C.	4	35⅖
1876	W. Slade, L.A.C.	4	35⅕
1877	W. Slade, L.A.C.	4	29⅕
1878	A. F. Hills, O.U.A.C. ...	4	28⅘
1879	B. R. Wise, O.U.A.C.... / W. G. George, Moseley H.	4	29 / 26⅕
1880	W. G. George, Moseley H.	4	28⅗
1881	B. R. Wise, O.U.A.C. ...	4	24⅖
1882	W. G. George, Moseley H.	4	32⅕
1883	W. Snook, Moseley H. ...	4	25⅕
1884*	W. G. George, Moseley H.	4	18⅖
1885	W. Snook, Moseley H. ...	4	44
1886	T. B. Nalder, Knowle C.C.	4	25⅘
1887	F. J. K. Cross, O.U.A.C.	4	25⅖
1888	T. P. Conneff, M.A.C., New York	4	31⅗
1889	J. Kibblewhite, Spar. H.	4	29⅕

* Fastest amateur record.

FOUR MILES RACE.

Challenge Cup, value 60 guineas, presented by the EARL of JERSEY.

		M.	S.
1856	R. C. Garnett, C.U.A.C.	21	41
1867	G. G. Kennedy, Camb.	22	13
1868	W. M. Chinnery, L.A.C.	21	11
1869	W. M. Chinnery, L.A.C.	21	30
1870	H. C. Riches, L.A.C. ...	21	24
1871	J. Scott, L.A.C.	20	38
1872	J. B. Edgar, Isle of Man	21	31¼
1873	A. F. Somerville, Cm. U.	21	38
1874	W. Slade, L.A.C.	20	52
1875	J. Gibb, L.A.C.	21	9⅖
1876	A. Goodwin, Ox.U.A.C.	21	16
1877	J. Gibb, L.A.C.	w.o.	
1878	J. Gibb, L.A.C.	20	29
1879	J. Warburton, Stoke....	28	41⅗
	W.G.George, Moseley H.	20	51⅘
1880	W.G.George, Moseley H.	20	45⅘
1881	G. M. Nehan, L.A.C....	20	26⅘
1882	W.G.George, Moseley H.	w.o.	
1883	W. Snook, Moseley H.	20	37
1884	W.G.George, Moseley H.	20	17⅘
1885	W. Snook, Moseley H.	21	51⅘
1886	C. Rogers, Portsmh. H.	21	1⅘
1887	E. C. Carter, N.Y.A.C.	21	10
1888	E. W. Parry, Salford H.	20	22⅕
1889	S. Thomas, L.A.C.	20	31⅘

120 YARDS HURDLES RACE.

Challenge Cup, value 45 guineas, presented by Lord SOUTHWELL.

		SEC.
1866	T. Milvain, Cam. Uni. A.C.	17¾
1867	T. Law, Camb. Uni. A.C...	—
1868	W. M. Tennant, Liv. A.C.	17⅘
1869	G. R. Nunn, Guy's A.C. ...	18⅗
1870	J. L. Stirling, Camb. Uni.	17
1871	E. S. Garnier, Ox. Uni. A.C.	16⅗
1872	J. L. Stirling, Camb. Uni.	16⅘
1873	H. K. Upcher, Ox. U.A.C.	—
1874	H. K. Upcher, Ox. U.A.C.	16½
1875	H. K. Upcher, Ox. U.A.C.	16⅘
1876	A. B. Loder, Cam. Uni. A.C.	16⅖
1877	J. H. A. Reay, L.A.C.....	17⅕
1878	S. Palmer, Cam. Uni. A.C.	16⅖
1879	S. Palmer, Cam. Uni. A.C.	17⅖
	C. L. Lockton, L.A.C. ...	16⅗
1880	G. P. C. Lawrence, O. U.A.C.	16⅖
1881	G. P. C. Lawrence, O. U.A.C.	15⅕
1882	S. Palmer, Cam. Uni. A.C.	16⅗
1883	S. Palmer, Cam. Uni. A.C.	16⅕
1884	C. W. Gowthorpe, Notts F.F.C.	16⅗
1885	C. F. Daft, Notts F.F.C. ...	16⅗
1886*	C. F. Daft, Notts F.F.C. ...	16
1887	T. Le Fleming, C.U.A.C....	16⅕
1888†	S. Joyce, C.U.A.C.	16
1889	C. W. Haward, L.A.C.....	16⅗

* Fastest amateur record.

† Slightly down hill.

TWO MILES STEEPLECHASE RACE.

Challenge Cup, value 50 guineas, presented by Messrs. JAMES and WILLIAM WADDELL.

	M.	S.
1879 H. M. Oliver, Moseley H.		
1880 J. Concannon, Widnes F.C.		
1881 J. Ogden, Birchfield Harriers.		
1882 T. Crellin, Liverpool A.C.		
1883 T. Thornton, Birchfield H.		
1884 W. Snook, Moseley H....	10	21
1885 W. Snook, Moseley H....	11	38⅕
1886 M. A. Harrison, Spar. H.	11	12⅘
1887 M. A. Harrison, Spar. H.	12	8⅖
1888 J. C. Cope, Birchfield H.	12	13
1889 T. White, Spar. H.	11	34⅘

No times given previous to 1884, as the distances were not measured correctly.

TEN MILES RACE.

	M.	S.
1879 C. H. Mason, L.A.C. ...	56	31⅗
1880 C. H. Mason, L.A.C. ...	56	7
1881 G. A. Dunning, Clapton Beagles	54	34
1882 W. G. George, Msly. H.	54	41
1883 W. Snook, Moseley H.	57	41
1884 W. G. George, Msly. H.	54	2
1885 W. Snook, Moseley H.	53	25⅕
1886 W. H. Coad, S.L.H. ...	55	44⅕
1887 E. C. Carter, N.Y.A.C.	55	9
1888 E. W. Parry, Salford H.	53	43⅖
1889 S. Thomas, L.A.C.	51	31⅖

SEVEN MILES WALKING RACE.

	M.	S.
1866 J. G. Chambers, Cam. U.	59	32
1867 J. H. Farnworth, Liv. C.	48	12
1868 W. Rye, London A.C....	57	40
1869 T. Griffith, S. Essex A.C.	58	35
1870 T. Griffith, S. Essex A.C.	55	30
1871 J. Francis, S. Essex A.C.	58	9
1872 T. R. Hogg, Lond. A.C.	57	22
1873 W. J. Morgan, Atal. R.C.	54	57
1874 W. J. Morgan, Atal. R.C.	55	26
1875 W. J. Morgan, Atal. R.C.	53	47
1876 H. Venn, London A.C.	55	11
1877 H. Webster, Stoke A.C.	53	59⅗
1878 H. Venn, London A.C.	52	25
1879 *H. Webster, Stoke A.C.	52	34
1879 H. Venn, L.A.C., w.o.	56	1½
1880 G. P. Beckley, L.A.C.	56	40
1881 J. W. Raby, Ashton, York	54	48⅓
1882 H. Whyatt, Notts F.C.	55	56½
1883 H. Whyatt, Notts F.F.C.	59	15
1884 W. H. Meek, N.Y.	54	27
1885 J. Jervis, Liv. A.C.	56	10⅗
1886 J. H. Jullie, Finchley H.	58	30⅖
1887 C. W. V. Clarke, Spartan H.	56	59⅕
1888 C. W. V. Clarke, Manhattan A.C., New York	57	8⅖
1889 W. Wheeler, Southampton A.C.	56	29⅖

* Fastest amateur record.

LONG JUMP.

		FT.	IN.
1866	R. Fitzherbert, Camb. ...	19	8
1867	R. Fitzherbert, Camb. ...	19	4½
1868	R. J. C. Mitchell, Manc.	19	8½
1869	A. C. Tosswill, Ox. A.C.	19	7
1870	R. J. C. Mitchell, Manc.	19	11¾
1871	E. J. Davies, Cam. A.C.	20	4
	R. J. C. Mitchell, Manc.	20	4
1872	E. J. Davies, C.U.A.C.	22	7
1873	C. Lockton, L.A.C.....	19	4
1874	E. J. Davies, C.U.A.C.	22	5
1875	C. L. Lockton, L.A.C.	20	10¼
1876	J. G. Alkin, Nuneaton...	21	3
1877	J. G. Alkin, Nuneaton...	20	6¾
1878	E. Baddeley, C.U.A.C.	22	8
1879	W. G. Elliott, C.U.A.C.	20	10½
	C. L. Lockton, L.A.C.	22	1½
1880	C. L. Lockton, L.A.C.	22	2
1881	P. Davin, Car.-on-Suir...	22	11
1882	T. M. Malone, C. Clare A.	21	9½
1883	J. W. Parsons, Edin. ...	23	0¼
1884	E. Horwood, Blackhth.	21	9
1885	J. Purcell, Dublin A.C.	21	10½
1886	J. Purcell, Dublin A.C.	22	4
1887	F. R. Roberts, late C.U.A.C.	22	4
1888	A. A. Jordan, New York A.C.	21	8¾
1889	D.D.Bulger,Co.Dublin H.	21	6

HIGH JUMP.

Challenge Cup, value 35 guineas, presented by Sir CLAUDE CH. DE CRESPIGNY, Bart.

		FT.	IN.
1866	T. G. Little, Camb. Uni.	5	9
	J. H. T. Roupell, Camb.	5	9
1867	C. E. Green, Camb. Uni.	5	8
	T. G. Little, Camb. Uni.	5	8
1868	R. J. C. Mitchell, Manc.	5	8
1869	J. G. Hoare, Camb. Uni.	5	2
1870	R. J. C. Mitchell, Manc.	5	9
1871	R. J. C. Mitchell, Manc.	5	9½
1872	E. S. Prior, Camb. Uni.	5	4
1873	J. B. Hurst, Louth A.C.	5	6
1874	M. J. Brooks, Ox. Uni....	5	11
1875	N. G. Glazebrook, Ox. U.	5	11
1876	M. J. Brooks, Ox. Uni....	6	0
1877	G. W. Blathwayte, Camb.	5	6
1878	G. Tomlinson, Nor. C.C.	5	10½
1879	R. H. Macaulay, Cam. U.	5	9½
	*R. E. Thomas, Liverp.	5	9
	*W. Hall, Bristol.....	5	9
1880	J. W. Parsons, Edin.	5	9¾
1881	P. Davin, Carrick	6	0½
1882	R. F. Houghton, Newport F.C.	5	7¼
1883	J. W. Parsons, Edin.	6	0¼
1884	T. Ray, Ulverstone.....	5	7
1885	P. J. Kelly, F.C.A.A., Dn.	5	11
1886	G. W. Rowdon, E.D. and Teignmouth F.C.	5	11⅛
1887	*G. W. Rowdon, Teignmouth F.C.	6	0
	*W. P. Page, Manhattan (New York) A.C.	6	0
1888	G. W. Rowdon, Teignmouth F.C.	5	8
1889	T. Jennings, C.U.A.C....	5	8½

* Dead heat.

POLE JUMP.

		FT.	IN.
1866	F. Wheeler, City A.A.C.	10	0
1867	W. F. P. Moore, L.A.C.	9	3
1868	R. J. C. Mitchell, M.A.C.	10	6½
1869	R. G. Graham, Barnes ...	9	3
1870	R. J. C. Mitchell, M.A.C.	10	3
1871	R. J. C. Mitchell. M.A.C.	10	0
1872	H. C. Fellowes, Litchfield.	9	6
1873	W. Kelsey, Hull A.C. ...	10	6
1874	E. Woodburn, Ulv. C.C.	10	7
1875	*		
1876	H. W. Strachan, L.A.C.	10	1
1877	H. E. Kayll, Sund. F.C.	10	9
1878	H. W. Strachan, L.A.C.	10	9
1879	F. W. D. Robinson, Becls.	j.	o.
1880	E. A. Strachan, L.A.C.	10	4
1881	T. Ray, Ulverstone C.C.	11	3
1882	T. Ray, Ulverstone C.C.	10	6
1883	H. J. Cobbold, Felixstowe C.C.	9	6
1884	T. Ray, Ulverstone	10	4
1885	T. Ray, Ulverstone A.C.	10	o
1886	T. Ray, Ulverstone A.C.	10	11½
1887	T. Ray, Ulverstone A.C.	11	1
1888	†T. Ray, Ulvstone. A.C.	11	o½
	†E. L. Stones, Ulv. A.C.	11	o½
1889	E. L. Stones, Ulv. A.C.	11	1¾

PUTTING THE WEIGHT—16lbs.

		FT.	IN.
1866‡	C. Fraser, London	34	10
1867	J. Stone, Liverpool A.C.	36	6
1868	J. Stone, Liverpool A.C.	37	11
1869	H. Leeke, Cam. U.A.C.	31	4½
1870	R. J. C. Mitchell, M.A.C.	38	o
1871	R. J. C. Mitchell, M.A.C.	38	8½
1872	E. J. Bor, London A.C.	42	5
1873	E. J. Bor, London A.C.	40	o
1874	W. F. P. Moore, A.A.C.	39	11
1875	T. Stone, jun., Liv. A.C.	39	10
1876	T. Stone, jun., Liv. A.C.	38	7½
1877	T. Stone, jun., Liv. A.C.	38	2
1878	W. Y. Winthrop, Camb.	38	10
1879	A. H. East, C.U.A.C.	37	7½
	W. Y. Winthrop, L.A.C.	39	5
1880	W. Y. Winthrop, Camb.	37	3
1881	M. Davin, Car.-on-Suir.	39	6½
1882	G. Ross, Patricroft	42	4
1883	Owen Hart, Dublin	41	1
1884	Owen Hart, Dublin	39	10
1885	D. Mackinnon, L.S.F.C.	43	o½
1886	J. S. Mitchell, Gaelic A.C., Co. Limerick...	38	1
1887	J. S. Mitchell, Tipperary G.A.F.C.	39	1½
1888	G. N. Gray. New Yk. A.C.	43	7
1889	†W. J. M. Barry, Queen's C., Ck.	38	9
	†R. A. Greene, Manc. A.C.	38	9

* No contest. † Dead-heat.

‡ The weight of the ball was accidentally 18lbs. 10 ozs.

THROWING THE HAMMER—16 lbs.

(After 1875 a run of seven feet only was allowed, with no follow. In 1887 the circle was extended to 9 feet.)

	FT.	IN.
1866 W. J. James, Cam. Uni.	78	5
1867 P. Halkett, L.A.C.	94	7
1868 H. Leeke, Cam. Uni. ...	99	6
1869 W. A. Burgess, Ox. Uni.	102	3
1870 H. Leeke, Cam. Uni. ...	102	0
1871 W. A. Burgess, Ox. Uni.	105	5
1872 H. Leeke, Cam. Uni. ...	111	7
1873 J. Patterson, Cam. Uni.	108	0
1874 S. S. Brown, Ox. Uni....	120	0
1875 W. A. Burgess, Ox. Uni.	103	9
1876 G. H. Hale, Cam. Uni.	96	3
1877 G. H. Hale, Cam. Uni.	110	0
1878 E. Baddeley, Cam. Uni.	98	10
1879 W. A. Burgess, Ox. A.C.	95	9
1880 W. Lawrence, Ox. Uni.	96	0
1881 M. Davin, Carrick	98	10
1882 E. Baddeley, Cam. Uni.	96	4
1883 J. Gruer, Scot. Club ...	101	2½
1884 Owen Hart, Dublin ...	83	5
1885 W. J. M. Barry, Qn. C., Ck.	108	10¾
1886 J. S. Mitchell, Gaelic A.C.	110	4
1887 J. S. Mitchell, Tipperary G.A.F.C.	124	0½
1888 J. S. Mitchell, Tipperary G.A.F.C.	124	6
1889†W.J.M.Barry, Qn.C., Ck.	130	0

SCOTTISH AMATEUR ATHLETIC CHAMPIONSHIPS.

100 YARDS RACE.

	SEC.
1883 W. A. Peterkin, Edin. Uni.	10½
1884*J. M. Cowie, L.A.C.....	10
1885 R. A. Taylor, Edin. U.A.C.	10⅖
1886 W.Rodger,Edin.H.,St.G.F.C.	11
1887 R. A. Taylor, Edin. U.A.C.	10⅗
1888 J. H. Allan, St. G.F.C.....	10⅗
1889 R. A. Taylor, E.U.A.C. ...	10⅘

QUARTER MILE RACE.

	SEC.
1883 W. A. Peterkin, Edin. U....	51¾
1884 J. M. Cowie, L.A.C.	51⅕
1885 S. Henderson, Watson's Col. A.C.	51⅘
1886 M. C. Wright, E.U.A.C. ...	52⅖
1887 C. J. F. Paisley, R.H.S.F.C.	52⅗
1888 T. Blair, Queen's Park F.C.	53⅖
1889 T. Blair, Queen's Park F.C.	52⅖

* Fastest amateur time on record.

† World's record.

HALF MILE RACE.

		M.	S.			M.	S.
1883	T. Moffat	2	1¾	1887	T. C. Braid, Stanley House C.C.	2	2⅘
1884	T. E. D. Ritchie, St. G. F.C.	2	2⅖	1888	A. Marshall, Dumbarton A. and F.C.	2	2⅗
1885	J. Logan. Vale of Leven F.C.	2	3⅗	1889	R. Mitchell, St. Mirren F.C.	2	1
1886	S. Henderson, W.C.A.C. and E. H.	2	4⅘				

ONE MILE RACE.

		M.	S.			M.	S.
1883	D. S. Duncan, Royal High School	4	35	1886	D. S. Duncan, Royal High School	4	40⅘
1884	D. S. Duncan, Royal High School	4	32⅖	1887	J. Logan, Vale of Leven F.C.	4	35⅗
1885	D. S. Duncan, Royal High School	5	1⅕	1888	J. Blane, Clydesdale Hars.	4	35⅖
				1889	C. Pennycook, C.H.	4	29⅗

120 YARDS HURDLES RACE.

		SEC.			SEC.
1883	R. A. Carruthers, Fettesian Lorettonians	—	1886	H. A. Watt, Glasgow U.A.C.	18⅖
1884	A. M'Neill, Fette. Loretto.	16⅘	1887	H. A. Ward, Glasgow U.A.C.	17⅘
1885	H. A. Watt, Glasgow U.A.C.	—	1888	A. Vallance, Clydesdale H.	18⅘
			1889	J. L. Greig, C.U.A.C.	17⅘

FOUR MILES RACE.

		M.	S.			M.	S.
1887	A. P. Finlay, Ayr F.C.	21	30	1889	J. McWilliams, C.H.	20	56½
1888	W. E. Jack, E.H.	21	17⅗				

TEN MILES RACE.

		M.	S.			M.	S.
1886	A. P. Finlay, Ayr F.C.	55	16⅘	1888	A. P. Finlay, Ayr F.C.	55	32
1887	A. P. Finlay, Ayr F.C.	55	21⅕	1889	A. Hannah, C.H.	55	30⅖

THREE MILES WALKING RACE.

		M.	S.			M.	S.
1883	J. Harvie, Queen's Park	24	20	1887	A. Brown, Plain F.C.	24	32½
1884	J. Harvie, Queen's Park	23	16	1888	A. Brown, C.H.	24	26⅖
1885	J. Caw, St. George's F.C.	24	54	1889	W. Mills, C.H.	23	50½
1886	J. Caw, E. H.	24	1				

LONG JUMP.

	FT.	IN.
1883 D. A. Bethune	19	5½
1884 D. A. Bethune	20	0
1885 J. W. Parsons, Fettesian Lorettonians	21	9½
1886 J. W. Parsons, L.A.C. and E.H.	20	6
1887 A. E. Bullock, E.U.A.C.	21	0
1888 A. E. Bullock, E.U.A.C.	21	0
1889 J. L. Greig, C.U.A.C.	20	4

HIGH JUMP.

	FT.	IN.
1883 W. F. Methuen	5	6
1884 J. N. Macleod, Glas. U.A.C.	5	5
1885 J. N. Macleod, Glas. U.A.C.	5	8
1886 J. W. Parsons, L.A.C.	5	11
1887 *		
1888 G. G. Robertson, E.H.	5	2
1889 J. L. Greig, C.U.A.C.	5	6

POLE JUMP.

	FT.	IN.
1883 G. Hodgson, Edinburgh	8	9
1884 G. Hodgson, E.N.E.A.C.	9	3
1885 A. G. G. Asher, Fettesian Lorettonians	10	1
1886 A. G. G. Asher, F.L.A.C. and E.H.	10	3
1887 E.L.Stones, Glas.This.F.C.	11	0
1888 E. L. Stones, Ulv. A.C.	11	2¾
1889 E. L. Stones, Ulv. A.C.	11	4

PUTTING THE WEIGHT—16lbs.

	FT.	IN.
1883 K. Whitton, Ross Co.	38	11
1884 K. Whitton, St. Geo. F.C.	41	9
1885 K. Whitton, St. Geo. F.C.	41	6
1886 C. Reid, Edin. Acad.	40	0
1887 C. Reid, E.A.C.	40	11
1888 J. M'Donald, E.H.	40	4
1889 R. Whitton, E.H.	39	1

THROWING THE HAMMER—16lbs.

	FT.	IN.
1883 R. Smith	94	7
1884 K. Whitton, St. G.F.C.	98	10½
1885 K. Whitton, St. G.F.C.	100	5¾
1886 C. Reid, Edin. Acad.	92	6
1887 J. Barrow, E.H.	94	6
1888 T. Stewart, Dunfermline C.C.	97	7
1889 K. Whitton	98	1

THROWING THE CRICKET BALL.

	YDS.	IN.
1883 R. F. H. Bruce, G.U.	107	17

(This event has not since been competed for.)

* No contest.

IRISH AMATEUR ATHLETIC CHAMPIONSHIPS.

100 YARDS FLAT RACE.

	SEC.		SEC.
1873 R. C. M. Miller	10⅕	1882 G. W. Browne	10⅗
1874 J. D. Ogilby	10⅗	1883 R. E. Sproule	10½
1875 J. D. Ogilby	10⅕	1884 R. Dodds	10⅘
1876 J. D. Ogilby	10⅘	1885 E. H. Greene	10⅘
1877 J. D. Ogilby	10½	1886 A. Vigne	10⅘
1878 J. H. Stewart	10⅖	1887 A. Vigne	10⅘
1879 T. M. Malone	10⅖	1888 D. D. Bulger, L.F.C.	10⅖
1880 P. Davin	10⅕	1889 D. D. Bulger, L.F.C.	10½
1881 G. W. Browne	10¾		

220 YARDS FLAT RACE.

	EC.		SEC
1885 D.D. Bulger, Lansdowne F.C.	24⅗	1888 A. Vigne, D.U.A.C.	23
1886 D.D. Bulger, Lansdowne F.C.	23⅖	1889 V. Grove, Annesley, Kingstown	23⅖
1887 A. Vigne, D.U.A.C.	22⅘		

440 YARDS FLAT RACE.

	SEC.		SEC.
1873 R. C. M. Miller	51⅖	1882 T. A. Guinness	54
1874 James Heron	53⅗	1883 G. D. Christian	52⅖
1875 James Heron	53⅖	1884 J. E. Hussey	53⅕
1876 A. P. Cronyn	52⅗	1885 G. D. Christian	52⅖
1877 W. M'Cord	52	1886 T. J. O'Mahony	53⅖
1878 J. T. Belcher	52⅖	1887 M. A. Sweeney	52⅘
1879 T. M. Malone	51⅕	1888 A. Vigne, D.U.A.C.	w.o.
1880 T. A. Lynch	52⅖	1889 R. D. Freeman, D.U.A.C.	54
1881 G. D. Christian	52		

HALF MILE FLAT RACE.

	M.	S.
1873 A. C. Courtney	2	3
1874 A. C. Courtney	2	7
1875 A. C. Courtney	2	7
1876 J. B. Ferguson	2	6½
1877 J. Pinion	2	3⅕
1878 J. Pinion	2	4½
1879 G. Searight	2	3⅘
1880 T. A. Lynch	2	7
1881 T. A. Guinness	2	7
1882 T. A. Guinness	2	2⅗
1883 W. G. Meath	2	4⅘
1884 J. E. Hussey	2	1⅘
1885 J. G. Beatty	2	3⅗
1886 T. Conneff	2	0⅘
1887 J. C. Minniece	2	4⅘
1888 W. Aherin, C.D.H.	2	3⅘
1889 J. A. M'Master, Belfast	2	4

ONE MILE FLAT RACE.

	M.	S.
1873 A. C. Courtney	4	39⅕
1874 A. C. Courtney	4	45⅗
1875 A. C. Courtney	4	48⅘
1876 C. H. Ford	4	42⅗
1877 C. H. Ford	4	45⅕
1878 T. K. Dwyer	4	39¼
1879 M. Sheehan	4	35⅗
1880 J. Carmody	4	40
1881 W. J. Hogg	4	44¼
1882 W. J. Hogg	4	41⅕
1883 W. J. Hogg	4	38
1884 J. J. Manning	4	39⅗
1885 J. G. Beatty	4	43⅘
1886 T. Conneff	4	32⅗
1887 J. C. Minniece	4	41⅕
1888 C. W. Blundell, C.D.H.	4	32⅗
1889 Enoch M'Keown	4	37⅗

ONE MILE STEEPLECHASE.

	M.	S.
1887 Wm. Aherin	5	30⅗
1888 C. W. Blundell	5	38⅗
1889 T. Corcoran, Elysian H.	5	19½

120 YARDS HURDLE RACE.

	SEC.
1873 J. M'Lean (hur. 3ft. 2in.)	18⅕
1874 W. J. Hamilton (hur. 3ft. 6in.)	19
1875 W. J. Hamilton	18⅗
1876 W. J. Hamilton	18⅗
1877 W. E. B. Barter	18⅕
1878 P. Davin	17
1879 P. Davin	17⅗
1880 P. Davin	17⅖
1881 G. D. Christian	18¾
1882 P. Davin	16⅗
1883 P. Davin	16⅗
1884 J. Pedlow	17⅕
1885 E. J. Walsh	17⅗
1886 E. J. Walsh	17
1887 D. F. Rambaut	17⅖
1888 D. D. Bulger, L.F.C.	17
1889 F. J. Freer, D.U.A.C.	17

LONG JUMP.

	FT.	IN.
1873 J. Lane	21	4
1874 J. Lane	20	10
1875 G. M. Kenny	21	6
1876 T. Davin	20	8½
1877 J. H. Burke	22	2
1878 P. Davin	22	0
1879 P. Davin	22	7
1880 P. Davin	21	11
1881 E. J. Wolfe	19	3
1882 R. G. Tobin	20	1
1883 P. Davin	20	4
1884 J. Purcell	21	5
1885 J. Purcell	21	8
1886 J. Purcell	22	8
1887 Standard not reached		
1888 P. Lawless, Bandon	20	5½
1889 D. D. Bulger	20	11½

HIGH JUMP.

	FT.	IN.
1873 T. Davin	5	10¼
1874 P. Cadogan	5	10
1875 G. M. Kenny	5	3
1876 T. Davin	5	7
1877 W. A. Kelly	5	6
1878 P. Davin	5	8¼
1879 P. Davin	5	7¾
1880 P. Davin	5	11
1881 D. Browning	w.o.	
1882 P. Davin	6	1
1883 P. Davin	5	9
1884 T. H. M. Hobbs	5	5
1885 E. J. Walsh*, P. J. Kelly*	5	9½
1886 J. S. Smyth	5	7
1887 J. S. Smyth	5	9¾
1888 P. J. Kelly, Blackrock C.	5	11
1889 P. McGrath, Carrick-on-Shannon	5	10

SLINGING 56lbs. WEIGHT BETWEEN LEGS.

	FT.	IN.
1873 M. M. Stritch	29	3
1874 C. Wadsworth	29	2
1875, 1876†		
1877 M. Davin	28	4
1878, 1879, 1880, 1883†		
1884 W. J. M. Barry	25	7
1885 W. J. M. Barry	27	2
1886 J. C. Daly	26	8
1887 J. O'Brien	24	5
1888 J. O'Brien, Clonmel	24	5
1889 J. O'Brien, Clonmel	25	0

* Dead heat. † No contest.

PUTTING 16lb. SHOT.

	FT.	IN.
1873 C. Wadsworth	40	3
1874 E. J. Bor	40	3¾
1875 M. Davin	40	10
1876 J. C. Daly	41	5
1877 M. Davin	38	5
1878 M. Davin	40	6
1879 M. Davin	41	3
1880 P. Davin	36	7
1881 M. Cusack	37	3
1882 Owen Harte	36	11
1883 Owen Harte	40	7
1884 J. Purcell	35	6
1885 Jas. O'Brien	43	9
1886 W. Murray	40	0
1887 J. S. Mitchell	38	2½
1888 J. O'Brien, Clonmel	37	8
1889 W. J. M. Barry	40	6

FOUR MILES FLAT RACE.

	M.	S.
1875 C. H. Ford	22	57½
1876 L. W. Nunns	22	8½
1877 L. W. Nunns	21	3⅗
1878 L. W. Nunns	21	49½
1879 M. Sheehan	22	4⅕
1880 P. Noonan	22	21
1881 G. Gibson, jun.	22	8
1882 P. Noonan	22	48⅗
1883 F. Nunns	21	12
1884 F. Nunns	21	23⅘
1885 F. Nunns	21	30⅕
1886 J. G. Beatty	21	37⅘
1887 T. P. Conneff	20	55⅘
1888 T. P. Conneff	20	48
1889 Enoch McKeown	21	38

POLE JUMP.

	FT.	IN.
1873 J. Lane, I.C.A.C.	9	6
1874 J. Lane, I.C.A.C.	w.o.	
1875, 1876, 1877, 1878, 1879, 1880, 1881*		
1882 J. F. Murphy	9	1
1883 T. H. M. Hobbs	9	10½
1884 T. H. M. Hobbs	9	0
1885 P. J. Kelly	9	8
1886 P. A. M'Gann	9	0
1887 T. P. O'Connor	10	0
1888 P. J. Kelly, Blackrock C.	9	9
1889 T. O'Connor, Blackrock C.	9	6

RUNNING HOP, STEP, AND JUMP.

	FT.	IN.
1884 John Purcell	42	10
1885 John Purcell	46	8
1886 John Purcell	46	9
1887, 1888, 1889*		

* No contest.

THROWING 16lb HAMMER.

	FT.	IN.
1873 M. M. Stritch	110	2
1874 M. M. Stritch	108	0
1875 M. Davin	113	6
1876 M. Davin	128	10
1877 M. Davin	123	0
1878* M. Davin	123	2
1879 M. Davin	100	6
1880 J. Tobin	94	8
1881 D. Browning	w.o.	
1882 J. Slattery	92	11
1883 O. Harte	93	3
1884 W. J. M. Barry	99	6
1885 W. J. M. Barry	116	10
1886 Thos. Ryan	106	7½
1887 T. Ryan	109	11½
1888 P. Lawless, Bandon.	110	9
1889† W. J. M. Barry, Cork	126	

PUTTING 42lbs. WEIGHT.

	FT.	IN.
1873 M. M. Stritch	24	4
1874 E. O'Grady	26	3
1875 E. O'Grady	26	1
1876‡		
1877 P. C. Hickey	24	10
1888, 1879, 1880, 1881*		
1882 Owen Harte	24	4
1883 Owen Harte	25	4½
1884 W. Real	27	8
1885 J. C. Daly	27	0½
1886 J. C. Daly	27	1½
1887 J. C. Daly	26	7
1888 J. O'Brien, Clonmel	25	4
1889 W. Real	27	10

AMERICAN AMATEUR ATHLETIC CHAMPIONSHIPS.

100 YARDS RACE.

	SEC.
1876 F. C. Saportas, N. York City	10⅓
1877 C. C. McIvor, Montreal, Can.	10½
1878§ W. C. Wilmer, S.H.A.C.	10
1879 B. R. Value, Eliz. A.C.	10⅜
1880 L. E. Myers, Manhat. A.C.	10⅖
1881 L. E. Myers, Manhat. A.C.	10¼
1882 A. Waldron, Manhat. A.C.	—
1883 A. Waldron, Manhat. A.C.	10⅕
1884 M. W. Ford, N.Y.A.C.	10⅘
1885 M. W. Ford, N.Y.A.C.	10⅖
1886 M. W. Ford, N.Y.A.C.	10⅖
1887 C. H. Sherrill, Yale Uni.	10⅖
1888 F. Westing, Manhattan A.C.	10⅖

* After 1878 a run of seven feet only was allowed, with no follow.

† Hammer found to be over length. ‡ No contest.

§ Best amateur time on record.

220 YARDS RACE.

	SEC.
1877 E. Merritt, New York A.C.	24
1878 W. C. Wilmer, Short Hills A.C.	22⅞
1879 L. E. Myers, Manhat. A.C.	23⅖
1880 L. E. Myers, Manhat. A.C.	23⅗
1881 L. E. Myers, Manhat. A.C.	23½
1882 H. S. Brooks, Jr., Yale Col.	22⅗
1883 H. S. Brooks, Jr., Yale Col.	22⅘
1884 L. E. Myers, Manhat. A.C.	24⅕
1885 M. W. Ford, N.Y.A.C.	23⅘
1886 M. W. Ford, Brooklyn A.A.	23⅕
1887 F. Westing, Manhattan A.C.	23⅕
1888 F. Westing, Manhattan A.C.	22⅕

440 YARDS RACE.

	SEC.
1876 E. Merritt, New York A.C.	54½
1877 E. Merritt, New York A.C.	55¼
1878 F. W. Brown, Glenwood A.C.	54⅜
1879 L. E. Myers, Manhat. A.C.	52⅖
1880 L. E. Myers, Manhat. A.C.	52
1881 L. E. Myers, Manhat. A.C.	49⅖
1882 L. E. Myers, Manhat. A.C.	51⅗
1883 L. E. Myers, Manhat. A.C.	52⅛
1884 L. E. Myers, Manhat. A.C.	55⅕
1885 H. M. Raborg, N. York A.C.	54⅕
1886 J. S. Robertson, Montreal (P. Q.) A.A.	52
1887 H. M. Banks, Manhat. A.C.	51⅘
1888 W. C. Dohm, N. York A.C.	51

880 YARDS RACE.

	M.	S.
1876 H. Lambe, Toronto, Can.	2	10
1877 R. R. Colgate, N. York A.C.	2	5¾
1878 E. Merritt, N. York A.C.	2	5¼
1879 L. E. Myers, Manhat. A.C.	2	1⅖
1880 L. E. Myers, Manhat. A.C.	2	4⅖
1881 W. Smith, Williamsburgh A.C.	2	4
1882 W. H. Goodwin, Jr., New York A.C.	1	56⅞
1883 J. J. Murphy, Manhat. AC.	2	4⅜
1884 L. E. Myers, Manhat. A.C.	2	9⅘
1885 H. L. Mitchell, Yale Col.	2	2⅗
1886 C. M. Smith, N.Y.A.C.	2	4
1887 G. Tracy, Halifax, N.S.	2	1⅗
1888 G. Tracy, Halifax, N.S.	2	2⅕

ONE MILE RACE.

	M.	S.
1876 H. Lambe, Toronto, Ont.	4	51½
1877 R. Morgan, Harlem A.C.	4	49¾
1878 T. H. Smith. Manhat. A.C.	4	51¼
1879 H. M. Pellatt, Toronto Lacrosse C.	4	43⅖
1880 H. Fredericks, Man. A.C.	4	39⅗
1881 H. Fredericks, Man. A.C.	4	32⅖
1882 H. Fredericks, Man. A.C.	4	36⅕
1883 H. Fredericks, Man. A.C.	4	36⅘
1884 P. C. Maderia, P.F. & S.A.	4	36⅘
1885 G. Y. Gilbert, Man. A.C.	4	44
1886 E. C. Carter, N.Y.A.C.	4	33⅗
1887 E. C. Carter, N.Y.A.C.	4	30
1888 G. M. Gibbs, Toronto (Ont.) A.C.	4	27⅕

THREE MILES RACE.

	M.	S.		M.	S.
1878 W. J. Duffy, H.A.C. ...	17	25	1879 P. J. McDonald, I.A.A.C.	15	38⅜

FIVE MILES RACE.

	M.	S.		M.	S.
1880 J. H. Gifford, Irish American A.C.	27	51½	1884 G. Stonebridge, West Side A.C.	27	45
1881 W. C. Davies, Williamsburgh A.C.	27	43⅝	1885 P. D. Skillman, Manhat. A.C.	27	13⅜
1882 T. F. Delaney, Gramercy A.C.	27	34⅜	1886 E. C. Carter, N. York A.C.	27	4
1883 T. F. Delaney, Williamsburgh A.C.	26	47⅜	1887 E. C. Carter, N. York A.C.	25	23⅝
			1888 T. P. Conneff, Manh. A.C.	26	46⅝

The above race was added to the championship programme in 1880 in place of the abandoned three-miles race.

120 YARDS HURDLES RACE.

	SEC.		SEC.
1876 G. Hitchcock, N. York City	19	1882 J. T. Tivey, Williamsb. A.C.	16⅘
1877 H. E. Ficken, N. York A.C.	18¼	1883 S. A. Safford, American A.C.	19⅖
1878 H. E. Ficken, N. York A.C.	17¼	1884 S. A. Safford, American A.C.	18⅕
1879 J. E. Haigh, Scot. American A.C.	19	1885 A. A. Jordan, Manh. A.C. ...	17⅗
1880 H. H. Moritz, S.A.A.C. ...	19⅕	1886 A. A. Jordan, Manh. A.C. ...	16⅕
1881 J. T. Tivey, Williamsb. A.C.	17⅛	1887 A. A. Jordan, N.Y.A.C. ...	16⅖
		1888 A. A. Jordan, N.Y.A.C. ...	16¼

220 YARDS HURDLES RACE.

	SEC.		SEC.
1887 A. F. Copeland, Manh. A.C.	27	1888 A. F. Copeland, Manh. A.C.	26⅘

The height of the above hurdles is 2 feet 6 inches—over ten hurdles.

ONE MILE WALKING RACE

		M.	S.
1876	D. M. Stern, New Yk. A.C.	7	31
1877	E. C. Holske, Harlem A.C.	7	11⅛
1878	*		
1879	W. H. Purdy, Greenpoint A.C.	6	48¾
1880	E. E. Merrill, Scottish American A.C.	7	4
1881	E. E. Merriil, Union A.C.	7	23¼
1882	W. H. Parry, Williamsburgh A.C.	7	10⅗
1883	F. P. Murray, W.A.C.	6	46
1884	F. P. Murray, W.A.C.	6	54⅗
1885	G. D. Baird, Olympic A.C.	6	42
1886	E. D. Lange, Man. A.C.	6	45⅕
1887	E. D. Lange, Man. A.C.	7	4
1888	W. R. Burkhardt, Pastime A.C.	6	54½

THREE MILES WALKING RACE.

		M.	S.
1876	D. M. Stern, N.Y.A.C.	25	12
1877	E. C. Holske, Harlem A.C.	23	9⅖
1878	T. H. Armstrong, Harlem A.C.	23	12½
1879	W. H. Purdy, Greenpoint A.C.	22	58¾
1880	E. E. Merrill, Scottish American A.C.	22	28⅘
1881	E. E. Merrill, Union A.C.	23	55⅘
1882	F. G. Trunkett, Williamsburgh A.C.	24	19
1883	G. D. Baird, American A.C.	22	8⅘
1884	F. P. Murray, W.A.C.	23	15⅖
1885	E. D. Lange, Man. A.C.	23	10⅗
1886	F. P. Murray, Nassau A.C.	23	15⅖
1887	E. D. Lange, Man. A.C.	23	12⅘
1888	E. D. Lange, Man. A.C.	23	43⅖

SEVEN MILES WALKING RACE.

		M.	S.
1876	C. Connor, Y.M.C.A.	58	32½
1877	F. H. Armstrong, Harlem A.C.	55	59⅖
1878	*		
1879	E. E. Merrill, Union A.C.	56	4
1880	J. B. Clark Empire City A.C.	54	47⅗
1881	W. H. Purdy, Man. A.C.	58	43
1882	F. P. Murray, W.A.C.	57	18½
1883	W. H. Meek, West Side A.C.	56	48⅖
1884	E. F. McDonald, West Side A.C.	56	28

*No competition.

RUNNING LONG JUMP.

		FT.	IN.
1876	J. Frazier, Yonkers' Lyceum	17	4
1877	W. T. Livingstone, Harlem A.C.	18	9½
1878	W. C. Wilmer, Short Hills A.C.	18	9
1879	F. J. Kilpatrick, New York A.C.	19	6¾
1880	J. S. Voorhees, Manh. A.C.	21	4
1881	J. S. Voorhees, Manh. A.C.	21	4¾
1882	J. F. Jenkins, Jr., N. York A.C.	21	5¾
1883	M. W. Ford, N. York A.C.	21	8½
1884	M. W. Ford, N. York A.C.	20	1½
1885	M. W. Ford, N. York A.C.	21	6
1886	M. W. Ford, B.A.A.	22	0¾
1887	A. A. Jordan, N.Y.A.C.	22	3½
1888	W. Halpin, O.A.C.	23	0

RUNNING HIGH JUMP.

		FT.	IN.
1876	H. E. Ficken, N. York A.C.	5	5
1877	H. E. Ficken, N. York A.C.	5	4
1878	H. E. Ficken, N. York A.C.	5	5
1879	W. Wunder, Olympic A.C.	5	7
1880	A. L. Carroll, Staten Is. A.C.	5	5
1881	C. W. Durand, Stat. Is. AC.	5	8
1882	A. L. Carrol, Staten Is. A.C.	5	7
1883	M. W. Ford, N. York A.C.	5	8½
1884	J. T. Rhinehardt, Amer. A.C.	5	8
1885	W. B. Page, P.F. and S.C.	5	9⅞
1886	W. B. Page, P.F. and S.C.	5	9
1887	W. B. Page, P.F. and S.C.	6	0½
1888	I. D. Webster, M.A.C.	5	8½

POLE VAULTING.

		FT.	IN.
1877	G. McNichol, Scot. American A.C.	9	7
1878	A. Ing, Scot. Amer. A.C.	9	4
1879	W. J. Van Houten, Scot. American A.C.	10	4¾
1880	W. J. Van Houten, Scot. American A.C.	10	11
1881	W. J. Van Houten, Scot. American A.C.	10	6
1882	B. F. Richardson, Scot. American A.C.	10	0
1883	H. H. Baxter, New York A.C.	11	0½
1884	H. H. Baxter, New York A.C.	10	6
1885	H. H. Baxter, New York A.C.	10	
1886	H. H. Baxter, New York A.C.	10	1½
1887	T. Ray, Ulverstone Fend C.C. (England)	11	0¼
1888	L. D. Godshall, M.A.C.	10	0

PUTTING 16lb SHOT.

	FT.	IN.
1876 H. E. Buermeyer, New York A.C.	34	5
1877 H. E. Buermeyer, New York A.C.	37	2
1878 H. E. Buermeyer, New York A.C.	37	4
1879 A. W. Adams, Scottish American A.C.	36	3⅛
1880 A. W. Adams, Scottish American A.C.	36	4⅞
1881 F. L. Lambrecht, P.A.C	37	5½
1882 F. L. Lambrecht, P.A.C.	39	9⅞
1883 F. L. Lambrecht, P.A.C.	43	0
1884 F. L. Lambrecht, M.A.C.	39	10½
1885 F. L. Lambrecht, M.A.C.	42	2⅜
1886 F. L. Lambrecht, M.A.C.	42	1¼
1887 G. W. Gray, Toronto (Ont.) A.C.	42	3
1888 G. R. Gray, N.Y.A.C.	42	10½

THROWING 16lb. HAMMER.

(Weighing 16lbs. complete, head and handle; total length of complete implement, 4 ft.). Thrown from 7 ft. circle, without follow.

	FT.	IN.
1876 W. B. Curtis, New York A.C.	76	4
1877 G. D. Parmly, Princeton College A.C.	84	0
1878 W. B. Curtis, New York A.C.	80	2
1879 J. S. McDermott, Scottish American A.C.	86	11½
1880 W. B. Curtis, New York A.C.	87	4¼
1881 F. L. Lambrecht, Pastime A.C.	89	8
1882 F. L. Lambrecht, Pastime A.C.	93	1
1883 W. L. Coudon, Baltimore A.C.	93	11
1884 F. L. Lambrecht, M.A.C.	92	5
1885 F. L. Lambrecht, M.A.C.	96	10
1886 W. L. Coudon, B.A.C.	95	3
1887 C. A. J. Queckberner, N.Y.A.C.	102	7
1888 W. J. M. Barry, Queen's College, Cork, Ireland	127	9

THROWING 56lb. WEIGHT.

Thrown from 7 foot circle, without follow.

	FT.	IN.
1878 W. B. Curtis, New York A.C.	21	0
1879 J. S. McDermott, Scottish American A.C.	22	11
1880 J. S. McDermott, Scottish American A.C.	24	4
1881 J. Britten, Scottish American A.C.	24	0
1882 H. W. West, Boston Y.M.C.A.	24	10¼
1883 F. L. Lambrecht, Pastime A.C.	25	1¾
1884 C. A. J. Queckberner, N.Y.A.C.	26	3¼
1885 C. A. J. Queckberner, N.Y.A.C.	26	3
1886 C. A. J. Queckberner, N.Y.A.C.	25	1
1887 C. A. J. Queckberner, N.Y.A.C.	25	10
1888 W. L. Condon, N.Y.A.C.	27	9

LONDON ATHLETIC CLUB CHAMPIONSHIPS.

100 YARDS CHALLENGE CUP.

Presented by Mr. W. WADDELL, 1870.

		SEC.
Apr. 2, 1870	A. J. Baker	10⅛
Oct. 22, 1870	W. Collett	10⅜
Apr. 16, 1871	W. Collett	10⅛
Oct. 21, 1871	G. R. Johnston	10⅜
June 8, 1872	G. R. Johnston	w.o.
Nov. 23, 1872	C. Sugden	w.o. in 10⅜
Mar. 22, 1873	G. R. Johnston	w.o.
Oct. 4, 1873	J. Potter	10⅝
Apr. 11, 1874	J. Potter	w.o.
Oct. 10, 1874	J. H. A. Reay	10⅝
Apr. 10, 1875	F. T. Elborough	10½
Oct. 23, 1875	F. T. Elborough	w.o.
Apr. 22, 1876	M. Shearman	w.o.
Oct. 7, 1876	H. Macdougall	10⅜
Apr. 28, 1877	H. Macdougall	10⅜
Oct. 6, 1877	L. Junker	10⅛
Mar. 30, 1878	L. Junker	w.o.
Oct. 26, 1878	H. Crossley	10⅜
Apr. 19, 1879	H. Crossley	10½
Oct. 4, 1879	C. L. Lockton	10⅛
May 1, 1880	C. L. Lockton	w.o.
Oct. 2, 1880	M. Shearman	10⅜
Apr. 30, 1881	J. M. Cowie	10⅜
Oct. 1, 1881	W. P. Phillips	10⅜
Apr. 29, 1882	W. P. Phillips	w.o.
Oct. 7, 1882	J. M. Cowie	10⅜
Apr. 28, 1883	J. M. Cowie	10⅜
Sept. 29, 1883	J. M. Cowie	w.o.
Apr. 26, 1884	J. M. Cowie	w.o.
Sept. 27, 1884	C. G. Wood	10⅜
Apr. 18, 1885	J. M. Cowie	w.o.
Sept. 26, 1885	J. M. Cowie	w.o.
May 8, 1886	J. M. Cowie	10⅞
Sept. 4, 1886	C. F. Levick	w.o.
May 7, 1887	C. F. Levick	10½
Oct. 1, 1887	J. D. Bassett	10⅜
June 23, 1888	J. D. Bassett	10⅜
June 22, 1889	E. H. Pelling	10⅜

220 YARDS CHALLENGE CUP.

Presented to the Club by the late President, Mr. J. W. THOMPSON, 1864.

		SEC.
Nov. 12, 1864	J. A. Chandler	—
Mar. 18, 1865	J. A. Chandler	—
Aug., 1865	J. A. Chandler	—
Nov. 25, 1865	W. A. Simpson	w.o.
Feb. 4, 1866	P. M. Thornton	24
May 19, 1866	C. G. Emery	23½
Aug. 25, 1866	W. Collett	24½
Nov. 24, 1866	W. Collett	23
Mar. 2, 1867	W. Collett	23½
May 31, 1867	E. J. Colbeck	23¾
Aug. 30, 1867	E. J. Colbeck	w.o.
Nov. 30, 1867	E. J. Colbeck	w.o.
Feb. 29, 1868	E. J. Colbeck*	w.o.

* Unchallenged. Walked over, and became absolute owner of the Cup.

220 YARDS CHALLENGE CUP.

Presented by Mr. A. J. BAKER, 1875.

	SEC.		SEC.
Mar. 13, 1875 F. T. Elborough ...	23¼	Mar. 25, 1876 F. T. Elborough ...	w.o.
Sept. 25, 1875 F. T. Elborough ...	w.o.	Oct. 7, 1876 F. T. Elborough*	23⅘

250 YARDS CHALLENGE CUP.

Presented by Mr. S. K. HOLMAN, 1888.

	SECS.
Sept. 22, 1888 E. H. Pelling†	24⅘

QUARTER MILE CHALLENGE CUP.

Presented by Mr. R. MATTHEWS, 1871.

	SEC.		SEC.
Apr. 15, 1871 W. Page	w.o.	May 29, 1880 H. H. Sturt	51⅘
Oct. 21, 1871 W. Page	54	Nov. 6, 1880 A. S. Smith	51⅘
Apr. 20, 1872 W. Page	w.o.	May 28, 1881 W. P. Phillips	50⅘
Oct. 19, 1872 G. R. Johnston ...	52¾	Nov. 5, 1881 W. P. Phillips	w.o.
May 19, 1873 G. R. Johnston ...	w.o.	May 20, 1882 W. P. Phillips	w.o.
Nov. 15, 1873 J. Potter	—	Oct. 28, 1882 W. P. Phillips	50⅘
May 10, 1874 J. Potter	w.o.	May 26, 1883 H. R. Ball	w.o.
Nov. 7, 1874 F. T. Elborough ..	w.o.	Oct. 27, 1883 C. Y. Bedford	50⅘
May 8, 1875 F. T. Elborough ...	w.o.	May 17, 1884 J. M. Cowie.....	52
Nov. 20, 1875 F. T. Elborough ...	w.o.	Oct. 25, 1884 C. G. Wood.....	51⅔
May 23, 1876 F. T. Elborough ...	w.o.	May 16, 1885 J. M. Cowie.....	51⅘
Nov. 11, 1876 F. T. Elborough ...	w.o.	Oct. 24, 1885 J. M. Cowie.....	w.o.
May 28, 1877 F. T. Elborough ...	w.o.	June 23, 1886 J. M. Cowie.....	w.o.
Nov. 10, 1877 F. T. Elborough ...	w.o.	Oct. 23, 1886 M. J. Jackson	53
Apr. 27, 1878 J. Shearman..... ...	w.o.	June 8, 1887 J. D. Moul	53⅕
Nov. 30, 1878 H. H. Sturt.....	52⅘	Oct. 15, 1887 A. G. Le Maitre ...	w.o.
May 10, 1879 H. H. Sturt.....	w.o.	Apr. 7, 1888 A. G. Le Maitre ...	w.o.
Nov. 1, 1879 H. H. Sturt.....	51⅘	Apr. 13, 1889 H. C. L. Tindall...	51⅘

600 YARDS CHALLENGE CUP.

Presented by Mr. W. WRENCH TOWSE, Vice-President, 1866.

	M. S.		M. S.
Apr. 27, 1867 E. J. Colbeck.....	1 16½	Oct. 12, 1867 E. J. Colbeck‡ ...	w.o.
June 6, 1867 E. J. Colbeck.....	w.o.		

* Elborough having won in the fastest time on record, the Cup became his.
† World's record. ‡ Won absolutely by two walks over.

600 YARDS CHALLENGE CUP.

Presented by Mr. F. DRURY, 1882.

		M.	S.
June 17, 1882	T. A. Guinness ...	1	18⅝
Nov. 4, 1882	J. D. Sadler	w.o.	
June 23, 1883	J. P. Muspratt ...	1	16⅔
Oct. 20, 1883	W. Birkett	1	15
June 14, 1884	W. Birkett	1	15⅝
Oct. 18, 1884	F. S. Howard w.o.	1	17⅓
June 20, 1885	F. S. Howard ..	1	17⅔
Oct. 17, 1885	F. S. Howard ...	w.o.	
May 20. 1886	F. S. Howard ...	w.o.	
Oct. 9, 1886	A. G. Le Maitre...	1	18
May 19, 1887	A. G. Le Maitre..	1	16⅛
Sept. 28, 1887	A. G. Le Maitre...	w.o.	
June 23, 1888	A. G. Le Maitre .	w.o.	
June 22, 1889	T. T. Pitman	w.o.	

HALF MILE CHALLENGE CUP.

Presented by Mr. J. WADDELL.

		M.	S.
Apr. 2, 1870	R.V.Somers-Smith	2	6
Oct. 22, 1870	J. Scott .....w.o.	2	3⅘
Apr. 15, 1871	Sydenham Dixon.	w.o.	
Oct. 21, 1871	Sydenham Dixon.	2	6½
Apr. 20, 1872	Sydenham Dixon.	w.o.	
Oct. 19, 1872	Sydenham Dixon.	2	1½
Mar. 22, 1873	W. Slade	2	5
Oct. 4, 1873	W. Slade	2	1
Apr. 11. 1874	W. Slade	w.o.	
Oct. 10, 1874	H. W. Hill	2	2½
May 8, 1875	W. Slade	2	2
Oct. 23, 1875	H. W. Hill	2	0⅖
Apr. 21, 1876	H. W. Hill	w.o.	
Oct. 7, 1876	F. T. Elborough	1	57½
Apr. 28, 1877	F. T. Elborough	w.o.	
Oct. 6, 1877	C. Hazen-Wood...	2	0⅛
Mar. 30, 1878	C. Hazen-Wood...	w.o.	
Oct. 26, 1878	C. Hazen-Wood...	w.o.	
Apr. 19, 1879	C. Hazen-Wood...	2	1⅖
Oct. 4, 1879	C. Hazen-Wood...	1	59⅕
May 1, 1880	J. D. Sadler ...	2	0⅗
Oct. 2, 1880	J. D. Sadler	2	0⅖
Apr. 30. 1881	S. H. Baker	2	4⅗
Oct. 1, 1881	S. H. Baker	w.o.	
Apr. 29. 1882	F. Chattaway.....	2	7⅕
Oct. 7, 1882	S. H. Baker	w.o.	
Apr. 28. 1883	F. Chattaway.....	2	3⅕
Sept. 29. 1883	W. Birkett.....	2	4⅗
Apr. 26. 1884	W. Birkett	w.o.	
Sept. 27, 1884	F. S. Howard ...	2	2⅖
Apr. 18, 1885	F. S. Howard ...	w.o.	
Sept. 26, 1885	F. S. Howard ...	w.o.	
May 8, 1886	F. S. Howard ...	w.o.	
Sept. 4, 1886	F. S. Howard ...	w.o.	
May 7, 1887	A. E. Painter.....	2	6¼
Oct. 1, 1887	A. G. Le Maitre	w.o.	
Sept. 22, 1888	A. G. Le Maitre	w.o.	

HALF MILE CHALLENGE CUP (OPEN).

Presented by Mr. HAROLD BROWN, Vice-President.

		M.	S.
Apr. 2, 1887	F. J. K. Cross, O.U.A.C.....	1	57½
June 25, 1887	*F. J. K. Cross, O.U.A.C.....	1	58⅖

* Cross having won the Cup twice in one year, in accordance with the rules, it became his property.

ONE MILE CHALLENGE CUP.

Presented by Mr. W. M. CHINNERY, 1870.

		M. S.
Apr. 2, 1870	E. Hawtrey	4 43
Oct. 22, 1870	J. Scott	w.o.
Apr. 15, 1871	W. M. Chinnery	4 31⅘
Oct. 21, 1871	C. H. Mason ...	4 47⅘
June 8, 1872	J. Scott	4 32½
Nov. 23, 1872	J. Scott	w.o.
May 10, 1873	W. Slade	w.o.
Nov. 15, 1873	W. Slade	w.o.
May 16, 1874	W. Slade	w.o.
Nov. 10, 1874	W. Slade	w.o.
June 19, 1875	W. Slade	4 24½
Nov. 20, 1875	W. Slade	w.o.
May 23, 1876	W. Slade	4 31½
Nov. 11, 1876	J. Gibb	w.o.
May 28, 1877	J. Gibb	w.o.
Nov. 10, 1877	J. Gibb	w.o.
Apr. 22, 1878	C. Hazen-Wood	w.o.
Nov. 30, 1878	C. Hazen-Wood	w.o.
May 10, 1879	C. Hazen-Wood	4 33⅗
Nov. 1, 1879	C. Hazen-Wood	4 31⅘
May 29, 1880	F. Chattaway ...	4 36⅘
Nov. 6, 1880	S. K. Holman...	4 32⅘
May 28, 1881	H. D. Thomas...	4 27⅗
Nov. 5, 1881	S. K. Holman...	4 32
May 20, 1882	H. D. Thomas...	4 33⅕
Nov. 4, 1882	W. Birkett	4 40⅖
May 26, 1883	J. G. Clabburn...	4 34⅕
Oct. 27, 1883	W. Birkett	4 27⅖
May 17, 1884	W. Birkett	w.o.
Oct. 25, 1884	J. A. P. Clarke	4 45⅕
May 16, 1885	Fred. Cancellor	4 45
Oct. 24, 1885	J. A. P. Clarke	4 44⅘
June 23, 1886	J. A. P. Clarke	w.o.
Oct. 9, 1886	A. E. Painter ...	4 43⅗
May 19, 1887	A. E. Painter ...	4 41⅘
Oct. 15, 1887	A. E. Painter ...	w.o.
May 12, 1888	W. Pollock-Hill	w.o.
May 11, 1889	W. Kent Hughes	w.o.

TEN MILES CHALLENGE CUP.

Presented to the Club by Mr. S. F. WEALL, 1877.

		M. S.
Nov. 17, 1877	J. Gibb	54 47
Mar. 30, 1878	J. Gibb	55 34
Oct. 26, 1878	W. Stevenson...	59 16
Apr. 19, 1879	G. Mawby	—
Oct. 4, 1879	C. H. Mason...	—
May 1, 1880	P. H. Stenning	—
Oct. 2, 1880	P. H. Stenning	w.o.
Apr. 30, 1881	P. H. Stenning	56 18
Oct. 1, 1881	J. A. Voelcker	—
Apr. 29, 1882	G. E. Lidiard...	w.o.
Oct. 6, 1882	G. E. Lidiard...	55 37½
Apr. 28, 1883	G. E. Lidiard...	w.o.
Sept. 29, 1883	G. E. Lidiard...	w.o.
Apr. 18, 1884	P. H. Stenning	56 46
Oct. 18, 1884	H. C. Pritchard	—
Apr. 8, 1885	W. H. Coad ...	—
Oct. 17, 1885	W. H. Coad ...	w.o.
Apr. 16, 1886	W. H. Coad ...	w.o.
July 22, 1886	W. H. Coad ...	w.o.
Mar. 31, 1887	W. H. Coad ...	w.o.
June 8, 1887	W. H. Coad ...	w.o.
May 24, 1888	S. Thomas.....	w.o.
May 23, 1889	S. Thomas.....	w.o.

TWO MILES STEEPLECHASE CHALLENGE CUP.

Presented by J. DE HORNE, Esq.

		M. S.			M. S.
Apr. 28, 1883	C. L. O'Malley	11 47	Oct. 9, 1886	A. E. Painter ..	w.o.
Oct. 27, 1883	J. G. Clabburn	11 44	May 7, 1887	E. J. Stansby...	—
Apr. 7, 1884	J. T. Wills.....	11 25	Oct. 1, 1887	E. J. Stansby...	w.o.
Oct. 25, 1884	J. T. Wills.....	11 38½	June 18, 1888	E. J. Stansby...	—
Apr. 18, 1885	*J. T. Wills.....	11 13⅜	June 6, 1889	S. Thomas.....	w.o.
May 8, 1886	A. E. Painter...	11 38⅖			

120 YARDS HURDLE CHALLENGE CUP.

Presented by Alderman Sir REGINALD HANSON.

		SEC.			SEC.
Apr. 28, 1883	W. A. Jeffries ...	17⅘	May 8, 1886	C. E. Hammond...	w.o.
July 14, 1883	W. A. Jeffries	w.o.	Oct. 23, 1886	S. Joyce	18⅕
Apr. 26, 1884	W. A. Jeffries	w.o.	May 7, 1887	S. Joyce	17⅖
July 12, 1884	C. L. Lockton.....	19	Oct. 1, 1887	S. Joyce ...	w.o. in 16¼
Apr. 18, 1885	J. D. Moul	18½	May 12, 1888	S. Joyce	w.o.
July 11, 1885	H. Seale	20	May 11, 1889	S. Joyce	17⅖

THREE MILES WALKING CHALLENGE CUP.

		M. S.			M. S.
Mar. 13, 1875	W. W. Ball ...	—	Apr. 29, 1882	G. P. Beckley	—
Sept. 25, 1875	W. W. Ball ...	—	Oct. 7, 1882	G. P. Beckley	—
Mar. 25, 1876	H. Venn.....	23 41½	Apr. 28, 1883	G. P. Beckley	w.o.
Oct. 7, 1876	S.W.Mitcalf	w.o. 25 12½	Sept. 29, 1883	G. P. Beckley	w.o.
Apr. 28, 1877	S. W. Mitcalf...	23 25	Apr. 26, 1884	G. P. Beckley	—
Oct. 6, 1877	H. Venn.....	w.o.	Sept. 27, 1884	R. Coombes ...	w.o.
Mar. 30, 1878	H. Venn.....	w.o.	Apr. 8, 1885	W. A. S. Parrott	w.o.
Oct. 26, 1878	H. Venn..... ..	w.o.	Sept. 26, 1885	J. A. Squires...	w.o.
Apr. 19, 1879	H. Venn.....	w.o.	Apr. 16, 1886	J. A. Squires...	25 15¼
Oct. 4, 1879	R. Coombes ..	24 40	July 22, 1886	J. A. Squires...	w.o.
May 1, 1880	R. Coombes ...	—	May 7, 1887	F. W. Firminger	w.o.
Oct. 2, 1880	G. P. Beckley	w.o.	Oct. 15, 1887	F. W. Firminger	w.o.
Apr. 30, 1881	G. P. Beckley	23 4⅕	Apr. 7, 1888	E. E. Gibbs ...	25 18⅘
Sept. 30, 1881	G. P. Beckley	23 41⅗	June 6, 1889	E. E. Gibbs ...	w.o.

* Wills having won the Cup three times in succession, it became his property; but he very generously presented it to the Club again in 1886.

SEVEN MILES WALKING CHALLENGE CUP.

Presented by Mr. H. R. BULLOCK in 1864, for a Ten Miles Walking Race.
The distance was changed to seven miles March, 1867.

		H.	M.	S.
July 30, 1864	J. B. Frost ...	1	34	3
Sept. 30, 1865	H. Johnson ...	1	30	30
July, 1866	J. Westell.....		w.o.	
Mar. 2, 1867	Walter Rye ...		59	34
Aug. 30, 1867	Walter Rye w.o.		59	33
Feb. 29, 1868	S. P. Smith ...		w.o.	
Aug. 29, 1868	T. W. Thompson		w.o.	
Feb. 27, 1869	P. M. Evans...	1	2	41
Aug. 2, 1869	Walter Rye ...		58	22
Apr. 22, 1870	R. H. Nunn...		57	17½
Oct. 22, 1870	J. E. Bentley		—	
Apr. 15, 1871	J. E. Bentley		w.o.	
Oct. 21, 1871	J. E. Bentley		w.o.	
Apr. 20, 1872	T. R. Hogg ...		w.o.	
Oct. 19, 1872	T. R. Hogg ...		w.o.	
May 10, 1873	A. Gilmore ...		w.o.	
Nov. 15, 1873	T. R. Hogg ...		w.o.	
May 10, 1874	J. E. Matthews		w.o.	
Nov. 7, 1874	H. F. B. Ansell		—	
May 8, 1875	H. F. B. Ansell		59	25
Nov. 20, 1875	H. Venn		58	40
May 23, 1876	H. Venn		54	22
Nov. 11, 1876	S. W. Mitcalfe		56	26
May 28, 1877	J. Berry		56	40
Nov. 10, 1877	H. Venn		w.o.	
Apr. 27, 1878	H. Venn		w.o.	
Nov. 30, 1878	H. Venn		w.o.	
May 10, 1879	H. Venn		w.o.	
Nov. 1, 1879	R. Coombes...		w.o.	
May 29, 1880	J. A. Squires...		56	33
Nov. 6, 1880	J. A. Squires..		56	43⅗
May 27, 1881	G. P. Beckley		56	22
Nov. 5, 1881	G. P. Beckley		57	24
May 19, 1882	G. P. Beckley		—	
Oct. 28, 1882	G. P. Beckley		w.o.	
May 26, 1883	G. P. Beckley		w.o.	
Oct. 20, 1883	G. P. Beckley		w.o.	
May 17, 1884	G. P. Beckley		w.o.	
Oct. 18, 1884	R. Coombes...	1	1	13⅗
May 15, 1885	W. A. S. Parrot		—	
Oct. 17, 1885	J. A. Squires...		59	52
June 10, 1886	J. A. Squires...		—	
Sept. 4, 1886	J. A. Squires...		—	
July 21, 1887	E. E. Gibbs ...		w.o.	
Sept. 28 1887	E. E. Gibbs ...		w.o.	
July 10, 1888	E. E. Gibbs ...		w.o.	

TWO MILES BICYCLE CHALLENGE CUP.

Presented by Mr. W. F. GUSH, 1882.

		M.	S.
June 17, 1882	W. E. Milner ...	6	6⅘
Oct. 7, 1882	A. Hood	6	28⅗
June 23, 1883	W. Wyndham...	6	16⅘
Oct. 27, 1883	C. E. Liles	6	21
June 14, 1884	C. E. Liles .....rode o.		
Sept. 27, 1884	F. G. Dray .....rode o.		
Sept. 26, 1885	W. Travers	6	20⅗
May 8, 1886	H. F. Wilson ...rode o.		
Oct. 9, 1886	W. Travers	6	36⅗
May 7, 1887	W. Travers .....rode o.		
Sept. 28, 1887	W. Travers	6	42⅘
Sept. 22, 1888	E. M. Mayes ...	5	51⅘

HALF MILE SWIMMING CHALLENGE CUP.

		M.	S.
July 28, 1877	H. Davenport...	10	16
Aug. 3, 1878	H. Davenport...	unopp.	
July 12, 1878	H. Davenport *	unopp.	

* Davenport having won the Cup three years in succession, in accordance with the rules, it became his property.

UNITED HOSPITALS ATHLETIC CHAMPIONSHIPS.

100 YARDS RACE.

	SEC.		SEC.
1867 F. R. Cross, King's	—	1879 H. M. Massey, St. Thomas's	10⅗
1868 B. B. Connolly, Guy's	10¼	1880 H. M. Massey, St. Thomas's	10⅗
1869*C. E. Watson, King's	10⅜	1881†H. M. Massey, St. Thomas's	10⅝
1870 C. E. Watson, King's	—	1882‡F. E. Little, St. George's ...	10⅗
1871 E. M. Madden, King's	10½	1883 R. F. Shaw, Middlesex	10½
1872 C. E. Watson, King's	—	1884 C. M. Leakey, London	10⅗
1873 H. H. Master, St. Bartholom.	10½	1885 A. C. Davies, University ...	10½
1874 H. Saunders, St. Bartholom.	10½	1886 H. J. MacEvoy, St. Thomas's	10½
1875 H. Saunders, St. Bartholom.	10⅝	1887 A. C. Davies. University ...	10¼
1876 H. T. Griffiths, St. George's	10⅗	1888 G. L. Hanwell, St. Thomas's	10½
1877 R. P. Bond, King's	10⅜	1889 G. S. S. Marshall, Middlesex	10½
1878 R. P. Bond, King's	—		

250 YARDS RACE.

	SEC.		SEC.
1867 F. R. Cross, King's	—	1873 H. R. O. Cross, King's	28⅖
1868 F. R. Cross, King's	27¼	1874 E. H. Howlett, King's	27⅗
1869 F. R. Cross, King's	28	1875 E. F. Wright, St. George's	28⅖
1870 F. R. Cross, King's	—	1876 H. T. Griffiths, St. George's	27
1871 H. R. O. Cross, King's	28⅜	1877 R. P. Bond, King's	26⅘
1872 H. R. O. Cross, King's	28	1878 L. Stokes, Guy's	—

In 1879 a 220 Yards Race was substituted.

220 YARDS RACE.

	SEC.		SEC.
1879 L. Stokes, Guy's	22⅘	1885 A. C. Davies, University ...	23
1880 H. M. Massey, St. Thomas's	23⅕	1886 H. J. MacEvoy, St. Thomas's	23⅘
1881 R. F. Shaw, Middlesex	23⅕	1887 A. C. Davies, University ...	23⅗
1882 F. E. Little, St. George's ...	22⅘	1888 F. Christie, St. Thomas's ...	23⅗
1883 A. T. Wood, St. George's...	23⅖	1889 G. S. S. Marshall, Middlesex	23⅖
1884 C. M. Leakey, London	23⅖		

* 1869, Challenge Cup, presented by G. N. Montefiore, Esq. (Guy's Hospital).

† 1881, Challenge Cup became the absolute property of H. M. Massey.

‡ 1882, Challenge Cup, presented by St. Thomas's Hospital; to remain the absolute property of Club.

QUARTER MILE RACE.

	SEC
1867 A. Hensmann, University ...	—
1868 F. R. Cross, King's	54
1869 F. R. Cross, King's	56
1870 F. R. Cross, King's	—
1871 H. R. O. Cross, King's.....	54½
1872 H. R. O. Cross, King's.....	53⅕
1873 H. R. O. Cross, King's.....	54
1874 E. H. Howlett, King's	54⅖
1875 E. H. Howlett, King's	54⅗
1876 E. Jennings, St. George's ...	55¼
1877 M. S. Wilson, King's.....	54⅘
1878 L. Stokes, Guy's.....	—

	SEC.
1879*L. Stokes, Guy's.....	53⅘
1880 T. A. Guinness, King's.....	51⅘
1881 C. D. Nuttall, St. Bartholom.	54⅖
1882 T. A. Guinness, King's	53
1883 C. D. Muspratt, Guy's	53⅗
1884 C. M. Hill, St. Bartholomew's	53⅕
1885 C. M. Hill, St. Bartholomew's	54⅘
1886 C. M. Hill, St. Bartholomew's	53⅘
1887 R. N. Martin, St. Bartholom.	53⅘
1888 R. N. Martin, St. Bartholom.	53⅘
1889 H. M. Fletcher, St. Barthol.	54⅖

HALF MILE RACE.

	M.	S.
1867 O. Coleman, Guy's.....	—	
1868 G. Norman, St. George's	2	15
1869 W. C. Head, St. Bartholom.	2	11
1870 W. H. Head, St. Bartholom.	—	
1871 A. E. Goodeve, University	2	9½
1872 W. J. Tyson, Guy's	2	12⅘
1873 G. E. Moor, King's	2	7
1874 G. E. Moor, King's	2	8⅘
1875 W. D. Jefferson, King's...	2	11½
1876 H. W. Yate, St. Mary's...	2	6¾
1877 H. W. Yate, St. Mary's...	2	9⅗
1878 F. W. Humphrey, St. Georg.	—	

	M.	S.
1879†H. W. Yate, St. Mary's...	2	10⅖
1880 F. W. Humphrey, St. Georg.	2	8⅕
1881 T. A. Guinness, King's ...	2	12⅕
1882 T. A. Guinness, King's ...	2	4
1883 A. F. Voelcker, University	2	6⅗
1884 W. R. Duncker, St. Barthol.	—	
1885 W. R. Duncker, St. Barthol.	2	11⅕
1886 W. K. Hughes, St. Barthol.	2	7½
1887 W. K. Hughes, St. Barthol.	2	2⅘
1888 W. K. Hughes, St. Barthol.	2	2½
1889 W. K. Hughes, St. Barthol.	2	2⅗

ONE MILE RACE.

	M.	S.
1867‡G. A. Norman, St. George's	—	
1868 G. A. Norman, St. George's	4	43
1869 G. A. Norman, St. George's	5	2⅗
1870§A. B. Kelly, University...	—	
1871 A. B. Kelly, University...	4	54⅖
1872 A. B. Kelly, University...	4	55
1873 E. R. Turner, St. George's	4	45
1874 C. B. Lewis, King's	4	46⅖
1875 C. B. Lewis, King's	4	53⅗
1876 F. Parish, University.....	4	42
1877 W. S. Warlters, St. George's	4	41⅘
1878 V. E. Hunter, St. George's	—	

	M.	S.
1879 W. Collier, King's	4	45
1880 H. W. Crosse, St. Mary's	4	45⅗
1881 A. F. Voelcker, University	4	45
1882 A. F. Voelcker, University	4	46⅖
1883 A. F. Voelcker, University	4	47¼
1884 H. V. Hickman, Guy's ...	4	43⅗
1885 T. H. Bray, London	5	5⅗
1886 H. P. Ward, King's	4	36⅘
1887 W. K. Hughes, St. Barthol.	4	41⅘
1888 W. K. Hughes, St. Barthol.	4	42⅗
1889 W. K. Hughes, St. Barthol.	4	43¼

* 1879, Presented by J. G. Beaney, Esq., M.D. (Guy's); to remain the absolute property of the Club.
† 1879, Presented by G. N. Montefiore, Esq. (Guy's); to remain the absolute property of the Club.
‡ 1867, Challenge Cup, presented by Guy's Hospital.
§ 1870, Challenge Cup, presented by Guy's Hospital; to remain the absolute property of the Club.

TWO MILES RACE.

		M.	S.			M.	S.
1867	G. A. Norman, St. George's	—		1872	F. Shann, St. George's...	11	14⅘
1868	G. A. Norman, St. George's	10	43	1873	W. Maltby, Guy's.....	10	40
1869	G. A. Norman, St. George's	11	1	1874	C. B. Lewis, King's.....	11	6
1870	B. J. Corney, St. Thomas's	—		1875	L. W. Swabey, St. George's	10	56⅘
1871	H. E. Goodeve, University	11	0	1876	E. B. Turner, St. George's	10	33

In 1877 a Three Miles Race was substituted.

THREE MILES RACE.

		M.	S.			M.	S.
1877	H. C. Howard, St. George's	17	7	1884	A. H. Ogilvie, Westminster	16	50⅗
1878	F. A. Stone, St. Mary's...	—		1885	E. O. Kingdon, St. Mary's	16	56⅘
1879	H. C. Howard, St. George's	16	44⅘	1886	W. K. Hughes, St. Bartho.	16	30
1880	J. R. Cater, St. Mary's...	16	45⅘	1887*	A. W. Maynard, St. Thom.	16	30⅗
1881	H. W. Crosse, St. Mary's	16	26⅘	1888	A. Quennell, St. Barthol.	16	6⅗
1882	A. F. Voelcker, University	16	31⅗	1889	A. Quennell, St. Barthol.	15	52⅕
1883	J. S. Gunning, University	16	20⅕				

120 YARDS HURDLES RACE.

		SEC.			SEC.
1867	G. R. Nunn, Guy's.....	—	1879	W. R. Pollock, St. George's	16⅘
1868	G. N. Nunn, Guy's.....	18⅕	1880	W. R. Pollock, St. George's	16⅗
1869	C. E. Watson, King's.....	19	1881	W. R. Pollock, St. George's	17⅕
1870	W. E. Koch, University.....	—	1882	G. H. Dodd, St. Thomas's...	17⅖
1871	T. Lewis, Guy's	18⅖	1883	E. V. Phillips, St. Thomas's	18⅗
1872	G. Power, Guy's	17⅕	1884	E. V. Phillips, St. Thomas's	—
1873	H. H. Master, St. Bartholom.	18⅕	1885	E. V. Phillips, St. Thomas's	19
1874	C. R. Turner, St. George's	18⅕	1886	S. L. Hinde, St. Bartholom.	18⅕
1875	G. R. Turner, St. George's	18⅖	1887	W. G. Mitchell, Guy's	17⅘
1876	G. R. Turner, St. George's	17⅕	1888	S. Kent, St. Bartholomew's	17⅗
1877	J. G. Graveley, Guy's.....	16⅗	1889	S. Kent, St. Bartholomew's	17⅗
1878	J. E. Lane, St. Mary's	—			

* 1887, Challenge Cup, presented by Messrs. Mappin & Webb; to remain the absolute property of the Club.

440 YARDS HURDLES RACE.

	M.	S.
1867 E. Jackson, St. George's	—	
1868 G. H. Wade, St. George's	1	11½
1869 C. E. Watson, King's ...	1	7⅕
1870 W. E. Koch, University	—	
1871 G. Stevens, King's	1	8½

This Race has not since been run.

LONG JUMP.

	FT.	IN.
1867 G. R. Nunn, Guy's	--	
1868 G. W. Leake, St. George's	18	1
1869 Ivor Lewis, Guy's.....	19	8
1870 Ivor Lewis, Guy's.....	—	
1871 E. M. Madden, King's...	19	3
1872 G. Stevens, King's	19	10½
1873 H. H. Master, St. Barth.	19	1
1874 A. Brumell, St. Barth....	19	2½
1875 A. Brumell, St. Barth....	19	0
1876 J. R. Graveley, Guy's ...	19	7
1877 J. R. Graveley, Guy's ...	20	5
1878 T. J. A. Shepherd, Guy's	19	4
1879 H.M. Massey, St. Thomas's	20	10
1880 H.M. Massey, St. Thomas's	21	2
1881 H.M. Massey, St. Thomas's	20	2
1882 A. E. Olding, St. Thomas's	20	10
1883 C. M. Leakey, London...	20	0
1884 C. M. Leakey, London...	19	8
1885 A. J. Prime, Guy's	20	0
1886 H. E. Davies, St. Thomas's	20	2
1887 A. C. Davies, University	19	10½
1888 R. G. Hogarth, St. Barth.	19	11
1889 R. G. Hogarth, St. Barth.	21	2½

HIGH JUMP.

	FT.	IN.
1867 P. Mules, St. George's ...	—	
1868 R. Anderson, St. Mary's...	5	1
1869 R. Williams, St. Barthol.	5	3
1870 A. Brickwall, Guy's	—	
1871 C. L. Jones, Guy's	5	2
1872 C. L. Jones, Guy's	5	2
1873 A. Brumell, St. Bartholom.	5	5
1874 E. Darker, St. Thomas's...	5	4½
1875 J. Reader, Guy's.....	5	1½
1876 V. V. Chapman, Guy's ...	5	4
1877 J. G. Graveley, Guy's.....	5	4¼
1878 T. J. Shepherd, Guy's ...	5	6
1879 T. J. A. Shepherd, Guy's	5	6
1880 F. W. Cattle, St. Thomas's	5	5
1881 F. W. Cattle, St. Thomas's	5	4½
1882 F. W. Cattle, St. Thomas's	5	5½
1883 F. W. Cattle, St. Thomas's	5	3
1884 A. E. Nuttall, St. Barthol.	5	6
1885 A. E. Nuttall, St. Barthol.	5	5
1886 A. E. Nuttall, St. Barthol.	5	7½
1887 A. E. Nuttall, St. Barthol.	5	5
1888 H. O. Davies, St. Barthol.	5	5½
1889 H. O. Davies, St. Barthol.	5	6½

PUTTING THE 16lb. WEIGHT.

	FT.	IN.
1867 G. R. Nunn, Guy's	—	
1868 G. R. Nunn, Guy's	37	0
1869 D. P. Turner, University	30	9
1870 G. Power, Guy's	—	
1871 G. Power, Guy's	37	0
1872 G. Power, Guy's	33	1
1873 E. Tarleton, St. Bartholo.	34	9
1874 E. Tarleton, St. Bartholo.	34	5
1875 J. Stephenson, Guy's.....	33	3½
1876 W. G. Gray, Guy's	33	2
1877 J. A. Fraser, Guy's	32	8
1878 J. A. Fraser, Guy's	33	10½
1879 J. Orford, St. Thomas's	37	0
1880 J. Orford, St. Thomas's	37	0
1881 J. Orford, St. Thomas's	36	4½
1882 A. Sieveking, St. Mary's	36	7½
1883 A. E. Olding, St. Thomas's	34	5
1884 A. R. Sieveking, St. Mary's	36	9
1885 A. R. Sieveking, St. Mary's	35	3
1886 C. Collier, London	33	3½
1887 C. D. Leyden, St. Mary's	33	3½
1888 W. G. West, St. Barthol.	34	3
1889 W. G. West, St. Barthol.	38	3

THROWING THE 16lb. HAMMER.

	FT.	IN.
1867 G. R. Nunn, Guy's.....	—	
1868 G. R. Nunn, Guy's.....	87	8
1869 H. Payne, St. Bartholom.	78	2
1870 H. Payne, St. Bartholom.	—	
1871 G. Power, Guy's	76	5
1872 M. Palmer, St. Thomas's	60	6
1873 C. T. Dent, St. George's	88	5
1874 C. T. Dent, St. George's	90	4
1875 J. R. W. Webb, St. George's	88	1
1876 J. R. W. Webb, St. George's	85	2
1877 E. Jennings, St. George's	82	7
1878 J. Orford, St. Thomas's...	81	10½
1879 J. Orford, St. Thomas's...	85	2
1880 J. Orford, St. Thomas's...	85	3
1881 J. Orford, St. Thomas's...	78	7
1882 M. Smith, St. Bartholom.	78	1
1883 E. D. Ritchie, St. Thomas's	74	0
1884 E. D. Ritchie, St. Thomas's	76	3
1885 P. H. Whiston, St. Thom.	79	4
1886 E. D. Ritchie, St. Thomas's	86	0
1887 W. G. Mitchell, Guy's...	71	0
1888 C. Brooks, St. Thomas's	78	5
1889 C. D. Leyden, St. Mary's	87	11

THROWING THE CRICKET BALL.

	YDS.	FT.	IN.
1867 E. W. Spragg, Univ.	—		
1868 E. W. Spragg, Univ.	99	0	9
1869 W. H. Latham, St. Bar.	97	0	6
1870 R. Tootel, St. Bartholo.	—		
1871 F. R. Bayer, Guy's...	111	0	6
1872 F. B. Bayer, Guy's...	99	2	0
1873 F. Darker, St. Thom.	114	1	0
1874 A. W. Pearson, Guy's	105	0	5

This event has not since been competed for.

WINNERS OF THE OXFORD AND CAMBRIDGE ATHLETIC SPORTS.

100 YARDS FLAT RACE.

		SEC.
1864	S. B. Darbishire (Wadham, Ox.)	10½
1665	H. C. Jollye (Merton, Ox.)	10¾
1866	R. M. Vidal (St. John's, Ox.)* / T. M. Colmore (B.N.C., Ox.)*	10⅛
1867	E. A. Pitman (St. John's, Cam.)	10⅛
1868	J. P. Tennent (Wadham, Ox.)	10
1869	J. G. Wilson (Worcester, Ox.)	10⅛
1870	J. G. Wilson (Worcester, Ox.)	10
1871	J. G. Wilson (Worcester, Ox.)	10⅜
1872	W. A. Dawson (Trin., Cam.)	10⅜
1873	G. H. Urmson (Ch. Ch., Ox.)	10
1874	E. J. Davies (Pemb., Camb.)	10⅛
1875	C. C. Woodland (Corpus, Cam.)	10⅛
1876	M. Shearman (St. John's, Ox.)	10⅛
1877	E. C. Trepplin (B.N.C., Ox.)	10⅛
1878	E. C. Trepplin (B.N.C., Ox.)	10⅛
1879	E. C. Trepplin (B.N.C., Ox.)	10⅛
1880	E. L. Lucas (Jesus, Cam.)	10⅛
1881	L. Carter (Corpus, Ox.)	10⅜
1882	L. Carter (Corpus, Ox.)	10⅜
1883	W. G. Mosse (Corpus, Cam.)	10⅝
1884	L. Carter (Corpus, Ox.)	10⅜
1885	H. E. Booty (Clare, Cam.)	10⅜
1886	H. C. L. Tindall (Christ's, Cam.)	10¼
1887	E. S. Fardell (Trin., Cam.)* / H. M. Fletcher (Trin., Cam.)*	10⅛
1888	H. M. Fletcher (Trin., Cam.)	10⅛
1889	R. W. Turner (Trin., Cam.)	10⅜

* Dead heat.

QUARTER MILE FLAT RACE.

	SEC.
1864 S. E. Darbishire (Wadham, Ox.)	56
1865 Hon. F. G. Pelham (Trin., Cam.)	55½
1866 Hon. F. G. Pelham (Trin., Cam.)	54¼
1867 E. A. Pitman (St. John's, Cam.)	52
1868 J. H. Ridley (Jesus, Cam.)	51
1869 A. R. Upcher (Trin., Cam.)	53
1870 R. V. Somers-Smith (Mer., Ox.)	51⅘
1871 R. Philpot (Trin., Cam.)	50½
1872 R. Philpot (Trin., Cam.)	51⅖
1873 G. H. Urmson (Ch. Ch., Ox.)	51
1874 G. A. Templer (Trin., Cam.)	51⅕
1875 T. Snow (New, Ox.)	51⅗
1876 A. R. Lewis (Corpus, Cam.)	52⅗
1877 W. H. Churchill (Jesus, Cam.)	52⅖
1878 W. H. Churchill (Jesus, Cam.)	51⅘
1879 M. R. Portal (Balliol, Ox.)	52⅕
1880 R. H. Macaulay (King's, Cam.)	51⅖
1881 R. H. Macaulay (King's, Cam.)	50⅕
1882 R. H. Macaulay (King's, Cam.)	50⅗
1883 E. P. Powell (Trin., Cam.)	52⅖
1884 M. H. Paine (Merton, Ox.)	51⅕
1885 A. S. Blair (B.N.C., Ox.)	51⅘
1886 H. C. L. Tindall (Christ's, Cam.)	51
1887 H. M. Fletcher (Trin., Cam.)	53⅖
1888 A. G. Le Maitre (St. John's, Ox.)	51⅖
1889 R. W. Turner (Trin., Cam.)	51⅖

ONE MILE FLAT RACE.

	M.	S.
1864 C. B. Lawes (Trin., Cam.)	4	59
1865 R. E. Webster (Trin., Cam.)	4	44¼
1866 J. W. Lang (Ch. Ch., Ox.)	4	46
1867 S. G. Scott (Magdalen, Ox.)	4	40⅖
1868 W. C. Gibbs (Jesus, Cam.)	4	28⅘
1869 E. Royds (Trin. Hall, Cam.)	4	35
1870 R. H. Benson (Balliol, Ox.)	4	32⅖

		M.	S.
1871	T. Christie (Lincoln, Ox.)	4	35
1872	T. Christie (Lincoln, Ox.)	4	38⅖
1873	C. E. Gunton (Trin., Cam.)	4	28⅗
1874	E. A. Sandford (Ch. Ch., Ox.)	4	39⅕
1875	E. A. Sandford (Ch. Ch., Ox.)	4	34⅘
1876	E. R. J. Nicolls (Ch. Ch., Ox.)	4	27½
1877	W. Cunliffe (Trin., Cam.)	4	32⅘
1878	D. L. Clarke (Magdalen, Ox.)	4	31⅗
1879	B. R. Wise (Queen's, Ox.)	4	34⅗
1880	B. R. Wise (Queen's, Ox.)	4	28⅘
1881	T. E. Wells (Magdalen, Ox.)	4	36½
1882	T. E. Wells (Magdalen, Ox.)	4	30⅕
1883	W. D. La Touche (Pem., Cam.)	4	34⅘
1884	G. E. H. Pratt (St. John's, Ox.)	4	26⅖
1885	E. R. Holland (Pemb., Ox.)	4	37⅖
1886	F. J. K. Cross (New, Ox.)	4	28⅗
1887	F. J. K. Cross (New, Ox.)	4	25⅖
1888	F. J. K. Cross (New, Ox.)	4	29⅖
1889	F. J. K. Cross (New, Ox.)	4	23⅗

TWO MILES FLAT RACE.

		M.	S.
1864	There was no race.		
1865	R. E. Webster (Trin., Cam.)	10	38½
1866	J. W. Laing (Ch. Ch., Ox.)* / C. H. Long (Trin., Cam.)*	10	20
1867	R. L. N. Michell (Ch. Ch., Ox.)	9	59

In 1868 a Three Miles Race was substituted.

THREE MILES FLAT RACE.

		M.	S.
1868	J. H. Morgan (Trin., Ox.)	15	20¼
1869	J. H. Morgan (Trin., Ox.)	15	35
1870	J. H. Morgan (Trin., Ox.)	15	40
1871	A. F. Clarke (Trin., Ox.)	15	23
1872	R. H. Benson (Balliol, Ox.)* / E. M. Hawtrey (John's, Cam.)*	15	44⅖

* Dead heat.

		M.	S.
1873	W. M. Smith-Dorrien (Magd., Ox.)	15	8⅜
1874	W. R. H. Stevenson (New, Ox.)	15	46
1875	W. R. H. Stevenson (New, Ox.)	15	30⅖
1876	A. Goodwin (Jesus, Ox.)	15	12
1877	W. R. H. Stevenson (New, Ox.)	15	38
1878	A. Goodwin (Jesus, Ox.)	15	50⅖
1879	A. F. Hills (Univ., Ox.)	15	14⅜
1880	W. W. Hough (Corpus, Cam.)	15	1⅕
1881	F. R. Benson (New, Ox.)	15	5½
1882	W. W. Hough (Corpus, Cam.)	15	27⅕
1883	W. W. Hough (Corpus, Cam.)	15	29⅕
1884	T. C. Toler (Ch. Ch., Ox.)	15	24⅜
1885	E. F. W. Eliot (Trin., Cam.)	15	27⅗
1886	J. H. O. Marshall (Univ., Ox.)	15	11¼
1887	F. M. Ingram (Magd., Ox.)	15	25⅘
1888	W. Pollock-Hill (Keble, Ox.)	15	28⅕
1889	W. Pollock-Hill (Keble, Ox.)	15	20⅖

120 YARDS HURDLES RACE (10 hurdles).

		SEC.
1864	A. W. T. Daniel (Trin., Cam.)	17¾
1865	T. Milvain (Trin. Hall, Cam.)	19
1866	D. Morgan (Magd. Hall, Ox.)	18¼
1867	C. N. Jackson (Magd. Hall, Ox.)	17½
1868	C. Pitt-Taylor (Trin., Cam.)	16¾
1869	F. O. Philpot (St. Edm. Hall, Ox.)	17½
1870	J. L. Stirling (Trin., Cam.)	16¾
1871	W. C. Davies (Trin., Cam.)* / E. S. Garnier (Univ., Ox.)*	16⅗
1872	E. S. Garnier (Univ., Ox.)	16⅘
1873	H. K. Upcher (St. John's, Ox.)	17⅖
1874	H. K. Upcher (St. John's, Ox.)	16½
1875	A. B. Loder (Jesus, Cam.)	16⅘
1876	A. C. Loder (Jesus, Cam.)	16
1877	S. F. Jackson (St. John's, Ox.)	17
1878	S. Palmer (Corpus, Cam.)	16⅖
1879	L. K. Jarvis (Trin., Cam.)	16⅗
1880	G. P. C. Lawrence (Corpus, Ox.)	16⅖

* Dead heat.

		SEC.
1881	W. E. Bailey (Trin., Cam.)	16⅝
1882	C. L. Des Graz (Trin., Cam.)	17¼
1883	C. L. Des Graz (Trin., Cam.)	17⅛
1884	W. R. Pollock (Trin., Cam.)	16
1885	A. McNeil (Trin., Ox.)	17⅜
1886	A. C. M. Croome (Magd., Ox.)	16½
1887	J. Le Fleming (Trin., Cam.)	17⅞
1888	J. Le Fleming (Clare, Cam.)	17½
1889	J. L. Greig (Clare, Cam.)	16⅝

200 YARDS HURDLES RACE (10 hurdles).

		M.	S.
1864	E. Wynee Finch (Trin., Cam.)	2	6¼

This race has not since been run.

STEEPLECHASE (about 2 miles).

		M.	S.
1864	G. Garnett (Trin., Cam.)	10	34

This race has not since been run.

LONG JUMP.

		FT.	IN.
1864	F. H. Gooch (Merton, Ox.)	18	0
1865	F. H. Gooch (Merton, Ox.)	18	9
1866	T. G. Little (St. Peter's, Cam.)	20	4
1867	C. A. Absolom (Trin. Cam.)	20	2
1868	A. C. Tosswell (Oriel, Ox.)	21	2¼
1869	R. Waltham (St. Peter's, Cam.)	20	8
1870	J. A. Ornsby (Lincoln, Ox.)	20	3¼
1871	E. N. Hodges (Queen's, Ox.)	20	2¼
1872	E. J. Davies (Pemb., Cam.)	21	5
1873	E. J. Davies (Pemb., Cam.)	21	8

		FT.	IN.
1874	E. J. Davies (Pemb., Cam.)	22	10½
1875	H. K. Upcher (St. John's, Ox.)	21	0
1876	M. J. Brooks (B.N.C., Ox.)	21	8½
1877	C. M. Kemp (Oriel, Ox.)	20	1¾
1878	C. M. Kemp (Oriel, Ox.)	22	2¼
1879	E. Baddeley (Jesus, Cam.)	20	10¾
1880	H. S. Wood (Queen's, Ox.)	20	11¾
1881	E. Storey (Trin. Cam.)	21	0½
1882	H. S. Wood (Queen's, Ox.)	21	1¾
1883	M. B. Peacock (Trin., Ox.)	20	3½
1884	O. Grabham (Jesus, Cam.)	20	11½
1885	A. G. Grant-Asher (B.N.C., Ox.)	19	10
1886	F. B. Roberts (Selwyn, Cam.)	21	9½
1887	F. G. Tuck (Trin., Cam.)	20	2
1888	W. C. Kendall (St. John's, Cam.)	20	10¾
1889	J. L. Greig (Clare, Cam.)	21	0½

HIGH JUMP.

		FT.	IN.
1864	F. H. Gooch (Merton, Ox.)	5	5
1865	F. H. Gooch (Merton, Ox.)	5	5
1866	J. H. Roupell (Trin., Cam.)	5	6
1867	T. G. Little (St. Peter's, Cam.)	5	9
1868	Hon. F. S. O'Grady (St. John's, Ox.)	5	7
1869	R. L. N. Mitchell (Ch. Ch., Ox.)* J. G. Hoare (Trin., Cam.)*	5	5
1870	E. Bergman (St. Edmund Hall, Ox.)* J. H. Gurney (Trin. Cam.)*	5	4½
1871	J. H. Gurney (Trin., Cam.)	5	5½
1872	J. H. Gurney (Trin., Cam.)	5	5
1873	J. H. Gurney (Trin., Cam.)	5	6
1874	M. J. Brooks (B.N.C., Ox.)	5	10
1875	M. G. Glazebrook (Balliol, Ox.)	5	9
1876	M. J. Brooks (B.N.C., Ox.)	6	2½
1877	G. W. Blathwayt (Corpus, Cam.)	5	7
1878	G. W. Blathwayt (Corpus, Cam.)	5	8
1879	R. H. Macaulay (King's, Cam.)	5	8¾
1880	R. H. Macaulay (King's, Cam.)	5	9

* Dead heat.

		FT.	IN.
1881	H. R. Cooke (Trin., Cam.)	5	6
1882	G. L. Colbourne (Corpus, Cam.)	5	8¼
1883	G. L. Colbourne (Corpus, Cam.)	5	8¾
1884	G. L. Colbourne (Corpus, Cam.)	5	9
1885	G. F. Hornby (Corpus, Ox.)* W. P. Montgomery (Merton, Ox.)* S. O. Purves (Queen's, Cam.)*	5	6½
1886	W. P. Montgomery (Merton, Ox.)	5	8½
1887	W. P. Montgomery (Merton, Ox.)	5	8¾
1888	W. P. Montgomery (Merton, Ox.)	5	10¼
1889	H. J. Scott (Merton, Ox.)* E. B. Badcock (Trinity, Cam.)*	5	8

THROWING THE CRICKET BALL.

		YDS.	FT.	IN.
1865	E. A. Gray (Trin. Hall, Cam.)	103	2	8

In 1864 and since 1865 the Ball has not been thrown.

THROWING THE HAMMER—16lb.

		FT.	IN.
1866	G. R. Thornton (Jesus, Cam.)	87	7
1867	J. R. Eyre (Clare, Cam.)	98	10
1868	T. Batson (Lincoln, Ox.)	99	6
1869	H. Leeke (Trin., Cam.)	103	11
1870	F. U. Waite (Balliol, Ox.)	107	2
1871	A. W. Churchward (Pemb., Cam.)	105	5
1872	J. Paterson (Trin., Cam.)	105	2
1873	S. S. Brown (St. John's, Ox.)	122	6
1874	G. H. Hales (Trin., Cam.)	126	9
1875	G. H. Hales (Trin., Cam.)	127	0
1876†	G. H. Hales (Trin., Cam.)	138	3
1877	G. H. Hales (Trin., Cam.)	138	0
1878	E. Baddeley (Jesus, Cam.)	106	2
1879	A. H. East (St. John's, Cam.)	117	1½
1880	A. H. East (St. John's, Cam.)	116	0
1881	W. Lawrence (St. John's, Ox.)	120	2
1882	H. H. Birley (Jesus, Cam.)	101	10

* Dead heat.

† World's record, unlimited run and follow.

		FT.	IN.
1883	F. P. Le Marchand (Queen's, Ox.)	95	8
1884	F. P. Le Marchand (Queen's, Ox.)	107	4
1885	F. R. Orford (King's, Cam.)	99	7
1886	J. H. Ware (B.N.C., Ox.)	96	11
1887	H. Neilson (Clare, Cam.)	94	10
1888	H. Woolmer (Trin., Cam.)	93	10
1889	K. L. McDonald (St. John's, Ox.)	91	5

In 1864 and 1865 Hammer-throwing was not in the Programme.

PUTTING THE WEIGHT—16lb.

		Cam. style. FT.	IN.
1865	G. W. Elliott (Trin., Cam.)	31	2½
1866	G. W. Elliott (Trin., Cam.)	32	10½
1867	R. Waltham (St. Peter's, Cam.)	34	9
1868	R. Waltham (St. Peter's, Cam.)	34	3
1869	R. Waltham (St. Peter's, Cam.)	34	4
1870	S. F. Lucas (Exeter, Ox.)	36	2½
1871	H. W. R. Domville (Pem., Ox.)	35	3½
1872	H. W. R. Domville (Pem., Ox.)	37	5½
1873	S. S. Brown (St. John's, Ox.)	35	2
1874	S. S. Brown (St. John's, Ox.)	37	11
1875	S. S. Brown (St. John's, Ox.)	36	2
1876	C. H. Hodges (Queen's, Ox.)	36	0
1877	H. O. D. Davidson (Trin., Cam.)	35	0½
1878	A. H. East (St. John's, Cam.)	36	7½
1879	A. H. East (St. John's, Cam.)	36	2½
1880	A. H. East (St. John's, Cam.)	37	5
1881	W. Lawrence (St. John's, Ox.)	36	5
1882	A. M. Evanson (Jesus, Ox.)	35	11
1883	J. H. Ware (B.N.C., Ox.)	37	10½
1884	J. H. Ware (B.N.C., Ox.)	37	6
1885	J. H. Ware (B.N.C., Ox.)	36	11
1886	J. H. Ware (B.N.C., Ox.)	39	1
1887	E. O'F. Kelly (Caius, Cam.)	36	3
1888	E. O'F. Kelly (Caius, Cam.)	37	0
1889	C. Rolfe, (Clare, Cam.)	35	6½

ENGLISH CROSS-COUNTRY CHAMPIONSHIPS.

Feb. 24, 1877—Thames H. and H., won by 23 points; 1st man, P. H. Stenning. 33 ran.
March 9, 1878—Spartan H., won by 14 points; 1st man, P. H. Stenning. 33 ran.
,, 22, 1879—Thames H. and H., won by 10 points; 1st man, P. H. Stenning. 41 ran.
,, 6, 1880—Birchfield H., won by 23 points; 1st man, P. H. Stenning. 88 ran.
,, 5, 1881—Moseley H., won by 26 points; 1st man, G. A. Dunning. 105 ran.
,, 4, 1882—Moseley H., won by 36 points; 1st man, W. G. George. 107 ran.
,, 3, 1883—Moseley H., won by 39 points; 1st man, G. A. Dunning. 91 ran.
,, 1, 1884—Moseley H., won by 36 points; 1st man, W. G. George. 50 ran.
,, 7, 1885—Liverpool H., won by 13 points; 1st man, W. Snook. 66 ran.
,, 6, 1886—Birchfield H., won by 14 points; 1st man, J. E. Hickman. 58 ran.
,, 5, 1887—Birchfield H., won by 43 points; 1st man, J. E. Hickman. 57 ran.
,, 3, 1888—Birchfield H., won by 4 points; 1st man, E. W. Parry. 88 ran.
,, 2, 1889—Salford H., won by 1 point; 1st man, E. W. Parry.

MIDLAND COUNTIES CROSS-COUNTRY CHAMPIONSHIPS.

March 19, 1879—Moseley H., won by 13 points; 1st man, W. G. George. 23 ran.
Feb. 14, 1880—Birchfield H., won by 41 points; 1st man, J. Law. 49 ran.
,, 12, 1881—Moseley H., won by 13 points; 1st man, H. Davis. 129 ran.
,, 11, 1882—Birchfield H., won by 1 point; 1st man, W. G. George. 140 ran.
,, 3, 1883—Birchfield H., won by 1 point; 1st man, T. Lawrence. 192 ran.
,, 9, 1884—Birchfield H., won by 28 points; 1st man, W. G. George. 139 ran.
,, 14, 1885—Birchfield H., won by 21 points; 1st man, T. Thornton. 76 ran.
,, 27, 1886—Birchfield H., won by 23 points; 1st man, W. Snook. 120 ran.
March 12, 1887—Burton H., won by 1 point; 1st man, A. Houlding. 50 ran.
1888—No competition.
Feb. 23, 1889—Birchfield H., won by 57 points; 1st man, H. Dunkley. 81 ran.

NORTHERN COUNTIES CROSS-COUNTRY CHAMPIONSHIPS.

Feb. 17, 1883—Liverpool H., won by 78 points; 1st man, T. Crellin. 60 ran.
,, 23, 1884—Liverpool H., won by 90 points; 1st man, J. Pitchford. 97 ran.
,, 28, 1885—Liverpool H., won by 51 points; 1st man, G. H. Bannister. 120 ran.
,, 27, 1886—Liverpool H., won by 68 points; 1st man, P. Shay. 146 ran.
,, 26, 1887—Salford H., won by 45 points; 1st man, S. V. Gannon. 162 ran.
,, 18, 1888—Salford H., won by 65 points; 1st man, E. W. Parry. 200 ran.
,, 16, 1889—Leeds Harehills H., won by 14 points; 1st man, E. W. Parry.

SOUTHERN COUNTIES CROSS-COUNTRY CHAMPION SHIPS.

Feb. 9, 1884—South London H., won by 104 points; 1st man, J. B. Foreman. 115 ran.
,, 14, 1885—South London H., won by 54 points; 1st man, E. C. Carter, 158 ran.
,, 27, 1886—South London H., won by 69 points; 1st man, W. H. Coad. 181 ran.
,, 26, 1887—Finchley H., won by 11 points; 1st man, W. H. Coad. 158 ran.
,, 18, 1888—Finchley H., won by 7 points; 1st man, S. Thomas. 145 ran.
,, 16, 1889—Spartan H., won by 12 points; 1st man, S. Thomas.

SCOTTISH CROSS-COUNTRY CHAMPIONSHIPS.

March 27, 1886—Edinburgh H., won by 12 points; 1st man, A. P. Findlay. 17 ran.
,, 19, 1887—Edinburgh H., won by — points; 1st man, J. Cambell.
,, 10, 1888—Clydesdale H., won by 39 points; 1st man, A. P. Findlay. 46 ran.
,, 23, 1889—Clydesdale H., won by 22 points; 1st man, C. McCann.

IRISH CROSS-COUNTRY CHAMPIONSHIPS.

1881—City and Suburban H., won by 11 points; 2 clubs competed; 1st man. E. H. Nunns, County Dublin H. 19 ran.
1882—City and Suburban H., won by 20 points; 2 clubs competed; 1st man, W. J. Hogg, City and Suburban H. 22 ran.
1883—City and Suburban H., won by 19 points; 3 clubs competed; 1st man, F. Nunns, County Dublin H. 28 ran.
1884—County Dublin H., won by 2 points; 3 clubs competed; 1st man, F. Nunns, County Dublin H. 27 ran.
1885—County Dublin H., won by 52 points; 5 clubs competed; 1st man, F. Nunns, County Dublin H. 45 ran.
1886—Haddington H., won by 14 points; 6 clubs competed; 1st man, C. C. Carr, County Dublin H. 56 ran.
1887—County Dublin H., won by 32 points; 9 clubs competed; 1st man, C. C. Carr, County Dublin H. 89 ran.
1888—County Dublin H., won by 32 points; 7 clubs competed; 1st man, C. W. Blundell, County Dublin H.
1889—County Dublin H., won by 9 points; 5 clubs competed; 1st man, M. Kennedy, Elysian H.

OXFORD AND CAMBRIDGE CROSS-COUNTRY MATCHES.

1880.

At Oxford, December 2. Distance about 7½ miles.

Oxford.—C. W. Grinstead (Keble), J. Edwards, A. F. Hernaman (Keble), G. P. S. Payne, and J. Hewstring.

Cambridge.—C. P. Cory (St. John's), J. Robinson, W. Reeves, W. Smith, and H. Rendall.

Oxford beat Cambridge by 9 marks.

1881.

At Cambridge, December 1. Distance about 8 miles.

Cambridge.—W. E. Fraser (Pembroke), T. C. T. Reeve (Caius), F. A. Wells (St. John's), C. P. Cory (St. John's), and H. B. Rendall (Trinity).

Oxford.—C. W. Grinstead (Keble), E. C. Carter (St. John's), A. F. Hernaman (Keble), J. Hewetson (Worcester), and G. F. Wooldridge (Keble).

Cambridge beat Oxford by 6 marks.

1882.

At Oxford, December 4. Distance about 9 miles.

Cambridge.—W. A. Rice (Christ's), L. W. Reed (St. John's), F. A. Wells (St. John's), W. H. Steven, and J. Brodie.

Oxford.—G. F. Wooldridge (Keble), H. E. Way (unattached), C. W. Grinstead (Keble), H. Paton, E. C. Carter (St. John's).

Cambridge beat Oxford by 11 marks.

1883.

At Cambridge, November 29. Distance about 8 miles.

Cambridge.—L. W. Reed (St. John's), W. A. Rice (Christ's), R. R. Conway (St. Catherine's), J. Prowde (St. John's), and H. W. Bradley (St. John's).

Oxford.—H. E. Way (unattached), W. S. Edgell (St. John's), E. W. Bassano (Balliol), J. M. James (Lincoln), and E. W. Nevill (Lincoln).

Cambridge beat Oxford by 17 marks.

1884.

At Oxford, November 21. Distance about 7½ miles.

Cambridge.—L. W. Reed (St. John's), S. H. Whateley (Queen's), R. R. Conway (St. Catherine's), T. H. Kirby (St. John's), and F. A. Dale (Corpus).

Oxford.—E. D. L. Collinson (New), H. G. Uille (Trinity), G. V. James (Lincoln), A. H. Bassano (Balliol), and W. P. Turrell (Trinity).

Cambridge beat Oxford by 9 marks.

1885.

At Cambridge, December 1.

Cambridge.—D. F. Payne (St. Catherine's), C. W. M. Lowe (Trinity), F. A. Dale (Corpus), H. C. Streatfield (Pembroke), W. C. Streatfield (Pembroke).

Oxford.—F. J. K. Cross (New), A. H. Bassano (Balliol), J. Kent (New), H. L. M. Cary (Oriel), J. A. Jepson (Balliol).

Cambridge beat Oxford by 7 points.

1886.

At Oxford, December 7.

Cambridge.—F. W. Philpott (St. John's), H. E. Soper (Trinity), D. E. Payne (St. Catherine's), C. W. N. Lowe (Trinity). F. A. Dale (Corpus).

Oxford.—W. Pollock-Hill (Keble), E. de L. Collinson (New), F. J. Sadler (Wadham), H. L. M. Cary (Oriel), W. W. West (Christ Church).

Cambridge beat Oxford by 9 points.

1887.

At Cambridge, December 9.

Cambridge.—H. E. Soper (Trinity), F. W. Philpott (St. John's), E. S. T. Badger (St. Catherine's), A. G. Cracknell, Sidney Sussex, W. H. Thomas (Corpus).

Oxford.—W. Pollock-Hill (Keble), P. J. Shaw (New), A. J. Dawbarn (Balliol), E. M. Jones (New), and A. J. Fowler (Corpus).

Cambridge beat Oxford by 3 points.

1888.

At Oxford, November 30.

Oxford.—W. Pollock-Hill (Keble), A. J. Fowler (Corpus), R. S. J. Vavaseur (Worcester), A. Cooke (New), W. A. Andrews (Magdalen).

Cambridge.—C. W. P. Dear (Emmanuel), E. Colbach-Clarke (Emmanuel), R. Knight (Emmanuel), A. B. Smith (St. John's).

Oxford beat Cambridge by 13 points.

Result :—Cambridge, 7 ; Oxford, 2 ; total, 9.

SHEFFIELD HANDICAPS.

The following are the results of Sheffield Handicaps (except Novices') of 440 yards and under, and of the value of £20 and upwards:—

Date.	Ground.	Amt.	Dist.	Scratch Man.	Start.	Winner.	Start.	Second.	Start.	How Won.
1857.		£	yds		yds		yds		yds	
Mar. 31	Hyde P.	24	120	Hancock, J.	sc.	Darley, G., Manchester	5¼	Hartshorn, G. ...	10	
Apr. 14	,,	65	440	Hospool, T.	sc.	Hardman, J., Ratcliffe	37	Darley, G.	37	3 yds
June 4	,,	25	120	Hancock, J.	sc.	Buckley, J., Tong Lane	11	Butterworth, W.	11	foot
June 23	,,	20	440	Hancock, J.	sc.	Blacke, A., Sheffield.....	66	Law, T.	64	3 yds
Aug. 18	,,	25	120	Greenwood, E....	sc.	Foster, W. H., Leeds	4	Hartshorn, G. ...	4	1½ yds
				Stone, H.	sc.					
Sept. 15	,,	25	440	Hancock, J.	sc.	Skipworth, H., Sheffield.....	60	Beardson, R. ...	65	5 yds
Nov. 25	,,	42	440	Hancock, J.	sc.	Greaves, W. Sheffield	55	Skelton, J.	56	4 yds
Dec. 30	,,	25	120	Darley, G.	sc.	Parker, C., Sheffield.....	15	Elmsley, J.	10	½ yd
1858.										
Jan. 26	,,	24	440	Hancock, J.	sc.	Melkshaw, C., Sheffield	65	Sykes, J.	63	4 yds
Mar. 2	,,	23	300	Hancock, J.	sc.	Sommersett, S., Sheffield.....	39	Heaton, A.	40	½ yd
Mar. 23	,,	23	120	Darley, G.	sc.	Bailey, G., Millsands	13½	Darley, F.	14½	4 yds
Apr. 27	,,	20	400	Hancock, J.	sc.	Officer, R., Collyhurst	60	Bailey, G.....	51	4 yds
May 11	,,	23	300	Hancock, J.	sc.	Skinner, J., Sheffield	33	Peckett, S.	29	2 yds
May 27	,,	25	300	Hancock, J.	sc.	Caunt, S., Skegby.....	37	Collins, J.....	38	3 yds
June 15	,,	23	400	Hancock, J.	sc.	Dawson, B., Staleybridge	55	Brinner, P.	47	3 yds
July 6	,,	23	350	Hancock, J.	sc.	Skinner, J., Sheffield	35	Dooley, R.	52	5 yds
Aug. 17	,,	23	300	Hancock, J.	sc.	Martin, G., London	46	Tatley, M.	48	2 yds
Aug. 31	,,	23	120	Darley, G.	sc.	Myers, W., Sheffield	15½	Wood, J.	17	6 in

Sept. 14	,,		440	Hancock, J.	sc.	Smith, C., Sheffield	66	Dooley, R.	44	6 yds
Oct. 12	,,	23	350	Darley, G.	sc.	Holden, J., Manchester	39	Daniels, G.	57	2 in
		23		Wilson, W.	sc.					
Nov. 24	,,	35	400	Astill, J.	sc.	Hepworth, J., Hatchet Moor	48	Outram, J.	49	6 yds
Dec. 30	,,	23	325	Astill, J.	12	Hayes, T., Intake	38	Partington, J. ...	40	1½ yds
1859.										
Jan. 2	,,	23	100	Wilson, J.	sc.	Barnes, J., Sheffield	16½	Wood, H.	16	1 yd
Feb. 15	,,	23	365	Astill, J.	20	Wood, J., Sheffield	63	Newbold, T. ...	52	foot
Mar. 8	,,	35	285	Wheatley, R. ...	25	Nuttall, J., Manchester	41	Hall, W.	33	foot
Apr. 12	,,	23	110	Lynch, D.	sc.	Parramore, M., Sheffield	14	Holland, T.	12	½ yd
May 10	Newhall	24	220	Wheatley, R. ...	sc.	Shepley, J., Harpurhey	20	Shaw, A.	20	1 yd
May 17	Hyde P.	23	350	Albison, S.	sc.	Reaney, G., Sheffield	41	Tunwood, R. ...	29	4 yds
May 31	Newhall	23	160	Booth, J.	6	Fowler, J., Sheffield	25	{ Cartledge, J. ...	29	foot
								{ Nevin, J.	30	
June 14	Hyde P.	35	375	Darley, G.	sc.	Booth, J., Newton Heath	34	Savage, R.	50	3 yds
July 5	Newhall	23	300	Bramhall, J.	20	Bentley, G., Barnsley	46	Siddall, A.	58	3 yds
July 12	Hyde P.	35	315	Foster, W.	25	Nuttall, J., Manchester	38	Cartledge, A. ...	48	foot
Aug. 2	,,	20	120	Wilson, J.	sc.	Cotton, J., Leeds	15½	Johnson, H.	14½	2½ yds
Aug. 30	,,	35	400	Darley, G.	sc.	Cox, T., Coventry	40	Thorne, J.	46	6 in
Sept. 6	Newhall	23	240	Dawes, G.	10	Kelley, A., Wadsley	47	Cowlishaw, W....	46	1 yd
Oct. 8	Hyde P.	23	440	Nuttall, J.	35	Tunwood, R., Sheffield	65	Dyson C.	78	1 yd
Nov. 8	,,	20	350	Holland, T.	53	Smith, C., Sheffield	61	Wortnington, J.	70	1½ yds
Nov. 29	Newhall	20	300	Nuttall, J.	29	Barker, F., Elsecar	61	Sherdon, T.	56	1 yd
Nov. 30	Hyde P.	35	300	Grindrod, A. ...	20	Newbold, T., Wolverhumpton	47	Sawyer, J.	51	1 yd
Dec. 29	,,	23	325	Nuttall, J.	30	Gray, E., Sheffield	64	{ Littlewood, J.	62	1 yd
								{ Parkin, J.	63	
Dec. 31	,,	23	125	Booth, J.	sc.	Burley, G., Sheffield	13	Walker, J.	11	1 yd
1860.										
Jan. 31	,,	23	395	Liversidge, A. ...	35	Styring, E., Sheffield	72	Mellor, G.	69	1 yd
Feb. 21	,,	35	300	Grindrod, A. ...	20	Brown, T., Birmingham	50	Sykes, H.	57	2½ yds
Mar 13	,,	23	240	Foster, W.	sc.	Usher, J., Lincoln	18	James, H.	22	2 yds

SHEFFIELD HANDICAPS.

Date.	Ground.	Amt.	Dist.	Scratch Man.	Start.	Winner.	Start.	Scratch Man.	Start.	How Won.
1860.		£	yds		yds		yds		yds	
Mar. 27	Hyde P.	23	115	Booth, J.	sc.	Killit, W., Derby	13	Usher, J.	10	½ yd
Apr. 16	,,	50	340	Darley, G.	sc.	Kearney, P., Preston	38	Armitage, J.....	50	1 yd
May 8	,,	23	295	Booth, J.	31	Burley, G., Sheffield.....	54	Saxton, W.	51	foot
May 29	,,	35	400	Booth, J.	37	Rodgers, G., Sheffield	75	Hollis, S.	58	½ yd
June 26	,,	23	320	Cox, T.....	38	Tuck, J., Fakenham.....	54	Usher, J.	46	1 yd
July 10	,,	20	110	Grindrod, A. ...	sc.	Burley, G., Sheffield.....	10½	Dempsey, M. ...	10½	foot
July 31	,,	35	440	Helliwell, J.	20	Jones, T., Whitfield	65	⎧ Berry, W.	72	3½ yds
								⎩ Pashley, B. ...	76	
Sept. 4	,,	35	310	Foster, W.	38	Beddowes, G., London	47	Darley, F.	55	3 yds
Oct. 2	,,	23	285	Beddowes, G. ...	34	Sherdon, T., Doncaster	58	Wilkinson, T. ...	61	2 yds
				Booth, J.	34					
Oct. 30	,,	35	335	Foster, W.	45	Nevin, J., Stockton	51	South, J.	69	5 yds
Nov. 28	,,	35	320	Barley, G.....	50	Dixon, C., Sheffield	73	Darley, W.	75	20 yds
				Eshelby, T.	50					
				Hayes, T.....	50					
Dec. 27	,,	35	350	Beddowes, G. ...	49	Singleton, H., Sheffield	77	South, J.	72	2 yds
				Hancock, J.	49					
Dec. 29	,,	35	260	Harrison, J.	sc.	Tait, G., Carlisle	32	Lyth, T.	31	1 yd
1861.										
Jan. 1	,,	23	125	Hancock, J.....	sc.	Keats, A. Bloxwich	10	Riley, J.	9	2½ yds
Feb. 12	,,	35	300	Hooper, H.	sc.	Brown, T., Birmingham	35	South, J.	48	1½ yds
Mar. 12	,,	23	235	Usher, J.	21	Swift, G., Sheffield	47	Wright, C, ...	51	6 yds
Apr. 30	,,	35	259	Garnet, C.	sc.	⎧ Darley, W.	55	⎫ dead heat,		—
	,,					⎩ Dixon C. (Sheffield)	51	⎭ divided		
May 21	,,	40	400	Nevin, J.	25	Mills, J., Mosborough	73	Webster, H.....	60	4 yds
May 23		23	270	Dempsey, M. ...	35	Mills, H., Sheffield	58	Berry, M.....	63	3 yds
				Hartshorn, G. ...	35					

June 11	Queen's	35	200	Malin, S.	23	Simmonite, J., Sheffield	34	Emsley, J.	20	1½ yds
June 18	Hyde P.	85	300	Nevin, J.	sc.	Usher, J., Lincoln	10	Albison, S.	25	2 yds
June 25	,,	23	290	Usher, J.	39	Morton, C., Sheffield	57	Dodgson, W.	18	6 yds
July 30	,,	35	130	Brown, T.	5	Darley, W., Sheffield	14	Crich, J.	54	foot
Aug. 13	Queen's	23	200	Riley, W.	23	Maddock, J., Sheffield	36	Eshelby, T.	12	6 yds
Aug. 27	Hyde P.	35	275	Brittain, J.	43	Barnes, J., Sheffield	59	Buckley, J.	45	¾ yd
Sept. 24	,,	35	315	Nevin, J.	40	Wheatley, W., London	64	Wall, J.	73	1 yd
Oct. 15	Queen's	23	260	Nevin, J.	23	Wood, T. ("Cobbler")	52	Littlewood, F.	51	3 yds
Oct. 29	Hyde P.	23	250	Usher, J.	29	Watkinson, J., Sheffield	50	Berry, M.	44	1½ ds
Nov. 25	Queen's	235	265	Nevin, J.	14	Meakin, J., Carlton	31	Burgin, J.	40	4 yds
Nov. 27	Hyde P.	35	330	Nevin, J.	31	Carruthers, T., Yetholm	50	Nuttall, J.	50	2 yds
Dec. 27	,,	35	270	Nevin, J.	35	Siddall, A., Sheffield	60	Brown, W.	48	1 yd
Dec. 27	Queen's	45	215	Meakin, J.	25	Monks, J., Carlton	36	Wilson, W. H.	36	1 yd
Dec. 31	Hyde P.	23	305	Beddowes, G.	40	Holroyd, E., Mirfield	58	Greaves, W.	62	1 yd
1862.										
Jan. 28	Hyde P.	23	235	Hancock, J.	30	Berry, M., Sheffield	51	Wood, J.	50	1½ yds
Feb. 4	Queen's	23	225	Nevin, J.	24	Timperley, W., Sheffield	49	Hurst, J.	45	1 yd
Mar. 4	Hyde P.	35	230	Beddowes, G.	11	Foster, J., Newcastle-on-Tyne	21	Subden, J.	24	3 yds
Mar. 11	Queen's	23	220	Mole, G.	23	Parramore, M., Sheffield	37	Greaves, W.	33	3 yds
Apr. 1	,,	23	200	Nevin, J.	sc.	Spencer, J., Manchester	14	Neary, J.	20	4 yds
Apr. 22	,,	50	200	Darley, G.	15	} Barnes, J.	29	} dead heat,		—
						} Darley, F.	29	} divided		
Apr. 22	Hyde P.	35	223	Usher, J.	14	Mole, G., Walsall	19	Jackson, W. H.	33	½ yd
May 27	Queen's	30	280	Usher, J.	39	Brown, J., Gawber	56	Monks, T.	42	3 yds
June 10	Hyde P.	35	130	Subden, J.	9½	Subden, J., Arnold	9½	Webster, W.	16¾	1 yd
June 11	Queen's	23	200	Subden, J.	20	Woodcock, G., Sheffield	32	Wright, C.	32	1½ yds
July 15	,,	40	170	Grindrod, A.	7	Riley, W., Finsbury	23	Jackson, W. H.	26	½ yd
Aug. 6	Hyde P.	23	155	Bailey, G.	13	Jones, F., Barnsley	20	Sissons, G.	20	2 yds
Oct. 21	,,	35	300	Nevin, J.	sc.	Wilcocks, W., Red Bank	18	Berry, W.	32	1½ yds
Nov. 25	Queen's	23	200	Cox, T.	15	Brittain, J. Hulme	27	Bailey, G.	26	6 in
				Hancock, J.	15					
				Nevin, J.	15					

SHEFFIELD HANDICAPS.

Date.	Ground.	Amt.	Dist.	Scratch Man.	Start.	Winner.	Start.	Scratch Man.	Start.	How Won.
1862.		£	yds		yds		yds		yds	
Nov. 26	Hyde P.	35	250	Cox, T.	30	Leader, H., Manden	46	Swift, G.	51	1½ yds
				Mole, G.	30					
Dec. 27	,,	35	135	Booth, J.	10	Nelson, W., Sheffield	19½	Stones, H.	16	3 yds
				Meakin, J.	10					
				Whittle, E.	10					
Dec. 30	,,	23	200	Monks, T.	41	Bailey, G., Harvest Lane	57	Adams, S.	60	1 yd
				Whittle, E.	41					
1863.										
Feb. 17	Queen's	30	190	Foster, J.	31	Timperley, W., Sheffield	46	Marsland, S.	45	3 yds
Apr. 7	Hyde P.	30	235	Beddowes, G.	44	Smith, G., Sheffield	62	Smith, C.	63	foot
				Mole, G.	44					
Apr. 28	Queen's	23	210	Ferguson, W.	52	Price, R., Sheffield	59	dead heat,		
						Wilson, W. H., Sheffield	59	divided	—	—
May 26	,,	30	200	Mole, G.	41	Wood, T. ("Cobbler")	59	Taylor, S.	53	1 yd
May 27	Hyde P.	23	195	Mole, G.	37	Boddington, T., Sheffield	55	Taylor, S.	53	1 yd
June 30	Queen's	23	220	——	—	Swift, G., Sheffield	60	Rothwell, J.	60	6 in
July 21	Hyde P.	23	250	Whittle, E.	54	Wood, T. ("Cobbler")	64	Preston, R.	69	½ yd
Aug. 25	,,	25	210	Mole, G.	42	Greenfield, E., Manchester	52	Skinner, J.	58	2 yds
Nov. 3	Queen's	23	220	Mole, G.	50	Bolsover, J., Sheffield	75	dead heat,		
						Wright, C., Sheffield	61	divided		—
Nov. 25	Hyde P.	35	220	Mole, G.	53	Mole, G., Walsall	53	Malkin, F.	66	½ yd
Dec. 28	Queen's	35	220	Mole, G.	24	Green, F., Lincoln	45	Burley, G.	40	7 yds
Dec. 30	Hyde P.	23	200	Mole, G.	42	Corker, W., Sheffield	60	Roberts, J.	55	foot
1864.										
Jan. 1	Hyde P.	23	120	Mole, G.	1½	Webster, W., Sheffield	10½	Malkin, F.	10	½ yd
Feb. 9										
Mar. 29	,,	50	225	Mole, G.	46	Siddall, A., Sheffield	61	Kearney, P.	55	½ yd

Apr. 26	Queen's	40	195	Mole, G.	27	Atkinson, H., Castleford	44	Binns, D.	42	2 yds
May 17	,,	23	185	Woodcock, G. ...	49	Siddall, A., Sheffield	53	Nelson, W.	53	2 yds
May 18	Hyde P.	50	225	Nuttall, J.....	53	Wild, H., Oldham	60	Rothwell, J.....	59	6 in
Aug. 2	Queen's	23	200	Hancock, J.....	36	Anderson, J., Alnwick	40	Beeby, J., Carlisle	40	1½ yds
Aug. 14	,,	35	210	Wright, C.	40	Timperley, W., Sheffield	46	Wright, C.	45	½ yd
Sept. 6	,,	40	220	Mole, G.	52	Macdermont, J., Sheffield	66	Brown, W.	59	foot
Nov. 1	,,	25	185	Wood, "Cobbler"	35	Nelson, W., Sheffield	43	Slinn, F.	45	1 yd
Nov. 29	Hyde P.	23	185	Mole, G.	35	Taylor, F., Sheffield.....	50	Stones, H.	49	1 yd
Nov. 30	Queen's	40	205	Beddowes, G. ...	44	Senior, E., Skelmanthorpe	54	Collier, G.	53	foot
Dec. 27	Hyde P.	40	125	Mole, G.	3	Littlewood, F., Attercliffe	15	Timperley, W....	12	foot
Dec. 27	Queen's	50	220	Beddowes, G. ...	51	Thirkhill, J., Durham	62	Bradbury, J.....	63	2½ yds
Dec. 29	Hyde P.	50	215	Mole, G.	52	Kirkham, W., Hulme	61	Corker, W.	61	½ yd
	,,	23	200	Mole, G.	51	Mole, G., Walsall	51	dead heat,	—	—
						Thompson, D., Dewsbury	59	divided		
1865.										
Feb. 28	,,	40	200	Mole, G.	47	Nelson, W., Sheffield	58	Price, R.	60	6 in
Feb. 28	Queen's	40	215	Mole, G.	59	Albison, S., Bowlee	66	Macdermont, J.	68	2 yds
Mar. 28	Hyde P.	23	185	Mole, G.	34	Bramhall, J., Sheffield	48	Barnes, J.....	47	½ yd
Apr. 18	,,	80	225	Mole, G.	61	Owen, F., London	71	Young, J.	71	1 yd
May 23	,,	23	195	Mole, G.	49	Wood, T. ("Cobbler")	59	Crampton, H. ...	60	1½ yds
June 6	Queen's	100	210	Mole, G.	55	Hitchen, J., Manchester	65	Catons, J.....	64	1 yd
Aug. 8	Hyde P.	40	220	Mole, G.	66	Johnson, W., Stockton.....	77	Webster, W.....	77	1 yd
Sept. 11	Queen's	35	205	Owen, F.	62	Hewitt, F., Millwall.....	66	Morton, D.	69	1½ yds
Oct. 31	Hyde P.	23	200	Brown, W.	60	Nelson, W., Sheffield	64	Morton, C.	63	½ yd
Nov. 29	,,	80	230	Owen, F.	66	Wood, T. ("Cobbler")	69	Batty, G.	74	foot
Dec. 27	Queen's	57	215	Mole, G.	60	Dawson, B., Staleybridge	71	dead heat,	—	—
						Rothwell, T., Paradise.....	72	divided		
Dec. 29	Hyde P.	30	210	Mole, G.	53	Howard, J., Sheffield	64	dead heat,	—	—
						Usher, J., Lincoln.....	62	divided		

SHEFFIELD HANDICAPS.

Date.	Ground.	Amt.	Dist.	Scratch Man.	Start.	Winners.	Start.	Second.	Start.	How Won.
1866.		£	yds		yds		yds		yds	
Jan. 23	Queen's	35	150	Hewitt, F.	sc.	Bishop, J., Notts	7	Morton, C.	2	½ yd
Feb. 12	Hyde P.	50	215	Davison, J.	67	Berry, M., Sheffield	74	Knepp, W.	74	½ yd
Mar. 6	,,	35	220	Mole, G.	61	Simmonite, J., Sheffield	70	Nuttall, J.....	65	4 yds
Apr. 3	Queen's	60	225	Mole, G.	63	Taylor, D., Coventry	75	Rothwell, T. ...	73	2 yds
May 22	Hyde P.	80	210	Mole, G.	58½	Blackwell, W., Sheffield	68	Hough, T.	64	2 yds
May 24	Queen's	30	220	Mole, G.	59	Stephenson, R., Royton	67	Buckley, T.	66	1 yd
July 3	Hyde P.	35	200	Green, F.....	63	Swann, H., Notts.....	65	Green, F.	63	1½ yds
Aug. 14	Queen's	35	215	Hall, J.....	65	Woodcock, T., Arnold.....	69	Lindsey, W.....	67	1 yd
Sept. 10	Hyde P.	40	205	——		Smith, J., Sheffield	69	Green, F.	64	½ yd
Nov. 26	Newhall	35	200	Brown, J.	52½	Wild, J., Newton Heath	58	Fenton, W.	58½	4 yds
				Hewitt, F.	52½					
Nov. 28	Queen's	60	210	——		Macdermont, J., Sheffield	67½	Wood, T. (not "Cobbler") ...	69½	1 yd
Dec. 27	Hyde P.	80	215	Hewitt, F.	66	Berry, M., Sheffield	73	Price, R.	75	6 in
Dec. 29	Queen's	30	207	Hewitt, F.	60½	Fenton, T., Hull	66½	Johnson, W.....	60½	½ yd
				Johnson, W.....	60½					
1867.										
Feb. 12	Hyde P.	23	195	Wood, "Cobbler"	53	Bishop, J., Notts	57½	Simmonite, J. ...	58½	foot
Mar. 5	Queen's	60	210	Macdermont, J....	64	Whitehead, H., Hyde	68	Marshall, J.	71	2 yds
Apr. 2	,,	30	200	Macdermont, J ...	56½	Fenton, T., Hull	66½	Johnson, W.....	60½	½ yd
Apr. 23	Hyde P.	80	210	Whitehead, H....	66	Swift, G., Sheffield	72½	Tait, G.....	69½	4 yds
June 11	Queen's	70	204	Hewitt, F.	63½	Stimpson, H., Sheffield	69½	Usherwood, J. ...	70½	1 yd
				Johnson, W.....	63½					
June 13	Hyde P.	35	215	Hewitt, F.	67	Wheatley, R., Stockton	74	Goodman, D. ...	73	1½ yds
Aug. 13	,,	60	220	Hewitt, F.	65	Magpace, J., Couldwell	70	Marsland, S. ...	75	1 yd
Sept. 9	Queen's	60	200	Magpace, J.	65	Ross, J., Notts	69½	Smith, A.	72½	½ yd

Nov. 5	,,	30	215	Brown, W.	66½	Bishop, J., Notts	67½	Hall, J.	70½	1½ yds
				Whitehead, H....	66½					
Nov. 26	Newhall	90	200	Mole, G.	55½	Whittaker, E., Bilston	63½	Mole, G.	55½	4 yds
Nov. 27	Hyde P.	80	210	Hewitt, F.	60½	Barber, J.	68	dead heat,		
						Lambert, J.	68	divided	—	—
						Marshall, J.	67½			
Dec. 27	Queen's	200	215	Johnson, W.....	64	Siddall, A., Sheffield	75	Brown, T.....	71½	½ yd
Dec. 30	Newhall	120	210	Mole, G.	59½	Clowry, J., Birmingham	66½	dead heat,	—	—
						Rushton, J., Whitworth	68	divided		
1868.										
Jan. 1	Hyde P.	40	130	Mole, G.	9	Chapman, A., Sheffield	19	Smith, J.	16	½ yd
Feb. 25	,,	80	205	Stimpson, H. ...	60	Angus, T., Darlington	62	Ratcliffe, G.	65½	½ yd
Apr. 14	Queen's	80	212	Mole, G.	60	Young, G., Toft Hill	67½	Wrtght, C.	64	1½ yds
June 2	Hyde P.	80	210	Mole, G.	60	Batty, G., Leeds	66½	Darley, W.	70	½ yd
June 4	Queen's	40	200	Johnson, W.....	64	Holmes, J., Chorlton	70½	Swann, H.	72	2 yds
Aug. 4	,,	70	215	Johnson, W.....	61	Williamson, A., Charlestown	68½	Temple, F.	68½	2 yds
Sept. 7	Hyde P.	70	205	Stephenson, R....	60½	Jenkinson, C., Sheffield	66	Ainscow, W. ...	61	1 yd
Nov. 25	Queen's	100	200	Clowry, J.....	60½	Clowry, J., Birmingham	60½	Usherwood, J. ...	62½	2½ yds
Dec. 28	Hyde P.	100	207	Mole, G.	62	Dunster, J., Sheffield	70½	Ward, J.	6	yds
Dec. 30	Queen's	40	195	Johnson, W.....	58½	Green, F., Lincoln	62½	Crawshaw, G. ...	67½	1½ yds
				Mole, G.	58½					
1869.										
Jan. 1	Hyde P.	23	130	Macdermont, J....	8½	Webster, W., Sheffield.....	11½			
Feb. 9	Queen's	80	210	Clowry, J.....	61	Ratcliffe, G., Sheffield	69	Barraclough, W.	17½	foot
				Johnson, W.....	61			Darley, W.	69½	foot
				Mole, G.	61					
Mar. 30	Hyde P.	100	209	Clowry, J.....	59½	Smith, A., Sheffield	68			
				Mole, G.	59½			Chapman, A. ...	68½	foot
May 18	Queen's	100	203	Clowry, J.....	57	Yates, P., Freetown	64½			
				Mole, G.	57			Buttery, R.	62½	foot

SHEFFIELD HANDICAPS.

Date.	Ground.	Amt.	Dist.	Scratch Man.	Start.	Winners.	Start.	Second.	Start.	How Won.
1869.		£	yds		yds		yds		yds	
May 20	Hyde P.	40	130	Hewitt, F.	10	Bloor, G., Derby	16½	Dudley, E.	14	½ yd
July 27	,,	70	225	Clowry, J.....	62	Ross, J., Notts	68½	Darley, W.	69½	2 yds
Sept. 13	Queen's	70	207	Clowry, J.....	63	Owen, F., London	68½	Lockwood, T. ...	71½	1½ yds
				Johnson, W.....	63					
				Mole, G.	63					
Nov. 24	Hyde P.	100	209	Clowry, J.....	64½	Darley, T., Sheffield.....	72½	Stimpson, H. ...	68½	6 in
				Johnson, W.....	64½					
				Mole, G.	64½					
Dec. 28	Queen's	100	206	Clowry, J.....	63	Taylor, E., Middleton	67½	Fleming, A.	68	½ yd
				Johnson, W.....	63					
				Mole, G.	63					
Dec. 29	Hyde P.	40	195	Mole, G.	55½	Brown, W., Manchester	58½	Taylor, E.	58	2 yds
1870.										
Mar 1	,,	150	210	Johnson, W.....	64	Wright, C., Sheffield	66	Oakell, T.	70½	½ yd
Apr. 19	Queen's	100	204	Johnson, W.....	60½	Hall, J., Notts	67	Carruthers, T. ...	64	½ yd
June 7	Hyde P.	100	207	Johnson, W.....	66	Ainscow, W., Manchester	69¼	Kitchen, C.	72	½ yd
Aug. 9	Queen's	70	209	Johnson, W.....	62½	Storey, J., Pendleton	67	Davis, J.	69½	½ yd
Sept. 12	Hyde P.	100	205	Clowry, J.....	66½	Davis, J., Sheffield	72½	Talbot, J.	71½	1 yd
Nov. 30	Queen's	100	200	Clowry, J.....	66	Clowry, J., Birmingham	66	Buttery, R.	69½	½ yd
				Johnson, W.....	66					
Dec. 27	Hyde P.	100	207	Clowry, J.....	67	Bowler, A., Sheffield	76	Powell, W.	73	¾ yd
				Johnson, W.....	67					
Dec. 29	Queen's	23	130	Clowry, J.....	19¼	Powell, W., Northampton	23¾	Frost, W.	24¾	1 yd
1871.										
Feb. 20	,,	100	204	Clowry, J.....	66¼	Sully, J., Arnold	73	Wild, H.	71½	½ yd
				Johnson, W.....	66¼					

Apr. 11	Hyde P.	100	203	Ainscow, W.	69	Chapman, A., Sheffield	76	Fox, J.	73½	½ yd
				Stephenson, R.	69					
May 30	Queen's	100	201	Clowry, J.	66¾	Warren, J., Southampton	73½	Lambert, J.	73½	¾ yd
				Johnson, W.	66¾					
Aug. 8	Hyde P.	100	204	Clowry, J.	67½	Davis, J., Sheffield	72¼	Storey, J.	72¼	foot
Sept. 4	Newhall	20	200	Wright, C.	74	Stimpson, H. Sheffield	75½	Waghorn, E.	76¼	foot
Sept. 11	Queen's	100	202	Clowry, J.	67	Whitaker, E., Bilston	72½	Hopkins, D.	74	1 yd
				Johnson, W.	67					
Nov. 6	Newhall	50	300	Clowry, J.	69	Bridges, C., Sheffield	80	King, R.	77¼	foot
Nov. 29	Hyde P.	100	220	Johnson, W.	67¾	Oxley, T., Rotherham	75½	Blackwell, W.	75½	½ yd
Dec. 27	Queen's	200	200	Johnson, W.	65¾	Smith, T., Notts	71¼	Bayles, W.	69¾	1 yd
Dec. 29	Newhall	150	205	Ainscow, W.	66¼	Jephson, J., Sheffield	74½	Green, F.	71½	¾ yd
1872.										
Feb. 13	Hyde P.	100	205	Clowry, J.	68	Dobson, H., Bradford	74¾	Powell, W.	72½	½ yd
Apr. 2	Queen's	100	201	Clowry, J.	66	Grafton, T., Sheffield	73	Kitchen, C.	69¼	1 yd
May 21	Hyde P.	200	203	Clowry, J.	68¼	Denman, T., Barnsley	75¼	Whitehead, W.	75	½ yd
May 21	Newhall	200	205	Clowry, J.	68¾	Smith, J., Mansfield	74	Blackwell, W.	75¼	½ yd
July 16	Queen's	100	207	Clowry, J.	69	Bayles, W., Gainford	72	Peckheaver, R.	76½	¾ yd
July 22	Hyde P.	50	201	Bayles, W.	68	Walsh, G., Royton	71¼	Jepson, J.	72	1 yd
				Buttery, R.	68					
Aug. 13	Newhall	100	209	Bayles, W.	69½	Bayles, W., Gainford	69½	Shippam, W.	73¼	6 in
Sept. 9	Hyde P.	100	204	Bayles, W.	68½	Wight, D., Jedburgh	73½	Wild, H.	71½	1½ yds
Nov. 27	Queen's	100	202	Bayles, W.	67½	Bullock, H., Hanley	73¾	Thorpe, F.	74½	¾ yd
								A. Williamson	72½	
Dec. 27	Newhall	100	210	Bayles, W.	72½	Warren, J., Southampton	76¾	Selby, J.	79	foot
Dec. 30	Hyde P.	80	203	Bayles, W.	70	Wood, T. (not "Cobbler")	76¼	Powell, W.	74½	3 yds
1873.										
Feb. 25	,,	100	205	Ainscow, W.	72¼	Williamson, A., Charlestown	74¼	Sully, J.	74¼	foot
Apr. 15	Queen's	100	205	Clowry, J.	70½	Kirby, G., Gornal	75¾	Deighton, T.	77	½ yd
June 3	Newhall	100	205	Clowry, J.	69½	Turner, J., Blackburn	76½	Jepson, J.	76½	6 in
July 21	Hyde P.	100	203	Clowry, J.	70¼	Henderson, J., Belsey	75	Deighton, T.	75½	6 in

SHEFFIELD HANDICAPS.

Date.	Ground	Amt.	Dist.	Scratch Man.	Start.	Winner.	Start.	Second.	Start.	How Won.
1873.		£	yds		yds		yds			
Sept. 8	Queen's	100	200	Bayles, W.	69¼	Jackson, G., Barnsley	72½	Macdermont, J.	74½	1½ yds
Nov. 26	Newhall	100	209	Wight, D.....	74¼	Wallace, G., Thornley Colliery	77½	Warren, J.	75¼	1½ yds
Dec. 27	Hyde P.	100	206	Clowry, J.....	72¾	Jackson, G., Barnsley	74½	Evans. J.	79	1 yd
Dec. 30	Newhall	50	111	Johnson, W.....	44	Turner, J., Blackburn	8¾	Boswell, S.		6 in
1874.										
Feb. 17	Queen's	100	203	Bayles, W.	71¼	Jackson, G., Barnsley	71¼	Shippam, W. ...	75½	foot
Apr. 7	Newhall	100	210	Jackson, G.	71¼	Barber, J., Attercliffe	80	Boswell, S.	79	1½ yds
May 26	Hyde P.	100	203	Jackson, G.	70½	Wallace, G., Thornley Colliery	72½	Dobson, H.	77	2 yds
July 21	Queen's	100	207	Wallace, G.	67¼	Spriggs, W., Elksley	77½	Keeling, B.	77¼	1 yd
Sept. 14	Newhall	100	205	Wallace, G.	65¾	Deighton, T., Chapeltown	73¼	Boswell, S.	75½	6 in
Nov. 25	Hyde P.	100	203	Jackson, G.	67½	Lambert, J., West Bromwich	76	Bakewell, T. ...	77	1½ yds
Dec. 28	Queen's	100	207	Jackson, G.	71	Grierson, R., Leadgate	78¼	Jackson, G.	71	1 yd
1875.										
Feb. 9	Newhall	100	209	Wallace, G.	70¼	Kitchen, C., Thorner	76¼	Angus, T.....	79	foot
Mar. 30	Hyde P.	100	206	Wallace, G.	70¾	Bennett, T., Cleckheaton	79¾	Shippam, W. ...	78¾	post
May 18	Queen's	100	211	Wallace, G.	71¾	Wallis, J., London	78¼	Whitham, A. ...	82¼	¾ yd
July 19	Newhall	100	205	Jackson, G.	70¼	Wilkinson, J., Idle	77½	Skelton, J.	79¼	foot
Sept. 13	Hyde P.	100	203	Kitchen, C.	72¼	Montford, S., Silverdale	78½	Bamford, W. ...	78¾	1 yd
Nov. 24	Queen's	100	207	Jackson, G.	71½	Payley, F., Woodhouse, Leeds	78	Heap, W.....	78¼	1½ yds
Dec. 28	Newhall	100	212	Wallace, G.	72¾	Airton, J., Guisborough	79¾	Jenny, F.	79¼	1½ yds
1876.										
Feb. 29	Hyde P.	100	204	Wallace, G.	70	Petley, G., Finchley.....	77	Wisden, S.	79	6 in
Apr. 18	Queen's	100	201	Wallace, G.	68	Lucas, J., Bury.....	76½	Blaine, G.....	75¾	6 in
June 6	Newhall	100	203	Wallace, G.	69½	Haykin, T., Sheffield	77¾	Moore, E.....	75¾	1½ yds
July 31	Hyde P.	100	205	Wallace, G.	71	Taylor, E., Middleton	78½	Angus, T.....	77¼	1½ yds
Sept. 11	Queen's	100	201	Wallace, G.	67¾	Hudson, W., Sheffield	76	Bakewell, T. ...	77	1 yd

Nov. 29	Newhall	100	207	Wallace, G.	73	Shaw, H., Sheffield	80¾	Randle, G.	81	½ yd
Dec. 27	Hyde P.	100	203	Wallace, G.	72	Hines, G., Northampton	77½	Lomas, J. W. ...	78¾	½ yd
1877.										
Feb. 13	Queen's	100	205	Jackson, G.	73	Wilkinson, J., Idle	78	Deighton, T. ...	78	¾ yd
Feb. 24	Newhall	20	140	——	—	Wareham, W., Folleshill	29½	Cookson, H.....	30	4 yds
Apr. 3	Newhall	100	204	Wallace, G.	75½	Lightfoot, C., Longton	82	Tomlinson, G....	81½	½ yd
Apr. 3	Hyde P.	100	202	Wallace, G.	70¼	Kitchen, J., Thorner	77¼	Deighton, T. ...	74¾	2 yds
May 22	Hyde P.	100	204	Wallace, G.	72½	Bakewell, T., Radford	79½	Beaver, A.	79¾	6 in
July 17	Queen's	100	208	Wallace, G.	74½	Taylor, W., Jarrow	80¼	Randle, G.	80½	2 yds
Aug. 13	Queen's	35	195	——	—	Cartwright, T., Sedgeley	74	dead heat,	—	—
						Ingle, J., Newcastle-under-Lyne...	76	divided		
Sept. 10	Queen's	100	215	Taylor, W.	80	Petley, G., Finchley	83½	Franklin, J.	84¾	1 yd
Nov. 27	Hyde P.	100	206	Wallace, G.	73¾	Witham, A., Sheffield	79¼	Booth, J. C.	78¾	1½ yds
Dec. 27	Queen's	100	203	Wallace, G.	70	Rowell, R., Newburn	74½	Taylor, W.	71¼	1 yd
1878.										
Mar. 5	Hyde P.	100	211	Wallace, G.	75¾	Hutchens, H., Putney	81	Wallace, G.	75¾	foot
Apr. 23	,,	100	205	Wallace, G.	71¼	Booth, J. C., Bradford	77¼	Edge, W.	78½	6 in
June 11	Queen's	100	209	Wallace, G.	72¼	Richards, J., Middlesborough	77	Palmer, T.	79¾	1 yd
July 23	,,	100	206	Wallace, G.	72¾	Parsons, E., Ealing	77¾	Beaver, A.	80½	1 yd
Sept. 9	Hyde P.	100	204	Wallace, G.	72¼	Baytup, E., London	78½	Williamson, A....	80¼	¾ yd
Nov. 5	Queen's	100	201	Wallace, G.	70	Heath, Geo., Talk-o'-th'-Hill	76¼	Williamson, A....	76¾	6 in
Dec. 27	Hyde P.	100	208	Wallace, G.	73¾	Shaw, H., Sheffield	78½	Wright, C.	81	1 yd
1879.										
Feb. 25	,,	100	202	Wallace, G.	70¾	Hutchens, H., Putney	72½	Wright, W.	76½	2 yds
Apr. 15	Queen's	100	207	Hutchens, H. ...	73	Armstrong, J., Nottingham	79½	Beaver, A.	81	6 in
June 3	,,	100	205	Hutchens, H. ...	72½	Tomkinson, H., Halmerend	78½	Armstrong, J. ...	77½	1 yd
July 22	Hyde P.	100	204	Hutchens, H. ...	71¾	Wilson, J., Birmingham	78¼	Williamson, A....	78½	¾ yd
Sept. 8	Queen's	100	200	Hutchens, H. ...	68¾	Baytup, E., London	74¾	Petley, G.	71½	½ yd
Nov. 4	Hyde P.	100	203	Hutchens, H. ...	69¼	Simms, J. W., Birmingham	77½	Hudson, W.	78	¾ yd
Dec. 27	,,	100	202	Hutchens, H. ...	69¾	Lownds, C., Worksop	78¾	Juby, W.	79¼	¼ yd

SHEFFIELD HANDICAPS.

Date.	Ground.	Amt.	Dist.	Scratch Man.	Start.	Winner.	Dist.	Second.	Start.	How Won.
1880.		£	yds		yds		yds		yds	
Feb. 10	Queen's	100	207	Hutchens, H. ...	73¼	Wright, W. Hucknall Torkard	81½	Wilks, J.	81½	1 yd
Mar. 30	,,	100	205	Hutchens, H. ...	72¼	Hudson, W., Sheffield	81	Williamson, A....	80¼	6 in
May 18	Hyde P.	100	204	Hutchens, H. ...	70	Holgate, W., Burnley	80	Cartwright, T. ..	78	foot
July 19	Newhall	100	200	Hutchens, H. ...	68	Vokes, F., Pontefract	77	Heath, Geo.	74½	½ yd
Sept. 13	Queen's	100	203	Hutchens, H. ...	70½	M'Iver, C., Montreal	79¼	Palmer, T.	79⅓	3 yds
Nov. 2	Hyde P.	100	205	Petley, G.....	73½	Powell, T., Sheffield.....	80¼	Twigg, A.....	79¾	foot
Nov. 27	Newhall	25	160	Hudson, W.....	48½	Nicholls, T., Hunslet	52¼	Ainscow, J.	54¾	½ yd
Dec. 28	,,	100	202	Richards, J.	73½	Wilks, J., London.....	77¼	Kitchen, J.	77½	foot
1881.										
Jan. 31	,,	25	155	Hutchens, H. ...	41¾	Lake, F., Sheffield	55	Bolton, W.	53¾	foot
Mar. 1	,,	100	205	Hutchens, H. ...	72½	Hudson, W., Sheffield	80	Banks, J. J.	83¾	6 in
Apr. 19	Queen's	100	209	Hutchens, H. ...	72¾	Wright, W., Hucknell Torkard	77¾	Jenny, F.	82¾	6 in
June 7	Newhall	100	203	Hutchens, H. ...	69¼	Smith, G., Pittsburgh	76¼	Wenney, J.	80¼	½ yd
Aug. 1	Hyde P.	100	202	Hutchens, H. ...	71	Moore, E., Southport	80½	Crossley, J. T....	80	½ yd
Sept. 12	Newhall	100	200	Hutchens, H. ...	69½	Wenney, J., Grimsby	79	Wise, C.	77½	¼ yd
Nov. 8	Queen's	100	205	Wright, W.	76½	Hinchcliffe, B., Lockwood	81¾	Horrocks, J.....	83	6 in
Dec. 27	,,	100	204	Hutchens, H. ...	71¼	Greaney, W., Westwood	80¼	Shaw, B.	75¾	6 in
Dec. 29	Newhall	20	160	Shaw, B.	50¾	Haywood, W., Sheffield	62½	Rowland, A. ...	62	foot
1882.										
Feb. 6	Newhall	20	165	——	—	Bromley, H., Sheffield.....	62½	Flinery, T.	63¾	1 yd
Feb. 21	Hyde P.	100	203	Hutchens, H. ...	71½	Hutchens, H., Putney	71½	Liddle, T.....	82	6 in
Apr. 11	Newhall	100	201	Hutchens, H. ...	69¾	Robinson, J., Derby.....	80	Gilmore, P.	78¾	1 yd
May 30	Queen's	100	205	Petley, G.....	75¾	Cartwright, T., Sedgley	80	Hollingsworth, C.	82½	½ yd
				Shaw, B.	75¾					
				Wright, W.	75¾					
July 18	Hyde P.	100	202	Petley, G.....	74¾	Broadbent, W., Oldham	78¾	Payley, F.....	79	¾ yd
				Shaw, B.	74¾					

Sept. 11	Hyde P.	100	200	Petley, G.	75¼	South, W., Sheffield	82¼	Brown, W.	80½	½ yd
				Shaw, B.	75¼					
Nov. 6	Newhall	100	202	Hutchens, H.	71¼	Spencer, W., Ilkeston	81	Cotterall, S.	81	½ yd
Dec. 27	,,	100	203	Hutchens, H.	74	Lownds, C., Worksop	82¾	Beaver, A.	85½	2 yds
Dec. 27	Queen's	100	203	Wright, W.	75½	Walker, C., Barnoldswick	80½	Isaacs, J.	82¾	foot
1883.										
Feb. 6	,,	100	205	Wright, W.	79½	Briggs, J., Basford	85	Analman, J.	86¼	2 yds
Feb. 6	Newhall	100	201	Hutchens, H.	73¼	Moody, J., Nottingdale	81¾	Wright, M.	83½	1 yd
Mar. 26	Hyde P.	100	200	Hutchens, H.	72¼	Ford, R., Halifax	82¼	Ellis, G.	82¾	1½ yds
Apr. 16	Newhall	100	200	Hutchens, H.	74¼	Cameron, F. E., Liverpool	84	Williamson, A.	86	½ yd
May 15	,,	100	202	Petley, G.	77	Gillon, T., Sheffield	84¼	Analman, J.	84	foot
July 10	Queen's	100	203	Richards, J.	78¼	Palmer, T., Sheffield	84½	Ellis, G.	83	1½ yds
Sept. 10	Newhall	100	204	Hutchens, H.	76¼	C. Burke	85¾	dead heat, divided	—	—
						P. Frith	87¼			
						Gibson	81¼			
						Gilmore, P.	84½			
Oct. 2	Hyde P.	100	201	Hutchens, H.	73½	Ellis, G., Sheffield	82	Banks, J. J.	84	¾ yd
Dec. 27	Newhall	100	201	Hutchens, H.	75	Martin, H., Sheffield	86	Marriott, G.	86	½ yd
1884.										
Feb. 26	,,	100	205	Hutchens, H.	77¼	Tattersall, J., Clitheroe	84½	Ratcliffe, R.	87	½ yd
Mar. 17	Queen's	100	204	Hutchens, H.	76¼	Williamson, A., Charlestown	87½	Ratcliffe, R.	85¾	1½ yds
Apr. 15	Newhall	100	204	Hutchens, H.	75¼	Morris, F., Alcester	84¼	Bromley, H.	86¾	¾ yd
June 3	,,	100	203	Hutchens, H.	75¾	Edwards, J., Derby	86	Hutchens, H.	75¾	1 yd
July 21	Hyde P.	100	201	Hutchens, H.	73¼	Isaacs, J. (Black)	84¼	Davey, J.	83¾	foot
Sept. 8	Newhall	100	200	Hutchens, H.	72¾	Martin, W.	80¾	South, W.	82¾	1½ yds
Dec. 27	,,	100	200	Gibson, J.	79¼	Williamson, A., Charlestown	85¼	I. C. Booth	85	6 in
1885.										
Feb. 17	Queen's	100	202	Hutchens, H.	75¼	Fowler, J., Stratford	86¼	Gilmore, P.	85½	1 yd
Apr. 7	Newhall	100	196	Hutchens, H.	73½	Johnson, M., Blackburn	82½	Ransom, C.	82	¾ yd
May 26	Queen's	100	200	Hutchens, H.	74¾	Gilmore, P., Spennymore	84½	Liddle, T.	83¼	foot
July 27	Newhall	100	198	Hutchens, H.	74½	Tattersall, J., Clitheroe	80½	Whitehead, E.	84	6 in

SHEFFIELD HANDICAPS.

Date.	Ground.	Amt.	Dist.	Scratch Man.	Start.	Winners.	Start.	Second.	Start.	How Won.
1885.		£	yds		yds		yds		yds	
Sept. 14	Queen's	100	201	Hutchens, H. ...	75	Wright, W. H., Sheffield	85½	Whitehead, E. ...	83½	½ yd
Dec. 28	Newhall	100	200	Hutchens, H. ...	75¾	South, W., Sheffield	85½	Broadbent, W....	81½	2 yds
1886.										
Mar. 9	Queen's	100	203	Hutchens, H. ...	77	Johnson, M. H., America	83	Edge, W.	86½	1 yd
Apr. 27	Newhall	100	202	Hutchens, H. ...	76½	Johnson, M., Blackburn	83¾	Gent, H.	85½	¾ yd
June 15	Queen's	100	205	Hutchens, H. ...	77½	Garside, J., Sheffield	87½	Banks, C.	88	6 in
Aug. 2	Newhall	100	201	Hutchens, H. ...	76	Liddle, T., Blaydon	83¾	Ransom, C.	88¾	2 yds
Sept. 13	Queen's	100	204	Hutchens, H. ...	78	Lister, G., Chester Moor	86¼	Addison, J.	87	6 in
Dec. 28	Newhall	100	202	Hutchens, H. ...	74	Moore, J., Wombwell	86	Haggerty, J.....	85	6 in
1887.										
Feb. 22	Queen's	100	201	Hutchens, H. ...	76	Moore, J., Wombwell	87	Hackett, C. H.	87	foot
Apr. 12	,,	100	205	Hutchens, H. ...	77½	Gent, H., Darlington	85¾	Barker, T.	89¾	2 yds
May 31	,,	100	204	Hutchens, H. ...	77	Gent, H., Darlington	82	Crone, E.	87¾	1½ yds
July 25	,,	100	203	Hutchens & Gent	77½	Kay, J., Farnsworth	85¾	Smith, A.	89½	9 in
Sept. 12	Newhall	100	205	Gent, H.	79½	Broadbent, W., Oldham	86	Tattersall, J.....	84½	6 in
Dec. 27	Queen's	100	201	Hutchens, H. ...	76	Campbell, F., Selkirk	85¼	Walker, Pico ...	85½	1 yd
1888.										
Feb. 4	Queen's	100	202	Gent, H.	74½	Thompson, A., Miles Platting.....	83¾	Lockwood, B. ...	84¼	foot
Apr. 3	,,	100	203	Woodhouse, J....	75	Ransom, C., West Brompton	83¾	Clarkson, M. ...	83¾	foot
May 22	,,	100	204	Gent, H.	76½	Simmonite, H., Sheffield	89	Scott, E.	85¾	½ yd
July 16	,,	100	200	Hutchens, H. ...	75	Cutting, C., Brampton	82	Marriott, A.	84¼	2 yds
Sept. 10	,,	100	201	Gent, H.	72½	Wharton, A., Darlington.....	77¾	Ashton, C.	81½	2 yds
Dec. 27	,,	100	202	Gent, H.	75	Ransom, C., Wood Green	79½	Walker, Pico ...	84½	on post
1889.										
Mar. 5	,,	100	203	Wharton & Gent	77½	Grant, G., Edinburgh	82	Gibson, J.....	79¾	2 yds
Apr. 23	,,	100	200	Wharton, A.....	76	Burrows, A., Nelson.....	83¼	Good, J.	81½	¾ yd
June 11	,,	100	206	Wharton, Gent & Grant	81	Brook, G., Winlaton Mill, near Blaydon	87¼	{ Marriott, A. ... { Good, J.	90½ 86¼	3 yds

RULES GOVERNING SHEFFIELD HANDICAPS.

DISQUALIFICATIONS.—Any man entering a handicap except in his proper name; or, having changed his residence, must state his late and present abode at the time of entry; or having won a handicap at any time and not stating it; or in any way to lead the handicappers astray. For any of these offences he will be disqualified, and his entrance and acceptance money will be forfeited.

PENALTIES.—Any man winning a handicap after the entries are published will be put back two yards, and one yard for being second; or any man running second to the winner in either of his heats will be put back half a yard. Penalties not accumulative.

Any man leaving or getting over his mark with either foot before the pistol is fired will be put back one yard for the first time, two yards the second time, and the third time disqualified.

If any man get over his mark and, after being put back, runs a dead-heat, in running off such heat the man penalized must start from his original mark.

OBJECTIONS.—No objection will be entertained unless made by eight p.m. on the first day's running, and the person making such objection must deposit the sum of £5 in the hands of the proprietor; and should the objection not be sustained the money deposited shall be forfeited, and go towards paying expenses, to be decided by the proprietor and the committee.

DEAD-HEATS.—In the event of a dead-heat being run, and one of the men afterwards walk-over for such heat, all bets about either man for that heat be added together and divided. Should the final result in a dead-heat, the two dead-heaters must divide the first and second prize equally, and all bets about either man winning the handicap right out must be added together and divided.

In the event of any disturbance taking place, or darkness coming on, the proprietors or committee shall have power to postpone the running of any heat or heats till the following day, except when a Sunday intervenes, in which case it shall be adjourned till the Monday.

The decision of the referee shall be final, without any appeal to a court of law

PROFESSIONAL WALKING RECORDS.

BRITISH AND AMERICAN RECORDS.

Miles	H.	M.	S.	
1	0	6	23	W. Perkins, Lillie Bridge, June 1, 1874
	0	6	36⅜	J. Meagher, New York, November 29, 1882
2	0	13	14	J. W. Raby, Lillie Bridge, August 20, 1883
	0	13	49⅜	J. Meagher, New York, November 29, 1882
3	0	20	21½	J. W. Raby, Lillie Bridge, August 20, 1883
	0	21	11½	J. Meagher, New York, November 29, 1882
4	0	27	38	J. W. Raby, Lillie Bridge, August 20, 1883
	0	28	42½	J. Meagher, New York, November 29, 1882
5	0	35	10	J. W. Raby, Lillie Bridge, August 20, 1883
	0	36	8	J. Meagher, New York, November 29, 1882
6	0	43	1	J. W. Raby, Lillie Bridge, August 20, 1883
	0	43	41	J. Meagher, New York, November 29, 1882
7	0	51	4	J. W. Raby, Lillie Bridge, August 20, 1883
	0	51	11½	J. Meagher, New York, November 29, 1882
8	0	58	44	J. Hibberd, Lillie Bridge, April 16, 1883
	0	58	37	J. Meagher, New York, November 29, 1882
9	1	7	14	J. W. Raby, Lillie Bridge, December 3, 1883
	1	9	31½	D. A. Driscoll, New York, February 1, 1881
10	1	14	45	J. W. Raby, Lillie Bridge, December 3, 1883
	1	17	53½	D. A. Driscoll, New York, February 1, 1881
11	1	22	38	J. W. Raby, Lillie Bridge, December 3, 1883
	1	26	17½	D. A. Driscoll, New York, February 1, 1881
12	1	30	34	J. W. Raby, Lillie Bridge, December 3, 1883
	1	34	56	D. A. Driscoll, New York, February 1, 1881
13	1	38	46½	J. W. Raby, Lillie Bridge, December 3, 1883
	1	43	44	D. A. Driscoll, New York, February 1, 1881
14	1	47	11½	J. W. Raby, Lillie Bridge, December 3, 1883
	1	52	16½	D. A. Driscoll, New York, February 1, 1881
15	1	55	56	J. W. Raby, Lillie Bridge, December 3, 1883
	2	1	20	D. A. Driscoll, New York, February 1, 1881
16	2	4	35⅛	W. Perkins, Lillie Bridge, July 16, 1877
	2	11	6½	D. A. Driscoll, New York, February 1, 1881
17	2	13	14	W. Perkins, Lillie Bridge, July 16, 1877
	2	21	15	D. A. Driscoll, New York, February 1, 1881
18	2	21	59	W. Perkins, Lillie Bridge, July 16, 1877
	2	30	58	D. A. Driscoll, Lynn, Mass., April 6, 1882
19	2	30	45⅛	W. Perkins, Lillie Bridge, July 16, 1877
	2	40	26	D. A. Driscoll, Lynn, Mass., April 6, 1882
20	2	39	57	W. Perkins, Lillie Bridge, July 16, 1177
	2	50	5	D. A. Driscoll, Lynn, Mass., April 6, 1882
21	2	49	8	H. Thatcher, Lillie Bridge, February 20, 1882
	2	59	31	D. A. Driscoll, Lynn, Mass., April 6, 1882
22	2	57	45	H. Thatcher, Lillie Bridge, February 20, 1882
	3	8	56	D. A. Driscoll, Lynn, Mass., April 6, 1882

W. Franks, at Lillie Bridge, London, August 28, 1882.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
23	3	15	45	25	3	35	14	27	3	56	13	29	4	19	0
24	3	25	6	26	3	45	12	28	4	6	45				
30	4	47	12												

J. Meagher, Boston, Mass., U.S.A., April 21, 1882.

W. Howes, at Agricultural Hall, London, March 30, 1878.

30	4	34	54	35	5	24	37	40	6	16	52	45	7	7	25
31	4	45	15	36	5	34	40	41	6	27	40	46	7	17	13
32	4	55	32	37	5	45	0	42	6	38	22	47	7	27	36
33	5	5	25	38	5	55	25	43	6	49	2	48	7	37	38
34	5	14	52	39	6	6	2	44	6	58	17	49	7	47	45
50	8	10	54												

J. Meagher, Boston, Mass., U.S.A., April 21, 1882.

J. Hibberd, at the Agricultural Hall, May 14, 1888.

50	7	54	16	56	8	58	24	61	9	52	27	66	10	52	11
51	8	4	14	57	9	9	3	62	10	4	23	67	11	3	47
52	8	14	52	58	9	18	27	63	10	16	37	68	11	14	44
53	8	25	39	59	9	29	29	64	10	28	47	69	11	26	15
54	8	36	52	60	9	40	47	65	10	40	45	70	11	38	35
55	8	47	48												
70	12	32	31												

D. O'Leary, Chicago, Ill., U.S.A., October 16, 1875.

W. Howes, at Agricultural Hall, May 15, 1880.

71	12	23	20	79	13	51	14	87	15	23	21	94	16	51	3
72	12	34	2	80	14	1	53	88	15	35	2	95	17	3	57
73	12	45	30	81	14	15	28	89	15	47	15	96	17	17	2
74	12	56	13	82	14	26	49	90	15	59	10	97	17	30	22
75	13	7	27	83	14	38	4	91	16	11	40	98	17	41	30
76	13	18	0	84	14	49	57	92	16	24	31	99	17	54	59
77	13	29	23	85	15	1	35	93	16	38	45	100	18	8	15
78	13	40	15	86	15	13	5								
100	18	53	40												

D. O'Leary, Chicago, October 16, 1875.

W. Howes, at Agricultural Hall, February 23, 1878.

101	18	20	52	109	19	58	16	116	21	19	30	123	22	41	4
102	18	32	50	110	20	9	15	117	21	31	46	124	22	56	48
103	18	44	54	111	20	20	23	118	21	43	21	125	23	9	47
104	18	57	10	112	20	31	43	119	21	55	16	126	23	24	49
105	19	9	0	113	20	43	57	120	22	6	25	127	23	43	7
106	19	21	55	114	20	55	37	121	22	16	21	128	24	3	20
107	19	35	15	115	21	7	27	122	22	28	22	129	24	20	36
108	19	46	45												

H. Vaughan, at Pomona Palace, Manchester, March 19, 1880.

130	25	34	0	134	26	23	56	137	27	1	42	140	27	36	43
131	25	46	31	135	26	37	20	138	27	13	44	141	27	49	3
132	25	59	0	136	26	49	9	139	27	22	45	142	28	1	24
133	26	11	22												

G. Littlewood, at Sheffield, March 7 to 11, 1882.

Miles	H.	M.	S.
143	29	15	49
144	29	27	14
145	29	39	43
146	29	50	20
147	30	2	4
148	30	13	45
149	30	25	11
150	30	36	28
151	30	51	49
152	31	2	47
153	31	13	36
154	31	25	19
155	31	38	56
156	31	50	42
157	32	1	55
158	32	13	46
159	32	26	1
160	32	38	40
161	32	53	17
162	33	5	35
163	33	17	36
164	33	28	33
165	33	39	0
166	33	50	36
167	34	1	40
168	34	13	0
169	34	24	33
170	34	36	24
171	34	48	7
172	34	59	56
173	35	11	26
174	35	24	1
175	35	36	25
176	35	49	56
177	36	0	0
178	36	11	25
179	36	23	4
180	36	37	0
181	36	49	34
182	37	0	18
183	37	14	15
184	37	26	3
185	37	38	12
186	37	51	30
187	38	3	2
188	38	16	0
189	38	28	36
190	38	40	59
191	38	53	0
192	39	4	56
193	39	17	38
194	39	30	30
195	39	43	58
196	39	56	20
197	40	8	0
198	40	21	0
199	40	32	3
200	40	46	30
201	41	3	30
202	41	15	0
203	41	27	5
204	41	40	0
205	41	52	45
206	42	4	6
207	42	16	30
208	42	28	35
209	42	40	25
210	42	54	3
211	43	6	0
212	43	18	45
213	43	32	24
214	43	46	4
215	44	0	0
216	44	13	17
217	44	27	51
218	44	40	17
219	44	54	58
220	48	41	18
221	48	54	52
222	49	6	3
223	49	20	3
224	49	33	7
225	49	47	7
226	49	59	14
227	50	12	22
228	50	26	37
229	50	39	59
230	50	53	37
231	51	7	40
232	51	20	6
233	51	34	37
234	51	47	2
235	52	2	27
236	52	14	55
237	52	27	2
238	52	41	19
239	52	53	58
240	53	6	32
241	53	18	20
242	53	31	58
243	53	44	25
244	53	56	8
245	54	8	45
246	54	20	25
247	54	33	59
248	54	46	29
249	54	58	59
250	55	12	22
251	55	24	50
252	55	37	10
253	55	50	0
254	56	2	0
255	56	14	25
256	56	27	0
257	56	41	56
258	56	55	20
259	57	7	13
260	57	19	20
261	57	33	10
262	57	47	0
263	58	0	0
264	58	12	13
265	58	25	14
266	58	39	17
267	58	54	7
268	59	7	26
269	59	19	32
270	59	33	15
271	59	51	4
272	60	8	47
273	60	21	45
274	60	34	48
275	60	48	49
276	61	1	30
277	61	14	5
278	61	27	37
279	61	42	5
280	61	55	0
281	62	8	56
282	62	23	0
283	62	36	31
284	62	50	15
285	63	3	36
286	63	18	32
287	63	34	0
288	63	48	26
289	64	1	50
290	64	15	0
291	64	29	20
292	64	44	30
293	64	59	0
294	65	10	30
295	65	23	25
296	65	36	46
297	65	50	3
298	66	3	48
299	66	16	30
300	66	30	0
301	66	43	0
302	66	56	5
303	67	9	25
304	67	21	13
305	67	34	35
306	71	24	41
307	71	38	29
308	71	52	21
309	72	5	3
310	72	19	52
311	72	33	51
312	72	48	10
313	73	2	7
314	73	15	31
315	73	28	8
316	73	41	42
317	73	54	38
318	74	6	14
319	74	19	4
320	74	32	33
321	74	45	53
322	74	58	32
323	75	10	5
324	75	23	2
325	75	35	11
326	75	49	17
327	76	2	28
328	76	15	30
329	76	28	40
330	76	41	46
331	76	58	8
332	77	11	23
333	77	24	22
334	77	38	37
335	77	52	27
336	78	12	0
337	78	25	15
338	78	38	25

G. Littlewood, at Sheffield, March 7 to 11, 1882.

Miles	H.	M.	S.
339	78	52	55
340	79	5	30
341	79	20	0
342	79	36	37
343	79	50	4
344	80	4	30
345	80	21	4
346	80	34	0
347	80	49	7
348	81	2	36
349	81	15	5
350	81	29	3
351	81	52	37
352	82	5	10
353	82	19	53
354	82	32	49
355	82	47	0
356	83	0	35
357	83	14	0
358	83	28	0
359	83	42	0
360	83	58	3
361	84	11	30
362	84	26	0
363	84	49	10
364	85	3	20
365	85	17	27
366	85	30	20
367	85	43	53
368	85	58	30
369	86	12	15
370	86	26	5
371	86	42	0
372	86	55	35
373	87	9	39
374	87	25	0
375	87	38	36
376	87	53	55
377	88	7	30
378	88	23	5
379	88	37	20
380	88	52	0
381	89	10	1
382	89	24	15
383	89	38	14
384	89	52	23
385	90	6	40
386	90	21	30
387	90	31	16
388	94	13	55
389	94	24	15
390	94	36	8
391	94	50	23
392	95	3	45
393	95	16	10
394	95	30	14
395	95	45	6
396	95	57	45
397	96	9	50
398	96	22	18
399	96	37	26
400	96	51	3
401	97	10	15
402	97	25	2
403	97	40	2
404	97	57	11
405	98	11	58
406	98	26	38
407	98	41	49
408	98	57	3
409	99	10	19
410	99	24	36
411	99	37	0
412	99	50	11
413	100	4	27
414	100	18	7
415	100	30	42
416	100	44	9
417	101	8	52
418	101	22	47
419	101	36	50
420	101	51	5
421	102	43	0
422	102	58	0
423	103	12	50
424	103	28	35
425	103	43	20
426	103	58	20
427	104	13	0
428	104	27	30
429	104	42	20
430	104	59	30
431	105	15	5
432	105	28	40
433	105	44	30
434	105	59	50
435	106	12	30
436	106	25	45
437	106	40	29
438	106	54	33
439	107	9	10
440	107	24	5
441	110	3	30
442	110	16	20
443	110	28	36
444	110	47	3
445	111	1	47
446	111	14	56
447	111	24	15
448	111	45	0
449	112	1	10
450	112	15	6
451	112	28	10
452	112	44	17
453	112	58	59
454	113	12	50
455	113	25	30
456	113	40	0
457	113	55	3
458	114	9	55
459	114	24	0
460	114	37	30
461	114	52	20
462	115	5	20
463	115	24	8
464	118	24	20
465	118	41	0
466	118	54	1
467	119	7	16
468	119	20	31
469	119	34	11
470	119	49	2
471	120	5	0
472	120	19	7
473	124	22	19
474	124	37	19
475	124	52	0
476	125	5	27
477	125	18	2
478	125	31	3
479	125	45	15
480	125	58	30
481	126	11	0
482	126	25	27
483	126	39	0
484	126	52	0
485	127	5	8
486	127	19	30
487	127	34	45
488	127	47	2
489	128	1	40
490	128	14	30
491	128	27	40
492	128	41	50
493	128	56	37
494	129	9	30
495	129	23	46
496	129	37	50
497	129	56	0
498	130	8	0
499	130	22	30
500	130	33	45
501	132	21	40
502	132	34	40
503	132	48	0
504	133	0	56
505	133	14	24
506	133	26	0
507	133	39	25
508	133	51	30
509	134	2	21
510	134	15	13
511	134	28	0
512	134	41	55
513	134	54	52
514	135	6	50
515	135	20	1
516	135	32	50
517	135	46	30
518	135	59	35
519	136	12	45
520	136	26	30
521	136	38	32
522	136	53	28
523	137	5	43
524	137	19	28
525	137	32	40
526	137	46	20
527	137	59	35
528	138	12	46
529	138	26	15
530	138	39	13
531	138	48	30

GREATEST DISTANCES WALKED IN STATED PERIODS.

Hours	M.	V.	
1	8	172	W. Griffin, Lillie Bridge, October 4, 1881.
	8	302	J. Meagher, New York, November 29, 1882.
2	15	824	W. Perkins, Lillie Bridge, July 16, 1877.
	14	1320	H. A. Driscoll, New York, February 1, 1887.
3	22	456½	H. Thatcher, Lillie Bridge, July 16, 1877.
	21	100	D. A. Driscoll, Lynn, Mass., April 6, 1882.
4	27	440	W. Franks, Lillie Bridge, August 28, 1882.
	25	780	E. C. Holske, Bangor, Me., February 6, 1879.

W. Howes, at Agricultural Hall, London, March 30, 1878.

Hours	M.	V.	Hours	M.	V.	Hours	M.	V.	Hours	M.	V.
5	32	800	6	38	750	7	44	500		—	
8	48	1300	J. Meagher, Boston, Mass., April 21, 1882.								

J. Hibberd, Agricultural Hall, London, May 14, 1888.

8	50	1010	9	56	300	10	61	1200	11	66	1300
12	70	677	J. Hibberd, at Sheffield, November 13, 1882.								

W. Howes, at Agricultural Hall, May 15, 1880.

13	74	660	15	84	1185	17	94	55	18	99	660
14	79	1430	16	90	440						

W. Howes, at Agricultural Hall, February 23, 1878.

19	104	400	21	114	600	23	124	440	25	129	0
20	109	250	22	119	600	24	127	1210			

H. Vaughan, at Pomona Palace, Manchester, March 19, 1880.

26	132	150	27	136	1565	28	141	1565	29	142	880

G. Littlewood, at Sheffield, March 7 to 11, 1882.

Hours	M.	V.	Hours	M.	V.	Hours	M.	V.	Hours	M.	V.
30	146	1489	55	249	120	80	343	1083	106	434	0
31	151	1354	56	253	1489	81	347	1489	107	438	677
32	156	1489	57	258	812	82	351	1083	111	444	1489
33	161	1083	58	263	0	83	355	1680	112	448	1625
34	166	1489	59	267	948	84	360	271	113	453	135
35	172	0	60	271	406	85	363	1489	114	457	677
36	177	0	61	275	1625	86	368	135	115	461	948
37	181	1700	62	280	542	87	372	406	119	466	948
38	186	1218	63	284	1218	88	376	677	120	470	1354
39	191	948	64	288	1354	89	380	1083	125	475	1083
40	196	667	65	293	135	90	384	812	126	480	135
41	200	1218	66	297	1354	95	391	1354	127	484	1218
42	205	1083	67	302	271	96	396	271	128	488	1489
43	210	812	68	305	542	97	400	542	129	493	406
44	215	0	72	308	1083	98	404	271	130	497	677
45	219	677	73	312	1625	99	408	406	133	503	1625
49	221	677	74	517	677	100	412	812	134	508	1354
50	226	100	75	322	135	101	416	1083	135	513	948
51	230	948	76	326	1625	102	420	135	136	518	0
52	234	1354	77	331	271	103	422	135	137	522	948
53	239	948	78	335	406	104	426	135	138	527	0
54	244	542	79	339	948	105	430	0	139	531	135

SIX DAYS' WALKS (TWELVE HOURS A DAY).

J. Hibberd, at Sheffield, November 13 to 17, 1882.

Days	M.	V.	Days	M.	V.	Days	M.	V.	Days	M.	V.
1	70	677	3	197	812	4	258	1625	5	318	1490
2	134	1218									

6	363	1510	Joe Scott, Agricultural Hall, London, May 19, 1888.
6	363	0	C. Faber, Pittsburg, U.S.A., July 3, 1880.

GREATEST DISTANCES WALKED IN EACH DAY (TWELVE HOURS A DAY).

J. Hibberd, at Sheffield, November 13 to 15, 1882.

Days	M.	V.	Days	M.	V.	Days	M.	V.	Days	M.	V.
1	70	677	2	64	542	3	62	1354		——	

4	62	1490	H. Carless, at Sheffield, November 16, 1882.	
5	60	160	F. Krohne, New York, June 4, 1880.	
5	57	100	Joe Scott, Australian Champion (of Dunedin, New Zealand), at London	May 18, 1880
6	60	503		May 19, 1880
6	55	741	C. Faber, Pittsburg, U.S.A., July 3, 1880.	

SIX DAYS' WALK (FOURTEEN HOURS A DAY).

H. Vaughan, at Agricultural Hall, June 30 to July 5, 1879.

Days	M.	Days	M.	Days	M.	Days	M.	Days	M.	Days	M.
1	78	2	148¾	3	215¾	4	285¼	5	346¾	6	390

1,000 MILES IN 400 CONSECUTIVE HOURS.—Edward Payson Weston against "Time," at Northumberland Cricket Ground, Newcastle-on-Tyne. Started at 7 a.m. Wednesday, December 26, 1877, and finished his task at 10h. 41m. p.m. Friday, January 11, 1878. Weston did not walk on the two Sundays intervening, and rested altogether 150 hours 38½ min.

4,000 QUARTER-MILES in 4,000 PERIODS OF TEN MINUTES (walking a quarter mile at the commencement of and within each consecutive ten minutes).—Performed twice by William Gale, viz., at the Canton Hotel Grounds, Cardiff (June 28 to July 25, 1877), and at the Agricultural Hall, London (October 21 to November 17 1877).

1,500 MILES IN 1,000 HOURS (mile and a half each hour, starting at the commencement of the hour).—Successfully performed by William Gale (height, 5ft. 3½in.), at Lillie Bridge. He commenced his task at 2.20 a.m. on Sunday, August 26, 1877, and completed it on Saturday, October 6, at 5h. 16m. 59s. p.m.; weighed at starting 8st. 6lb., and only lost 10lb. in weight.

E. P. Weston (of Providence, U.S.A.) walked 1,977½ miles in 1,000 hours (consecutive), over the turnpike roads of Great Britain, resting on Sundays. It was done in an attempt to walk 2,000 miles in 1,000 hours, starting from the Mansion House, London, January 18, 1879.

GREATEST DISTANCE WALKED WITHOUT A REST.—121 miles 385 yards, by C. A. Herriman, Truckee, Cal., April 6 and 7, 1883. 120¾ miles 240 yards, by Peter Crossland, at Pomona Palace, Manchester, September 11 and 12, 1876. 107 miles, in 22½ hours, by E. P. Weston, at Bristol, November 26, 1867.

AMATEUR WALKING RECORDS.

Miles.	H.	M.	S.	Name.	Place.	Date.
1	0	6	29⅖	F. P. Murray.....	New York	Oct. 27, 1883
1	0	6	34⅘	H. Whyatt	Birmingham	July 14, 1883
1	0	6	41⅗	C. W. V. Clarke	Stamford Bridge.....	June 21, 1887
2	0	13	48⅗	F. P. Murray.. ...	New York	May 30, 1884
2	0	13	54⅘	H. Webster	Preston.....	July 12, 1879
2	0	14	21⅖	W. H. Meek	Stamford Bridge.....	July 12, 1884
3	0	21	25⅗	C. W. V. Clarke	Lillie Bridge	June 28, 1887
3	0	21	28	H. Webster	Southport.....	Aug. 14, 1880
3	0	21	9⅕	F. P. Murray.....	New York	Nov. 6, 1883
4	0	29	10	W. H. Meek	Stamford Bridge.....	July 12, 1884
4	0	29	29	H. Webster	Lillie Bridge	April 7, 1877
4	0	29	40⅘	T. H. Armstrong	New York	Nov. 6, 1877
5	0	37	22	H. Webster	Lillie Bridge	April 7, 1879
5	0	38	0⅝	W. H. Purdy.....	New York	May 22, 1880
6	0	45	4	H. Webster	Lillie Bridge	April 7, 1879
7	0	52	34	H. Webster	Lillie Bridge	April 7, 1879
7	0	54	7	E. E. Merrill.....	Boston, Mass.....	Oct. 5, 1880
8	1	2	8½	J. B. Clark.....	New York	Sept. 8, 1880
8	1	3	41	C. W. V. Clarke	Richmond, Surrey	Mar. 5, 1887
9	1	10	8	E. E. Merrill.....	Boston, U.S.A.	Oct. 5, 1880
9	1	11	44	C. W. V. Clarke	Richmond, Surrey	Mar. 5, 1887
10	1	17	40¾	E. E. Merrill.....	Boston, U.S.A.	Oct. 5, 1880
10	1	19	50	C. W. V. Clarke	Richmond, Surrey	Mar. 5, 1887

C. W. V. Clarke, at Balham, London, December 26, 1885.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
11 ...	1	32	22	13 ...	1	50	54	15 ...	2	10	13	16 ...	2	19	58⅗
12 ...	1	41	32	14 ...	2	0	30								

W. E. N. Coston, at Stamford Bridge, London, December 27, 1880.

17 ...	2	29	39	21 ...	3	10	20	25 ...	3	53	35	28 ...	4	25	56
18 ...	2	39	50	22 ...	3	21	17	26 ...	4	4	8	29 ...	4	35	55
19 ...	2	50	10	23 ...	3	31	55	27 ...	4	15	25	30 ...	4	46	52
20 ...	3	0	9	24 ...	3	42	35								
30 ...	5	33	8												

T. H. Armstrong, New York, October 7, 1878.

A. W. Sinclair, at Lillie Bridge, London, November 14, 1879

Miles	M.	H.	S.	Miles	M.	H.	S.	Miles	M.	H.	S.	Miles	M.	H.	S.
31 ...	5	2	36	36 ...	5	55	55	41 ...	6	48	39	46 ...	7	41	59
32 ...	5	13	38	37 ...	6	6	29	42 ...	6	59	58	47 ...	7	53	8
33 ...	5	24	27	38 ...	6	17	11	43 ...	7	10	20	48 ...	8	4	8
34 ...	5	35	7	39 ...	6	27	32	44 ...	7	21	45	49 ...	8	14	55
35 ...	5	45	30	40 ...	6	38	3	45 ...	7	31	28	50 ...	8	25	25½
50 ...	9	29	22	G. B. Gillie, New York, May 11, 1878.											

A. W. Sinclair, at Lillie Bridge, London, August 26 and 27, 1881.

51 ...	9	8	26	69 ...	12	59	35	87 ...	17	0	14	104 ...	20	32	22
52 ...	9	39	43	70 ...	13	11	15	88 ...	17	13	0	105 ...	20	44	20
53 ...	9	50	39	71 ...	13	23	15	89 ...	17	25	22	106 ...	20	56	18
54 ...	10	1	55	72 ...	13	35	0	90 ...	17	37	51	107 ...	21	8	25
55 ...	10	13	40	73 ...	13	46	30	91 ...	17	50	24	108 ...	21	21	14
56 ...	10	25	5	74 ...	13	58	0	92 ...	18	2	52	109 ...	21	34	20
57 ...	10	36	35	75 ...	14	10	0	93 ...	18	15	23	110 ...	21	46	5
58 ...	10	48	0	76 ...	14	21	40	94 ...	18	27	30	111 ...	21	58	45
59 ...	10	59	33	77 ...	14	33	32	95 ...	18	39	23	112 ...	22	10	45
60 ...	11	11	10	78 ...	14	45	36	96 ...	18	52	27	113 ...	22	23	16
61 ...	11	23	0	79 ...	14	57	29	97 ...	19	5	5	114 ...	22	36	14
62 ...	11	35	37	80 ...	15	9	16	98 ...	19	17	48	115 ...	22	48	16
63 ...	11	47	13	81 ...	15	46	55	99 ...	19	30	37	116 ...	23	0	43
64 ...	11	59	0	82 ...	15	58	35	100 ...	19	41	50	117 ...	23	13	32
65 ...	12	10	35	83 ...	16	10	28	101 ...	19	53	56	118 ...	23	26	43
66 ...	12	22	35	84 ...	16	22	43	102 ...	20	8	58	119 ...	23	39	45
67 ...	12	35	2	85 ...	16	34	57	103 ...	20	20	35	120 ...	23	53	3
68 ...	12	47	27	86 ...	16	47	8								
100 ...	21	0	42	G. B. Gillie, New York, May 11, 1878.											

GREATEST DISTANCES WALKED IN STATED PERIODS.

Hours	M.	Y.	
1 ...	7	1318	J. B. Clark, New York, September 8, 1880.

A. W. Sinclair, at Lillie Bridge, August 26 and 27, 1881.

Hours	M.	Y.	Hours	M.	Y.	Hours	M.	Y.	Hours	M.	Y.
9	50	515	13	69	80	17	86	1720	21	106	560
10	53	1520	14	74	250	18	91	1370	22	111	220
11	59	50	15	79	400	19	96	1080	23	115	1660
12	64	180	16	82	220	20	101	895	24	120	0
24	108	977	G. B. Gillie, New York, May 11, 1878.								

J. A. McIntosh walked from Westminster Bridge to Brighton Aquarium, 52¼ miles, in 9 hours 25 minutes and 8 seconds, April 10, 1886.

PROFESSIONAL RUNNING RECORDS.

Distance.	H.	M.	S.	Name.	Place.	Date.
Yards.						
50	0	0	5⅝	H. M. Johnson ...	St. Louis, Mo., America	Oct. 21, 1888
50	0	0	5⅝	H. Hutchens	Paramatta, Australia ...	Jan. 12, 1887
*100	0	0	9¼	G. Seward	Hammersmith	Sept. 30. 1844
100	0	0	9½	H. Bethune	Dacota Sioux Fls. U.S.A.	Aug. 28, 1888
100	0	0	9⅝	H. Hutchens	Melbourne, Australia ...	Jan. 29, 1887
100	0	0	9⅝	W. Clarke	Melbourne, Australia ...	Jan. 29, 1887
110	0	0	11	F. N. Bonine	Ann Arbor, Mich., U.S.A.	May 22, 1886
120	0	0	11½	G. Seward	Ealing	May 3, 1847
120	0	0	11½	T. M. Malone ...	Australia	Apr. 12. 1888
122	0	0	11⅗	H. Gent	Sheffield	May 31, 1887
123	0	0	11¾	W. Clarke	Australia	Apr. 20. 1886
125	0	0	12½	M. K. Kettleman	Pittsburgh, U.S.A.	Aug. 18, 1884
†130	0	0	12⅛	W. Johnson	Fenham Park, England	Feb. 9, 1867
130	0	0	12½	H. M. Johnson ...	Pittsburgh, U.S.A.	July 17, 1886
130	0	0	12½	T. W. Malone ...	Australia	Apr, 17, 1884
131½	0	0	12⅝	H. Hutchens	Sheffield	Feb. 21, 1882
140	0	0	13½	H. Hutchens	Lillie Bridge	June 8, 1885
150	0	0	14 1⅗	H. Hutchens	Botany, Australia	Jan. 22, 1887
150	0	0	14⅗	G. Smith	Pittsburgh, U.S.A.	Aug. 7, 1886
150	0	0	15	C. Westhall	Manchester	Feb. 4, 1851
200	0	0	19½	G. Seward	Barnet, Herts	Mar. 22. 1847
200	0	0	19½	H. Bethune	Plattsburgh, N.Y.	Sept. 1, 1887
220	0	0	21⅕	H. Hutchens	Lillie Bridge	May 11, 1885
250	0	0	25¼	H. Hutchens	Botany, Australia	Jan. 24, 1887
300	0	0	30	H. Hutchens	Edinburgh	Jan. 2, 1884
350	0	0	37⅖	T. M. Malone ...	Australia	Dec. 27. 1884
350	0	0	38⅖	H. Hutchens	Wolverhampton	Sept. 19, 1885
400	0	0	45	T. Brian	Doncaster Road	Feb. 18, 1841
440	0	0	48¼	R. Buttery	Gateshead	Oct. 4, 1873
440	0	0	48⅗	L. E. Myers	Botany, Australia	Oct. 15, 1887
500	0	0	59	J. Powers	Boston, Mass., U.S.A....	Sept. 5, 1881
500	0	1	0¾	G. Walsh	Manchester	Apr. 13, 1872
600	0	1	13	J. Nuttall	Manchester	Feb. 20, 1864
700	0	1	29	J. Pudney	(on the road) Slough ...	Apr. 7, 1856
800	0	1	50	W. Jackson	Epsom Race Course.....	Nov. 2, 1826
880	0	1	55¾	J. Nuttall	Manchester	Aug. 31, 1867
880	0	1	53½	F. Hewitt	Sydney, N.S.W.	Sept 21. 1871
880	0	2	0⅗	J. E. Manning ...	Boston, Mass., U.S.A....	Oct. 13, 1877
1000	0	2	17	W. Cummings ...	Preston	Apr. 30, 1881

* Ground partly down hill.

† Strong wind behind the men.

PROFESSIONAL RUNNING RECORDS.

Distance.	H.	M.	S.	Name.	Place.	Date.
Miles.						
¾	0	3	7	W. Richards	Manchester	June 30. 1866
1	0	4	12¾	W. G. George ...	Lillie Bridge	Aug. 23, 1886
1	0	4	28½	J. Raine	Ottawa, Canada	May 24, 1881
1¼	0	5	30	W. Lang.....	Manchester	July 18, 1863
1½	0	6	43½	W. Cummings ...	Preston	Apr. 17. 1880
2	0	9	11½	W. Lang.....	Manchester	Aug. 1, 1863
2	0	10	4½	P. M'Intyre	San Francisco	Dec. 12. 1880
3	0	14	34⅜	P. Cannon(Stirling)	Glasgow Exhibition.....	Nov. 8, 1888
3	0	14	51	Ed. Case.....	Natick, Massachusetts...	Oct. 29, 1886
4	0	19	25⅞	P. Cannon(Stirling)	Glasgow Exhibition.....	Nov. 8, 1888
4	0	20	30½	G. Hazael	New York.....	July 31, 1881
5	0	24	40	Jack White.....	Hackney Wick.....	May 11, 1863
5	0	25	53½	G. Hazael	New York.....	July 30, 1881
6	0	29	50	Jack White.....	Hackney Wick.....	May 11. 1863
6	0	31	19⅛	C. Price	New York.....	May 19, 1883
7	0	34	45	Jack White.....	Hackney Wick.....	May 11, 1863
7	0	36	43⅛	C. Price	New York.....	May 19, 1883
8	0	40	20	J. Howitt(Norwich)	Islington	June 1, 1852
8	0	42	9⅝	C. Price	New York.....	May 19, 1883
9	0	45	21	J. Howitt(Norwich)	Islington	June 1, 1852
9	0	47	33⅞	C. Price	New York.....	May 19, 1883
10	0	51	6⅝	W. Cummings ...	Lillie Bridge	Sept. 28. 1885
10	0	52	10½	W. Steele	New York.....	May 19, 1883
11	0	56	52	L. Bennett.....	Brompton	Apr. 3, 1863
11	0	59	50⅜	P. Fitzgerald	New York.....	June 10, 1879
11½	0	59	54	L. Bennett ("Deer-	Brompton	Feb. 23, 1863
12	1	2	2½	L. Bennett foot")	Brompton	Apr. 3, 1863
12	1	7	15	G. Hazael	New York.....	July 11, 1881

J. Howitt (of Norwich), at Islington, March 22, 1852.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
13.....	1	10	31	14.....	1	16	12	15.....	1	22	0	16.....	1	28	6

A. Norris, at Bow Grounds, February 15, 1886.

17.....	1	36	7	18.....	1	42	33	19.....	1	49	15	
20...	1	54	0	P. Brynes, Halifax, N.S., October 4, 1879.								
	1	56	38	J. E. Warburton, Blackburn, May 29, 1880.								

G. Mason, at Lillie Bridge, March 14, 1881.

Miles	M.	H.	S.	Miles	M.	H.	S.	Miles	M.	H.	S.	Miles	M.	H.	S.
21	2	8	36	24	2	30	4	27	2	51	4	29	3	6	33
22	2	16	17	25	2	36	34	28	2	58	41	30	3	15	9
23	2	23	33	26	2	43	40								

J. Bailey, at Lillie Bridge, March 14, 1881.

31	3	22	51	34	3	46	10	37	4	9	48	39	4	26	0
32	3	30	40	35	3	54	6	38	4	17	40	40	4	34	27
33	3	38	30	36	4	1	53								

G. Cartwright, at Westminster Aquarium, February 21, 1887.

41	4	42	28	47	5	33	54	52	6	11	52½	57	6	58	24
42	4	50	26½	48	5	41	10	53	6	20	4½	58	7	8	19
43	4	58	17	49	5	48	0	54	6	29	4	59	7	19	7
44	5	6	35	50	5	55	4½	55	6	39	18	60	7	30	33
45	5	17	15	51	6	3	28	56	6	48	48	61	7	40	1
46	5	25	39½												

G. Littlewood, at Westminster Aquarium, November 24, 1884.

62	7	50	40	68	8	46	0	74	9	39	10	80	10	33	50
63	8	0	40	69	8	54	40	75	9	48	30	81	10	42	10
64	8	9	50	70	9	3	15	76	9	57	50	82	10	51	10
65	8	19	0	71	9	11	40	77	10	7	0	83	11	0	30
66	8	28	10	72	9	20	50	78	10	15	30	84	11	9	50
67	8	37	10	73	9	30	0	79	10	24	40				

C. Rowell, at New York, February 27, 1882.

85	11	17	35	102	14	13	55	119	16	40	55	135	19	50	20
86	11	25	20	103	14	20	50	120	16	48	10	136	20	0	40
87	11	34	30	104	14	30	5	121	16	59	0	137	20	18	30
88	11	42	15	105	14	37	10	122	17	8	55	138	20	30	40
89	11	51	55	106	14	45	10	123	17	17	5	139	20	40	20
90	12	0	15	107	14	54	50	124	17	28	67	140	20	50	30
91	12	9	45	108	15	3	10	125	17	37	30	141	21	0	10
92	12	17	40	109	15	11	15	126	18	26	25	142	21	9	55
93	12	26	10	110	15	20	45	127	18	36	20	143	21	19	30
94	12	35	40	111	15	30	10	128	18	46	20	144	21	27	10
95	12	43	30	112	15	37	45	129	18	58	35	145	21	35	10
96	12	52	0	113	15	47	45	130	19	4	55	146	21	46	0
97	13	1	40	114	15	55	45	131	19	14	55	147	21	57	50
98	13	9	25	115	16	6	35	132	19	22	40	148	22	8	50
99	13	18	15	116	16	15	5	133	19	31	25	149	22	18	25
100	13	26	30	117	16	24	10	134	19	40	40	150	22	28	25
101	14	5	21	118	16	32	5								

J. Hughes, at New York, October 24, 1882.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
151	25	24	35	153	25	49	30	155	26	9	0	157	26	52	25
152	25	38	7	154	26	18	0	156	26	40	15				

C. Rowell, at New York, February 28, 1882.

158	27	3	30	177	30	28	25	195	34	11	20	213	37	34	10
159	27	11	50	178	30	38	40	196	34	21	50	214	37	45	10
160	27	22	35	179	30	48	15	197	34	35	30	215	37	55	15
161	27	32	20	180	30	57	40	198	34	45	40	216	38	4	25
162	27	42	0	181	31	7	10	199	34	56	15	217	38	13	20
163	27	51	20	182	31	20	40	200	35	9	28	218	38	58	45
164	28	6	0	183	31	31	35	201	35	19	12	219	39	8	25
165	28	16	40	184	31	41	40	202	35	27	42	220	39	17	5
166	28	26	20	185	31	54	35	203	35	44	30	221	39	26	5
167	28	41	10	186	32	5	50	204	35	54	30	222	39	35	10
168	28	52	5	187	32	16	20	205	36	4	10	223	39	45	30
169	29	3	10	188	32	27	10	206	36	14	15	224	39	59	30
170	29	14	30	189	33	11	30	207	36	26	20	225	40	8	30
171	29	26	30	190	33	21	15	208	36	37	20	226	40	17	50
172	29	36	10	191	33	31	50	209	36	49	30	227	40	27	15
173	29	47	50	192	33	42	25	210	37	1	5	228	40	40	5
174	29	58	30	193	33	52	35	211	37	13	50	229	40	52	10
175	30	9	20	194	34	1	30	212	37	25	15	230	41	3	15
176	30	18	15												
231	42	31	0	C. Rowell, at Agricultural Hall, November 2, 1880.											

C. Rowell, at New York, February 28 to March 2, 1882.

232	42	44	5	248	46	0	0	264	51	14	40	280	54	35	30
233	42	56	15	249	46	13	45	265	51	25	0	281	54	45	25
234	43	8	40	250	46	24	50	266	51	36	35	282	54	55	0
235	43	17	45	251	46	36	15	267	51	47	40	283	55	4	45
236	43	29	50	252	46	50	0	268	52	13	15	284	55	15	5
237	43	38	10	253	47	2	50	269	52	24	15	285	55	25	0
238	43	52	25	254	47	15	50	270	52	34	35	286	55	35	0
239	44	5	40	255	47	26	20	271	52	44	10	287	55	45	10
240	44	18	20	256	47	36	25	272	52	56	0	288	55	55	55
241	44	30	15	257	47	48	55	273	53	6	0	289	56	7	55
242	44	43	30	258	47	59	5	274	53	15	40	290	56	18	9
243	44	57	50	259	48	7	15	275	53	25	40	291	56	28	40
244	45	9	10	260	48	19	40	276	53	35	35	292	56	43	35
245	45	20	20	261	50	45	30	277	53	45	25	293	56	57	25
246	45	33	50	262	50	55	20	278	53	55	15	294	57	7	25
247	45	46	30	263	51	4	20	279	54	25	20	295	57	17	40

C. Rowell, at New York, February 28 to March 2, 1882.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
296	57	27	50	318	61	57	45	340	66	36	40	362	75	34	35
297	57	40	5	319	62	8	35	341	66	59	10	363	75	46	45
298	57	52	35	320	62	18	45	342	67	8	50	364	75	59	45
299	58	3	40	321	62	28	5	343	67	20	35	365	76	11	20
300	58	17	6	322	62	37	10	344	67	32	15	366	76	24	30
301	58	55	46	323	62	49	0	345	67	43	10	367	76	37	0
302	59	4	46	324	63	1	0	346	67	53	30	368	76	51	25
303	59	14	15	325	63	11	5	347	68	7	40	369	77	5	30
304	59	22	50	326	63	22	30	348	68	19	30	370	77	15	45
305	59	31	40	327	63	33	5	349	68	30	15	371	77	24	15
306	59	41	55	328	63	46	40	350	68	42	10	372	77	34	0
307	59	52	45	329	63	57	50	351	71	35	40	373	77	43	30
308	60	1	55	330	64	8	40	352	71	47	25	374	77	54	45
309	60	11	10	331	64	20	45	353	71	58	30	375	78	50	15
310	60	21	10	332	64	32	10	354	72	12	45	376	79	3	20
311	60	32	0	333	65	21	34	355	72	23	20	377	79	11	30
312	60	40	20	334	65	35	5	356	72	35	25	378	79	20	5
313	60	53	30	335	65	43	45	357	72	50	30	379	79	29	25
314	61	10	10	336	65	53	45	358	73	4	20	380	79	40	25
315	61	20	25	337	66	3	25	359	75	0	10	381	79	52	25
316	61	31	10	338	66	16	40	360	75	10	35	382	80	3	10
317	61	43	45	339	66	26	15	361	75	22	40	383	80	13	45

James Albert (Cathcart) (of Philadelphia), at New York, February 9, 1888.

384	81	11	0	401	84	55	5	418	88	33	5	435	92	29	14
385	81	21	45	402	85	7	15	419	88	46	8	436	92	39	10
386	81	33	20	403	85	20	30	420	88	59	10	437	92	50	10
387	81	44	30	404	85	30	12	421	89	11	41	438	93	5	40
388	81	56	30	405	85	50	4	422	89	28	30	439	93	16	2
389	82	8	0	406	86	2	13	423	89	41	29	440	93	35	28
390	82	17	30	407	86	14	50	424	89	54	47	441	93	46	6
391	82	44	40	408	86	25	20	425	90	7	55	442	93	58	0
392	82	52	20	409	86	39	23	426	90	40	39	443	94	9	51
393	83	5	15	410	86	52	8	427	90	54	48	444	94	20	15
394	83	20	5	411	87	4	53	428	91	3	39	445	94	32	13
395	83	30	0	412	87	16	50	429	91	16	0	446	94	44	23
396	83	46	20	413	87	28	59	430	91	30	0	447	94	55	8
397	83	56	45	414	87	40	0	431	91	41	20	448	95	5	53
398	84	9	10	415	87	54	5	432	91	52	10	449	95	16	58
399	84	19	28	416	88	5	47	433	92	5	15	450	95	26	18
400	84	31	18	417	88	17	47	434	92	17	15				

G. Hazael (of London), at New York, March 3, 1882.

451	99	0	50	452	99	11	30	453	99	22	0

P. Fitzgerald, at New York, May 2 and 3, 1884.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
454 ...	99	37	15	466 ...	102	10	0	478 ...	104	38	25	490 ...	107	6	45
455 ...	99	48	5	467 ...	102	25	30	479 ...	104	51	30	491 ...	107	16	50
456 ...	100	2	30	468 ...	102	35	0	480 ...	105	11	20	492 ...	107	31	0
457 ...	100	14	30	469 ...	102	45	0	481 ...	105	26	35	493 ...	107	46	30
458 ...	100	26	45	470 ...	102	54	15	482 ...	105	39	45	494 ...	108	2	5
459 ...	100	41	55	471 ...	103	4	15	483 ...	105	50	5	495 ...	108	16	35
460 ...	100	55	50	472 ...	103	21	50	484 ...	106	3	55	496 ...	108	33	15
461 ...	101	10	40	473 ...	103	36	25	485 ...	106	15	50	497 ...	108	43	50
462 ...	101	19	55	474 ...	103	48	45	486 ...	106	25	30	498 ...	108	55	0
463 ...	101	30	50	475 ...	104	4	45	487 ...	106	36	50	499 ...	109	7	15
464 ...	101	42	15	476 ...	104	16	0	488 ...	106	45	45	500 ...	109	18	20
465 ...	101	58	0	477 ...	104	27	10	489 ...	106	56	45				

J. Albert (Cathcart) (of Philadelphia), at New York, February 10, 1888.

501 ...	110	4	18	502 ...	110	17	30	503 ...	110	30	5				

P. Fitzgerald, at Madison Square Garden, New York, May 2 and 3, 1884.

504 ...	110	43	20	505 ...	110	54	40	506 ...	111	5	30	507 ...	111	18	20

J. Albert (Cathcart) (of Philadelphia), at New York, February 10, 1888.

508 ...	111	34	3	512 ...	112	27	30	516 ...	113	15	0	519 ...	113	55	30
509 ...	111	46	0	513 ...	112	39	45	517 ...	113	29	30	520 ...	114	6	0
510 ...	111	58	0	514 ...	112	52	30	518 ...	113	41	0	521 ...	114	19	45
511 ...	112	16	0	515 ...	113	4	30								

P. Fitzgerald, at Madison Square Garden, New York, May 2 and 3, 1884.

522 ...	114	35	35	525 ...	115	10	0	527 ...	115	35	25	529 ...	116	5	45
523 ...	114	48	15	526 ...	115	21	5	528 ...	115	48	25	530 ...	116	18	15
524 ...	114	59	30												

531 ...	116	44	0	J. Albert (Cathcart), at New York, February 10, 1888.
532 ...	116	53	0	J. Albert (Cathcart), at New York, February 10, 1888.
533 ...	117	18	45	P. Fitzgerald, at New York, May 2, 1884.

J. Albert (Cathcart) (of Philadelphia), at New York, February 10, 1888.

534 ...	117	30	0	537 ...	118	5	0	540 ...	118	41	0	543 ...	119	18	30
535 ...	117	40	30	538 ...	118	16	35	541 ...	118	54	0	544 ...	119	30	0
536 ...	117	52	30	539 ...	118	29	30	542 ...	119	7	0				

G. Hazael, at New York, March 3 and 4, 1882.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
545 ...	122	33	10	550 ...	123	20	50	554 ..	124	15	30	558 ...	125	3	40
546 ...	122	41	25	551 ...	123	35	25	555 ...	124	27	55	559 ...	125	14	20
547 ...	122	50	25	552 ...	123	51	25	556 ...	124	40	40	560 ...	125	24	45
548 ...	123	0	5	553 ...	124	3	40	557 ...	124	52	15	561 ...	126	35	45
549 ...	123	9	45												

G. Littlewood (of Sheffield), at New York, December 8, 1888.

562 ...	126	32	0	564 ...	126	58	0	566 ...	127	22	0	568 ...	127	48	0
563 ...	126	45	5	565 ...	127	10	0	567 ...	127	35	0				

569 ... 127 59 50 G. Hazael (of London), at New York, March 4, 1888.
570 ... 128 10 0 G. Hazael (of London), at New York, March 4, 1888.

G. Littlewood (of Sheffield), at New York, December 8, 1888.

571 ...	128	30	0	585 ...	131	0	0	599 ...	134	46	30	612 ...	137	43	0
572 ...	128	41	0	586 ...	131	12	0	600 ...	135	0	0	613 ...	137	57	0
573 ...	128	52	0	587 ...	131	24	0	601 ...	135	13	30	614 ...	138	11	15
574 ...	129	6	0	588 ...	131	40	0	602 ...	135	26	30	615 ...	138	26	50
575 ...	129	16	0	589 ...	131	50	0	603 ...	135	40	15	616 ...	138	40	0
576 ...	129	25	0	590 ...	132	0	0	604 ..	135	54	0	617 ...	138	54	15
577 ...	129	35	0	591 ...	132	13	0	605 ...	136	7	45	618 ...	139	9	0
578 ...	129	45	0	592 ...	132	26	0	606 ...	136	21	36	619 ...	139	23	0
579 ...	129	56	0	593 ...	132	37	30	607 ..	136	35	15	620 ...	139	37	0
580 ...	130	7	0	594 ...	133	42	30	608 ...	136	48	30	621 ...	139	51	0
581 ...	130	18	0	595 ...	133	55	30	609 ...	137	2	30	622 ..	140	3	40
582 ...	130	29	0	596 ...	134	8	20	610 ...	137	16	0	623 ...	141	40	30
583 ...	130	41	0	597 ...	134	21	0	611 ...	137	29	30	623¾ ...	141	57	30
584 ...	130	50	30	598 ...	134	34	0								

GREATEST DISTANCES RUN IN STATED PERIODS.

The greatest distance ever run in 4 minutes is 1670 yards, by J. Sherdon, at Sheffield, April 12, 1853.

W. Lang ran one mile, partly down hill, at Newmarket, in 4 minutes, 2 seconds, October 30, 1860.

Hours	M.	V.	
1	11	970	L. Bennett, Brompton, April 3, 1863.
2	20	0	G. Hazael, Lillie Bridge, December 10, 1877.
2	20	0	J. E. Warburton, Blackburn, May 29, 1880.
3	28	300	G. Mason, Lillie Bridge, March 14, 1881.
4	35	1320	J. Bailey, Lillie Bridge, March 14, 1881.
5	43	170	J. Bailey, Lillie Bridge, March 14, 1881.

G. Littlewood, at Westminster, November 24, 1884.

Hours	M.	V.	Hours	M.	V.		M.	V.	Hours	M.	V.
6	49	—	8	62	1584		76	880	11	82	1584
7	56	352	9	69	1056						

C. Rowell (of Cambridge, England), at New York, February 27, 1882.

12	89	1540	15	107	1210	18	125	1540	21	140	—
13	96	1540	16	114	880	19	129	660	22	147	220
14	100	880	17	121	—	20	135	—	23	150	395
26	153	880	J. Hughes, at New York, October 25, 1882.								

C. Rowell, at New York, February 28 to March 2, 1882.

27	157	1100	40	224	—	54	278	—	67	341	—
28	163	660	41	229	1100	55	282	880	68	346	880
29	168	1100	42	230	395	56	288	220	69	350	395
30	174	220	43	233	440	57	293	440	72	353	220
31	180	440	44	238	880	58	298	1100	73	357	1100
32	185	660	45	243	220	59	301	660	74	358	1495
33	188	220	46	248	—	60	307	1320	75	358	1540
34	193	1540	47	252	1320	61	313	440	76	364	—
35	199	220	48	258	220	62	318	440	77	368	1320
36	204	880	49	260	395	63	323	1540	78	374	175
37	209	1540	51	262	880	64	329	440	79	375	1100
38	215	880	52	267	220	65	332	—	80	381	1100
39	218	220	53	272	660	66	336	1100	81	383	615

J. Albert (Cathcart) (of Philadelphia), at New York, February 9, 1888.

82	388	600	86	405	1500	90	424	700	94	442	300
83	392	1000	87	410	1200	91	427	1100	95	447	800
84	397	600	88	415	880	92	432	1100	96	450	—
85	401	700	89	420	150	93	437	1200	97	450	—
99	450	1540	G. Hazael, at New York, March 3, 1882.								

P. Fitzgerald, at New York, May 2, 1884.

100	455	1320	103	470	1100	106	483	1320	108	493	1540
101	460	440	104	474	1100	107	489	440	109	498	600
102	465	660	105	479	1100						
110	500	1200	J. Albert (Cathcart), at New York, February 20, 1888.								
111	505	880	P. Fitzgerald, at New York, May 2, 1884.								

J. Albert (Cathcart) (of Philadelphia), at New York, February 10, 1888.

112	510	200	113	514	1000	114	520	880		—	

P. Fitzgerald, at New York, May 2, 1884.

Hours	M.	V.	Hours	M.	V.	Hours	M.	V.	Hours	M.	V.
115	524	220	116	528	660		—			—	

J. Albert (Cathcart) (of Philadelphia), at New York, February 10, 1888.

117	533	880	118	536	1100	119	541	800	120	544	—

G. Hazael (of London), at New York, March 4, 1882.

123	547	1540	124	552	1100	125	557	1100	126	560	170
127	564	300	G. Littlewood, at New York, December 8, 1888.								
128	569	40	G. Hazael, at New York, March 4, 1882.								

G. Littlewood (of Sheffield), at New York, December 8, 1888.

129	573	1000	133	593	—	137	608	1540	141	622	250
130	579	700	134	595	600	138	613	400	142	623	1320
131	585	—	135	600	—	139	617	600	143	623	1320
132	590	—	136	604	700	140	621	1350	144	623	1320

SIX DAYS' GO-AS-YOU-PLEASE (TWELVE HOURS A DAY).

G. Littlewood, at Westminster, November 24 to 27, 1884.

Days	M.	V.	Days	M.	V.	Days	M.	V.	Days	M.	V.
1	89	880	2	162	704	3	229	1408	4	296	1056
5	362	528	C. Rowell, at Westminster, May 1, 1885.								
6	430	—	C. Rowell, at Westminster, May 1, 1885.								

GREATEST DISTANCES RUN IN EACH DAY (TWELVE HOURS A DAY).

Days	M.	V.	
1	89	880	G. Littlewood, Westminster, November 24, 1884.
2	74	1712	G. Cartwright, Birmingham, September 28, 1880.
3	76	160	G. Littlewood, Birmingham, September 27, 1882.
4	73	1509	G. Mason, Sheffield, December 28, 1882.
5	79	244	G. D. Noremac, Dundee, June 11, 1880.
6	67	1132	C. Rowell, Westminster, May 2, 1885.

SIX DAYS' GO-AS-YOU-PLEASE (FOURTEEN HOURS A DAY).

1	89	—	S. Pettit, Birmingham, October 6, 1879.
2	143	1100	S. Day, Birmingham, October 9, 1877.
3	213	—	S. Day, Birmingham, October 8, 1879.
4	277	—	S. Day, Birmingham, October 9, 1879.
5	340	—	S. Day, Birmingham, October 10, 1879.
6	405	1100	S. Day, Birmingham, October 11, 1879.

AMATEUR RUNNING RECORDS.

Distance.	H. M. S.	Name.	Place.	Date.
yds				
50	0 0 5½	L. E. Myers	America	Dec. 12, 1883
100	0 0 10	J. M. Cowie	Edinburgh	June 28, 1884
100	0 0 10	A. Wharton	Stamford Bridge, London	July 3, 1886
100	0 0 10	R. L. La Montague	Manhattan A. C., America	June 29, 1878
100	0 0 10	R. L. La Montague	Staten Is. A.C., America	Sept. 28, 1878
100	0 0 10	R. L. La Montague	New York A.C., America	Sept 20, 1879
100	0 0 10	W. C. Wilmer ...	America	Oct. 12, 1878
100	0 0 10	L. E. Myers	Manhattan A.C., America	Sept. 18, 1880
100	0 0 10	E. J. Wendell.....	Harvard College, America	May 24, 1881
100	0 0 10	W. Baker	Boston; U.S.A.....	July 1, 1886
110	0 0 11⅕	C. H. Sherrill.....	America	June 15, 1889
120	0 0 11⅘	W. P. Phillips ...	Stamford Bridge	Mar. 25, 1882
120	0 0 12	L. E. Myers	New York	May 30, 1882
*120	0 0 16	C. N. Jackson ...	Oxford	Nov. 14, 1865
*120	0 0 16	S. Palmer	Lillie Bridge, London ...	Apr. 15, 1878
*120	0 0 16	C. F. Daft	Stamford Bridge	July 3, 1886
*120	0 0 16⅕	A. A. Jordan	Manhattan A.C., America	June 19, 1886
125	0 0 12⅘	C. H. Sherrill.....	America	May 6, 1889
130	0 0 13	W. Baker	Boston, Mass., U.S.A....	July 1, 1886
†150	0 0 14⅗	J. M. Cowie	Gravesend	Aug. 25, 1883
150	0 0 14⅘	C. G. Wood	Stamford Bridge	July 21, 1887
150	0 0 15	C. H. Sherrill.....	Hamilton Pk., Ct., U.S.A.	June 15, 1888
180	0 0 18	W. Baker	Boston, Mass., U.S.A....	June 14 1886
180	0 0 18⅕	L. Junker	Stamford Bridge	Apr. 27, 1878
200	0 0 20	E. H. Pelling.....	Stamford Bridge	June 8, 1889
200	0 0 20⅕	L. E. Myers	New York	Sept. 15 1881
220	0 0 21⅗	C. G. Wood	Stamford Bridge	July 22, 1887
220	0 0 22	W. Baker	Boston, Mass., U.S.A....	June 14 1886
250	0 0 24⅘	E. H. Pelling.....	Stamford Bridge	Sept. 22, 1888
250	0 0 25⅘	C. H. Sherrill.....	Hamilton Pk., Ct., U.S.A.	June 15, 1888
280	0 0 29⅘	J. M. Cowie	Stamford Bridge	June 4, 1881
300	0 0 31⅜	L. E. Myers	New York	Oct. 22, 1881
300	0 0 31½	C. G. Wood	Stamford Bridge	July 21, 1887
350	0 0 36⅘	L. E. Myers	Philadelphia	Oct. 15, 1881
350	0 0 38⅖	H. R. Ball	Stoke-on-Trent	June 30, 1882

* Over hurdles.

† Ground slightly down hill, 6ins. over the distance, on turf.

AMATEUR RUNNING RECORDS.

Distance.	H. M. S.	Name.	Place.	Date.
yds				
400	0 0 43⅝	L. E. Myers	New York.....	June 3, 1882
400	0 0 43⅝	H. C. L. Tindall...	Stamford Bridge	June 29, 1889
440	0 0 47¾	W. Baker	Boston, Mass., U.S.A....	July 1, 1886
440	0 0 48½	H. C. L. Tindall...	Stamford Bridge	June 29, 1889
500	0 0 58	L. E. Myers	Staten Island, America...	May 29, 1880
500	0 0 59⅕	A. G. Le Maitre...	Surbiton, near London...	Apr. 14, 1888
600	0 1 11⅘	L. E. Myers	New York	July 1, 1882
600	0 1 12	H. C. L. Tindall...	Cambridge.....	Mar. 16, 1889
660	0 1 22	L. E. Myers	New York	July 17, 1880
660	0 1 26¼	W. G. George ...	New York	Nov. 4, 1882
700	0 1 31	L. E. Myers	New York	Sept. 16, 1882
700	0 1 31⅘	W. G. George ...	New York	Nov. 4, 1882
800	0 1 44⅘	L. E. Myers	New York	Sept. 16, 1882
800	0 1 45½	W. G. George ...	New York	Nov. 4, 1882
880	0 1 54⅘	F. J. K. Cross ...	Oxford	Mar. 9, 1888
880	0 1 55¼	W. C. Dohm	New York City.....	June 21, 1889
1000	0 2 13	L. E. Myers	New York	Oct. 8, 1881
1000	0 2 14⅕	L. E. Myers	Birmingham	July 19, 1884
1000	0 2 15⅘	W. Pollock Hill...	Oxford	Mar. 8, 1889
1320	0 3 8¾	W. G. George ...	Lillie Bridge	June 3, 1882
1320	0 3 10½	W. G. George ...	New York	Nov. 30, 1882
1320	0 3 13	L. E. Myers	New York	Nov. 30, 1882
1500	0 3 38⅕	W. Snook	Birmingham	Aug, 18, 1883
1500	0 3 38⅕	W. Snook	Birmingham	June 16, 1884
Mile.				
1	0 4 18⅘	W. G. George ...	Birmingham	June 21, 1884
1	0 4 21⅘	W. G. George ...	New York	Nov. 11, 1882
1	0 4 27⅕	G. M. Gibbs	Detroit, Michigan, U.S.A.	Sept. 19, 1888
1	0 4 27⅗	L. E. Myers	New York	Nov. 11, 1882

W. G. George, at Stamford Bridge, July 29, 1882.

Yards	H. M. S.	Miles	H. M. S.	Miles	H. M. S.	Yards	H. M. S.
2000 ...	0 5 10⅘	1¼ ...	0 5 44	1½ ...	0 6 57⅗	3000 ...	0 7 58⅕

W. G. George, at Stamford Bridge, April 26, 1884.

Miles	H. M. S.	Miles	H. M. S.	Miles	H. M. S.	Miles	H. M. S.
1¾ ...	0 8 8⅕	2 ...	0 9 17⅖				

W. G. George, at Stamford Bridge, May 17, 1884.

2¼ ...	0 10 51	2¾ ...	0 13 22⅕	3¼ ...	0 15 54	3¾ ...	0 18 26⅕
2½ ...	0 12 6	3 ...	0 14 39	3½ ...	0 17 10	4 ...	0 19 39⅘

W. G. George, at Stamford Bridge, July 28, 1884.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
4¼ ...	0	21	15⅖	5¼ ...	0	26	24⅘	6¼ ...	0	31	40	7¼ ...	0	36	57½
4½ ...	0	22	32	5½ ...	0	27	43	6½ ...	0	32	57½	7½ ...	0	38	18½
4¾ ...	0	23	49⅘	5¾ ...	0	29	1½	6¾ ...	0	34	16½	7¾ ...	0	39	37
5 ...	0	25	7⅘	6 ...	0	30	21½	7 ...	0	35	37	8 ...	0	40	57⅖

W. G. George, at Stamford Bridge, April 7, 1884.

8¼ ...	0	42	15	8¾ ...	0	44	52	9¼ ...	0	47	31	9¾ ...	0	50	9
8½ ...	0	43	33	9 ...	0	46	12	9½ ...	0	48	51	10 ...	0	51	20

W. G. George, at Stamford Bridge, July 28, 1884.

10¼ ...	0	53	1⅘	10¾ ...	0	55	46	11¼ ...	0	58	32⅕	11½ ...	0	59	51½
10½ ...	0	54	24	11 ...	0	57	9⅗								

G. A. Dunning, at Stamford Bridge, January 1, 1881.

11¾ ...	1	5	4	14 ...	1	18	16	16¼ ...	1	32	18	18¼ ...	1	45	52
12 ...	1	6	33	14¼ ...	1	19	47	16½ ...	1	33	56	18½ ...	1	47	37
12¼ ...	1	7	58	14½ ...	1	21	19	16¾ ...	1	35	38	18¾ ...	1	49	27
12½ ...	1	9	24	14¾ ...	1	22	52	17 ...	1	37	20	19 ...	1	51	20
12¾ ...	1	10	50	15 ...	1	24	24	17¼ ...	1	39	2	19¼ ...	1	53	13
13 ...	1	12	18	15¼ ...	1	25	55	17½ ...	1	40	44	19½ ...	1	55	8
13¼ ...	1	13	46	15½ ...	1	27	29	17¾ ...	1	42	24	19¾ ...	1	57	2
13½ ...	1	15	16	15¾ ...	1	29	3	18 ...	1	44	6	20 ...	1	58	44⅘
13¾ ...	1	16	45	16 ...	1	30	42								

G. A. Dunning, at Stamford Bridge, December 26, 1881.

20¼ ...	2	0	59	21½ ...	2	9	23	22¾ ...	2	17	56	24 ...	2	27	5
20½ ...	2	2	39	21¾ ...	2	11	5	23 ...	2	19	50	24¼ ...	2	28	56
20¾ ...	2	4	20	22 ...	2	12	48	23¼ ...	2	21	38	24½ ...	2	30	40
21 ...	2	6	0	22¼ ...	2	14	28	23½ ...	2	23	25	24¾ ...	2	32	21
21¼ ...	2	7	40	22½ ...	2	16	10	23¾ ...	2	25	15	25 ...	2	33	44

J. A. Squires, at Balham, May 2, 1885.

26 ...	2	47	14	28 ...	3	2	11	29 ...	3	9	51	30 ...	3	17	36½
27 ...	2	54	26												

J. A. Squires, at Balham, April 11, 1885.

31 ...	3	30	37½	33 ...	3	48	29	35 ...	4	4	50	36 ...	4	13	24½
32 ...	3	38	56	34 ...	3	56	39¼								

J. E. Dixon, at Birmingham, December 29, 1884.

Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.	Miles	H.	M.	S.
37 ...	4	21	12½	39 ...	4	37	20½	41 ...	4	58	8½	42 ...	5	7	17
38 ...	4	29	18½	40 ...	4	46	54								

J. E. Dixon, at Balham, April 11, 1885.

43 ..	5	17	18	44 ...	5	26	19	45 ...	5	35	10				

J. E. Dixon, at Birmingham, December 29, 1881.

46 ...	5	43	13												

J. E. Dixon, at Balham, April 11, 1885.

47 ...	5	53	0½	48 ...	6	2	15½	49 ...	6	10	55½	50 ...	6	18	26½

W. C. Davies, at Agricultural Hall, Islington, September 9, 1880.

51 ...	6	57	50	59 ...	8	14	13	67 ...	9	40	7	75 ...	10	57	33
52 ...	7	13	1	60 ...	8	23	30	68 ...	9	50	1	76 ...	11	7	25
53 ...	7	21	34	61 ...	8	34	46	69 ...	10	0	5	77 ...	11	17	20
54 ...	7	30	10	62 ...	8	43	5	70 ...	10	9	25	78 ...	11	27	2
55 ...	7	39	10	63 ...	8	53	30	71 ...	10	18	20	79 ...	11	37	40
56 ...	7	47	40	64 ...	9	3	52	72 ...	10	28	20	80 ...	11	45	40
57 ...	7	56	18	65 ...	9	20	51	73 ...	10	37	38	81 ...	12	0	0
58 ...	8	5	5	66 ...	9	30	25	74 ...	10	47	52				

A. W. Sinclair, at Westminster, November 29, 1884.

82 ...	12	49	50	85 ...	13	45	20	88 ...	14	29	0	90 ...	15	0	
83 ...	13	3	0	86 ...	14	0	0	89 ...	14	44	0	91 ...	15	7	20
84 ...	13	13	20	87 ...	14	15	0								

J. Saunders, at American Institute, New York, February 22, 1882.

92 ...	15	51	5	100 ...	17	36	14	107 ...	19	15	25	114 ...	21	17	20
93 ...	16	4	0	101 ...	17	48	15	108 ...	19	42	40	115 ...	21	32	0
94 ...	16	16	20	102 ...	18	2	10	109 ...	19	51	5	116 ...	21	46	50
95 ...	16	27	20	103 ...	18	14	15	110 ...	20	13	10	117 ...	22	1	28
96 ...	16	41	40	104 ...	18	26	55	111 ...	20	28	20	118 ...	22	19	24
97 ...	17	0	15	105 ...	18	45	20	112 ...	20	45	50	119 ...	22	35	29
98 ...	17	11	40	106 ...	18	59	0	113 ...	21	0	42	120 ...	22	47	23
99 ...	17	25	0												

GREATEST DISTANCES RUN IN STATED PERIODS.

Hrs.	Miles	Yds.	
1	11	932	W. G. George, at Stamford Bridge, July 28, 1884.
2	20	190	G. A. Dunning, Stamford Bridge, December 26, 1881.

W. C. Davies, at Agricultural Hall, September 9, 1880.

Hrs.	Miles	Yds.	Hrs.	Miles	Yds.	Hrs.	Miles	Yds.	Hrs.	Miles	Yds.
8 ..	57	770	10 ...	68	1705	12 ...	81	—		——	

A. W. Sinclair, at Westminster, November 29, 1884.

14 ...	86	—	15 ...	90	—		——			——	

J. Saunders, at American Institute, New York, February 22, 1882.

16 ...	92	1265	18 ...	101	1540	20 ...	109	220	22 ...	116	1590
17 ...	96	1740	19 ...	106	—	21 ...	112	1540			

PROFESSIONAL JUMPING RECORDS.

STANDING HIGH JUMP.—5ft. 3in., by E. A. Johnson, at Baltimore, May 20, 1878.

STANDING HIGH JUMP (with weights).—5ft. 5⅜in., J. F. Kearney, at Brooklyn, September 11, 1886; 4ft. 11in., H. Andrews, Dalkeith, 1875.

STANDING BACK JUMP.—12ft. 2in., by W. Booth.

STANDING WIDE JUMP.—11ft. 1in., E. A. Johnson, Rocky Point, U.S.A., August 3, 1881.

STANDING WIDE JUMP (with weights).—14ft. 5½in., by G. W. Hamilton, at Romeo, Michigan, U.S.A., October 3, 1879 (used 22lb. weights); 13ft. 7in., by J. Greaves, at Bardsley, September 18, 1875 (used 23lb. weights).

RUNNING HIGH JUMP.—6ft. 1in., by Hugh Andrews, Alva Garves, near Stirling, Scotland, August 12, 1881; 6ft. ½in., by E. A. Johnson, at Boston, U.S.A., October 1, 1881; 5ft. 11½in., by J. Methven, at Cupar, Fifeshire, 1856; 5ft. 11in., by E. Vardy, at Haydon, August 27, 1859.

RUNNING HIGH JUMP (taking off from a wooden block).—6ft., by F. Theobald, at Bayswater, September 1, 1851.

RUNNING HIGH JUMP (with weights).—6ft. ¾in., T. F. Kearney, Brooklyn, New York, September 5, 1886.

RUNNING WIDE JUMP.—21ft. 6½in., by E. A. Johnson, at Guelph, Ontario, Canada, October 13, 1879; 20ft. 5in., by S. Muir and J. Young, at Dalkeith, September 11, 1869.

RUNNING WIDE JUMP (with weights).—29ft. 7in., by J. Howard, at Chester Race Course, May 8, 1854 (used 5lb. dumb-bells), taking off from a block of wood 2ft. long, 1ft. wide, wedge shaped, 3in. thick, and raised 4 inches; 23ft. 3¾in., by C. H. Biggar, at Guelph, Ontario, Canada, October 13, 1879 (used 16lb. weights).

POLE JUMP.—10ft. 10½in., by G. Musgrove, at Cockermouth, 1866; 10ft. 9in., by D. Anderson, at Bridge of Allan, August 6, 1870.

STANDING HOP, STEP, AND JUMP.—32ft. 6in., by E. A. Johnson, at Guelph, Ontario, Canada, July 1, 1881.

STANDING HOP, STEP, AND JUMP (with weights).—40ft. 2in., by D. Anderson, Fort Eyemouth, July 24, 1865; 34ft. 11½in., by E. A. Johnson, at Guelph, Ontario, Canada, October 13, 1879.

RUNNING HOP, STEP, AND JUMP.—48ft. 8in., by T. Burrows, at Worcester, Mass., U.S.A., October 18, 1884.

LONGEST FLYING JUMP (third of three stand).—16ft. 4in., by J. Darby, at Westminster Aquarium, November 8, 1888.

TWO STANDING JUMPS (with 19lb. weights).—26ft. 2in., by J. Darby, at the Royal Aquarium, Westminster, November 10, 1888.

THREE STANDING JUMPS (with weights).—41ft. 7in., by J. Darby (of Dudley), Westminster Aquarium, London, November 5, 1888; 39ft. 3in., by D. M. Sullivan, St. Catherine's, Canada, August 17, 1885.

FIVE STANDING JUMPS (without weights).—55ft. 2in., by H. W. Johnson, at St. Louis, U.S.A., September 4, 1888.

SEVEN STANDING JUMPS (with weights).—96ft. 4in., by J. Darby, Manchester, July 2, 1887.

TEN STANDING JUMPS.—109ft. 2in., by H. M. Johnson, St. Louis, U.S.A., September 19, 1886.

SIX BACK SPRING JUMPS (with weights).—48ft. 11in., by W. Booth, Leeds, October 20, 1869.

STAND, TWO HOPS, AND JUMP.—34ft., by D. Deardon, at Farnworth, July 23, 1881.

STAND, HOP, TWO STRIDES, AND JUMP.—45ft. 3in., by J. Emmerson, at Manchester, July 15, 1871.

STAND, FOUR HOPS, AND JUMP.—53ft., D. Deardon, at Blackburn, September 23, 1882.

STAND, FIVE HOPS, AND JUMP.—71ft. 2in., by J. Humphreys, at Farnworth, February 18, 1882.

STAND, ONE HOP, TWO STRIDES, ONE HOP, TWO STRIDES, AND A JUMP.—73ft. 2in., by J. Emmerson, Manchester, January 14, 1871.

STAND, NINE HOPS, AND JUMP.—40yds. 3in., by J. Humphreys, at Farnworth, July 23, 1881.

STAND, TEN HOPS, AND A JUMP.—132ft. 7in., by J. Stuttard, Burnley, September 6, 1879.

STAND, NINETEEN HOPS, AND JUMP.—79yds. 6in., by J. Humphreys, at Bury, Lancashire, June 11, 1881.

RUN, TWO HOPS, AND JUMP.—49ft. 6in., by T. Burrows, at Manchester, June 3, 1882.

RUN, HOP, TWO STRIDES, AND JUMP.—60ft. 8¼in., by J. Emmerson, at Manchester, May 6, 1871.

RUN, SIX HOPS, AND A JUMP.—101ft. 10½in., by Thos. Burrows, at Manchester, July 2, 1887.

RUN, EIGHT HOPS, AND JUMP.—40yds. 2ft., by Thos. Burrows, at Oldham, December 22, 1883.

RUN, TEN HOPS, AND JUMP.—48yds. 2ft. 8½in., by Walstead, at Bury, Lancashire, May 18, 1880.

RUN, FIFTEEN HOPS, AND JUMP.—60yds. 10in., by W. Hall, at Oldham, January 31, 1880.

RUN, HOP, TEN STRIDES, AND JUMP.—51yds. 3in., by W. Mutch, at Bury, Lancashire, November 12, 1881.

BRIDGE JUMPING.—Steve Brodie dropped from Poughkeepsie Bridge, U.S.A., 217ft., November 9, 1888; from Brooklyn Bridge, New York, 140ft., July 23, 1886; High Bridge, Harlem River, 100ft., July 18, 1886.

PROFESSIONAL HAMMER THROWING, WEIGHT PUTTING, AND FEATS OF STRENGTH.

PUTTING THE WEIGHT, 7FT. 6IN. RUN, WITHOUT FOLLOW.—16lb., 42ft. 6½in.; 21lb., 36ft. 11in.—both by D. C. Ross, at New York, November 4, 1882. 12lb. shot, 7½ft. run, 50ft. ½in; 14lb. shot, 7½ft. run, 47ft.—both by John M'Pherson, Brooklyn, August 20, 1887.

21lb. SHOT.—37ft. 3in., by G. Davidson, Edinburgh, June 2, 1883.

THROWING THE HAMMER, WITHOUT RUN OR FOLLOW.—12lb., 132ft. 1in., by John A. M'Dougal, at New Glasgow, Canada; he also threw the 12lb. hammer 87ft. 10in., September, 1888. 12lb., 116ft. 6in.; 16lb., 100ft. 3½in.; 17lb., 87ft., 6½in.; 21lb., 78ft. ½in.—all by D. C. Ross, at New York, November 4, 1882.

THROWING 50lb. WEIGHT (without follow).—31ft. 5in., by Peter Foley, Milwaukee, Wis., August 3, 1887. 56lb. 15oz. (by the side, without follow), 28ft. 5in., by Peter Foley, Chicago, Ill., August 7, 1886.

LIFTING HEAVY WEIGHTS (hands only).—1,442lb. (12cwt. 3qrs. 1 stone), by D. L. Dowd, Springfield, Mass., March 21, 1883; 2,550¾lb. (1 ton 2cwts. 3qrs. 2¾lbs.) (pushing up with back, arms, and legs), by Louis Cyr, at Montreal, Canada, March 31, 1880.

4lb. dumb-bell put up 6,000 times in 59min. 53sec., by C. E. Stickney, Lynn, Mass., June 22, 1885.

10lb. dumb-bell put up 8,431 times in 4 hours 34min., by H. Pennock, New York, December 13, 1870. 50½lb. dumb-bell fairly lifted from floor, right hand only, 1,000 times, 9min. 40sec.; 2,000, 19min. 23sec.; 3,000, 29min. 23sec.; 4,000, 39min. 5sec.; 5,000, 52min. 20sec.; 6,000, 67min.; 7,000, 80min. 20sec.; 7,600, 1½ hour.

225lb. dumb-bell put up by Louis Cyr, from floor to shoulder with both hands, shoulder to arm's length with one hand, Montreal, May 28, 1886.

219½lb. (barrel of flour) lifted 240 times in one minute (total weight, 23 tons 2qrs. ¾lb.), by C. O. Breed, Lynn, Mass., December 13, 1884.

AMATEUR JUMPING, HOPPING, VAULTING, &c.

STANDING HIGH JUMP.—4ft. 10in., by F. Hargreaves and E. Moore, at Pendlebury, August 5, 1871; 5ft. 1¼in., by W. Soren, at New York, May 29, 1880.

RUNNING HIGH JUMP.—6ft. 2¾in., by P. Davin, at Carrick-on-Suir, Ireland, July 5, 1880; 6ft. 3¼in., by W. B. Page, at Stourbridge, August 15, 1887; 6ft. 4in., by W. B. Page, at Philadelphia, October 7, 1887.

STANDING LONG JUMP.—10ft. 5in., by J. J. Tickle, at Manchester, September 2, 1871; 10ft. 9¾in., by M. W. Ford, at New York, April 23, 1885.

RUNNING LONG JUMP.—23ft. 2in., by P. Davin, at Monastereven, Ireland, August 30, 1883; 23ft. 3in., by M. W. Ford, Brooklyn, July 3, 1886.

POLE LONG JUMP.—24ft. 5in., by A. F. Remsey, at Brooklyn, October 15, 1886.

POLE HIGH JUMP.—11ft. 8½in., by Tom Ray, at Barrow, September 22, 1888; 11ft. 5in., by H. Barber, at New York, September 24, 1887; 11ft. 5in., by H. Baxter, at New York, October 15, 1887.

VAULTING (one hand).—5ft. 6½in., by J. D. Webster, at Philadelphia, April 6, 1886.

VAULTING A FENCE.—7ft. 3¾in., by C. H. Atkinson, at Cambridge, U.S.A., March 22, 1884.

VAULTING A BAR.—7ft. 1½in., by J. H. S. Moxley, at Dublin, June 27, 1874; 7ft. 4in., by T. E. Page, at Gambier, U.S.A., May 18, 1881.

ONE HAND VAULT OVER BAR.—5ft. 6½in., by J. D. Webster, at Philadelphia, April 6, 1886.

HITCH AND KICK.—8ft. 11½in., by T. B. Fogg, at Nashville, June 7, 1881.

RUNNING HIGH KICK.—9ft. 8in., by C. C. Lee, at New Haven, Conn., U.S.A., March 19, 1887.

STANDING HOP, STEP, AND JUMP.—31ft. 10in., by M. W. Ford, at Brooklyn, July 18, 1886.

RUNNING HOP, STEP, AND JUMP.—48ft. 3in., by J. Purcell, at Limerick, Ireland, June 9, 1887; 41ft. 1¾in., by M. W. Ford, at New York, May 10, 1884.

THREE STANDING JUMPS.—34ft. 4½in., by M. W. Ford, at New York, April 10, 1885.

TWO RUNNING HOPS AND A JUMP.—47ft. 9½in., by J. Purcell, at Tralee, May 7, 1887.

TWO RUNNING HOPS, STEP, AND JUMP.—46ft. 7½in., by J. Purcell, at Dublin, June 2, 1884.

TEN STANDING WIDE JUMPS.—113ft. 5½in. by M. W. Ford, at Brooklyn, July 3, 1886.

HOPPING 50 YARDS.—Time, 7⅕sec., by J. D. See, at New York, October 15, 1885.

HOPPING 100 YARDS.—Time, 13⅗sec., by J. D. See, at New York, October 15, 1885.

RUNNING BACKWARDS 100 YARDS.—Time, 15½sec., by E. G. Hayes, at Chester, U.S.A., May 18, 1813.

THREE-LEGGED RACE, 100 YARDS.—Time, 12½sec., by T. A. Bertram and H. Price, at Kingston, Ontario, Canada, October 16, 1883.

THREE-LEGGED RACE, 200 YARDS.—Time, 28½sec., by A. Randolph and H. Reynolds, at Baltimore, May 24, 1880.

STANDING WIDE JUMP (with weights).—11ft., by J. Duckworth, at Bradford, July 24, 1869; 12ft. 9½in., by G. L. Helling, at Williamsburgh, November 29, 1884 (used 16lb. dumb-bells).

STANDING JUMP, STEP, AND JUMP (with weights).—31ft. 10in., by M. W. Ford, at Brooklyn, July 20, 1886.

THREE STANDING WIDE JUMPS (with weights).—35ft. 9in., by W. S. Lawton, at San Francisco, May 13, 1878.

THROWING THE HAMMER.

THROWING 16lb. HAMMER, length over all 4ft. (unlimited run and follow).—138ft. 3in., by G. H. Hales, at Lillie Bridge, London, April 7, 1876; 126ft. 10in., by J. S. Mitchell, at Limerick, September 11, 1886. With one hand: 125ft. 4in., by M. Davin, at Stamford Bridge, London, May 26, 1877; also 123ft. 2in., by M. Davin, at Dublin, June 10, 1878. *Run and turn inside 9ft. circle, but without follow: 130ft., by W. J. M. Barry, at Stamford Bridge, London, June 29,

* The rule under which the Amateur Championship is now decided.

1889; 124ft. 8in., by J. S. Mitchell, at Crewe, June 30, 1888. Run and turn inside 7ft. circle, but without follow: 119ft. 9in., by J. S. Mitchell, at Limerick, June 9, 1887; 129ft. 3¼in., by W. J. M. Barry (of Cork), at New York, August 12, 1888. Length of handle unlimited: 116ft. 7½in., by M. Davin, at Dublin, June 2, 1879. 7ft. run: 130ft., by J. S. Mitchell, at New York, November 6, 1888.

Standing at scratch, without run or follow: 99ft. 7in., by C. A. J. Queckberner, at Staten Island, U.S.A., November 14, 1888. With 4ft. handle: 105ft. 5¼in., by W. L. Coudon, Philadelphia, May 28, 1887.

12lb. HAMMER (from a stand).—120ft.; one turn but no follow, 139ft. 11in.; one turn, one hand, 120ft. 4¾in.—all by W. J. M. Barry, at New York, October 9, 1887.

18lb.—118ft. 11in., by J. S. Mitchell, at New York, September 29, 1888.

21lb. (3ft. 6in. handle).—81ft. 3in., by C. A. J. Queckberner, at Staten Island, U.S.A., November 14, 1888.

SHOT PUTTING AND WEIGHT THROWING.

PUTTING 16lb. SHOT (run in 7ft. square, no follow allowed).—41ft. 9in. (iron), by Lieut. G. R. Gray, New York A.C., at Ball's Bridge, Dublin, July 7, 1888; 44ft. 5in., by George R. Gray, at New York, September 21, 1888; 43ft. 9in., by J. D. O'Brien, at Dublin, July 3, 1886.

PUTTING 12lb. SHOT.—45ft. 8½in., by W. J. M. Barry, at New York, October 9, 1887.

PUTTING 21¾lb. SHOT (without follow).—35ft. 10in., by C. A. J. Queckberner, at Brooklyn, September 11, 1886.

PUTTING 24lb. SHOT.—33ft. 9½in., by Lieut. G. Gray, at New York, November 21, 1888.

PUTTING 28lb. SHOT (with follow).—34ft. 4in., by T. Ryan, at Kingstown, September 12, 1886.

PUTTING 42lb. WEIGHT (run in 7ft. square, without follow).—25ft. 4in., by O. Harte, at Dublin, June 16, 1883. With follow.—28ft. ½in., by W. Beale, at Limerick, June 18, 1886.

PUTTING 56lb. SHOT (with follow).—21ft. 9in., by J. Maxwell, at Macroon, October 4, 1883.

THROWING 14lb. SHOT (with run and follow). —58ft. 6in., by J. S. Mitchell, at Limerick, September 11, 1886. 7lb. Shot.—84ft. 11in., by J. S. Mitchell, at Limerick, September 11, 1886.

THROWING 56lb. (from the side, with one hand, without run or follow).—27ft. 9in., by W. L. Condon, at Detroit, September 19, 1888; 27ft. 1¾in., by J. S. Mitchell (of Ireland), at Philadelphia, October 25, 1888. Unlimited run: 36ft. 6in., by J. S. Mitchell, at Philadelphia, U.S.A., October 25, 1888.

SLINGING 56lb. WEIGHT (by the ring, unlimited run, with follow).—34ft. 1in., by J. S. Mitchell, at Dublin, September 11, 1886.

SLINGING 56lb. WEIGHT (between the legs, without follow). —27ft., by W. M. J. Barry, at Mallow, May 14, 1885. With follow.—28ft. 4in., by W. M. J. Barry, at Cork, April 18, 1885.

SLINGING 56lb. WEIGHT (from a stand, without follow). —26ft. 3¼in., by C. A. J. Queckberner, at New York, September 27, 1884.

THROWING 56lb. OVER HIGH BAR.—12ft. 9in., by J. C. Daly, at Quillane, July 22, 1886; 13ft. 9in., by M. O. Sullivan, at New York, October 2, 1886.

THROWING BASEBALL.—124yds. 8in., by —, Griffin, at Cincinnati, September 30, 1888.

THROWING CRICKET-BALL. —137yds. (out and home), by G. Brown, at Walderton Common, about 1819; 127yds. 1ft. 3in., by W. H. Game, at Oxford, March 13, 1873; 126yds. 1ft. 6in., by E. B. Fawcett, at Brighton, June, 1858; 122yds. 1ft. 9in., by W. Forbes, at Eton, March, 1875; 128yds. 10½in., by Crane, and 125yds. 8in., by Williamson, at Melbourne, January 5, 1889.

FEATS OF STRENGTH.

LIFTING HEAVY WEIGHTS.—Hands only: 1,384lb., by H. Lenssey, at Cincinnati, March 3, 1880. In harness: 3,239lb. (1 ton 8cwt. 3qrs. 19lb.), by W. B. Curtis, New York, December 20, 1868.

DUMB-BELLS.—50lb. put up 94 times, one hand, shoulder to arm's length, Alra A. Hylton, at San Francisco, May 19, 1885; 100lb., put up 20 times, one hand, shoulder to arm's length, G. M. Robinson, at San Francisco, November 25, 1875.

APPENDIX.

ANATOMY.

THE MUSCULAR SYSTEM OF MAN.

IT is not our intention to give a comprehensive description of the muscular system, in fact, it would not be sufficiently understood by the general reader, and consequently would fail to instruct those for whom these pages are written. At the same time, a slight sketch of the external anatomy of the human frame, the muscles, and their tendinous prolongations, will proclaim (with the assistance of the anatomical plates) to those who have eyes to see the actual position of muscles, their relation to the osseous structure, the functions they perform, and the actions they bring into play.

The animate body is under the influence of the nerves, and they are guided in every function and action by the brain. The brain indicates that certain actions are to be performed, such as lifting a ball from the ground. The brain by its electric force calls into requisition those nerves which operate on the part or parts that are required for the performance of this or that function, and no action ever so slight can be carried into effect excepting under the direct control of the brain.

In the work before us we will endeavour to explain the locomotive system, which consists of bones of various formations. Some are long and cylindrical, and are called long, like the femur, the long thigh-bone ; irregular, like the dentata or second cervical segment, etc.; and every bone, whatever its shape, whether long, short, or irregular, exists within the osseous fabric as the most important organism in causing the due performance of locomotion. The skeleton is composed of all

FIG. 1.

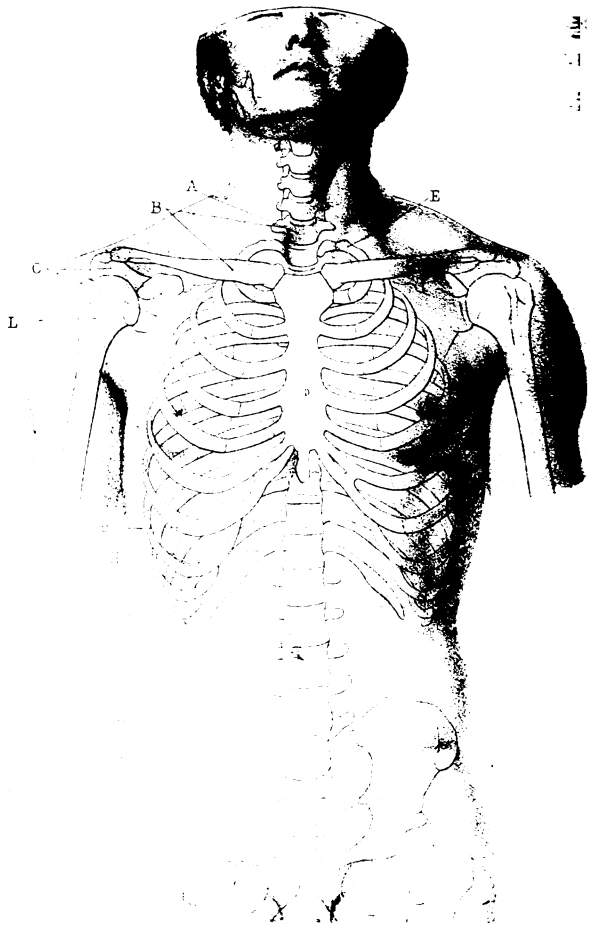
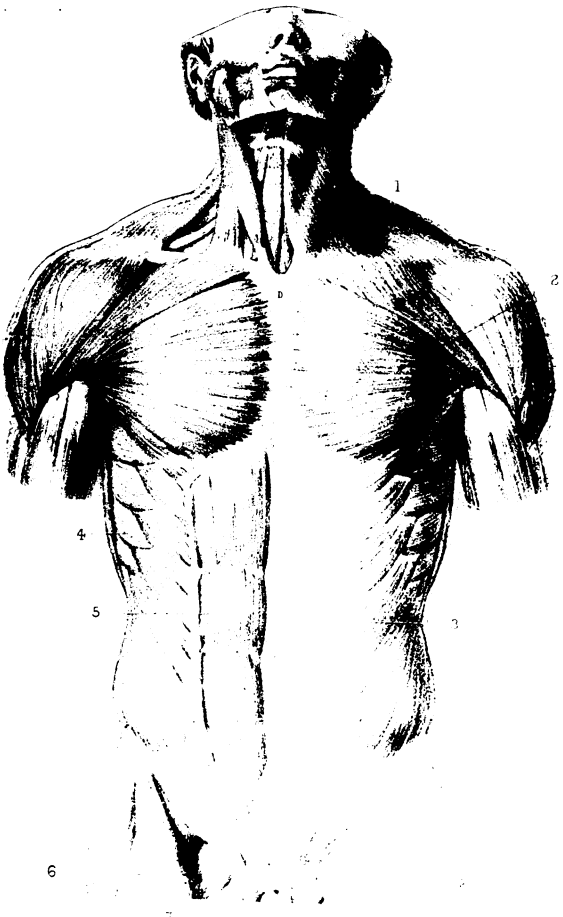


PLATE 1.—ANTERIOR PART

FIG. 1.—A. Last Cervical Vertebra. B. Collar Bone. C. Scapula. D. Sternum
I. Last Lumbar Vertebra. J. Sacrum and Coccyx. K. Pelvic Bone.

PLATE 1.

FIG. 2.



T OF THE TRUNK.

m. E. First Rib. G. Twelfth Rib. H. Twelfth Dorsal Vertebra.
L. Humerus. M. Femur.

the bones placed in apposition one to the other to form joints similarly regarding position as during the lifetime of the animal, the joints are kept in position by ligaments, tendons, and indirectly by muscles ; the soft parts, like tendons, operate upon hard bones, the muscle acts as a lever to lift a cylindrical bone, and this constitutes the primary notion of locomotion. But when more than one muscle is attached to one and the same bone, then the function of each is either combined or separate in its action, to explain the varied functions of which the subsequent pages will be devoted.

Actions are affected by muscular contractility. A man doubles his fist and raises his arm, the biceps stands out, is seemingly increased in size, but in reality it has contracted its length to gain rotundity in its centre, and every muscle of the body acts exactly in the same way ; by contracting upon itself, the extent of action is controlled by the amount of muscular tissue operated upon. A long muscle acting on a long cylindrical bone is endowed with a large latitude of movement. Smaller muscles enjoy more limited scope, and their movements are not so pronounced ; but the functions they perform are all equally important ; the one sometimes cannot act without the other, and the sympathy between them is manifest at every movement.

THE ANTERIOR PART OF THE TRUNK.

The plates introduced give pictures of the external anatomy of man, which represent the muscles that cover, and consequently hide from view, the deeper seated, many of which play an important part, and are actively engaged by men when exposed to violent exertion. It is, therefore, necessary that the athlete should have some knowledge of the arrangement and disposition of the muscles common to the ribs. The runner without good breathing power cannot sustain the effects of prolonged fatigue, neither can an athlete race for any distance unless his respiratory organs are capable of performing their

functions under the influence of severe strain. Strength of muscle has much to do with the healthy performance of the respiratory function ; and, therefore, the full muscular development of the chest must give power by causing the expansion of the thorax and increasing the breathing faculty. Various muscles in acting upon the bones forming the costal region come into play during respiratory efforts. Within the intervening spaces between each rib thin muscular layers fill up those spaces, and on account of the position they assume are named intercostal muscles. These are the most important for our consideration, as they are the chief agents in effecting the costal movements. The expansion and diminution of the chest is produced by the separation and approximation of the ribs, "like the rays of a fan when this is opened and shut." The outer intercostals raise the ribs, and thus advance the sternum so as to increase the diameter of the thoracic cavity. The internal intercostals depress the ribs and draw their lower borders inwards, thus they diminish the intercostal spaces, and in so doing decrease the area of the thorax. These muscular actions are for ever occurring during life, and are always actively engaged during the efforts of inspiring pure air and expiring impure gases. Without their aid the function of respiration would cease. There are other muscles than the intercostals which assist the function of respiration ; in fact, all those of the chest more or less do so. The pectorals play an important part.

The pectoralis major is situated on the upper part of the thorax, and arises from the clavicle and front of the sternum, and extends downwards to the cartilages of the ribs. This muscle converges to its insertion on the humerus. The inferior border of this muscle covers the serratus magnus ; its posterior surface lies on the sternum, clavicle, and ribs, and covers the pectoralis minor, subclavius, and serratus magnus.

The pectoralis minor arises from the third, fourth, and fifth ribs, close to their cartilages, and is inserted into the coracoid process, and is joined to the origin of the biceps muscle.

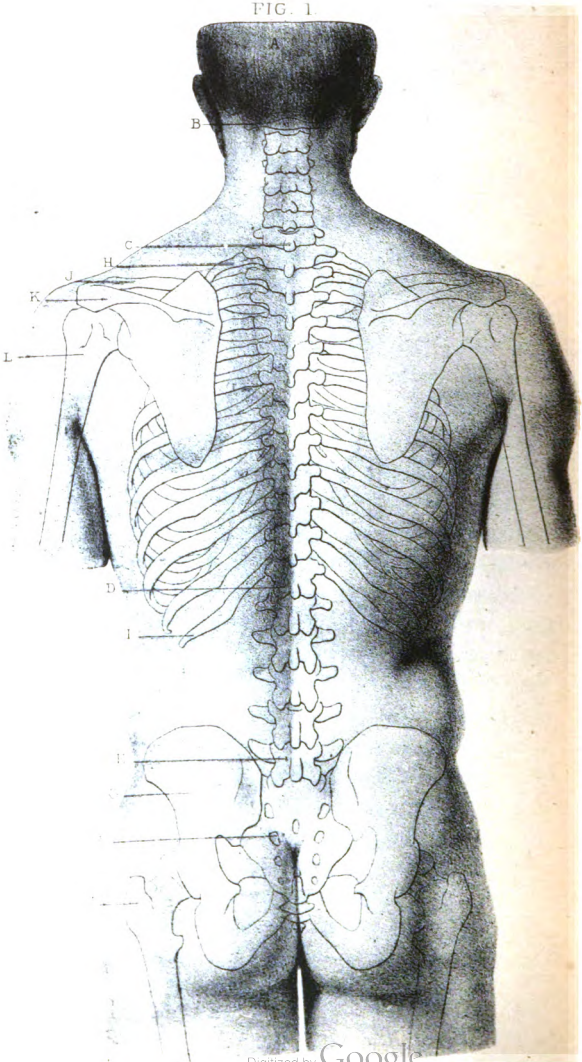
PLATE 2.—POSTERIOR

FIG. 1.—A. Occiput. B. First Cervical Vertebra. C. Seventh Cervic
G. Pelvic Bone. H. First Rib. I. Twelfth Rib. J. Collar

FIG. 2.—1. Trapezius. 2. Ligament of the Neck. 3. Latissimus Dorsi.
8. Gluteus Maximus. 9. Gluteus Medius.

PLATE

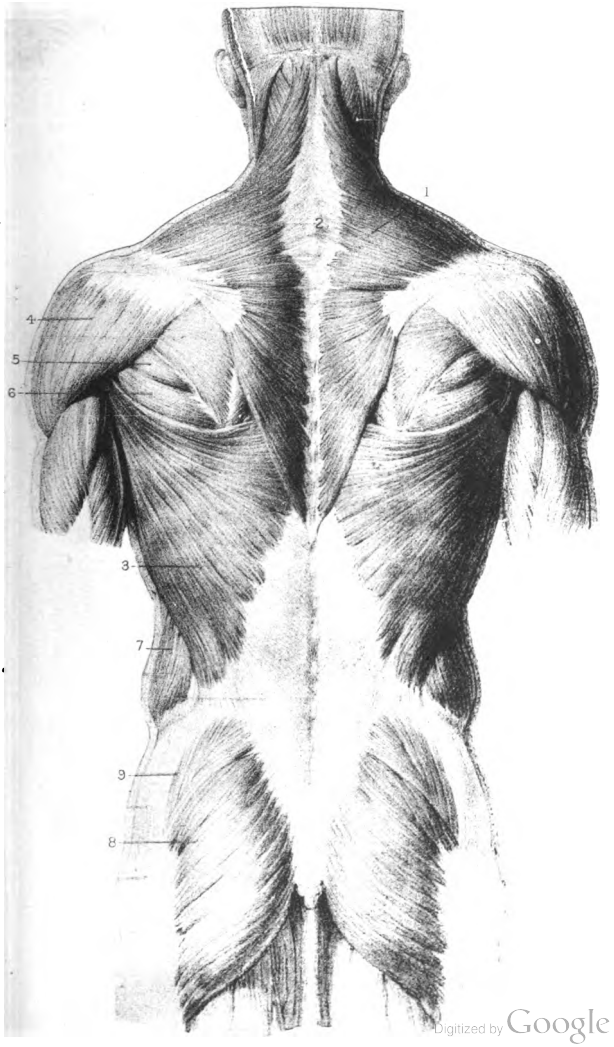
FIG. 1



...l. Vertebra. D. Twelfth Dorsal Vertebra. F. Sacrum and Coccyx.
...Bone. K. Scapula. L. Humerus. M. Femur.
... 4. Deltoid. 5. Teres Minor. 6. Teres Major. 7. Great Oblique.

E 2.

FIG. 2.



Serratus magnus is a broad, thin, four-sided muscle. It presents on its anterior aspect a serrated appearance, and from such disposition its name is derived. These digitations arise from the first eight ribs ; one digitation is inserted on each rib, except the second, upon which two occur : from these points the muscle curves backwards over the convexity of the ribs, and is inserted into the scapula on its costal aspect.

The combined action of these muscles is exerted upon the shoulder and arm. The pectoralis major with latissimus dorsi depresses the humerus. If the arms be fixed by holding firmly some object, such as corks, then every muscular effort which can elevate the ribs is brought into action.

THE POSTERIOR PART OF THE TRUNK.

The muscles of the back assist the respiratory effort, especially those in close approximation to the ribs, and dorsal vertebræ ; namely, the interspinals, intertransversales, and levatores costarum. The outer muscles of the back are the trapezius and latissimus dorsi.

Trapezius arises from the occiput and from the white fibrous band, the ligamentum nuchæ, the spinous process of the last cervical vertebræ, and from all those of the dorsals, and is inserted on the clavicle and spine of the scapula.

The ligamentum nuchæ (which is well depicted on plate 2) is a dense fibrous membrane, and lies upon the spinous processes of the vertebræ, and thus forms the line of demarkation between the trapezius on the right and that on the left.

Latissimus dorsi is a muscle of considerable extent, for it occupies more than the lower half of the dorsal and the whole of the lumbar region. It arises from the spinous processes of six lower dorsal vertebræ, and from all those of the lumbar, and is inserted into the bottom of the bicipital groove in the humerus.

The action of these muscles combined is to draw the head back-

wards. The latissimus dorsi, when the shoulder and arm are rendered fixed, assists powerfully during laboured breathing by drawing on and elevating the lower ribs ; by combining with the abominal and pectoral muscles it sustains the body in the effort of climbing, and in association with the pectoralis major becomes the most potent agent in effecting the locomotion of a man on crutches.

The trapezius and latissimus dorsi act also upon the spine, *i.e.*, when the shoulder and arm become fixed points a man running on a cinder-track in turning corners inclines his body, and it would incline too far, and his equilibrium would be lost, were not the arm on the opposite side thrown out from the trunk, so as to render the insertion of the latissimus dorsi on the humerus a fixed point, when its fibres, acting on the spine, keep the vertebræ in a right line.

THE OUTSIDE OF THE ARM.

The deltoid is situated on the upper and outer part of the arm. It arises from the scapula and clavicle, and is inserted into the humerus, and covers the entire shoulder-joint.

The biceps lies on the forepart of the arm, extending from the scapula to the forearm. This muscle is overlapped above by the deltoid and pectoral muscles.

Brachialis is covered by the biceps along the lower half of the arm. It arises from the humerus. At the insertion of the deltoid it passes in front of the elbow, and is inserted on the forepart of the ulna.

Triceps : situated on the back part of the humerus, and extends from the scapula to the ulna.

Action of the biceps is that of flexing the elbow ; and when the arm is held in fixed position, such as is noticed in drawing the chin on the crossbar, then the biceps and brachialis draw on the humerus and flex the arm, producing that exhibition of muscular development of which young athletes are so proud.

The triceps is the antagonist of the biceps and brachialis, and

PLATE 3.

FIG. 1.

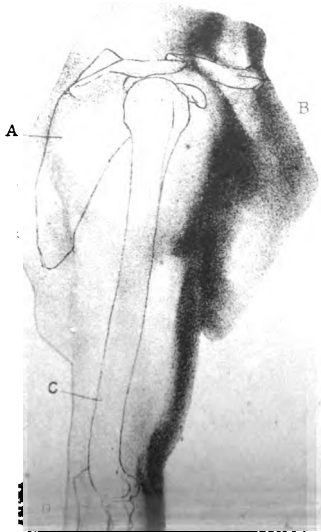
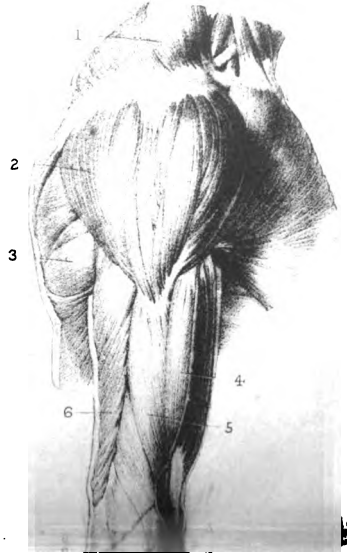


FIG. 2.



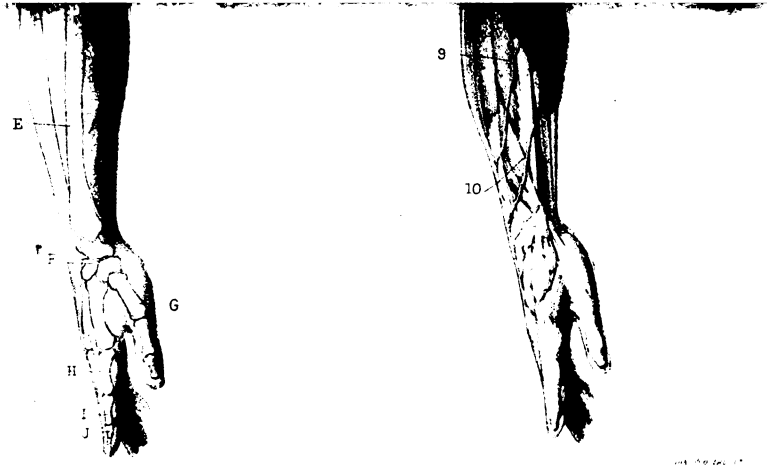


PLATE 3

FIG. 1.—A. Scapula. B. Collar Bone. C. Humerus. D. Ulna. E. Radius. F. Carpus. G. Metacarpus. H. First Phalanges. I. Second Phalanges. J. Third Phalanges.

FIG. 2.—1. Trapezius. 2. Deltoid. 3. Muscles of the Scapula. 4. Biceps. 5. Brachialis. 6. Triceps. 7. Long Supinator. 8. Extensor Carpi Radialis. 9. Second Extensor Radial. 10. Long Abductor of the Thumb.

PLATE 4.

FIG. 1.

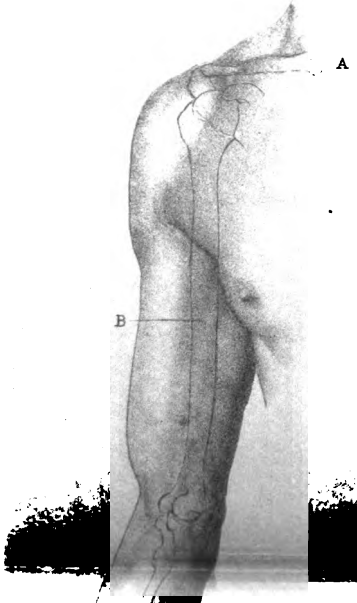
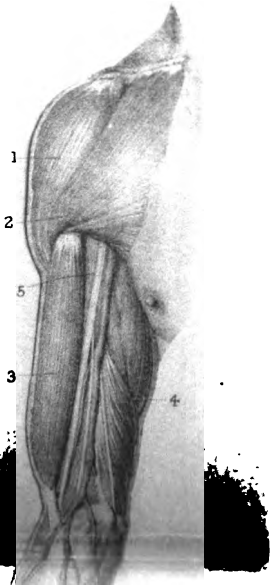


FIG. 2.



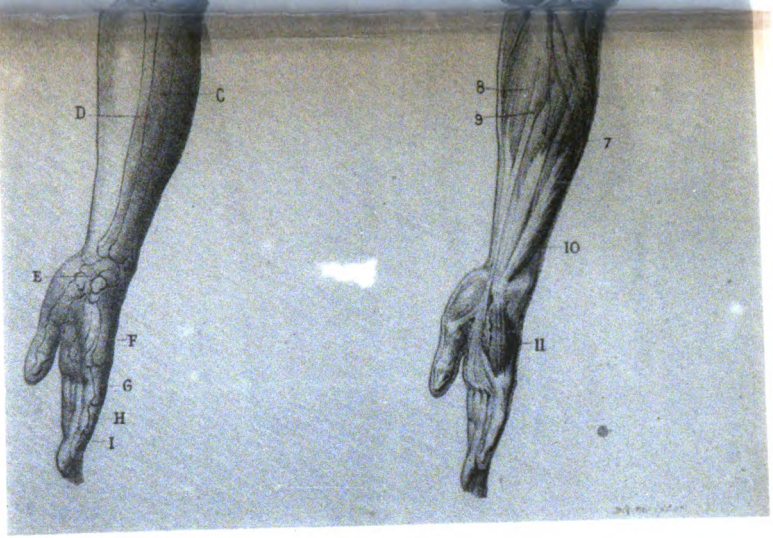
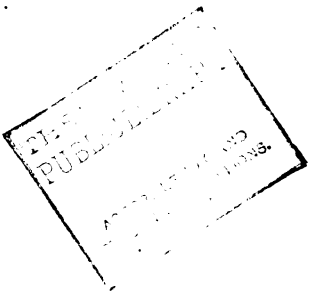


Plate 4.

Fig. 1.—A. Collar Bone. B. Humerus. C. Cubic. D. Radius. E. Carpus. F. Metacarpus. G. First Phalanges. H. Second Phalanges. I. Third Phalanges.

Fig. 2.—1. Deltoid. 2. Great Pectoral. 3. Biceps. 4. Portion of the Triceps. 5. Brachialis. 6. Long Supinator. 7. Superficial Flexor of the Fingers. 8. Flexor of the Wrist. 9. Palmaris Longus. 10. Flexor Carpi Ulnaris. 11. Adductor of the Little Finger.



acts powerfully in bringing the ulna and the humerus into a straight line. When the arm is extended it has the power, with the assistance of the teres major and latissimus dorsi, of drawing it backwards. These muscles are actively engaged during pugilistic encounters.

Numerous muscles are inserted upon the thumb and phalanges, taking their origin from the superimposed bones, description of which would be of little interest to the general reader, especially as the plates sufficiently indicate the disposition of the muscular arrangement of the wrist and fingers.

THE INSIDE OF THE ARM.

The deltoid, biceps, and triceps have been already considered. The carpal and palmar muscles are numerous and important, and those superficially situated are well delineated on plate 4, such as the flexor carpi ulnaris and the adductor of the little finger ; and as an elaborate description of them would be of little service to any excepting anatomists, we shall leave the plates to the examination of our readers.

ANTERIOR MUSCULAR FORMATION OF THE THIGH AND LEG.

The sartorius arises from the hip, and is inserted on the inner and upper side of the tibia. It occupies the front part of the thigh, and descends downwards from the hip in an oblique direction to its insertion, where it sends off an expansion of tendinous structure which gives strength to the capsule of the knee-joint.

Rectus femoris is situated in the front part of the thigh, taking a straight line downwards from the pelvis to the patella, or knee-cap. It arises by two tendons which unite. This muscle increases in size about its middle, and then again diminishes to its insertion on the tibia.

Vastus externus and internus are placed on each side of the femur, the one on the outside, and one on the inside, as

their names indicate. These muscles possess an extensive line of origin, and the tendons of insertion join together at the lower end of the thigh, forming one single tendon of insertion, which is fixed in the forepart of the tibia. The patella is contained in this tendon.

The action of these muscles is to extend the leg upon the thigh. The rectus and sartorius assist in keeping the body erect, and in drawing the trunk forward. The great development of these muscles is often a very marked muscular feature amongst athletes who train for running, and their tonicity is a great adjuvant in promoting pace and in keeping the body in a straight line during rapid progression.

ANTERIOR MUSCLES OF THE LEG.

On the bones of the leg, the tibia and fibula, we notice three long muscles located in the intervening space occurring between them, viz., tibialis anticus, extensor proprius pollicis, and extensor communis digitorum.

Tibialis anticus arises from a tuberosity on the outside of the tibia, and is inserted into the tarsal and metatarsal bones.

Extensor proprius pollicis, the special extensor of the great toe, is placed on the forepart of the leg. It arises from the narrow part of the inner surface of the fibula, and passes down the leg and through a portion of a ligament named the annular, over the dorsum of the foot, and is inserted into the second phalange of the great toe.

Extensor longus digitorum extends from the head of the tibia to the toes ; but previously to its introduction on the phalanges of the foot forms four, if not five, tendinous prolongations which are inserted into the pedal phalanges. Sharpey says this muscle has only four tendons, although Cooper ascribed to it five. The fifth belongs to the peronus tertius.

Actions. These muscles extend the digital phalanges, and have the power of bending the foot upon the leg. These actions,

PLATE 5.

FIG. 1.

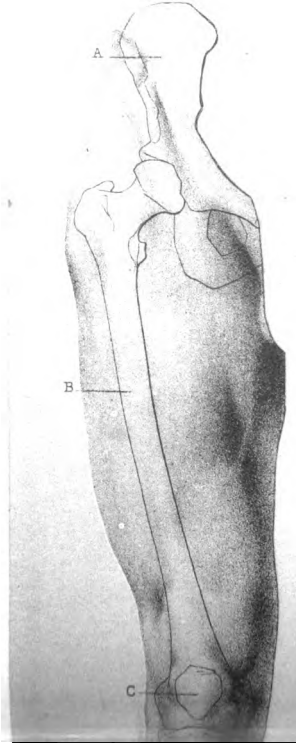


FIG. 2.

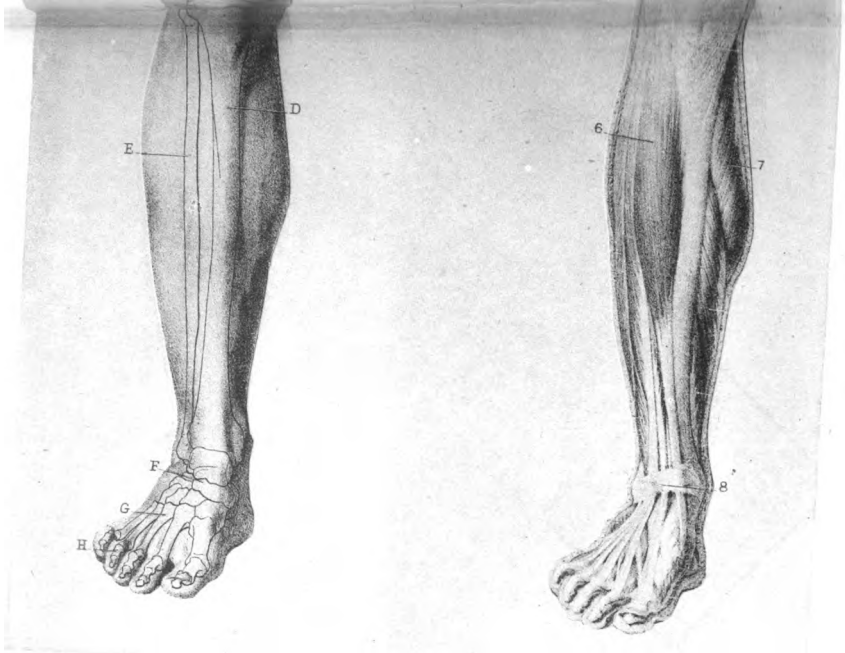


PLATE 5.—ANTERIOR FORMATION OF THE LEG.

FIG. 1.—A. Pelvic Bone. B. Femur. C. Patella. D. Tibia. E. Fibula. F. Tarsus. G. Metatarsus. H. Phalanges.

FIG. 2.—1. Gluteus Medius. 2. Sartorius. 3. Rectus Femoris. 4. Vastus Externus. 5. Vastus Internus. 6. Tibialis Anticus. 7. Gastrocnemius Internus. 8. Annular Ligament, which braces down the tendons of muscles as they approach their insertions on bones and phalanges of the foot.

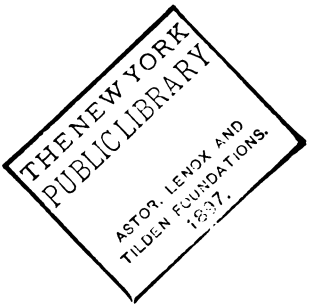


Plate 6.—Back Part of Leg.

Fig. 1.—A. Sacrum. B. Iliac Bone. D. Tibia. E. Fibula. F. Astragalus. G. Os Calcis. H. Metatarsus and Phalanges.

Fig. 2.—1. Iliac Bone. 2. Gluteu Maximus. 3. Biceps. 4. Semitendinosus. 5. Semimembranosus. 6. Gastrocnemii. 7. Tendo Achillis. 8. Soleus.

PLATE 6.

FIG. 1.

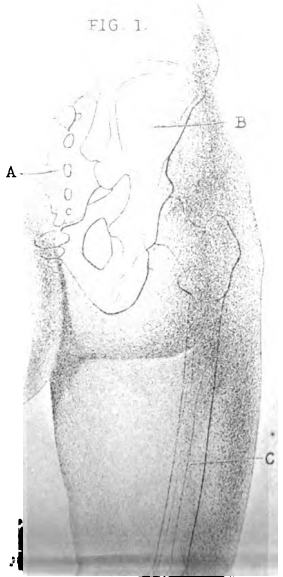
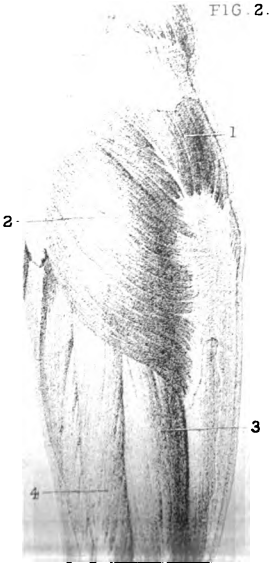
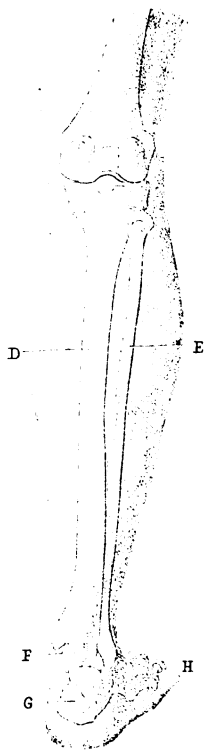
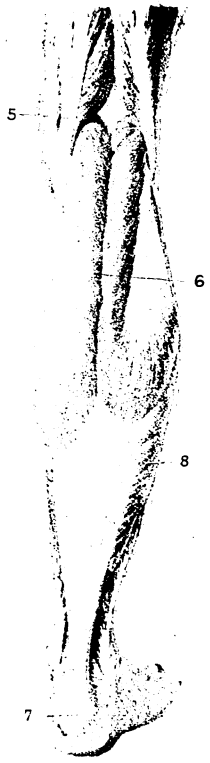


FIG. 2.







though not of great latitude, possess great force, and ensure the fixity of the toes to the ground, thus affording that pedal grasp which gives security to the foot-fall and velocity to the runner.

THE POSTERIOR FORMATION OF THE LEG

Consists of a group of muscles situated on the hinderpart of the leg, which are antagonistic in their action to those on the fore.

The extensor magnus is a large muscle, and constitutes the calf of the leg, and is able to elevate the heel, and with it the whole weight of the body. At its lower extremity it forms a single tendon—the tendo Achillis—which is attached to the heel. Rupture of this tendon sometimes occurs, as explained at page 7.

The gastrocnemus consists of two parts, an outer and an inner, both situated at the back part of the leg. It arises by two heads from the outer and inner condyle of femur or thigh-bone, spreads over the inner and outer, and, as it were, bifurcates one portion to the right and the other to the left, to again join lower down in a tendon common to both, which also unites with one from the soleus, and together assist in the formation of the tendo Achillis.

The soleus is situated beneath the foregoing muscle, and shorter than it, and descends lower down before forming the common tendon. It arises from the head of the fibula, and passes down the leg to join with the gastrocnemus in forming the largest tendon in the human body, namely, the tendo Achillis, which is about six inches in length, and is inserted into the lower part of the os calcis, or heel-bone.

The action of these muscles is considerable, and their full development and power is exerted in standing and walking, and are brought into extensive requisition during running and the act of leaping. It is upon these muscles that the baneful effects of excessive strain is likely to occur, such as partial laceration of muscular and tendinous tissue, or even rupture of the great tendon Achillis.

ADDENDUM.

On page 11 reference is made to the natural running powers of F. J. K. Cross and E. H. Pelling, of whom at no distant date we anticipated great things. When writing we forgot to mention Pelling's grand performance over 250 yards, which he accomplished in 24⅘ seconds on September 22, 1888, thus beating the world's record; and Cross also covered the half mile in 1 minute 54⅗ seconds on March 9, 1888, and in so doing beat the American flyer's (Myers) best performance at this distance.

Since writing the foregoing the crack, H. C. L. Tindall, has beaten Myers' time over the quarter-mile course, which he ran in 48½ seconds on June 29, 1889, thus stamping himself one of the finest long sprint runners England has ever possessed.

At the last moment we have with some difficulty obtained the Northern Counties Athletic Championships, without which our records would have been incomplete. We append also Canadian Championships and three Handicap Challenge Cups of the London Athletic Club.

NORTHERN COUNTIES AMATEUR ATHLETIC CHAMPIONSHIPS.

Where years are omitted, there was no competition.

100 YARDS RACE.

	SEC.		SEC.
1880 M. Shearman, O.U.A.C....	10⅖	1884 W. Livesey, Birchfield H.	10⅘
1881 H. Chadwick, Rochdale W.F.C.	10¾	1887 F. T. Ritchie, Bradford ...	10¼
1883 J. M. Cowie, L.A.C.	10½	1888 A. Vigne, D.U.A.C.	10⅗
		1889 D. D. Bulger, Co. Dublin H.	10⅖

220 YARDS RACE.

	SEC.
1889 A. L. Pighills, Bradford C.A.C.	24

QUARTER MILE RACE.

	SEC.		SEC.
1880 A. S. Smith, Birkenhead...	51⅘	1887 C. G. Wood, Blackheath H.	50⅖
1881 F. W. Schofield, Wigan C.C.	55	1888 T. Kinman, Hallam C.C....	52⅕
1883 W. Lock, Spartan H.	52⅘	1889 H. C. L. Tindall, L.A.C.	51⅗
1884 L. E. Myers, M.A.C.(N.Yk.)	55⅘		

HALF MILE RACE.

	M.	S.		M.	S.
1880 S. K. Holman, L.A.C....	2	3½	1884 L. E. Myers, M.A.C. (New York)	2	9½
1881 R. Andrews, Stoke V.A.C.	2	6⅖	1887 E. McCabe, Liverpool...	2	2⅘
1883 W. G. George, Moseley H.	2	4	1888 C. R. Lafosse, Manc. A.C.	2	2⅗

1000 YARDS RACE.

	M.	S.
1889 H. C. L. Tindall, L.A.C.....	2	19⅗

MILE RACE.

	M.	S.		M.	S.
1880 T. Crellin, Liverpool A.C.	4	39⅕	1887 F. J. K. Cross, O.U.A.C.	4	25⅖
1881 W. Snook, Moseley H....	4	41⅗	1888 E. W. Parry, Salford H.	4	35
1883 W. Snook, Moseley H....	4	45⅗	1889 H. Morton, Salford H....	4	37⅘
1884 W. Snook, Moseley H....	4	31			

TWO MILES RACE.

	M.	S.		M.	S.
1880 W. Snook, Moseley H....	10	36	1884 W. G. George, Moseley H.	10	19
1881 W. Snook, Moseley H....	10	2½	1887 T. P. Conneff, Dublin ...	9	44⅘
1883 W. Snook, Moseley H....	9	56½	1888 E. W. Parry, Salford H....	—	

120 YARDS HURDLES RACE.

	SEC.		SEC.
1880 F. F. Cleaver, Notts Forset F.C.	17⅖	1884 C. R. Daft, Notts Forset F.C.	16⅘
1881 F. F. Cleaver, Notts Forset F.C.	16⅘	1887 S. Joyce, L.A.C. & C.U.A.C.	17
1883 C. W. Gowthorpe, Notts Forset F.C.....	16⅗	1888 S. Joyce, L.A.C.....	16⅕
		1889 J. King, O.U.A.C.	16⅘

QUARTER MILE HURDLES RACE.

	M.	S.
1889 J. King, O.U.A.C.....	1	1⅗

THREE-QUARTERS MILE STEEPLECHASE RACE.

	M.	S.		M.	S.
1880 J. Concannon, Widnes F.C.	4	4½	1887 J. Ogden, Birchfield H....	3	55
1881 T. Crellin, Liverpool A.C.	3	59⅘	1888 E. W. Parry, Salford H.	—	
1883 J. Ogden, Birchfield H....	4	12	1889 J. C. Cope, Birchfield H.	—	
1884 W. Snook, Moseley H....	3	45⅖			

THREE MILES WALKING RACE.

	M.	S.		M.	S.
1880 H. Webster, Stoke V.A.C.	21	28	1883 W. H. Smith, Keighley	22	24½
1881 H. Webster, Stoke V.A.C.	22	0			

This event has not since been competed for.

HIGH JUMP.

	FT.	IN.
1880 D. H. Brownfield, Stoke V.A.C.	5	6
1881 P. Davin, Carrick-on-Suir	5	7¾
1883 A. Watkinson, Hull A.C.	5	3½
1884 T.H.M.Hobbs, D.U.A.C.	5	9
1887 R. A. Greene, Manc. A.C.	5	0
1888 C. W. Haward, Ipswich A.F C.	5	8¾
1889 A. Benson, Cowling	5	4

LONG JUMP.

	FT.	IN.
1881 A. Summers, Staleybridge C.C.	20	1
1883 E. Horwood, Blackheath H.	22	3
1884 T.H.M.Hobbs, D.U.A.C.	20	0
1888 W. Craven, Bradford	18	6
1889 W. C. Kendall, Dalton C.C.	20	8

POLE JUMP.

	FT.	IN.
1880 T. Ray, Ulverston A.C.	10	6
1881 T. Ray, Ulverston A.C.	11	2¼
1883 T. Ray, Ulverston A.C.	11	2
1884 T. Ray, Ulverston A.C.	10	9
1887 T. Ray, Ulverston A.C.	10	9
1888 E. L. Stones, Ulverston A.C.	11	7
1889 T. Ray, Ulverston A.C.	10	6

THROWING THE 16lbs. HAMMER.

	FT.	IN.
1889 A. Riddock, Liverpool Police A.C.	105	2

PUTTING THE 16lbs. WEIGHT.

	FT.	IN.
1880 W. Y. Winthrop, L.A.C.	39	6
1881 G. Ross, Patricroft	40	9
1887 R. A. Greene, Manc. A.C.	38	2¼
1888*G. R. Gray, N. York A.C.	43	2

* Shot ½lb. under weight.

CANADIAN AMATEUR ATHLETIC CHAMPIONSHIPS.

100 YARDS RACE.

	SEC.		SEC
1883 W. R. Thompson, M.A.A.A.*	10	1886 M. W. Ford, N.Y.A.C.	10⅕
1884 J. T. Belcher, Kingston	10⅜	1887 A. F. Copland, Manhattan, A.C.	10⅖
1885 B. Field, Woodstock A.A.A.	10⅕	1888 F. Westing, M.A.C.	10⅕

220 YARDS RACE.

	SEC.		SEC
1883 L. E. Myers, Manhat. A.C.	24	1886 M. W. Ford, N.Y.A.C.†	26¾
1884 J. T. Belcher, Kingston	24¼	1887 A. F. Copland, Manhat. A.C.	23⅗
1885 M. W. Ford, N.Y.A.C.	23⅖	1888 A. F. Copland, Manhat. A.C.	23½

QUARTER MILE RACE.

	SEC.		SEC.
1883 L. E. Myers, Manhat. A.C.	58	1887 H. M. Banks, Jr., Manhat. A.C.	52⅘
1884 Thos. Moffatt, S.L.C.	52½	1888 W. C. Dohm, N.Y.A.C.	51¼
1885 M. W. Ford, Y.N.A.C.	52⅕		
1886 J. S. Robertson, M.A.A.A.	51⅖		

HALF MILE RACE.

	M.	S.		M.	S.
1883 Thos. Moffatt, S.L.C.	2	7½	1886 J. W. Moffatt, M.A.A.A.	1	59⅗
1884 Thos. Moffatt, S.L.C.	2	5⅘	1887 J. W. Moffatt, M.A.A.A.	2	1⅘
1885 J. W. Moffatt, M.A.A.A.	2	1⅕	1888 J. W. Moffatt, M.A.A.A.	2	3⅗

ONE MILE RACE.

	M.	S.		M.	S.
1883 C. W. Martin, Ottawa F.C.	4	52½	1886 J. W. Moffatt, M.A.A.A.	4	34
1884 N. P. Dewar, Toronto L.C.	4	46⅘	1887 G. M. Gibbs, Toronto A.C.	4	32½
1885 J. W. Moffatt, M.A.A.A.	4	36	1888 T. P. Conneff, M.A.C.	4	32⅗

* The path not level.

† Distance increased by mistake to 250 yards

TWO MILES RACE.

		M.	S.			M.	S.
1883	T. F. Delaney, W.A.C.	11	3	1886	E. C. Carter, N.Y.A.C. ...	9	57¼
1884	D.D.McTaggart,M.A.A.A.	10	25⅘	1887	E. C. Carter, N.Y.A.C. ...	9	53⅕
1885	D.D.McTaggart,M.A.A.A.	10	5	1888	T. P. Conneff, M.A.C....	10	10

120 YARDS HURDLE RACE.

		SEC.			SEC.
1883	W.R. Thompson, M.A.A.A.	18⅘	1886	A. A. Jordan, N.Y.A.C. ...	16⅝
1884	Lewis Skaife, M.A.A.A. ...	20½	1887	A. A. Jordan, Manhat. A.C.	16⅖
1885	E. J. Walsh, Blackrock College, Dublin	19⅖	1888	F. A. Copland, M.A.C. ...	16⅗

THREE MILES WALKING RACE.

		M.	S.			M.	S.
1883	F. P. Murray, W.A.C....	22	12	1886	E. D. Lange, Manhat.A.C.	24	8¾
1884	F.T. McDonald, Westside A.C.	24	53½	1887	C. W. V. Clarke, Spartan Har., Eng.	23	36⅕
1885	M.J.Hayes, Limerick A.C.	24	24	1888	C. H. Nicoll, M.A.C. ...	22	44⅖

PUTTING THE SHOT, 16lbs., 7ft. RUN.

		FT.	IN.			FT.	IN
1883	C. A. J. Queckberner, N.Y. City	41	10½	1886	C. A. J. Queckberner, N.Y.A.C.	40	8
1884	G. H. Wood, S.L.C. ...	33	10	1887	G. Gray, Toronto A.C.	40	6
1885	Geo. Gray, Coldwater, Ont.	41	5½	1888	G. R. Gray, N.Y.A.C....	42	0

THROWING THE HAMMER, 16lbs., STANDING.

		FT.	IN.			FT.	IN.
1883	C. A. J. Queckberner, N.Y. City*.....	97	5½	1886	C. A. J. Queckberner, N.Y.A.C.	96	3
1884	G. H. Wood, S.L.C. ...	78	3	1887	C. A. J. Queckberner, N.Y.A.C.	96	1⅗
1885	W. J. M. Barry, Queen's College	92	8	1888	C. A. J. Queckberner, S.I.A.C.	98	11

* This throw was made on sloping ground, and does not form a record.

THROWING THE 56lbs. WEIGHT.

	FT.	IN.
1883 C. A. J. Queckberner, N.Y. City	24	11½
1885 C. A. J. Queckberner, N.Y.A.C.	25	10
1886 C. A. J. Queckberner, N.Y.A.C.	25	1
1887 C. A. J. Queckberner, N.Y.A.C.	24	3¼
1888 C. A. J. Queckberner, S.I.A.C.	25	3

LONG JUMP.

	FT.	IN.
1883 W.R.Thompson,M.A.A.A.	20	10¾
1884 H. Phillips, Montreal	19	9
1885 J. Purcell, Ireland	21	3¼
1886 M. W. Ford, N.Y.A.C.	21	6
1887 W. Halpin, Olympic A.C.	21	5¼
1888 A. A. Jordan, N.Y.A.C.	20	5

HIGH JUMP.

	FT.	IN.
1883 M. W. Ford, N.Y.A.C.	5	4¾
1884 D. C. Little, Toronto U.	4	9
1885 E. J. Walsh, Ireland	5	8½
1886 M. W. Ford, N.Y.A.C.	5	11
1887 W. B. Page, Manhat. A.C.	6	0¾
1888 M. W. Ford, S.I.A.C.	5	4

POLE LEAPING.

	FT.	IN.
1883 H. H. Baxter, N.Y.A.C.	9	1
1884 D. C. Little, Toronto U.	9	0
1885 D. C. Little, Trenton, Ont.	9	0½
1886 H. H. Baxter, N.Y.A.C.	10	6
1887 T. Ray, Ulverston, Eng.	10	11
1888 H. H. Baxter, N.Y.A.C.	10	3

LONDON ATHLETIC CLUB CHALLENGE CUPS (HANDICAPS).

220 YARDS CHALLENGE CUP (HANDICAP).

Presented by Mr. L. JUNKER, 1877.

Dates.				SEC.
Oct. 6, 1877	C. L. Lockton	3 yards start		23
Nov. 10, 1877	H. Allan	8 yards start		23⅕
Feb. 23, 1878	H. H. Sturt	scratch		23⅘
Mar. 30, 1878	C. C. Clarke	8 yards start		22⅗
April 27, 1878	C. C. Clarke	6 yards start		22⅘
May 25, 1878	W. P. Phillips	scratch		22
June 29, 1878	H. H. Sturt	scratch		23⅕
Sept. 28, 1878	W. P. Phillips	scratch		22⅗
Oct. 26, 1878	*W. P. Phillips	scratch		22⅘

300 YARDS CHALLENGE CUP (HANDICAP).

Presented by Mr. F. T. ELBOROUGH and Mr. H. H. GETHEN, 1881.

Oct. 1, 1881	E. B. Hadley	19 yards start		31⅗
Nov. 5, 1881	G. Pinnock	20 yards start		32
Mar. 25, 1882	H. R. Ball	8 yards start		32⅕
April 29, 1882	H. R. Ball	5 yards 1 foot start		32⅖
May 20, 1882	W. P. Phillips	scratch		32
June 17, 1882	A. T. Wood	14 yards start		32
July 15, 1882	F. E. Little	8 yards start		31⅘
Oct. 7, 1882	W. Stevenson	19 yards start		32
Nov. 4, 1882	†H. R. Ball	3 yards 20 inches start		31⅘

* Phillips having won the Cup three times in the year, it became his.

† Ball having won the Cup three times in the year, it became his.

600 YARDS CHINA CHALLENGE CUP (HANDICAP).

Presented by a few old Members residing in China, 1873.

Dates.			M.	S.
Oct. 4, 1873	Neville Thursby	36 yards start	1	15
Mar. 7, 1874	Neville Thursby	36 yards start	1	19½
April 11, 1874	H. O. Moore	35 yards start	1	17
May 16, 1874	G. F. Congreve	26 yards start	1	16
Oct. 10, 1874	G. F. Congreve	19½ yards start	1	14½
Nov. 7, 1874	A. E. Ball	34 yards start	1	13⅝
Mar. 13, 1875	H. A. Bryden	16 yards start	1	15½
April 10, 1875	H. S. Davidson	35 yards start	1	18
May 8, 1875	M. D. Rucker	45 yards start	1	14⅛
June 19, 1875	W. D. Jefferson	40 yards start	1	14⅛
Sept. 25, 1875	M. D. Rucker	33 yards start	1	14⅝
Oct. 23, 1875	F. B. Montague	40 yards start	1	14⅝
Nov. 20, 1875	F. T. Elborough	5 yards start	1	13⅝
Mar. 25, 1876	F. B. Montague	38 yards start	1	14⅛
April 22, 1876	H. O. Moore	36 yards start	1	16⅞
May 23, 1876	R. H. Dudgeon	40 yards start	1	13½
June 24, 1876	R. H. Dudgeon	30 yards start	1	13
Oct. 7, 1876	J. D. Sadler	42 yards start	1	11⅝
Nov. 11, 1876	J. D. Sadler	31½ yards start	1	13⅝
April 28, 1877	F. T. Elborough	scratch	1	15
May 28, 1877	H. W. Hill	10 yards start	1	14⅛
June 23, 1877	H. H. Sturt	15 yards start	1	13⅝
Oct. 6, 1877	A. W. Oldfield	30 yards start	1	12⅝
Nov. 10, 1877	A. W. Oldfield	22½ yards start	1	16
Feb. 23, 1878	N. Turner	45 yards start	1	14
Mar. 30, 1878	F. B. Montague	25 yards start	1	15⅛
April 27, 1878	J. D. Sadler	25 yards start	1	13⅛
May 25. 1878	N. Turner	33¾ yards start	1	13
June 29, 1878	*N. Turner	25 yards 11¼ inches start	1	16⅝

* Turner having won the Cup three times in the year, it became his.