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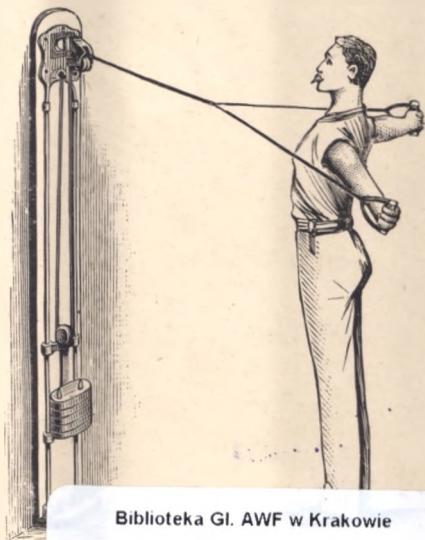
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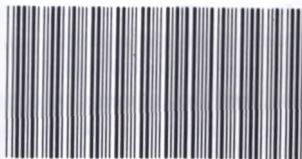
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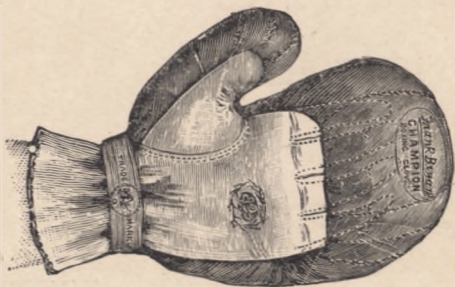
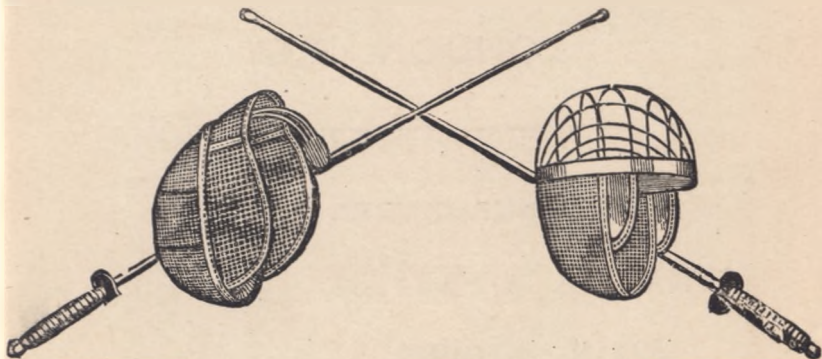
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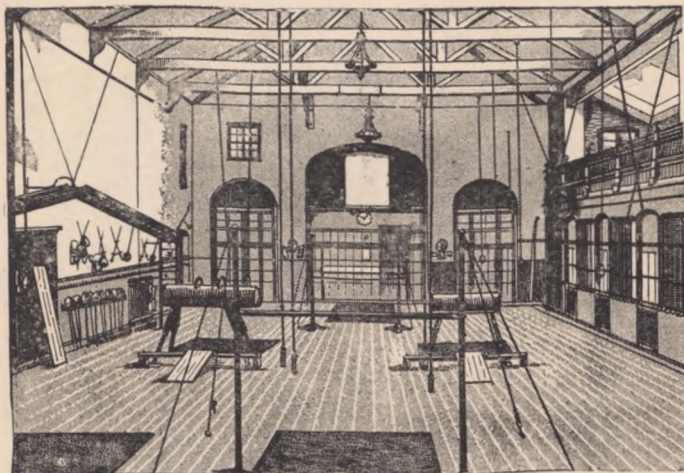
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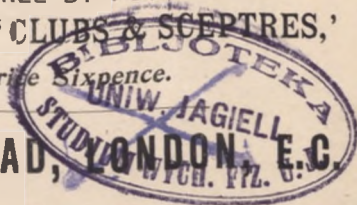
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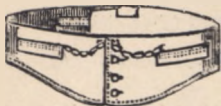
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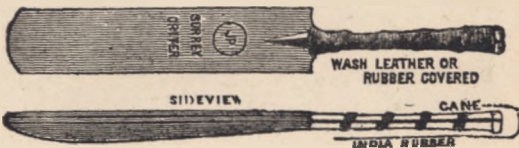
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AUTHOR'S PREFACE TO FIRST EDITION.

WE live in an Athletic age, and the man who is not an athlete in some shape or form is pretty sure to be not only written down as a nincompoop, but to prove himself one, even in the more serious battle of life; for, unless a man has the pluck and determination to succeed in whatever branch of sport he adopts, he is not likely to win his way to fame and fortune in whatever occupation or profession may fall to his lot in his buffet with the world.

Athleticism is something more than a pleasure—it is a duty we owe to the rising generation, and ought to be encouraged whenever possible; and as one way of furthering its interests is to afford intending athletes the means of obtaining the best possible instruction and advice, we have secured the co-operation of several distinguished athletes, men who have made their mark in the world's sporting history. When we mention the names of E. H. Pelling (*Sprinting*), H. C. L. Tindall (*Quarter and Half Miles*), J. L. Greig (*Long Jump*), T. Jennings (*High Jump*), C. F. Daft (*Hurdles*), J. Kibblewhite (*Mile and Distance Running*), Tom Ray (*Pole Jump*), Sid Thomas (*Cross Country*), and last, but not least, an important article (*Middle Distances*) by the late Dark Blue President, now the Rev. W. Pollock-Hill,—it is sufficient to prove that "Athletics" is one of the most practical handbooks ever issued; and our sincere thanks are due to these gentlemen for having made it so by their very interesting and valuable contributions, and also to

that most popular of "passive" athletes, Val Hunter, C.C., L.A.C., etc., for the plans he has prepared. It is a great gain to our sport to find a member of the Common Council of the City of London not only deeply interested in athletics, but actually contributing to a work on the subject. Also the fact that two recent Lord Mayors were distinguished athletes in their youth is encouraging.

Comparatively few of the sportsmen of to-day know anything of the early days of amateur athletics. It is a subject we would fain linger on, but, bowing to the inevitable "want of space," we have played with a light hand; we trust, however, that we have, in our short retrospect, given an insight into the manner in which the great athletic movement struggled into life.

Training was so exhaustively dealt with in the companion book, "Cycling," that it would be mere repetition to go over the ground again, and as the same rules apply, we must refer readers who desire full information on the subject to that work. Under each sport, however, the subject has been touched on by various writers.

February, 1891.

THIRD EDITION.

A BOOK on "Athletics" which has been before the public for seven years in this record-breaking age, must necessarily be out of date in many particulars. For this new edition the work has been revised from beginning to end, and has been enlarged by the addition of a considerable amount of new matter and also several fresh illustrations.

H. H. G

9th April, 1893.

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ATHLETICS.

CHAPTER I.

HISTORICAL.

“ATHLETICS,” as we nowadays interpret the word, has but a brief history, scarce reaching over a single generation. If we accept the wider significance, and for “Athletics” read “Manly Sports and Pastimes,” we strike a productive and inexhaustible lode, which would carry us back through all time, and an ambitious author might display his knowledge of the classics by plentiful quotations from ancient writers with which he might bestrew the path of sport’s history. However interesting such a record might be, it would be quite impossible in a work of the modest dimensions of the present volume.

The games of Olympus, first, according to some authorities, founded by the Idæi Dactyli, B.C. 1453, but generally supposed to have been established by Hercules in honour of Jupiter Olympius, after a victory over Augeas, B.C. 1222 (or 3113 years ago), are generally accepted as the starting point of athleticism. They were re-instituted by Iphitus in B.C. 884.

At these Olympic games, which took place at Olympia every *fourth* year, there were five chief events, termed

collectively *quinquertium*, but now more generally recognized as the Penathlon; these were (1) running, (2) leaping, (3) wrestling, (4) boxing, (5) disc-throwing. To win all five events was the highest attainable honour. Apart from these, there were horse-and-chariot racing, and, for the *dilettanti*, contentions in poetry, eloquence, and the fine arts.

Coming to our own country, it is centuries before anything distinctly related to athletics can be traced. In the fourteenth century, mounted competitions, such as "tilting at the quintain" and the "tourney," were more popular than trials of speed or strength; later on quarterstaff was a favourite, though very rough, form of rivalry. Wrestling for all time has been indulged in, and prize-fighting became recognized as a sport to be chronicled when Figg became the first champion in 1719.

All through the eighteenth century there is very little to notice, pedestrian matches rarely taking place, and were only irregularly recorded, but a few are to be found reported in the *Gentleman's Magazine*. Thus we read in that interesting periodical for June, 1764, p. 266: "A foot race was run on the Deptford Road on 17 May, 1764, by two tanners; the winner ran nine miles in 64 minutes." In the same year, on 6 Aug., "a match took place between two milk- and two fish-women behind Montague House." Occasional affairs of this kind are to be discovered by the diligent searcher in old literature; but it was not until early in the nineteenth century that athletics, in a fugitive sort of fashion, began to engage the attention of the sport-loving men of the period. Foremost amongst these were the famous trio who made up the "Athletic Triumvirate"—Squire Osbaldeston, Captain Ross, and Edward Hayward Budd. The first of these was best known as a rider, the second as a rifle shot, and the third as an all-round athlete, who was, according to the "clocking"

of the period, nearly an even timer at sprinting, and could walk twenty-four miles in four hours. Impromptu feats were undertaken, which trained athletes of to-day would shrink from. One instance will suffice. A large party were assembled in Mr. Farquharson's house, Black Hall, in Kincardineshire, on the evening of 19 July, 1826, after a heavy day's shooting. When the ladies had left the dinner-table, conversation turned on feats of endurance, and Sir Andrew Leith Hay suddenly challenged Lord Kennedy to walk to Inverness, — nearly a hundred miles distant—for a bet of £2500 a side. Captain Ross was appointed one of the umpires. Without any delay, they set out (about 9.30 to 10 o'clock p.m.) as they stood, in evening dress, including thin shoes and silk stockings. Sir Leith Hay went by coach route; Lord Kennedy and Captain Ross across the Grampian Hills, and reached Inverness at six p.m. on 21 July, having been thirty-one to thirty-two hours. Lord Leith Hay arrived at ten a.m. (thirty-six hours). A performance like this shows the "grit" of our fathers and grandfathers.

Before this, however, the sensational pedestrian feats of Captain R. Barclay Allardne, 23rd Fusiliers (much better known, however, as "Captain Barclay" to the present generation), had set the sporting world agog with interest and excitement. A series of remarkable feats reached a climax with his, successfully accomplished, undertaking to walk a thousand miles in a thousand hours—a mile in each hour. This took place on Newmarket Heath, between 1 June and 12 July, 1809. The tale of his training will be found in *Bell's Life*, 28 Feb., 1874; and those who are interested in general sport in pre-(athletic)-historical days ought (if it can be procured) to get a copy of "Facts in Athletics," published by Simpkin, Marshall and Co., in 1868; but many of the records therein must be taken

cum grano salis. These feats of individual excellence created general interest, and the introduction of "Dandy-Horses" (as described in "Cycling"*) helped to bring out the latent talent of the youth of the day. Naturally, these feats were eagerly discussed at the Universities, and impromptu contests took place. In connection therewith, to diverge for a moment, an amusing episode may be related. At this time (1822-3), the father of the present writer was reckoned the best jumper (he could clear 18 ft.) in Trinity College, Dublin. On one occasion he and some fellow-students were jumping over a very broad ditch which then existed in the College Park, when a Freshman came up to see the fun. He was naturally challenged to show his skill, but convulsed the crowd when he made reply, "Shure, an' if I was to jump across I would fall in the middle before I got half way."

Moving on a few years, we find the year the Queen ascended the throne a red letter date in the annals of athletics; for it was in 1837 that the Rugby Crick Run was first founded. Breathes there a man who has not read, re-read, and re-re-read "Tom Brown's Schooldays"? In the finish of chapter iv. there is an account of two boys running alongside of the coach, carrying "Tom" to Rugby for the first time, and making the mile in 4 min. 56 secs. Then in chapter vii. are we not given a thrilling description of the Big-side Hare and Hounds? This, a little later, became known as the Crick Run, under which name it still survives, and many men of mark have their names inscribed on the roll of victors. A little later "house leaping" was introduced; and an annual steeplechase, first held on 27 March, 1858, was added in honour of Tom Hughes, or rather, his "Tom Brown's Schooldays." On the same day sports were

* See "Cycling," by H. Hewitt Griffin (All England Series).

held at Harrow and Shrewsbury, but at the latter the School Hunt was founded in 1842, and of the Universities Dublin showed the way in 1844. Eton's first touch with athletics is somewhat uncertain; but some athletic events were held in 1845. In 1849 Colonel Eardley Wilmot got up some sports at the Royal Military Academy, and they continued till the sad events of the Crimean War and Indian Mutiny. Sports were frequent at Addiscombe College, where twenty-seven ran in a mile handicap on 27 Oct., 1852, and *Bell's Life* quotes quite a long betting list in connection therewith. During the next month Eton sports took place on the 10th, and on the 19th, Peacock, Amateur Champion of the Thames, is reported to have walked forty miles in 6 hrs. 35 mins. 30 secs. (better than the 1898 record), and on the 30th Marlborough sports were instituted. Thus even the close of the first half of this century found athletics practically confined to school or college games. Outside this limited sphere open *amateur* competition was unknown for another decade. If a man wanted to test his powers he had to rub shoulders with the then highly undesirable professionals.

In Scotland Highland Games were of much older origin, and in the twenties and thirties were of a considerably higher class than later on, many distinguished men—amongst whom were Professor Wilson, of Edinburgh University; Leydon, the Oriental poet and scholar; Christopher North, and others—taking part. Gradually, however, the professional element ousted the small leavening of amateurism, and the famous Highland Games became, as they are now, chiefly confined to travelling troupes of pedestrians. It was a long time before amateur athleticism found a footing north of the border, and even in 1898 the only athletics to be found in many parts of Scotland are the "Games."

Ireland proved a more congenial soil ; and on 28 Feb., 1857, the Dublin University Football Club held some foot races, followed that day month by the Dublin University Athletic Sports, which have continued ever since, and have always been the most fashionable meeting in the world. Trinity sports are the hub round which the best Dublin society congregates ; and it is by no means uncommon for twenty-five or thirty thousand spectators, mostly of the highest rank of society, to assemble in the College Park on these occasions.

The oldest Metropolitan meeting is that of Kensington Grammar School, which was started in 1852, and is still kept up. But so far such sports as were held were conducted in a primitive kind of way ; and it remained for Cheltenham College to inaugurate the first formal sports, with all their paraphernalia of roped course, printed programmes, with list of officials, competitors, etc., and so forth. This was on 22 Oct., 1853. Soon after, in 1855, the first athletic book appeared—a sure sign that sport was making headway—"Training of Man for Pedestrian Exercises," by J. H. Walsh, better known as "Stonehenge," and afterwards the foremost writer on British sports, and for many years editor of the *Field*. These articles were afterwards republished in the first edition of "British Rural Sports" (Oct., 1855), under Book VII. It is there stated that "6 to 6½ miles per hour is the outside rate of walking," and the running speeds, "quarter of a mile in a minute ; half, 2½ min. ; mile, 4½ to 5 min." At the Universities college after college gave encouragement to the new movement by holding sports ; but the lines these were conducted on—and for many years afterwards—would sadly shock the present administrators of the amateur law ; prizes, if not actual cash, were often taken out in "wines," and so forth. So general had the movement become, that in 1857 the Cambridge

University sports were founded, and held on 21 March of that year. Three years later, E. Arkwright, of Merton, was mainly instrumental in establishing similar sports at Oxford. Of the Inter-'Varsity sports more anon.

The athletic calendar was still a blank; at this time it was almost social ostracism to be mixed up with sport, as sport then existed. Pugilism overshadowed everything, and, surrounded as it was with a phalanx of ruffianism, which, however, soon happily killed it outright. Glories of the path, the honour of breaking a record, the satisfaction of winning a good race, etc., were unknown. The "sport" of the day considered himself somebody of consequence if he had shaken hands with the "Rotherhithe Ripper" or "Brompton Bruiser," or other "hero" (?) of the ring. Pedestrianism was played out, Deerfoot's performing troupe palled on the taste. The pedestrianism at Metropolitan grounds was not of an elevating nature, and things were about as bad as they could be.

The ball of reform was set rolling from an unexpected quarter. The West London Rowing Club started, as an "off season" novelty, a few running events in the winter of 1861-62. These, although they did not attract very much notice at the time, are important in athletic history, as practically marking the commencement of open amateur races in London. A little later, a well-known promoter of pedestrianism, W. Price, advertised some "Gentleman Amateur Handicaps," to be held at Hackney Wick Grounds, originally fixed for 10 July, but postponed to 26 July, 1862; and in the *Illustrated Sporting News* of that date the starts are published (see p. 155, col. 2), and the results reported in the next issue of that interesting paper (p. 166, col. 2). A 100 yards race was won by "Mr. Green, in the most clever and really professional manner." Spicer (20 yards) won a half-mile in 2 min.

9 secs.—“very fair time for non-professionals ;” Chinnery (was it one of the great Chinnerys?), second. There was also a quarter, won by “Franks (50 yards).” About this time a great fuss was made over a self-advertised celebrity, “Captain Patten Saunders, Amateur European Champion,” who proved to be merely a paper hero. The West London Rowing Club renewed their sports at the West London Ground, Brompton—a site now built on between King’s Road and Old Brompton Road, near Thistle Grove. With five entries, the sprint was run off in heats ; the mile had two, and the 880 yards three entries—figures sufficient to make a modern hon. sec. of sports thankful that he did not hold office in those days. It was, in fact, extremely difficult to get men of any social standing to connect themselves with the new development of sport, from the causes we have already mentioned. For some time there was but little open competition, and those who fancied their own prowess were driven to matches or trials against time. Amongst these we may note one which created great interest in fashionable circles, in which Captain Boswell, Royal Horse Guards, described by a paper of the period as “a perfect Hercules, with a strong dash of the Apollo, standing over six feet,” was heavily backed to walk fifty miles in twelve hours. He accomplished 30 miles in 6 hrs. 27 min. 14 secs., and 50 in 11 hrs. 3 min. 43 secs. It took place at West Brompton, on 4 March, 1863. Later in the year the proprietor of Cremorne converted his Ashburnham Hall at that gay resort into an “athletic arena ;” and the West London Rowing Club held some sports by gaslight there on 7 Nov. Even early in 1864 sports had not taken much hold on the people, but already abuses were creeping in, and pedestrian pseudo-names, frequently changed, were one of the tricks of the track.

With the advent of 1864 came what may be termed the active commencement of open amateur athleticism. The only hope for sport was to adopt a high basis to start with, and accordingly the gentleman-amateur came into vogue. A few modern writers who, if they had existed in those days, would most likely have been debarred by the gentleman-amateur clause from participating in the reformed sport, are still violently opposed to anything tending towards a return to the old amateur definition, although the path of to-day, in many quarters, sadly needs purifying. At first it was difficult to define an amateur, and the rough and ready demarcatal division was body *versus* brains, wages *versus* salary ; it being considered that a man who earned his wages by the physical labour of his body was, by reason of his employment, better fitted for athletics than one who secured his salary by his mental powers. The "gentleman" part of the clause, although "sour grapes" to numbers, was not only absolutely necessary, but proved the saviour of athleticism. But for confining athletics to the select side of society, the better class of men would not, they *could not*, under the then existing state of affairs, have gone in for sport, which would, therefore, never have reached its present high estate. As it was, the hardy pioneers of the new movement and their disciples had a rough time of it, and met with but scant success or support.

For some time Cambridge and Oxford had been flirting with each other about a suggested athletic union, or rather series of athletic contests, to take place about Boat-race time. At length preliminaries were arranged, and on Saturday, 5 March, 1864, at Christ Church Cricket Ground, Oxford, the first Inter-'Varsity Sports were held. This laid the foundation for a new era in athletics. To quote the *Field* (12 March, 1864, p. 174, col. 2), "When the Univer-

sities took up athletics, and inaugurated a contest, foot-racing became a matter of real interest, and it became possible for gentlemen of refined taste and ladies to look on with pleasure." A special train brought over a crowd of Cantabs; and about one o'clock, by word of mouth, the 100 yards was started, B. Darbyshire winning for Oxford; which also took the high jump with the fine leap of 5 ft. 6 in. by F. H. Gooch, and the third event, 440 yards, in 56 secs., by the "century" winner, Darbyshire. Cambridge took her first honours in the 120 yards hurdles, A. W. Daniel winning by 10 yards in 17 $\frac{3}{4}$ secs. Gooch added the long jump (18 ft.) to Oxford's trio. The Dark Blues had now won four out of five; but Cambridge secured the next three. The 200 yards hurdles by Finch, in 26 $\frac{3}{4}$ secs. The mile brought C. B. Lawes (winner of the Eton School mile in 1851, who figured a few years ago in the great artistic "duel" of Belt v. Lawes), to the front in 4 min. 56 secs. The last of the eight events, a 1 $\frac{1}{2}$ miles steeplechase, never again figured on the programme. It was won by R. C. Garnett, with R. E. Webster (the present, 1898, Attorney-General) second; over a genuine bit of cross-country work, with the brook-jump swollen by floods. The sports thus ended in a tie. It is amusing to read at the tail of the first report the *italicised* suggestion, which is still urged year after year, and doubtless will be for a generation or two, "During the day it was reported on the course that the next year's gathering would take place at Cambridge, and be held in the *summer term*;" so there is nothing new in the idea.

Another notable annual feature was established the following month. To celebrate the ter-centenary of Shakespeare, the Civil Service Athletic Sports were organized, and held on 22 and 23 April, 1864, upon a recently constructed

gravel path in Beaufort House Grounds, North End Road, Walham Green. The events were all confined to members of the Civil Service, but it was the first important athletic meeting held in the Metropolis. None of the performances were notable, but amongst the competitors was Guy Pym, afterwards the best athlete of the day, and now M.P. for Bedford, and C. M. Callow (Admiralty), third in the 440 yards. Although now (1898) over sixty years of age, Callow is still on the path, and even occasionally wins open events—notably the Ranelagh Harriers two miles' walk, June, 1890. Another link of the past with this meeting—the Countess of Albermarle, mother of the late Earl (better known by his old title, Viscount Bury, President of the National Cyclists Union) distributed the prizes. It is impossible to estimate the good this meeting did; about five thousand fashionable spectators attended, and the *élite* of society for the first time had a chance of seeing what the new departure in sport was like, and could bear witness to the fact that gentlemen might engage in athletics without losing caste, and that athleticism was a manly, invigorating, and exciting sport that deserved to be encouraged. Open athletic sports continued rare, however.

For the second meeting between the rival Blues the interest increased a hundredfold, both within and without the 'Varsities. Cambridge University "selection" sports were held on 16, 17, and 18 March, 1865, and were chiefly notable for the grand form shown by R. E. Webster, who won the half in 2 min. 7½ secs., the mile in 4 min. 36½ secs., and two miles in 10 min. 5 secs.—all about record; but in those days "best" performances were often passed over without comment. Purists of to-day, who are trying to purge athletics from the evil associations of betting, would not be comforted by the important feature it formed at the Oxford

University sports. To quote the *Field* (25 March, 1865, p. 198), "There was much betting on the results of the races. . . . The Earl of Jersey was heavily supported at 3 to 1," etc. The Earl of Jersey (late Governor of New South Wales, and President of the A.A.A.) scored a most popular win in the mile, 4 min. 52½ secs. ; Jackson, a future record holder (now occupying an important official position at Oxford, and Treasurer to the A.A.A.), ran unplaced in the hurdles. The Inter-'Varsity sports were held at Fenner's Ground, Cambridge, on 25 March, when the home teams won six out of nine events. R. E. Webster won the mile, Earl of Jersey second)—and the two miles (which supplanted the steeplechase); but as a storm of sleet and rain prevailed the times were slow. Throwing the cricket-ball was for the only time introduced. With the exception that throwing the hammer replaced the cricket-ball, and the conversion of the two into four miles, effected the next year, the Inter-'Varsity programme has remained the same throughout. Of course the fact that an earl had taken so prominent a part in the sports was made the most of by the press of the period, and, although it may flavour of snobbery, the fact drew additional attention to athletics, which were given a considerable lift thereby. He was not alone, however, as amongst those competing at the various college meetings, then regular features at Cambridge and Oxford, were the Duke of Hamilton, Marquis of Queensberry (now the great authority on glove-fighting), Lords Caledon, de Broke, Downe, Melgund, etc. Most colleges gave a semi-open event, *i.e.* confined to University men. The hardy band of athletes multiplied quickly, and training was carried out with vigour.

The "amateur" difficulty continued to crop up, and promoters of sports had but a very vague notion as to what the

word meant. Thus, to take an instance, at some wrestling sports held in the Agricultural Hall, Islington, London, Good Friday, 1865, some of the events are thus described:—“Half-mile race. This was for amateurs—the winner, £2; second, £1; third, 10s.” (see *Illustrated Sporting News*, 22 April, 1865, p. 108).

Although formed in June, 1863, not much had been heard of the Mincing Lane A.C., which was established to promote amateur sport. It held an important meeting, however, on 22 April, 1865, at Lord's Cricket Ground, when the brothers Chinnery came to the front, W. M. winning the mile, and H. J. the quarter, both in slow time. Two events were “open to all recognized rowing and athletic clubs.” There is little to chronicle in that year. Guy Pym, the Civil Service athlete, was a very prominent performer.

Early in the year 1866, the last of ancient history, the Mincing Lane was transformed into the world-famous London Athletic Club, the first sports of which were held at the Brompton Grounds, 24 Feb., when five events were decided. This year is also notable for the formation of the Amateur Athletic Club, the moving spirit of which was the late J. G. Chambers, C.U.A.C. It was founded chiefly to inaugurate and manage an annual amateur championship meeting, and it at once assumed a very high position in the world of sport, and in fact became a court of adjudication and appeal for athletes (and, later on, for cyclists, before the Bicycle Union was founded in 1878) till the Amateur Athletic Association was constituted, of which more anon. One of the first steps was to draw up and print a definition of an amateur. This ran as follows:—

“Any gentleman who has never competed in an open competition, or for public money, or for admission money, or with professionals for a prize, public money, or admission money,

and who has never at any period of his life taught or assisted in the pursuit of athletic exercises as a means of livelihood; nor is a mechanic, artisan, or labourer."

The list of events for championship honours was founded on, and almost identical with those of the Inter-'Varsity contests, with the much-needed addition of a half-mile running and a walking race. The latter was fixed at seven miles, it being then the ambition of "toe-and-heel" athletes to cover that distance in the hour.

Beaufort House was, as the only amateur ground in London, the chosen scene of the initial championship meeting, Friday, 23 March, 1866. The gravel cinder-path was of irregular size, of "about" 600 yards to the lap. The sports were—and for thirteen or fourteen years continued to be—arranged to follow the Inter-'Varsity, so as to secure the cream of the "Blue" talent; but this brought them at a period of the year when other athletes were not in training. Thus, out of sixty-one competitors, thirty-three came from the universities and public schools, four from Civil Service, and seven from the army, so that outside clubs were poorly represented. The only notable performance was the high jump, wherein T. G. Little and J. H. S. Roupel, both Cambridge, tied at 5 ft. 9 in.—*best on record*. For the first time the Civil Service A.C. included a strangers' race, 600 yards—won by W. M. Chinnery, with the late J. B. Martin second. It is notable that the winner has just (1898) succeeded the second as President of the I.A.C.

We need say but little more concerning the past. Athleticism had by this time (1866) been established on a firm basis; it had, thanks to the class of men now attracted to its ranks, lived down the days of degenerate sport, and built up a reputation of its own. With the increase in popularity came an increase in the number of its partici-

pants, and with keener competition an all round improvement in the performances; but, owing to the carelessness and ignorance (of sport) of the reporters of the period, these are very hard to trace. But as our treatise is but a brief *résumé* of athletics we need not trouble much on this score.

In 1867 the Inter-'Varsity sports were moved up to London—Beaufort House, which now boasted a good cinder-path, one third of a mile in circuit. An unique report appeared in the *Field* (13 April) of some sports at Roehampton, the runners being "Esquired" in each case. Some prominent performers, whose names are still famous, now came to the front—E. J. Colbeck, who won the Civil Service strangers' 600 yards race in 1 min. 15½ secs. (record); the Chinnerys and others, including W. G. Grace, the cricketer, who ran as a member of the L.A.C. The only event worth noting in the latter part of the year is that W. M. Chinnery went up to Oxford for the Worcester open mile, which he won, on 27 Nov., in 4 min. 38½ secs., being one of the first genuine "strangers," *i.e.* outside either 'Varsity, to compete.

The Inter-'Varsity sports were again held at Beaufort House on 3 April, 1868, and were notable for "four-thirty" being first beaten by an amateur, W. C. Gibbs (Camb.) winning in 4 min. 28½ secs. Record was also pulverized in the quarter, 51 secs., by J. H. Ridley (Camb.); hammer (long run), 99 ft. 6 in., by T. Batson (Oxf.); and 3 miles, 15 min. 20¾ secs., by T. H. Morgan (Oxf.). The championships were postponed till 19 and 20 June, and were held for the last time at Beaufort House. Several records were made, the chief being by E. J. Colbeck, who, after being nearly thrown down by a sheep, won the quarter by 12 yards in 50½ secs., a record which stood unbroken for over thirteen years, though tied by Jack Shearman 7 June, 1877, till L. E. Myers, of New

York, did $49\frac{1}{5}$ secs., at Stamford Bridge, 25 June, 1881, and then won the championship at Birmingham in $48\frac{3}{5}$ sec., 16 July, 1881, which stood till Tindall did $48\frac{1}{2}$ secs. at Stamford Bridge, 29 June, 1889; but we are getting ahead of time.

Much as we would like to deal with this interesting period, we must move on with rapid strides, only pausing to note the closing of Beaufort House grounds, and the opening of Lillie Bridge grounds. This was announced for 1 March, 1869, but may be said to have taken place by the celebration of the Inter-²Varsity sports there on 18 March, when for the first time the hammer was thrown over 100 ft.—H. Luke (Camb.), 103 ft. 11 in., and F. O. Waite (Oxf.), 101 ft. 5 in.—with unlimited run, however. These grounds quickly became the recognized home of athletics, where all important meetings were held, the L.A.C. using them up till their own ground, Stamford Bridge, was opened, on 28 April, 1877, upon an adjoining tract of ground, afterwards separated by the Small-pox Hospital. Finally, the Lillie Bridge grounds came to a sad end by riot, ravage, and fire, owing to a pedestrian fiasco on 19 Sept., 1887.

Two very desirable meetings were inaugurated this year: a Public Schools Championship, which is bearing fruit now, as the L.A.C. has for the last three years given several cups and races for Public School Championships; and a Civil Service and Army Meeting.

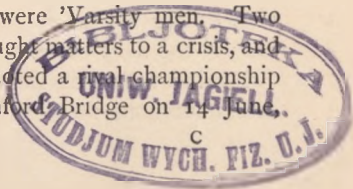
To go back, the head (“gentleman”) and tail (“nor is a mechanic, artisan, or labourer”) of the amateur definition was much objected to by many of the new recruits to athletics, who desired a republic of sport rather than the limited monarchy which so many clubs insisted on. The first to break down the barrier of exclusiveness was the late Lord Lurgan, a generous-hearted sportsman, who was fitly described as “the patron saint of Irish athletics.” The Lurgan A.C., founded 1871, held one of the best meetings

in the kingdom, and each year special prizes were presented by Lord and Lady Lurgan for level races—a mile run and three miles walk—on the condition that they were “open to all, except professionals.” They attracted the best men in the United Kingdom.

Need was soon felt for a more definite governing body. Cycling took unto itself a “head” in 1878, by the formation of the Bicycle Union, and a most absurd definition of an amateur; but it was the first governing body to sweep away the “mechanic” clause.

In the following year, 1879, the Northern Counties Amateur Athletic Association was formed, to check the many abuses which had grown up in the district. In fact, so serious had these become—and even continued at a much later date—that at some sports *amateurs* were handed money in a *cup*; the prize-winner pocketed the cash, and handed back the cup for the next man to receive his share. We have also heard a prominent Liverpool athlete speak of a sportsmanlike competitor somewhat as follows:—“Brown?—oh yes; he’s a decent fellow, but a bit soft, you know, a bit soft; he always *tries to win*.”

In the Midland counties things were nearly as bad; but a purer and higher tone fortunately prevailed in the south. Even here, however, the need of a representative governing body was much felt, and general dissatisfaction was expressed at the conduct of the championships. This took a practical form in 1879, when at the A.A.C. championship, which came, as usual, on the heels of the Inter-’Varsity meeting (7 April), when there were only twenty-five competitors for the eleven events; out of these, seventeen were ’Varsity men. Two events were walk overs. This brought matters to a crisis, and the L.A.C. and other clubs promoted a rival championship meeting which came off at Stamford Bridge on 14 June.



1879. Here there were forty-one competitors for thirteen events, a steeplechase and ten miles run being added. No contemporary University athlete competed, but two "late" members took part. One very good move was made—the fixing of a standard in each event, all reaching which received a medal. W. G. George made his first appearance in a championship, and won both the mile and four miles.

Of course things could not go on thus, and the Universities soon came to a compromise, but the A.A.C., *i.e.* a handful of men, announced the championship for 22 March, 1880. This was killed, however, by the Inter-Varsity Athletic Clubs refusing to recognize any championship until the formation of an Amateur Athletic Association. Immediate action was taken by the presidents of the Cambridge and Oxford Universities Associations, who called a conference of clubs, which was held at Oxford (it would have been much better had it taken place in London) on Saturday, 24 April, 1880, at which the A.A.A. was born, and several regulations drawn up, nearly all of which now form part of the constitution. Thus, with a general A.A.A., a Northern and a Midland Counties A.A.A., complete supervision and control was and still is exercised over athletics. Shortly afterwards the Earl of Jersey was elected President; C. N. Jackson, hon. treasurer—posts they still fill; and Monty Shearman, a rising barrister, as hon. sec., which office he ably discharged for two or three years, getting through an immense amount of hard work for the good of the sport in that time. He was succeeded by the present most able official, C. Herbert, of the Civil Service, who during his many years of duty has proved the right man in the right place.

Having traced amateur sport from its conception to its consummation, there is little more to add. Every one

interested therein knows the progress of the last few years ; how Myers, the modern "American deer," made his memorable visit in 1881, and won the quarter championship at Aston, Birmingham, on 16 July, 1881, in $48\frac{3}{4}$ secs. ; how W. G. George set the mile amateur record at 4 min. $18\frac{2}{3}$ * secs. (21 June, 1884) ; and how the last-named, on 11 Nov., 1882, put the American record at 4 min. $21\frac{3}{4}$ secs., and later beat the best professional ever seen in the marvellous mile time of 4 min. $12\frac{3}{4}$ secs. (Lillie Bridge, 23 Aug., 1886) —the finest performance witnessed in the authentic annals of athleticism, irrespective of distance or class of contest ; in fact, a performance beside which the picked feats of cycling, swimming, and all other sports pale their ineffectual fires.

Gratifying as it may be to those who cry "*Liberté et Égalité*," as the watchword of the "republic of sport," the fact that sporting proclivities have permeated every section and class of the community is not without its seamy side. In many quarters the type and *morale* of competitors have deteriorated alarmingly. Consequently some of the leading clubs have narrowed the entry for their open events to "members of the Universities, Hospitals, Civil Service, Public Schools, L.A.C., and officers of the Army and Navy." Outside this an introduction is required, and even then all names have to be scrutinized by the committee of the promoting club. Of course, any club has a perfect right to be as exclusive as it likes, but fortunately for the rank and file of competitors it is only a select circle of clubs which work on these lines, or there would be comparatively little sport. At the same time, an influx of the gentleman-amateur element, more especially in the provinces, would improve matters all round.

Finally, it must be pleasing to those who fought hard for the sport in its early days, nearly thirty years ago, to see

* Now 4m. 17s. by F. E. Bacon, at Stamford Bridge, 6 July, 1895.

how the love of athletics has spread over the English-speaking world, besides making its way in most European countries ; but no matter what other countries may do, the British Championships are justly regarded as "World's Championships," and draw competitors from all round the globe. The knowledge that with so fearless, impartial, and competent a controlling body as the A.A.A. at its head, its future is in safe keeping is also gratifying and satisfactory. May athleticism, in its most comprehensive sense, continue to develop and prosper in the future, as it has done in the past.

CHAPTER II.

THE PROMOTION AND MANAGEMENT OF MEETINGS.

ALTHOUGH athletics are very general in this country, there is still plenty of room for further expansion, and there are scores and scores of towns where sports have never been held, but where they would confer a benefit on the town by bringing a number of visitors, advertising its name, and giving the youth of the place a taste for a more active existence, besides opening up a new source of amusement to the inhabitants. In this direction Great Yarmouth takes the lead, and sets a worthy example to other towns. A splendid track has been laid out on the recreation ground at the town's expense, and on the Town Council there is an "Amusements Committee," whose object it is to look after sports and outdoor amusements generally, in order to make the town more attractive to visitors.

If in a town where it seems desirable to promote sports there is not already a local athletic club one ought to be formed, or the sports 'fathered' by the town cricket, football, or cycle clubs (the A.A.A. and N.C.U. both refuse to grant permits to races promoted for personal

profit). As a first step, a committee meeting ought to be called, and a smart pushing member elected hon. sec., with an assistant as hon. treasurer. As nearly the whole burden of the sports will rest on his shoulders, the hon. sec. should always be capable and have a good knowledge of all-round sport. Even if an established club is running the sports (presuming it is a new fixture), there is nothing like getting a strong list of supporters. Ask the most influential man in the place to be president, then several of the next in consequence as vice-presidents; it is a good way of baiting the subscription trap. A good *working* committee must be appointed, who will assist the hon. treasurer in canvassing for support and subscriptions. A small deputation of three members waiting on the leading tradesmen and inhabitants has infinitely more effect than only one going; but the way should have been paved by the distribution of a nicely got up and well-worded circular, setting forth the aims, objects, and advantages of the sports, and that the committee desire to make them "worthy of the town," etc.

These preliminary steps ought to be taken *at least* three months before the proposed date of the sports, though the writer remembers once carrying out a most successful swimming meeting—the first ever held in Ireland—in, from the initial suggestion to the fulfilment, ten days. As soon as the idea has taken shape, if the promoting body is not already affiliated, application must be made to the Amateur Athletic Association (10, John Street, Strand, London) for athletics, and to the National Cyclists' Union (57, Basinghall Street, London, E.C.) for the cycle side of the programme. This is of course absolutely essential, as no sports, either athletic or cycling, can be held unless authorized by a permit or license from the respective governing bodies. Not only

this, but the fact that such licence has been granted must be clearly stated in all circulars, advertisements, entry-forms, etc. At the outset the hon. sec. should have provided himself with complete copies of the rules and laws of both bodies.

Prospectus and Entry Form.—These must be very carefully drawn up, and the most effective is a four-page circular. The proper size, which ought always to be adhered to, as it gives uniformity in the size of the entry-forms, is $10\frac{1}{2} \times 8\frac{1}{4}$. On the OUTER PAGE the name of sports, date, place, particulars of course, full list of officials, patrons, president, vice-presidents, train arrangements, particulars of admission to ground, etc. The SECOND PAGE has the name and date of sports repeated and—

List of Events—always difficult to arrange satisfactorily. Sports in London have now become so much of a business that, owing to gigantic entries, there is time for only a few events. On this account country sports are always more enjoyable, owing to the greater variety of contests. Of course a good deal depends on the financial resources. It is always desirable to attract as good a class of athletes as possible, in a double sense of the words. A couple of scratch events ought therefore to figure on the programme—flat and wheeling. For the former, either 500 or 600 yards is a good distance, as it brings together sprinters and middle-distance runners, while even mile men feel inclined for a cut in, whereas a sprint or mile would only be attractive to one section. The following list may be cut down to suit requirements. There should always be, however, two of each class—*i.e.* two short, two middle and long distance, two cycle—among the open events. Locals should also be given a chance. Events selected from the following will make a good show:—

OPEN EVENTS.

SCRATCH RACES.

- *1. 500 Yards, Running.
- 2. Half-mile, Bicycle.

HANDICAP EVENTS.

- 3. 100 Yards.
- *4. 120 Yards, Hurdles.
- 5. 300 Yards.
- 6. 880 Yards.
- *7. Three-quarters of a Mile Steeplechase.
- 8. One Mile.
- 9. One Mile and a half, Walking.
- 10. One Mile, Bicycle.
- 11. Two Miles, Bicycle.
- *12. Long Jump.
- *13. High Jump.
- *14. Putting the Shot, or Throwing the Hammer.
- *15. Throwing the Cricket Ball (Scratch).
- 15a. Kicking the Football (Scratch).

CONFINED TO THE CLUB OR DISTRICT

- 16. 440 Yards (Handicap) (or any other distance).

BOYS' RACES (HANDICAP).

- *17. 100 Yards, for Boys under 9 years. *Four prizes.*
- 18. 200 Yards, for Boys over 9 and under 12. *Four prizes.*
- 19. 300 Yards, for Boys over 12 and under 16. *Four prizes.*
and the last event.
- *20. Consolation Race for all unsuccessful competitors.

Of course this suggested list is too long and too costly in its entirety; part must therefore be sacrificed. A proviso can be added that any event not receiving, say, four entries will be cancelled. The events marked * may be cut out or the number regulated according to circumstances, but be sure to make the programme attractive and varied to both competitors and spectators. The cricket and football only require small prizes and attract local competitors who,

probably, would not take part in the other events. The boys' races may be reduced to two.

Boys' Races.—These are really the best paying items on the programme. The prizes cost but little—say, £2 per race, more than half paid in shilling entry fees—and each boy who enters will have a *coterie* of friends and relations, most of whom would not otherwise attend. By all means, therefore, encourage boys' races, and *never* mix up big and little boys together; neither the public nor youngsters like it. At country sports a girls' race may be added, or the junior event be open to youngsters of both sexes. No 20 is not open to boys.

The Entry Form is the most important part of the prospectus, and occupies p. 3—the back (p. 4) can be let for advertising. A very great number of entry forms in use are imperfect and misleading; even the official forms are generally behind the times, and neither provides for both cycling and athletics. Besides, where both cycling and athletic events are included, it is out of the question that the hon. secretary should be bothered with two sorts of forms; it only leads to needless expense and endless confusion and trouble. If entirely athletic or solely cycling, then, and then only, are the respective official forms of any use. Of course if the sports are smaller, a single sheet form may be used, but the four-page is far better. The size should not be less than 10 × 8 inches, or more than 11 × 9 inches. The author of this book will be glad to afford any information or send a model form, per return of post, to any hon. sec., or the one given on pages 26 and 27 may be copied in its entirety. It has been selected as being the most correct and complete yet issued. Redhill has commenced well to play its part in sport. Even most of the leading clubs in London are out of

the running in this respect ; too often the rule is, the more important the club the worse the entry form. It is not a question of fad or fancy, but *right* or *wrong*, and imperfect forms often mislead the competitor into making apparently false statements ; too often the *mistake*-maker is only too glad to blame the form. It is also absolutely unfair and unjust to the handicapper unless proper forms are used. The subject is all important.

Advertising.—A liberal allowance must be made for this. For local purposes, effective posters, both large for walls, and smaller for shop-windows, must be widely circulated for miles round. To use in connection with the former, a supply of new pictorial posters or show-bills—accurately drawn representations of bicycle and flat races, printed in showy colours—ought to be obtained from Iliffe and Son, Coventry. If properly displayed, more especially in a neighbourhood where sports are not of common occurrence, they greatly affect the gate. The local papers must be well patronized, and the sporting papers circulating within a hundred miles. If in the home counties, frequent advertisements ought to appear in the *Sporting Life* and *Sportsman* (both Fleet Street, London), or once or twice if at a great distance. Nearly every one in the South of England interested in any section of sport sees the *Referee* (Victoria House, Tudor Street, London, E.C.), and although the rates are somewhat high, the extra outlay is more than recouped. If in the Midlands, *Bicycling News* (— Lionel Street, Birmingham) is a good medium ; in the northern counties generally, the *Daily Sporting Chronicle*, and weekly *Athletic News* and *Cyclers' News*, all published in Manchester, also *The Wheeler* (Bolton) has great cycling influence. In Scotland there is *Scottish Sport* and *Scottish Cyclist* (25, Jamaica Street, Glasgow) ; in Ireland, *Sport*

All Entries **MUST** be made direct to Mr. L. P. Rees, 53, Station Road, Re
 A SEPARATE FORM MUST BE FILLED UP FOR EACH EVENT ENTERED FOR.

REDHILL SPORTS GROUND ATHLET

(ENTRY FORM FOR COMPETITIONS HELD

No Entry will be accepted unless accompanied by the Entry Fee, and al
 The Magnificent and Valuable Collection of Prizes offered at this Meeting will be awarded to
 Furnishing false, misleading, or incomplete information will be a groun

Mr. LEONARD P. REES, 53, ST

Please enter me for the following Race at the above Meeting, for which I enclose _____

EVENT (write name of event in full, and state whether Cycling or Flat) _____

Every Competitor must fill up and sign this Form with the particulars of his last three *Scratch*
Events; such statements as "Known" or "Known to the Handicapper" will not be equivalents for

I HEREBY DECLARE (1) That I am an Amateur according to the definition of the A. A. A.
 or with or against a Professional for any Prize, or who has never taught, pursued or assisted in the
 the right of any Club to refuse an entry to its own Sports. (2) That I will abide by the Amate
 for Cycling. (3) That I have not competed at an unregistered meeting. (4) That the following pa

NAME OF SPORTS. (Write distinctly.)	Date when held	DESCRIPTION OF CONTEST. Running, Walking, Hurdles, Steeplechase, &c. If Cycling state class of Race and Type of Machine you used.	D
Last three events in which you have competed } Your last performances at (or near) the distance, and in the class of Race now entered for. } State particulars of } last event in which } you won a prize. }			

(S) FOR BOYS' RACE ONLY (to be filled up in addition to 1

Date of Birth _____ day of _____ 18 _____ Age now _____ years

Extract from A. A. A. Laws: "Open Races for Youths, other than Club Events, shall be confined to Boys under Fifteen, or
 Entries from Boys under this age shall not be accepted for open Events.
 Extracts from N. C. U. Rules: "Cycle Races for Youths, other than Club Contests, shall be co

(7) Name in full _____

Full Postal Address _____

* Club _____

* [No one shall be allowed to compete at any meeting held under the Laws of the A. A. A. as "Unattached" for more
 than one season, or under the Rules of the N. C. U. as "Unlicensed." If the Club now given has not the same as
 that last competed under, the latter must also be stated

Editor _____

Have you ever won a Prize in an Open Race? _____

Signature of Entrant _____

Dated this _____ day of August, 1897.

N.B.—All

bill.

Entries sent to the Handicappers will NOT be accepted.

LAST DAY FOR RECEIVING ENTRIES—Saturday 21st August, 1897
(FIRST POST MONDAY MORNING 23RD AUG. IN TIME.)

C MEETING, Saturday, Aug. 28th, 1897.

UNDER A.A.A. LAWS AND N.C.U. RULES.)

Entries must be made and Races run in the real name of the Competitor.
Successful Competitors, relying upon the strict accuracy of the declarations made on this Entry Form
for disqualification, and will render the Competitor liable to prosecution.

TION ROAD, REDHILE, SURREY.

value shilling in payment of Entry Fee

* Handicap performances as required below whether in Open, Invitation, Local, Novice or Members' the information required. No exception will be made to this Rule.

and N.C.U., as follows — "An Amateur is one who has never competed for a Money Prize or Staked Bet, practice of Athletic Exercises as a means of obtaining a livelihood." This Rule does not interfere with Athletic Association Laws and Regulations for Competitions, and the National Cyclists' Union Rules which are correct —

Name of Race or Miles	Name of Scratch Man in Handicap, or if only Virtual Scratch, give his start from ACTUAL SCRATCH	Start and received from actual scratch	Result of Heat (Did you win? Yes or No?)	Result of Race (Were you 1st, 2nd, 3rd, 4th, or unplaced?)	Name of Winner, and start received from ACTUAL SCRATCH.	
					Yards	Yards

the above). A Certificate of Birth must be produced if required.

months. Height _____ feet _____ inches. Number of Prizes won _____
dent for three months prior to the Sports, within a radius of three miles from the Ground of the promoting Club, and This Rule does not apply to Boys attending Schools within 20 miles of Charing Cross, London.
ned to Boys under 15, and entries from Boys under this age shall not be accepted for Open Events."

(6). FOR CYCLE RACES ONLY (to be filled up in addition to the above)

State, as required below, type and details of the Cycle to be ridden, and give description of type you will use (whether Pneumatic, Inflated, &c.), also if you have made any change, in Cycle or Tyre, since your last Race.

Cycle (type) _____ Roadster or Racer _____ Weight _____ lbs.

Height of Driving Wheel _____ in. Front or rear _____ Geared to _____ ins

Tyre (description) _____ Diameter _____ ins.

Changes (if any) _____

No. of your N.C.U. Licence (if any) _____ Granted by _____ Centre.

[All Competitors in the Cycle Events must have a Licence, whether first year man or not.]

Received by the Hon. Sec. of Entries this _____ day of Aug. 1897,

required particulars must be carefully and clearly written or the entry will be refused

and the *Irish Cyclist, Dublin*; and *Belfast Cycling Journal*; and, in fact, each district has its special organs. In addition to the general, the cycle events must—it is almost *must*, if publicity amongst wheelmen is desired—be advertised in *Wheeling* (15, Farringdon Avenue, London), *Cycling* (Rosebery Avenue, London), and last, but not least, the *Cyclist* (Coventry). It is thus easily seen that in this channel of expenditure money flows away freely. In all advertisements, forms, etc., the secretary's name and address, date of closing entries, etc., must be very clearly stated, and, indispensable legend, "Under A.A.A. Laws and N.C.U. Rules." The chosen handicapper or handicappers ought also, in fairness to entrants, to be named; it may also affect entries considerably.

Entry Fees.—These are generally 2s. 6d. per event; but this is a tax on the slender purses, and may be modified into 2s. 6d. for the first and 1s. for each extra event, or, say, 5s. for any three or four events. All fees *must* be paid at time of entry (see model form); it is an offence against A.A.A. and N.C.U. rules to enter without payment on the part of the entrant, and also on the part of the club accepting any entry under such conditions. Indeed, a club is liable to be suspended from holding sports for doing so.

Entries.—The accepted time for closing the lists is one week before the date of the sports—as a rule, Saturday. This really means Monday morning, or, in fact, Monday night, before a list can be compiled. Of this more anon. A large manuscript book should be kept, and each entry put down as received, as follows:—

(A) REGISTER OF ENTRIES RECEIVED.

Reg. No.	Date Received.	Name.	Address.	No. of Events.	Events.	Fees Paid.		
						£	s.	d.
1	Sept. 1	J. Jones ...	7, Brown Street, Smith Square, E.C.	3	100, 300, 500	£	7	6
2	1	B. C. Robinson	The Outlook, Croydon	3	All Cycle races		7	6
3	2	Eli Evans ...	18, Some Street, Anytown	1	Walking Race		2	6
4	4	H. H. Green ...	4, Which Street, Worcester	2	100 and 500		5	0

Then there ought to be a second large book with spaces for the separate events, ruled thus :—

(B) 100 YARDS HANDICAP.

Handicapper. Address _____

Reg. No.	No.	Name.	Club.	Colours.
4	1	H. H. Green	Worcester Harriers	Brown, trimmed with light blue.
17	2	A. F. Flyer	Swift A.C.	Crushed strawberry and cream.

With heading and ruling for each event as shown. A little care at the outset in this respect will save great trouble, many mistakes and general confusion. As soon as the name is entered in the first book the assistant sec. ought to send off the competitor's ticket, which is in itself a receipt for the fees. If there is any objectionable entry the committee have a perfect right to refuse, without being

(D) ARGNAUGHT ATHLETIC CLUB.

Sometown. Thursday, 21 May, 1898.

Tom Brown, High School, Rugby Road, Hon. Sec.

(Cricket Field. Grass Course. Level. 5 laps to mile.)

100 YARDS HANDICAP (OPEN).

No.	Initials.	Name.	Club.	Start.
1	J.	Jones ...	Archery A.C. (Slough) ...	
2	W. W.	Wainwright	Walthamstow and Essex C.C.	
3	T.C.W.	Allen ...	S.L.B.C.	

This rule ought to be observed in any case where a number of names has to be dealt with. A pencil line ought to be drawn, where the dotted lines are shown, leaving plenty of room for three initials, close to which all surnames ought to be ranged; both initials and name are then seen at a glance. In addition to this the writer, always—and he has a good many hundred lists to prepare in the year—rules two additional narrow lines to keep the initials also in range. The time and trouble saved afterwards, in examining the names, is very great, more than ten times that spent in preparing the lists, to say nothing of neatness and freedom from mistakes thereby gained.

Sending off the Entry Forms.—The entry forms are put in the same order as the list of names—separately for each race, and secured by a paper fastener at the corners together with a slip of paper giving particulars of the particular event. The bundle, or bundles, should be then enclosed *FLAT (never roll entry forms)* in a large envelope (N. Porter, High Street, Putney, supplies special envelopes of stiff strong paper, about $11\frac{1}{2} \times 9\frac{1}{2}$ inches for the purpose at the moderate price of six, post free, for 1s.). With

these should be sent a corresponding stamped and addressed envelope for return to the hon. sec., and the whole forwarded to the selected start allotter.

This brings us to the appointment of a most important official.

Handicappers.—Of late there has been a most undesirable increase in aspirants to this office, and no sooner does the announcement of a new meeting appear, or the date approach of an old-established one, than the secretary used to be besieged by a shoal of so-called (often self-styled) handicappers, the newly-fledged section offering to do the work at “cut” prices, and promising all kinds of “influence” to obtain entries—“my club, which numbers three hundred members, is sure to support your meeting,” and so forth. An inexperienced hon. sec. and committee, desirous of saving money, were often attracted by these, and unknowingly passed over well-trying officials. Since the first edition of this work the A.A.A. have followed the example of the N.C.U. by appointing official handicappers, who alone can frame open handicaps, and at a regular scale of charges. This has mended matters somewhat, but there is still over competition. Most handicappers are only licensed for one or two classes or distances; very few have the all-round license, and fewer still combine cycling with the latter.

Handicapping is the most responsible of positions, and no one is qualified to undertake the duties unless he has served many years' apprenticeship to sport, and made a careful study of form, and the bringing together of men of varying calibre. Again, even some of the well-known handicappers do their work in the most slipshod style, and actually return the original sheet received from the secretary, with some figures thrown against the names—and even these are scratched through and altered—no proper list being

sent. The first sheet is only the guide for the handicapper ; who, after going through the forms, and roughly jotting down starts, re-numbers the names. He ought then to make out a clear second list on foolscap, in order of merit. The entry forms are then sorted into this order, and the whole gone through carefully once more. This is the real handicapping, and, until the names are thus made out, it is impossible to adjust the comparative value of the starts, or make a fair handicap. When perfectly satisfied with the allotments, the names are again re-numbered, and a final list neatly made out in proper order ; copies being taken by one of the many processes in vogue—such as that of the Compo-Litho Co., Kingsland Road, London, successfully used for several years by the author, who has fifteen or sixteen of their patent (foolscap size) “ plates ” in constant work during the busy season—and one or two copies of the handicap sent to the secretary, also to the sporting papers—if an arrangement has been made with the papers to receive (and pay) for them. The original is kept for reference—the entry forms being re-sorted into the order of the final sheet, fastened together after checking to see they are all right, and returned to the promoting club at the earliest possible moment (*flat*) in one of the large envelopes already referred to. A handicapper who fails to carry out his work in this manner does not deserve to be employed at all. The fees for first-class work are 10s. 6d. for an event of twenty entries or less, and *pro rata* for a larger number ; if more than one event, the number in each may be added together. Where a whole meeting or several events are handicapped, a lower rate may be accepted, or the whole sports handicapped for a lump sum—£2 2s., £3 3s., £4 4s., £5 5s., or according to the number of events and probable entries. We give a list of

a few of the chief handicappers and timekeepers in the kingdom.

IRELAND.

- P. P. Sutton, Bedford Row, Dublin.
 R. M. Kennedy, Ulster Cricket Club, Belfast.
 J. Bourke, G.A.A., Tipperary.

SCOTLAND.

Glasgow and West of Scotland.

- * R. Livingstone, 57, Miller Street, Glasgow.
 * A. Hannah, 83, Braeside Street, Glasgow

Edinburgh and East of Scotland.

- * W. M. Lapsley, Powderhall, Edinburgh.
 W. Wallace, Dundee, and J. Farquar, Aberdeen.

ENGLAND.

Northern Eastern Counties.

- * G. M. Todd, N.C.U. and A.A.A., 11, Hutt Street, Gateshead
 * W. Helliwell, 16, Church Street, Brighouse.
 T. T. Winterham, 9, Nassau Place, Leeds.

Liverpool and District.

Harry P. Ellis, 3, Nursey Street, Liverpool.

North of England generally—Lancashire, Cheshire, Yorkshire, Lincolnshire, Notts, Derbyshire, etc.

Walter Platt, N.C.U., 3, Bellwood Terrace, Stretford Road, Manchester. Has handicapped more events than any man in England; representative of the A.A.A.; over twenty five years' experience.

Midland Counties.

- † * C. Wheelwright, Lucifer House, Lionel Street, Birmingham.
 † * W. W. Alexander, Redditch.
 † * H. M. Turner, Oxford.

West of England and South Wales.

- ‡ H. Denham, Bristol, and † A. J. Davies, Cardiff.
 † C. Herbert, 10, John Street, Strand, London.

Eastern Counties.

‡ C. G. Wood, Dereham, London handicappers.

Hull and East Riding.

G. Scaum, N.C.U., 207, Beverley Road, Hull.

London District and Southern Counties.

‡ * C. Herbert, Hon. Sec. A.A.A., 10, John Street, Strand, W.C.
All distances, running.

‡ F. W. Parker, L.A.C., Stamford Bridge, Walham Green, S.W.
Speciality, sprints and odd events; all distances.

‡ A. J. Fowden, L.A.C., Rutland Park, Catford, S.E. All distances,
running.

† S. T. Brown, Coleridge Road, Finsbury Park.

† * E. A. Powell, 62, Ludgate Hill, E.C.

* H. Hewitt Griffin, L.A.C. Putney (official handicapper, N.C.U.,
A.A.A., L.A.C., etc.). All distances, athletic and cycling.

* Also act as timetakers.

† Cycling only.

‡ Athletics only.

On application to the Amateur Athletic Association, 10, John Street, Strand, London; or National Cyclists' Union, 57, Bassinghall Street, London.

Officials—The successful carrying out of a meeting depends upon its officers. The mistake is often made of appointing some liberal subscriber as judge. This office should only be held by a man—or rather men—who are thoroughly accustomed to their work, as it is most difficult to the untutored eye to pick out the placed men in a close finish. Do not have a crowd of officials—a few picked helpers are far better. To tabulate—

Referee (1).
Judges for Walking (2).
Marksmen (2).
Programme Steward (1).
Press Steward (1).
Timetaker (1).

* Judges (3).
Umpires for Cycling (2).
Clerks of the Course (3).
Telegraph Stewards (2).
Lap Scorer and Bell Steward (1).
Starter (1).

(* There is only a single judge for cycling.)

These, in addition to the committee, hon. secs., treasurer, and list of patrons, etc., will make up quite enough names for the outside of the

Programme.—Even with many of the leading clubs these are far from perfect. Three of perhaps the best are those issued by the Biggleswade fête, large size, $8\frac{1}{4} \times 5\frac{3}{8}$ (Captain Hills, Biggleswade, Beds.), also Reading A.C. (G. Talbot, 125, London Road, Reading), a club that does everything well, and Essex County C. and A.A., small size, $6\frac{3}{8} \times 4\frac{1}{8}$ (R. Cook, White House Farm, Chelmsford). Either of these gentlemen would send a specimen copy to any one desiring to have a good model for a programme. Book form is always the best; folding cards are an abomination. Names, club, *colours* (in italics), and starts ought to be ranged under one another, as in Table D, and not huddled together; numbers to start 1, 2, 3, for each event; and the names should be printed in the order of merit—for handicaps. The prizes should also be described; and the donors' names given, when presented, with other details, as follows. Take the Sprint, for instance, at Sometown A.C. sports, held on Saturday 21 May, 1898.

125 YARDS FLAT HANDICAP. OPEN (29 Entries).

(Handicap made up to 17 May, 1898.)

Handicapper—F. W. Parker, L.A.C.

First Prize—Sterling Silver Three-handed Loving Cup, presented by His Worship the Mayor of Sometown.

Second Prize—Case of Silver-mounted Carvers.

Third Prize—Four-Bottle Cruet, presented by the Rev. H. Church.

Fourth Prize—Opera Glass, presented by Captain Fitz Powder, R.N.

First Round. Five Heats. Winners only to Run in Final.

3.30 P.M.

First Heat.

No.	Name.		Club.	Colours.	Yards start.
1	C. R.	Thomas	Reading A.C. ...	<i>Black and white.</i>	scratch
2	E. M.	Smith	South London Harriers ...	<i>White vest, green knickers.</i>	4
3	G. F.	Travers	Portsmouth Harriers ...	<i>Chocolate and blue.</i>	6
4	W. F.	Omsley	London A.C. ...	<i>White, green sash.</i>	8
5	T. T.	Croule	Hants A.C. ...	<i>Purple and light brown.</i>	10 $\frac{1}{4}$
	Won by	Second	Third	Time	secs.

Some clubs never give colours, as so many men are apparently colour blind—at least they do not seem able to describe what they wear. Cycle races require an extra column for N.C.U. license numbers. These *must* appear on the programme, and should go between the name of the rider and his club, also in a parallel column. The name of the rider or runner from whom the handicap is made should also appear. For races in heats the following plan is adopted:—The scratch man is put down as No. 1 in the first heat, the next best man as first name in second heat, third best in third heat, and so on; if there are six heats the seventh name would come second in first heat, the eighth second in second heat, and so on. If the number of heats necessitate a third round, then, after the above has been completed, the order of heats must be altered so that (supposing they should all win) the back markers shall not come together in the second round. For instance, if there are ten heats in the second round, the second heat would be sixth, the fourth seventh, etc. In some parts of the country they have a hideous, horrible glare of chaotic confusion, each man taking his number from order of entry, as

in Table A, p. 29. This is supposed to save a little trouble to the hon. sec. and clerks of the course, but renders the telegraph board practically useless, and it is hopeless to judge a man's position thereby during a long handicap race, owing to the confused order of numbering ; in fact, it is sufficient to drive every one concerned into a furious frenzy, particularly members of the press, for whom, by the way, there ought to be a number of interleaved programmes, *i.e.* with sheets of blank ruled paper inserted between the pages, for note-taking. These ought also to be given to the officials. If the programmes can be got ready in time, a copy *ought* to be sent to each entrant, or at least the handicaps should appear in the sporting papers circulating in the neighbourhood. They are generally glad to insert them, whether the club be large or small. In London the *Evening News* formerly made a special point of supplying this information, particularly on Thursdays and Fridays, and very useful it proved to thousands interested in sport. Now, however, it seldom obliges. The *Star* occasionally fills the want, but the *Sporting Life* and *Sportsman* are mainly to be relied on, but even they do not supply so much of this news as athletes and cyclists would like. The time of each event's decision should be clearly set out, and rigidly adhered to, and they should never be started before the printed time, unless *all* entrants are present and give their consent. The programmes ought also to contain the ordinary rules and conditions, particulars of the club or promoting body, programme of music of the band, and information respecting trains, omnibuses, etc., for those coming from a distance. With a little energetic canvassing a number of advertisements may be got from local tradesmen and well-known advertisers. These ought to greatly lessen the cost of production, and enable the programmes to be sold at a cheaper rate.

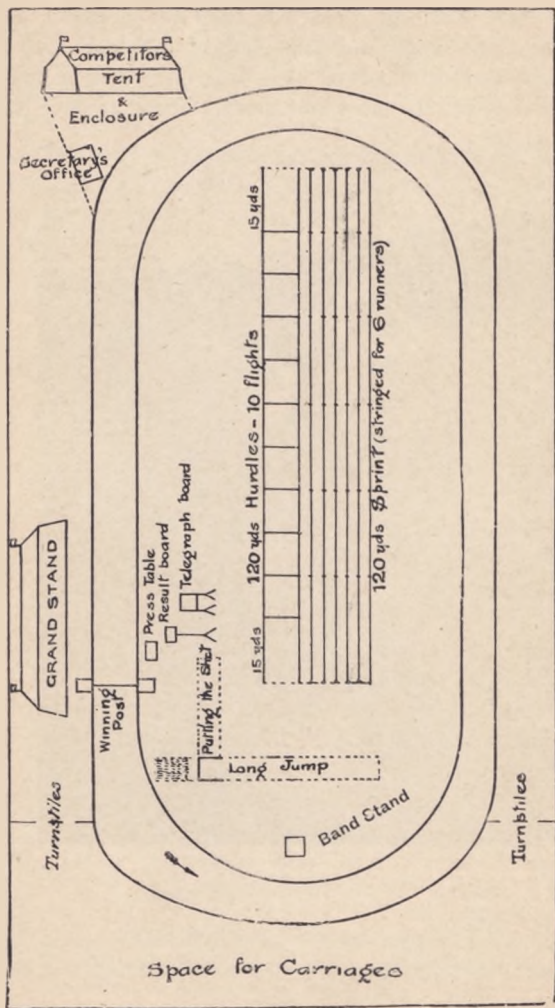
Threepence is quite enough to charge—too much where there is a sixpenny gate.

Prizes.—If in a country town, the majority of the prizes ought to be presented by influential patrons, vice-presidents, etc., or by means of subscriptions to purchase them. As a rule, presented prizes are not desirable, particularly from tradesmen, who often offer most unsuitable or “unlawful” articles. For instance, at some sports held in the London district, so late as Aug., 1890, one of the prizes was “a pair of trousers to measure”; another, “a pair of knickers”; a third, “a pair of shoes.” Prizes of this kind are not allowed by the A.A.A., and ought at once to be courteously declined and reported to that body. And for the same reason it is seldom good policy to buy the prizes locally, unless the place be a large centre of commerce, as selections are so limited, articles inferior, and prices high; even if the local jeweller gets a “selection from Sheffield,” the result is not satisfactory. It is much wiser, therefore, to purchase “in town,” and from a firm in the habit of supplying prizes. If anywhere near the Metropolis, it is better for two or three members of the committee to come up to London, first having agreed on the amount to be devoted to each race. For instance, the first for an important race may cost £5 to £10 10s.; the second, £2 5s. to £3; third, £1 5s.; fourth, 15s.—more or less according to funds. In London, D. G. Collins, 96, Newgate St., E.C., has always a splendid collection of suitable articles, is patronized by many of the leading clubs, and may be relied on for fair dealings in all respects. Mappin and Webb, Limited, 2, Queen Victoria Street, opposite the Mansion House, is another well and deservedly patronized firm; their special points are cutlery, bags, etc. For special articles, such as lamps, etc., Benetfink, in Cheapside, is a capital house.

Lee, Wigfull and Co., 51, Holborn Viaduct, have also some attractive and cheap articles. In the North of England, Fattorini and Son, 27, Kirkgate, Bradford, make a special study in prizes, and supply an enormous number of clubs. Birmingham is a particularly good place to get prizes, amongst the chief firms being Elkington and Co. ; Deykin and Sons, Venetian Works, Dale End ; Messrs. Browett, Ashbury and Co., Dean Street. Clubs wishing to give a prize of limit amount (£10 10s.), cannot possibly do better than get one of the *split-seconds* chronographs from S. Smith and Sons, 9, Strand, London. They are marvels of advanced scientific watchmaking.

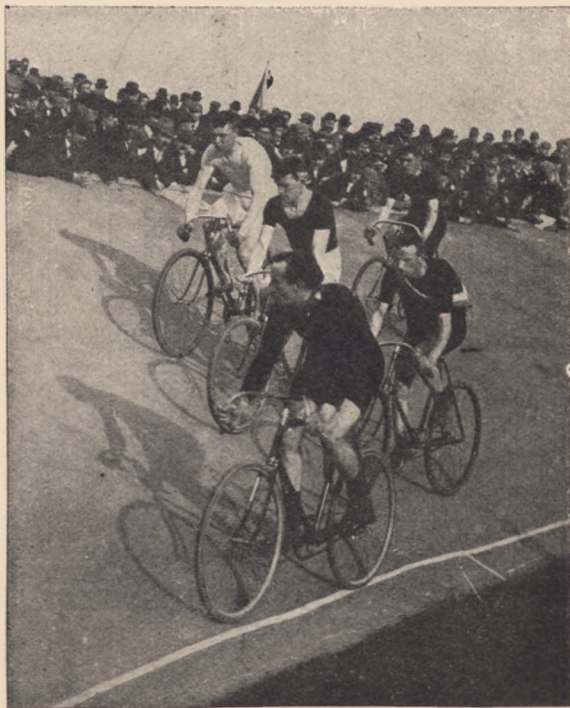
At all houses clubs are put on trade terms ; but the discounts vary from 10 to 50 per cent., according to the original marked price and liberality of the seller. Prize-choosing is at all times troublesome, and wants an education of its own. However, the committee of selection ought to avoid biscuit-boxes, butter-dishes, salad-bowls, and like hackneyed objects, and anything where there is much glass, as damages are frequent. Cups, tankards, etc., are only suitable for boys' or novices' races. Silver, however, is now so cheap that really splendid trophies can be had for £6 or £8 that would formerly have cost £15 to £20. (The writer has seen a man travel to a town nearly eighty miles away, win one of the chief events, and receive a plated cup value about 15s.) While high-priced prizes are not to be encouraged, a prize ought to have appearance and value, so that the winner has pride in showing it in after years when he has long retired from active athleticism ; besides which, regrettable as it may be, a club which gives poor or badly selected prizes one year, will receive very little support the next.

Modern Racing Paths.—Since the first issue of this work,



PLAN A.—COMPLETE PLAN OF SPORTS GROUND, Showing position of courses, finishes, tents, etc. (see description). (Drawn, from designs by the Author, by C. Val Hunter, A.R.I.B.A.)

seven or eight years ago, there has been an enormous development in the supply and equipment of up-to-date tracks. Modern speed rates in cycling have progressively demanded that the track shall be more and more banked as pace has



A MODERN CEMENT CYCLE TRACK—BANKED TO 10 FEET.

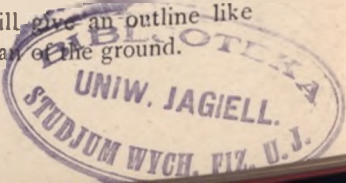
“Loafing” in the World's Championship.

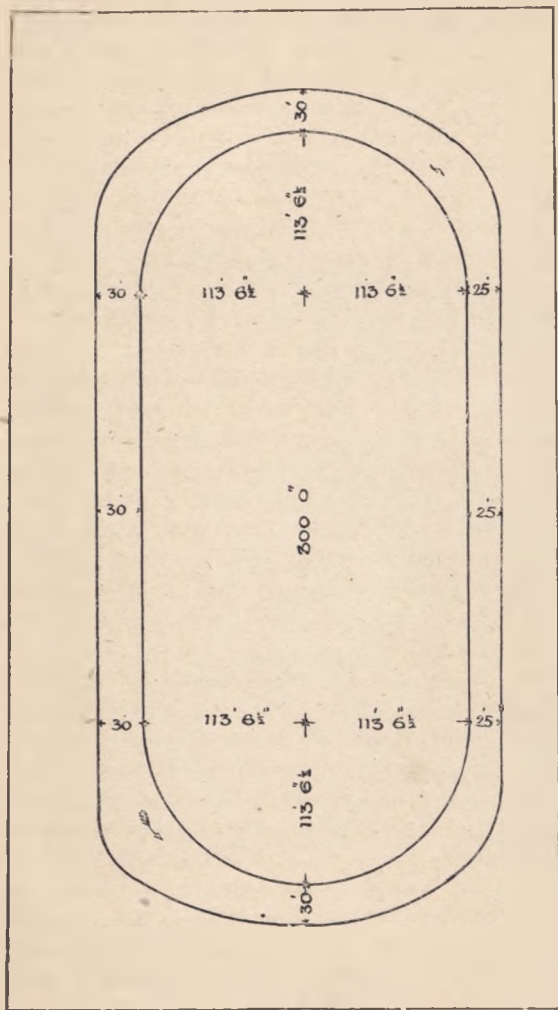
increased, and a cement surface provided—these have the outer edge of the bends eight to ten feet higher than the

inner, and riders almost assume a horizontal position when taking the curve at full speed. New grounds have been opened at Herne Hill, Catford, Putney, Wood Green, Canning Town, etc., in London, and at Birmingham, etc., in the provinces. We give a snap-shot of the new track built for the world's cycling championship at Glasgow in August, 1897. It shows the banking better than any other photo we have ever seen. Of course the small country town has none of these luxuries.

The Grounds—Laying out the Track.—If a cinder-path is to be the scene of operations it will simplify matters, as the ground-man will know the permanent markings for the handicaps, starting marks for various distances, places for jumping, shot-putting, etc. However, as it is most probable the sports are to be held on a turf track, care must be taken in selecting and laying it out. It is a poor town indeed which has not a cricket club, and that club a decent field. If this is not available, a large and level field ought to be secured which is easily accessible from the town; if possible, this ought to be of old meadow land; if not used for the purpose before, it will want some time to lick it into shape.

The best size for a lap is 440 yards (quarter-mile). This necessitates a piece of ground 250 yards long by 150 yards broad, in order to allow room all round the track for tents, carriages, etc.; even these dimensions will cramp the proceedings. The best shape for the inside of a track is a square, with the halves of a divided circle of equal diameter clapped on the ends. This will give two straight sides of 85 yards 1 ft. 9 in., the half-circles being equal; but it is better to have straights of 100 yards with bends, or half-circles of 120 yards each. This will give an outline like Plan B, which shows the skeleton plan of the ground.





PLAN B.—SKELETON PLAN OF FIELD FOR SPORTS,

With measurements for laying out a track 4 laps to 1 mile.

Size of field required, 6 to 8 acres, or from 240 by 130 to 250 by 150 yards.
 (Drawn, from designs by the Author, by C. Val Hunter, A.R.I.B.A.)

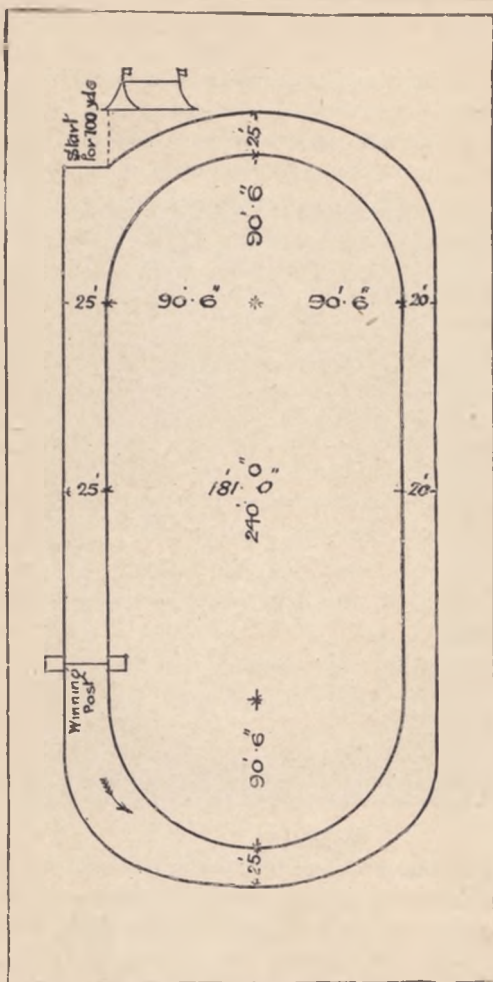
The best way, when a level piece has been chosen, is to mark off roughly two straights of 100 yards, 227 ft. 1 in. apart, then mark out these with pegged-down white cords 100 yards long, perfectly parallel; carry a string straight across top and bottom; then find the centre; get another well-stretched cord measuring from the central peg, to which it must be attached, 113 ft. $6\frac{1}{2}$ in.; this, with a whitening brush at the end, will answer the purpose of a monster compass. With it the top and bottom half-circles can be marked out (see Plan B). Then get a lawn-tennis court marker, and very carefully and slowly go over the straight lines and half-circles. This line will only be 1313 ft. $8\frac{1}{4}$ in. to the circuit, but as both the A.A.A. and N.C.U. rules insist on all tracks being measured one foot from the inner edge of the path, the legal (imaginary) line will be found to be exactly 440 yards, or 1320 ft. If the ground necessitates a longer (and narrower) course, the straights may be 120 yards and the bends 100 yards—in this case the straights will be 188 ft. 11 in. apart, and the string for marking out the circular ends would be 94 ft. $5\frac{1}{2}$ in. long. Even this may not be possible; in such case the best must be made of the ground.

But as a quarter lap is not always obtainable, we give the measurements for laying out a five-lap track (see Plan C); odd fractions of laps must be strictly avoided.

If there is any doubt about this duty being properly performed, it is better, if near London, to secure the services of a man accustomed to the work, such as Nat Perry or Jack White, Stamford Bridge Grounds, Walham Green, S.W.; Fred Jenny, Paddington Recreation Grounds, W.; or Tommy Shepherd or Harry Ranson, Putney Velodrome.

The track ought to be made as wide as the ground will allow, but certainly not less than 20 ft., and more at the

bends: if 30 ft. in the home straight it will be all the better. Small flags may be put in at, say, five yards' intervals, with larger ones every 20 yards, on the white line, or a little inside, slanting away from the track, but no continuous rope. A firm barrier must be erected on the outside. If only posts and ropes, the posts ought to be very strong, and only four or five yards apart, with the rope tightly stretched; it always creates confusion and delay if the barriers give way. The outer corners ought to be widened, and if the first is squared, so that the scratch man starts in a straight line in place of round a bend (from the scratch and winning mark), it is a great improvement. This plan is successfully carried out at the famous North of Ireland Cricket Club Grounds, Ormeau, Belfast. It also gives more room for cyclists finishing; and, although requiring a lot of extra space, it is worth adopting, more particularly when the course is squarer with merely rounded ends. Another good innovation is to carry the boundary rope back a little to the winning post; this is done by gradually widening the finishing straight—on the outer side, of course—say, for the last fifty or sixty yards, making it three feet wider at the finish than at fifty yards from home, which not only gives the public a better view, but allows a wider finishing place. At each side behind the winning posts small "sacred" enclosures must be railed off for the judges and timetaker (see Plan A); the one on the outside may measure about four feet square, and the inner about four or five feet wide by seven or eight feet deep. This prevents these officials being hampered by excited partisans, and under no pretext must any one be allowed within these "pens" except the officials named. The best arrangement of this kind we have seen was at Guernsey C.C. Sports. The Islanders set a good example by erecting a high screen of wire net around these



PLAN C.—SKELETON PLAN, ADAPTED TO A SMALLER FIELD,
 Showing measurements for laying out a 5-lap track.
 Size of field required, 44 to 5 acres. Smallest available, 200 by 100 yards.
 (Drawn, from designs by the Author, by C. Val Hunter, A.R.I.B.A.)

officials ; it kept them apart, and did not obstruct the view.

It will add greatly to the convenience of cyclists if a double rope barrier be erected in the enclosure, about 30 ft. long and 24 to 30 in. high, against which cycles may be leant ; this prevents them being sprawled about the grass. There are many little ideas like this which will suggest themselves to a smart hon. sec. If a little "confessional" book be carried, and as soon as an idea is thought of it is popped down, it will produce good results. Never trust to memory, or to its being "all right on the day."

Marking out the Starts.—This may be left to the groundman, if experienced in the work, who must be provided with an early copy of the handicaps and proper materials. It will save bother if these—pegged tickets, with starts, competitors' and board numbers, etc.—are procured ready made. They are sold at reasonable prices by John Henry, 316a, Mare Street, Hackney, London, N.E. All marks must

be clearly indicated, with large tickets, showing

300 yds. Scratch,

etc., at the starting and winning post (the track should always be $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{5}$, or even $\frac{1}{8}$ of a mile). The card should

show the laps to the mile ; if, say, 440 yards,

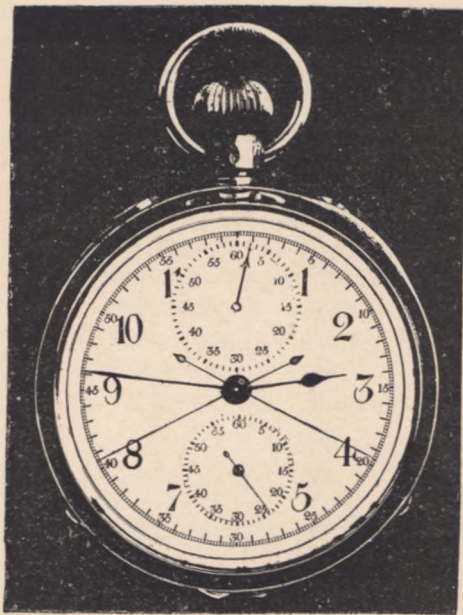
4 laps to mile. Scratch for— Quarter, Half, & Mile.

There ought then to be no difficulty in any man finding his mark ; but in this he will be assisted by the—

Marksmen—whose duty it is to see that every man *does* start from his correct mark, and that penalties for false starts, wins since publication of starts, or within the A.A.A.

and N.C.U. time limit, etc., are properly enforced. These will be found in the respective rule books of these bodies, which the hon. sec. has, of course, procured, and ought to be printed on the programme.

Timetaker, or Timekeeper (the former term is more correct).
—An experienced man *must* be employed. The very last



INDEPENDENT SPLIT-SECONDS TREBLE-FLYBACK AND MINUTE RECORDING CHRONOGRAPH—KEW-A. CERTIFIED.

man to go to is the local watchmaker. Very few watchmakers understand timetaking for racing, and generally produce some very curious results. It seems a simple matter to push this or that part of a watch in order to take

the time, but it requires long practice to move with the flash and smoke of the pistol, and stop as the tape is touched. If the meeting is an important one, a recognized timetaker should be engaged, as in case of a record being accomplished, it will be practically valueless unless timed by an expert; beside which the distance will have to be certified. Science has wrought remarkable improvements in horology, and no watch is fit to use unless it has independent split-seconds-hands with flyback action and a separate minute marker, recording up to 60 minutes. The best watches are technically termed "treble-flyback Kew-certified" chronographs; all the highest class watches being sent to be tested at Kew Observatory, where they are subjected to very severe temperature, position, and "rate" trials, extending over six weeks, by government experts. We give an illustration of the split-seconds chronograph which was publicly presented to the present writer in December, 1895. It has what is universally acknowledged to be the most perfectly designed face ever put on a watch. Amongst time-keeping experts not referred to in list of handicappers, are—

* G. P. Coleman (20 years N.C.U. official timekeeper), 16, Charing Cross, W.C.

* E. A. Powell, London Editor, *The Wheeler*, 62, Ludgate Hill, E.C.

A. M. Barnard, Polytechnic Harriers, The Polytechnic, Regent Street, W.

C. Val. Hunter, Wardrobe Chambers, Doctors Commons, E.C.

* H. Hewitt Griffin, Putney.

Nat Perry (timer to L.A.C., Inter-²Varsity Sports, etc.), Stamford Bridge Grounds, Walham Green, S.W.

Usual fee, 10s. 6d. or £1 1s. and travelling expenses.

* Official timers (first grade) to N.C.U.

Starter.—Next in importance to the *Timetaker* comes the starter, and, as in that office, experience and an efficient "weapon" are indispensable. A novice at the business will

have all kinds of pranks played with him by tricky competitors, the handicaps upset, and scratch races spoiled. An efficient starter must be engaged, and one that will not only get the men off fairly, but carry out the A.A.A. laws, which are very strict on the point.

Law 19. "If any one competitor overstep his mark before the pistol has been fired, the starter *shall* put him back one yard for distances up to 220 yards, two yards up to 440 yards, three yards up to 880 yards, and five yards up to 1 mile. These penalties to be doubled for a second offence, and disqualification to follow a repetition of the same offence."

A proper pistol, with a loud report, not a miserable snap-cap or blank-cartridge revolver, must be used. Again the A.A.A. speaks to the point—

"A start shall only be made to the actual report of the pistol."

Two good old-fashioned pistols ought to be provided, and a starter's steward who is not afraid of noise or work, to load and prepare the pistols. The most proficient amateur starters in London to secure are—

C. L. Lockton, L.A.C. and Civil Service A.C., House of Commons.
J. H. A. Reay, L.A.C. and Civil Service A.C., Wallington, Surrey.
H. J. Rothery, Highgate Harriers, 71, Wendover Road, Harlesden, N.W.

Or a thoroughly capable professional, such as Jack White or Fred Jenny, whose addresses will be found elsewhere. In the provinces a competent man can generally be got.

Competitors' Numbers.—As a rule these are on flimsy paper, and not one athlete in a hundred takes the trouble to fasten it on properly, the result being that it doubles up and cannot be read. Two safety pins (a good supply of which must be provided in the dressing-room) should *always* be used, top and bottom of the number, which should be worn on the left breast, if a duplicate number is worn on the back it is all the better. A sporting paper has suggested a method, which we illustrate (p. 52); it is of

Norwegian origin, however. The numbers are clearly printed on oil-baize or American cloth discs, having a piece of elastic at the back ; they fit on the arm (see illustration),



NORWEGIAN PLAN OF CARRYING NUMBERS

are clearly seen, and the same ones will do over and over again. Really a most excellent idea—a boon to judges, who often have the greatest difficulty in discovering the winner's number.

Telegraph and Number Board.—If the local cricket club board be a good one it may be made to answer ; if not, it does not cost much to have a fresh one made. It *ought* to be so constructed that it can be turned round so that

people in all parts of the field can see the numbers of the starters. It is the duty of the telegraph steward to obtain these from the clerks of the course. On the top of the board there must be painted on the extreme left, in bold characters—

EVENT .
Heat No. .

and these must be kept up to date, so that spectators may always know what is going on. Where there is a very large field of runners, such as in a mile open (in which we have seen 157 men start at once), it is better to put up only the numbers of the non-starters. It would be a great improvement if clubs would take the trouble to provide a second or results board. This is easily worked and made. The materials consist of a stout pole 15 to 20 ft. long, not less than 12 or 15 ft. of which must be above ground, so that the bottom of this (the results board) shall clear the top of the main telegraph board; the pole must have a pulley *in* the top, or a block pulley hung from the end, for hoisting the results board. The latter ought to be double-sided, and be, say, 3½ ft. long, by 2 ft. wide, by 6 or 8 inches thick. It will appear like the enclosed outline sketch, the pole and rope passing through the centre:—

EVENT		
Heat		
First	.	.
Second	.	.
Third	.	.
Time	M.	S.

Face view.



Horizontal section.

IMPROVED "RESULTS BOARD" (*designed by the Author*).

The words, as shown, must be permanently painted and pegs

provided to hang the numbers on both sides of this board, or rather box, which slides on the pole as described above; and as soon as the result of heat or race is known the numbers of the placed men are put on, and it is hoisted and swung half round in each direction, so that it can be seen from all parts of the ground. This also relieves the large board, and permits the result numbers to remain up longer—until cleared for the next event, in fact. If only one board is used, the results have to be so hurriedly removed, that the bulk of the spectators have not time to see or record them. First, second, and third, even in heats, should always be shown. The number plates ought, of course, to be of tin, with a hole punched at the top, and smaller figures provided for the minutes and seconds, with fractions painted half size, thus, $\frac{1}{2}$, $\frac{2}{5}$, $\frac{3}{5}$, $\frac{4}{5}$; also, in case an old-fashioned “quarter-second” watch be in use, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$. This saves chalk marks and erasures, which at most meetings make the board almost undecipherable. There must be a sharp “telegraph steward,” and a couple of still sharper attendants to work the boards.

Competitors' Dressing Tent.—This ought to be roomy and well ventilated, with plenty of chairs, benches, and a table in the centre; two or three hip or sponge baths (easily borrowed); and sponges, towels, washing accommodation, drinking water, and a small annexe for urinal, etc.; the annexe ought to be fitted with an earth-closet, screened off from the rest of the tent. At the expense of a few shillings, a light frame may be run up close to the “walls,” with nails or hooks for clothes; this rarely-thought-of boon will be much appreciated. The tent ought to be within easy distance of the track, and railed off, to enable competitors to pass to and from the course without having to force their way through the spectators or climb over the boundary ropes. There ought also to be a responsible attendant in

the tent to take charge of valuables and generally look after things, and some one in the small tent (see plan on page 41) to give competitors their numbers, supply information, etc.

Committee and Press Tent.—An official ought to be placed here to give out badges, supply the boys vending programmes, and hand the press programmes to acknowledged representatives. For the latter there ought to be a press table and chairs near the winning post (see Plan A of field), and the usual “editorial coat of arms”—a pair of large scissors, and a bottle of “Stickfast” paste—in order to paste down cut programmes in their note-books. Refreshments and a few sandwiches will be welcome to, and not thrown away upon, the officials in general. It should be the duty of the press steward to look well after the “fourth estate,” and supply them with every information. Some clubs take no trouble to lighten the heavy labours of the press, and then grumble if there is an imperfect report.

Within the Ropes.—“Only officials and members of the press allowed within the enclosure” is a rule which appears on almost every programme, but, like many others, is too often (dis)honoured in the breach. If the sports are to be successfully conducted, the rule *must* be rigidly enforced, and only officials *officiating* and the press be allowed inside. On no account must any ladies be admitted. If Mrs. Somebody, because she *is* Mrs. “Somebody,” be accorded the privilege, numerous Mrs. “Nobodies” will soon find their way in, and chaos will prevail. In bicycle races each attendant, as soon as the heat in which his man is engaged is over, must with him leave the course. Competitors when not competing or waiting to compete must also be warned out, and even the officials, if they are numerous, kept from bunching opposite the tape, or they block the view of the spectators on the other side of the ground.

Sprint Track.—This must be stringed as shown in Plan A. The path ought to be divided by raised uprights, about 2 ft. above ground, and stout strings, 3 ft. 6 in. or 4 ft. apart, ought to be left for each runner. If possible the sprint ought to be run in the centre of the ground (see Plan A); if it has to be down the straight, the strings must be removed immediately after the trial heats of the sprint.

Winning Posts.—These ought to be firmly fixed, about 4 ft. 6 in. high, with a nail on top, round which the worsted (a plentiful supply of which must be provided) can be wound. A tape is a relic of the dark ages, and should never be used; for cycle races a broad band of white should be marked on the ground between the posts, as the machines are judged by the wheel touching it.

Order of Events.—Always difficult to arrange with fairness to every one. But never let events overlap, *i.e.* if there is a sprint and a quarter, put the final of the sprint soon after the trials, so that it may be done with before the quarter is commenced. Ditto with the cycle races; let each handicap be completed before a different one is begun. Allow fair breathing time, and above all make the clerks of the course discharge their duties smartly in getting the men out to the times stated on the programme for each event. Where there are several entries and numerous heats, several ought to be got ready at the same time, for instance, if there are six heats in the sprint, the first three ought to come out, then when heat one is run, the men for heat two are waiting near the start, heat four is coming out, and heat three proceeding up the ground, and so on. Meanwhile, those engaged in, say, the 880 yards, or event which follows, are busy in the tent preparing. Long waits are annoying to every one.

Distribution of Prizes.—Ask some popular lady to perform this pleasing ceremony, and have a handsome bouquet to present her with at the close of what ought to be a successful and enjoyable day.

CHAPTER III.

SPECIAL EVENTS.

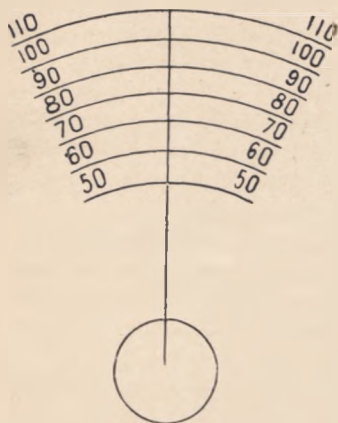
THROWING THE HAMMER.

Important New Rules.—Since our last issue, the A.A.A. have made very important alterations and concessions in their rules, which are now more in line with the American style. But it is no longer a “Hammer.” A better term would be “Hurling the Weight,” however the rule stands.

“The hammer shall be thrown from within a circle of 9 ft. in diameter. The head of the hammer shall be of iron *or lead, or both*, and spherical, and the handle shall be of wood *or metal, or both*. The head and handle shall weigh together 16 lbs. The total length of the hammer shall not be more than 4 ft., *and no cross-piece, ring, or loop at the end of the handle shall be allowed*. Each competitor shall be allowed three throws, and the best three competitors of the first trial shall be allowed three more throws each. The farthest throw of the six shall win. All distances shall be measured from the circumference of the circle to the first pitch of the hammer, along a line drawn from that pitch to the centre of the circle. Crossing the scratch shall count as a try.”

A BRANCH of sport which does not receive nearly enough encouragement south of the border. It, and Putting the Shot, afford a welcome change from the stock events, and ought to find a place frequently on programmes. They also bring out men who have strength, but do not feel equal to running or are past their prime for more active contests; for a man may “put” or “throw” as well at forty—better, in fact—than at twenty.

The first necessity is plenty of room, for novices sometimes let fly at unexpected angles. A perfectly smooth pitch must be selected, and a circle 9 ft. in diameter marked out from a peg in the centre with a whitening-brush ; care



THROWING THE HAMMER.

Diagram for marking ground in segments 10 feet apart, from centre of 9 foot circle.

must be taken to make it the proper size, and round. The peg in the centre ought then to be driven in flush with, or a little below the surface, so that it cannot trip the thrower, to assist in measuring. As a rule, the contest is dull, because the crowd are unable to follow the throws ; this can be obviated, trouble saved, and interest added by marking out the ground as shown in diagram.

A white line segment, about 15 yards in length, to be drawn at from 50 to, say, 100 ft., 80 to 140, or

whatever the expected performances of those engaged may be equal to, and cards bearing large numbers stuck up at the ends of each line. The value of this suggestion, which first appeared in *Athletics*, has been proved by the A.A.A. adopting it for the Championship ; other important bodies have also acted on it, but we regret, to say, measurements are still taken in the rough and ready old style—at all sorts of angles instead of the mathematically and geometrically correct method which is here detailed. For measuring there must be a “blind” end to the tape, $4\frac{1}{2}$ ft., the

extremity of which must be held on the central peg, so that the real commencement is on the edge of the circle. This ensures the correct line being taken ; otherwise it may be more or less of a tangent, consequently not true. If only a short (say, 66 ft.) tape is procurable, have the 50 ft. segment very accurately marked, and use a $54\frac{1}{2}$ ft. dummy tape end, so that the distance may still be measured in a straight line from the central peg, and, of course, reckoned from the circle edge to the nearest cut of the hammer. An official must be appointed to see that the competitor does not cross the circle edge until the hammer has fallen.

Hints on Hammer-throwing.—In the old pre-A.A.A. days long handles, egg-shaped heads of lead, and unlimited run were the rule, the distance being taken from the last foot-print before delivery. Under these favourable conditions, G. H. Hales, the Cambridge strong man, won at the Inter-’Varsity Sports four years in succession (1874-77), and we saw him throw 138 ft. 3 in. in 1876. In practice he played havoc with the surroundings of the C.U.A.C. ground, and is reported to have thrown 145 ft. From this the A.A.A. leaped to the other extreme, and confined operations to a 7 ft. circle, but it was found the momentum of the hammer pulled men out of the circle, and it was changed to one of 9 ft. The Universities use a 30 ft. circle, and still adhere to this out-of-date size, while the hon. sec. of the L.A.C. invented a size of his own (20 ft.), occasionally put in force for members’ competitions—a measurement we have been absolutely unable to find trace of ever having been used elsewhere. As in other matters, every contest in this sport, regardless of who the promoters are, ought to be under A.A.A. laws. It would be well if the favourite American attitude was adopted here : “Stand with the heels to a line, and throw from a stand.” With this form the maximum of

strength and the minimum of knack is produced, at the same time it wants a lot of practice to let go at the right moment, and get up sufficient energy without the hammer pulling the thrower over, and making a foul throw.

The element of danger which adds zest to the sport of a Briton is here in strong force; but, strange to say, it adds neither zest nor attraction to missile wielding. In fact, it is the most dangerous practice in the modern penathlon. The author has good cause to remember his first experience of hammer-throwing; it was at some military sports at Kingston, Canada, in 1864-65. As he arrived on the scene a man was being led away with a mangled head, the hammer having hit him on the ear (there was not much ear left). A few minutes later it fell close to him, among the people; the handle swung round, knocking three children over. He shifted his quarters to another part of the ground, and then moved a foot or so to make room for a soldier; along came the hammer, and took the soldier full on the chest, just where the writer's face had been a minute before. A living lane was ploughed through that crowd as the soldier went over; he was borne off to Fort Frederick. We mention these dangers in order not to discourage, but warn—

The Novice.—There is but one accomplishment (?) which fits in with apprenticeship to hammer-throwing, but one which inflicts so many "wars, excursions, and alarums," pains and penalties, on the novitiate's friends and neighbours—the preliminary stages of learning to play the cornet. Everybody wants to get as far as possible from an embryo performer on either. If the two beginners would only join forces and go into solitude to practise together, the uncharitable might wish that neither would return.

First get the hammer; if not exact in shape, so long as measurements and weight are right, it does not matter

much, at this stage. Employ four boys (insured), seek out some secluded spot where there is a level surface, 80 ft. or so in each direction; mark out the 9 ft. circle, then post the boys at the points of a square, as shown, each 100 ft. from the 9 ft. circle; provide each with a red flag and orders to prevent any living thing passing into the central space. The novice then, with much misgiving, takes up his stand at the edge of the circle, looking outwards and holding the hammer handle near the end, with the head on the ground to the right front; he then swings it round his head two or three times with an upward sweep, low in front, high behind. When—and it is the crux of the situation to know *when*—sufficient force has been generated, he must move *with*, or rather faster than, and assist the hammer, by two quick acceleratory running turns, so that the hammer may be delivered at the moment of reaching the other side of the circle, and hurled in the direction which carries out the line by which it was crossed. The actual manner in which it is crossed, and the method of delivery varies considerably, and the novice must practice until he “nicks” into a rhythmical movement which will carry on the force from swing to delivery, without jerk or stop. The movement ought to be so timed that the hammer is released just before the last upward sweep is completed. If too late it rises too high, if too soon the trajectory is not sufficient to carry it any distance. It must be remembered that the twisting run is to assist the hammer, it is the thrower who must carry round the hammer, and not let it drag him round, or the force required to do so will be subtracted from its initial velocity. So with delivering; the thrower must learn to put his full force into the final swinging turn, and *then*, immediately *after* it has left his hands, stop himself from leaving

the circle. If these two points are mastered, the novice will soon become a proficient. Never mind if, at first, the distance is insignificant, so long as the style and stop are right. To emphasize the importance of all this, the case of one of the competitors in the 1890 championship may be quoted. At every attempt he was dragged out of the circle, and therefore all his throws were disallowed.

Some men of great strength can throw as far with one as with two hands, notably M. Davin, who, at the England and Ireland Athletic Meeting at Stamford Bridge, London, 26 May, 1877, threw 125 ft. 4 in. That the "run" is not of so very much benefit is proved by the performance of that magnificent athlete, Dr. W. J. M. Barry, formerly of Queen's College, Cork (who stands 6 ft. 4½ in., and weighs 234 lbs., yet he was the "shortest," or rather least tall, of the competitors in the 1885 Championship), who won the championship at Stamford Bridge, 29 June, 1889, he from a stand (scorning to take advantage [?] of the 9 ft. run), sent the hammer 130 ft., then a world's record, but since beaten by the British and American Champion, C. A. Queckberner, who at Manchester on 15 July, 1891, threw 134 ft. 2¼ in. This remarkable athlete used a thin whip-like handle of hickory, which bends like a bow when the hammer is hurled. On 14 July, he threw a stiff-handled hammer 131 ft. 8 in., at Paddington. Barry again (1897) won the championship with 133 ft. 3 in. (championship record). Under the new conditions, J. Flanagan, at Kensal Rise, London, on 25 May, 1896, is reported to have thrown 156 ft. 5½ in. The A.A.A. have accepted his record of 147 ft. on 6 April, 1896.

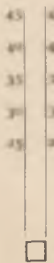
In no branch of athletics does ability vary so much as with the hammer and shot. The man who can do 60 ft. is anything but a duffer, yet he wants far more than that start

to be in it with Barry or Flanagan. With the shot, even a fair performer requires 50 per cent. added to his "put;" in this respect these contests are like Plunging handicaps, as in this interesting branch of natation some men require the distance of their dive to be doubled, to equal a Blake, Henry, or Dadd, let alone Allison (80 ft. 8½ in.)

PUTTING THE SHOT.

"The weight shall be put from the shoulder with one hand only, and without follow from a 7 ft. square. The weight shall be of iron and spherical, and shall weigh 16 lbs. All puts shall be measured perpendicularly from the first pitch of the weight to the front line of the square, or to that line produced. Each competitor shall be allowed three puts, and the best three competitors of the first trial shall be allowed three more puts each. The furthest put of the six shall win. Crossing the scratch shall count as a try."

A companion sport to Throwing the Hammer, but less trouble all round. All the preparations necessary is an iron ball, which must weigh *exactly* 16 lbs., and a square marked out with seven-foot sides. It is much more satisfactory if the "put" side is of wood and bevelled upwards to its outer edge from the ground, so that the putter has a good stop foothold, thereby reducing the risk of his going over, which is not unfrequent if the boundary is merely a white mark



on the grass. A level bit of ground must be chosen, say, 50 ft. long (excluding the square), and, commencing with 25 ft. (or if the competitors are *very* new to the work 20 ft.), each 5 ft. marked by good-sized figure cards, up to 45 ft., as shown in diagram. Each "put" should be measured immediately it is made from the edge of the square to a line at right angles from the nearest cut of the shot, and entered in the officials' programme, and if time permit telegraphed. An official must be

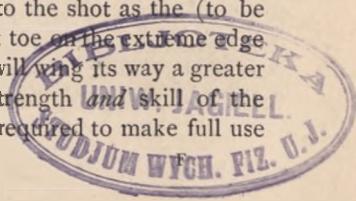
appointed to see that the men do not get the foot over



DR. W. J. M. BARRY FOR L.A.C. *v.* C.U.A.C. AT CAMBRIDGE,
13th MARCH, 1897.
(Getting the balance before the spring).

the line or follow before the shot falls. If two white tapes are pegged down, carrying out the sides of the square to 45 ft., it will assist in getting the square of the puts—for which the long jump square, at right angles, may be used—and help to take straight measurements. It will attract additional entries if medals are offered: (1) For the best put by a non-prize winner; (2) for best put by a novice who has never won a prize for shot-putting—no one to take both prizes, which are not open to those placed in the competition. This hint may with benefit be also applied to hammer-throwing, jumping, and kindred competitions.

Hints on "Putting."—It is one of those things in which each man has his own particular way—"superior to all others;" exact directions are therefore difficult. Roughly the plan is: Stand sideways, with the *right* foot against the outside edge of the square; hold the "shot" in the *right* hand outside, but close to the right shoulder; all the weight rests on the *right* foot, the *left* is either raised or merely taps the ground. The right leg may be slightly bent, the body being somewhat curved outwards. To get the proper poise before propulsion, the shot may be raised to arm's length above the head once or twice—not too often, as the action is tiring. When the balance is perfect and with the shot lowered to the shoulder, take two short quick hops on the *right* foot, with a slight crouch; then spring on to the left toe, which is used as a pivot, to give the body a half-turn; then a forward upward spring is made, the body extended to its full height, and the right arm shot outward and upward, with a sudden shove to the shot as the (to be exact) "put-ter" lands on his right toe on the extreme edge of the square, and the iron missile will wing its way a greater or less distance, according to the strength and skill of the performer. Great "gumption" is required to make full use





"PUT."—Checking after delivery.
Dr. W. J. M. Barry putting 40 ft. 4 in. for L.A.C. and C.U.A.C.
From Photo by Stearne Bros., Cambridge.

of the 7 ft. "run" (?), without going over on stopping short, and practice will alone make perfect. The weight is distinctly "put," not thrown, and it ought to rest on the cushion of the thumb and hand, so as to get the direct strength of the arm.

These positions are shown in the snapshots of Dr. Barry, who, however, never utilizes the 7 ft. run to its full, either for starting or stopping, and the short angle at which the second photo was taken makes the shot look absurdly high.

A weakly lad or puny man cannot hope to win at the game. It is a grand strengthener of the back, loins, shoulders, and system generally. Good indoor practice can be obtained by dumb-bell and Indian-club work, or using a heavy bell—the writer exercised with a 20 lb. one when practising, in order to strengthen the arm and accustom it to heavy weights; but this is only useful for the purpose named. Above all, especially to a new novice, the stepping and correct delivery must be studied. Many a strong man wastes his strength because his action is jerky and irregular. In Ireland and at the 'Varsities a lead shot is used; this is much smaller, and it can be gripped (iron cannot, unless the putter has a giant hand), and thereby sent further. At competitions in Ireland competitors often use their own "shots," and amongst the writer's relics is the one with which Dr. Wadsworth, of Belfast, won the Irish Championship with a put of over 40 ft. Another peculiarity of the 'Varsities is, that the A.A.A. laws are also broken by using a 10 ft. square, facts very few sporting papers have detected. Feats of strength, such as "Slinging the 56 lb. weight," "Putting the 40 lb. weight" (a lead brick), "Throwing 14 lb. shots—with run and follow—and other weights from 12 lbs. to 56 lbs., and other variations, are popular in Ireland and America.

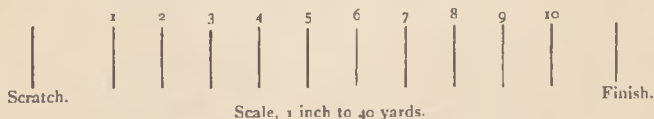
There are no less than 9 or 10 kinds of records for the latter, including one for throwing it (56 lbs. weight with ring), over a bar 13 ft. 9 in. high.

CHAPTER IV.

HURDLE RACING.

“The hurdle race shall be over ten flights of hurdles on a level grass course of 120 yards straight. The hurdles shall stand 3 ft. 6 in. from the ground, and shall have level top-rails, and shall be placed 10 yards apart. The first flight of hurdles shall be 15 yards from scratch. Each competitor shall have his own line of hurdles, and shall keep to that line throughout the race.”

THIS is generally a weak spot in country meetings. In the first place a level, smooth stretch—*not* up the sprint path, which would be spoiled by driving in the hurdle posts—must be selected, not less than 140 yards in length. The markings will be as follows (see also Plan A of field), absolute accuracy being essential:—



From scratch there is a run of 15 yards to the first hurdle, then 10 yards between each flight, with 15 yards run in to the tape. Anything will *not* do for hurdles; they must be specially made. The best length is between 4 and 5 ft., and the lower cross pieces ought to be stronger than the upper; the tops must be perfectly level, without any knobs or ends sticking up. This is best secured by nailing a slat on the top; but each hurdle must be independent of the others, not joined together, and all must be uniform in

appearance. There is nothing more baulking to a man than to be suddenly confronted by a hurdle different from those he has already cleared. If the hurdles are painted white, the dividing posts may be red, so that each man can see his own "line," or black hurdles with white top rails and posts look well (see page 71). The top rail must be wide enough to be easily seen, yet fragile enough to give way if hit hard—or the whole hurdle placed so that a violent blow will bring it down.

In handicaps the worst man is generally on the scratch mark (occasionally some handicappers *allow* him up to five yards, in which case he starts in advance of the scratch line, and therefore has *less* than the 15 yards to run to the first flight; this is not advisable, however, unless the exigencies of the ground demand it, owing to the shortness of the run). Men are nearly always penalized, according to their ability, so many yards behind scratch, so that a man "owing," or "penalized," 10 yards, would have to run 130 yards, *i. e.* 25 to the first hurdle. These points often puzzle inexperienced officials, hence the reason for going into detail. Quarter-mile hurdle racing—about 10 flights, 20 to 40 yards apart—are becoming popular, and are not only a pleasant change from routine, but afford a pretty race.

HINTS ON HURDLING.

By C. F. Daft, Notts Forest F.C.

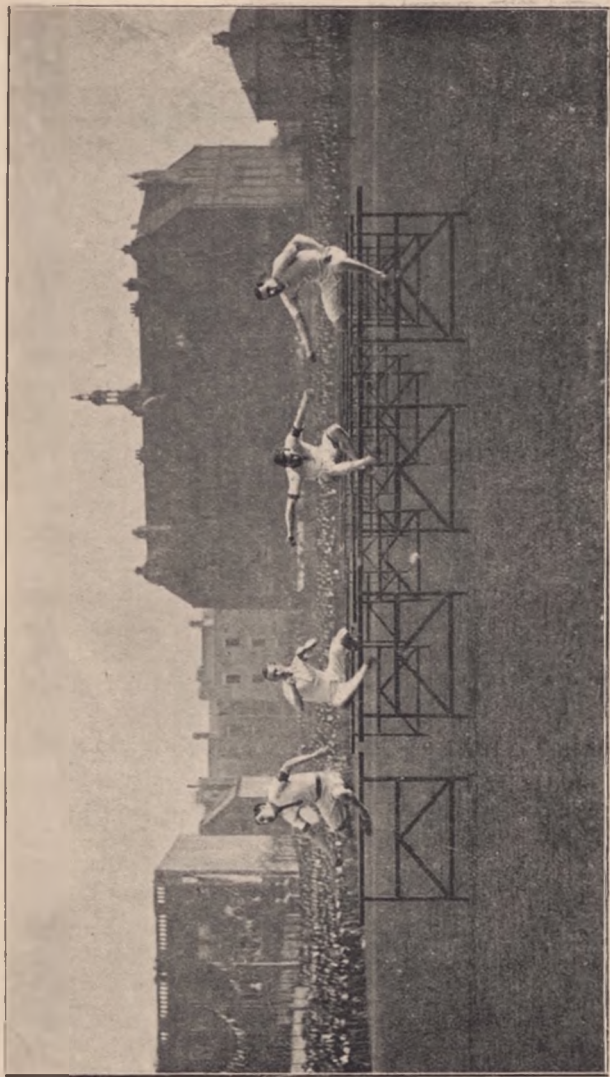
Amateur Champion, 1885, 1886, and 1890.

"Sprint hurdling is more difficult to acquire than any other form of running, requiring as it does continual practice to keep up the speed between the hurdles. It is almost impossible to become a good hurdler unless tutored by a practical expert (an old hurdle-racer is undoubtedly the

best coach you can have). When commencing, it is much better, wiser and safer to begin practice over impromptu obstacles before tackling the regulation hurdles.* These are easily arranged. The best plan is to get a few iron rods, pointed at the lower end, so as to be easily stuck into the ground, and with a curved or right-angle head on which a thin bar of wood can be supported, but which is easily knocked off, if touched, when going over. These ought to be placed *exactly* 10 yards apart, while the width between posts may be about 5 ft. With this plan there is no danger of hurting yourself, as the bar will fall off when fouled, whereas, with the regular hurdles bad accidents might, and frequently do, happen, especially in the early stages of practice. Three or four hurdles are enough to practice over, going the full flight of ten hurdles once or twice a week.

The great secret of success in SPRINT HURDLING is to be able to do what is commonly called 'the three-stride trick, *i.e.* to take three strides *only* between each hurdle. I will endeavour to explain this more fully, together with the manner of *striding* the hurdle. The scratch mark is fifteen yards behind the first hurdle. In starting, stand in an easy position, not getting too low down (as in sprinting); be well away with the starting shot; go off at full speed, and get over the first hurdle as soon as possible. A great many men make a mistake at this point by taking it too easily for the initial run on the flat, and therefore losing ground, which it is difficult to make up again. Now, as to the *modus operandi* of the 'three-stride trick.' When at rising distance (this will be best determined by your practice; afterwards it will come naturally) for the first hurdle, double your *left* leg (those runners who reverse the process and spring *from* the *left* foot must reverse the instructions) under

* See illustration on opposite page.



THE INTER-VARSITY HURDLES—1893. A record finish—all level at the last flight.
(Gedge and Collis, Oxford, dead heat—Le Flemming, Cam., third; Pilkington, Cam., fourth).
From Photo by Stearne Bros., Cambridge.

your body, springing from the *right* foot forward and upward over the hurdle (see page 71), sharply drawing the leg you spring from after you, and alighting on the toes of the *left* foot. You then stride out with your *right* leg, making ONE; then with your *left*, making TWO; then with your *right* again, making THREE strides. This should bring you close to the second hurdle, where, doubling up your left leg, you repeat the process described at the first flight, and so on, with, one, two, three, to the end. Another most important point, the chief distinguishing feature between jumping and striding. Try to skim the hurdles rather than to rise high over them; you waste force and distance by the latter, spoiling your stride, and making it difficult to reach the next hurdle with the 'one, two, three.' As soon as you drop over the last hurdle, finish the fifteen yards run in at your very best pace, whether leading by a foot or five yards. Numbers of races are thrown away by a man cleverly (?) easing on the flat, and being shot on the post by a man he had comfortably beaten. Therefore, as a parting injunction, always finish 'all out,' and do not relax your efforts until you are past the judges. Pull up a yard beyond rather than *on* the tape."

As pointed out by Mr. Daft, who was the most proficient hurdle-jumper of his time, hurdling is the most difficult form of athleticism, calling forth an education of its own, needing smartness of the legs, judgment of the head, and quickness of the eye more than any other sport. The great obstacle, in a double sense of the word, to be overcome is 'jumping' the hurdles. A novice generally treats the race as if it was a series of high jumps. This must be conquered at the outset. Before attempting it on his own account, the novice ought to carefully watch experts at the game, instead of trying to invent a way of his own. There

is twenty yards' gain in pace between jumping and stiding, and every little bit of extra skill produces a corresponding increase in the speed rate. It is for this reason that such enormous starts are, and can be, given in Hurdling, a crack timber-topper having often to allow twenty yards to the limit man. This is often a more severe penalty than it looks, as some of the men receiving long starts are frequently as speedy sprinters on the flat as the scratch man, who has, therefore, only 90 yards, *i.e.* the distance over the hurdles, wherein to pick up the 20 yards he is giving in 140. This we have already explained; as a man penalized 20 yards would have 35 yards to run on the flat before reaching the first hurdle. Therefore, we repeat, with all the emphasis that cold type can express—*master the 'one, two, three, and over,'* and you will be well on the road to proficiency. The present record is $15\frac{4}{5}$ sec. by Godfrey Shaw, L.A.C., 6 July, 1895.

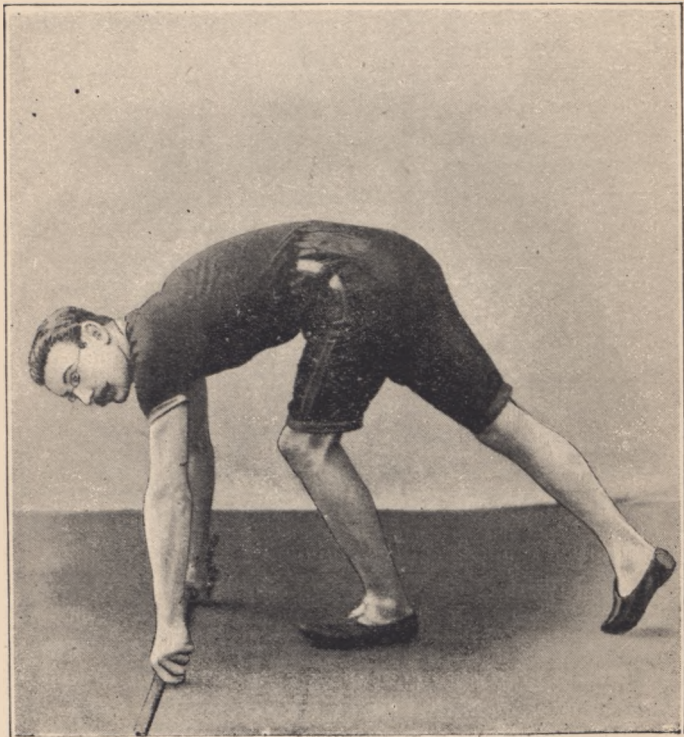
CHAPTER V.

FLAT RACES.

SPRINT RUNNING.

UNDOUBTEDLY *the* great point to be observed in sprinting is the ability to get well away *with* the pistol, neither to poach nor to hang fire. There is a great deal to be learned here, and whenever possible, practice should be carried out by report of pistol, otherwise, so highly are the nerves strung, that the unaccustomed report in an actual race startles one and spoils that "bound-from-the-mark" which characterizes the expert. Nearly every one has some little fad of his own. Junker, the great Russian sprinter, winner

of the British championship in 1878, who died in 1890, used to stand almost upright. The opposite extreme has been recently introduced, viz. the hand-spring start (see



THE HAND-SPRING START.—PELLING IN POSITION.

(From a Photograph, specially taken by R. W. Thomas, Cheapside, E.C.)

illustration) of which there is no better exponent than E. H. Pelling, who proved its efficacy by beating the world's

amateur records for 200 yards ($19\frac{1}{5}$ secs.), at Stamford Bridge, 28 Sept., 1889, and 250 yards ($24\frac{4}{5}$ secs.), Stamford Bridge, 22 Sept., 1888—feats which prove him to be the best runner ever known at these distances. We cannot do better than give his own words on both training and starting.

PRACTICE FOR SPRINT RACING.

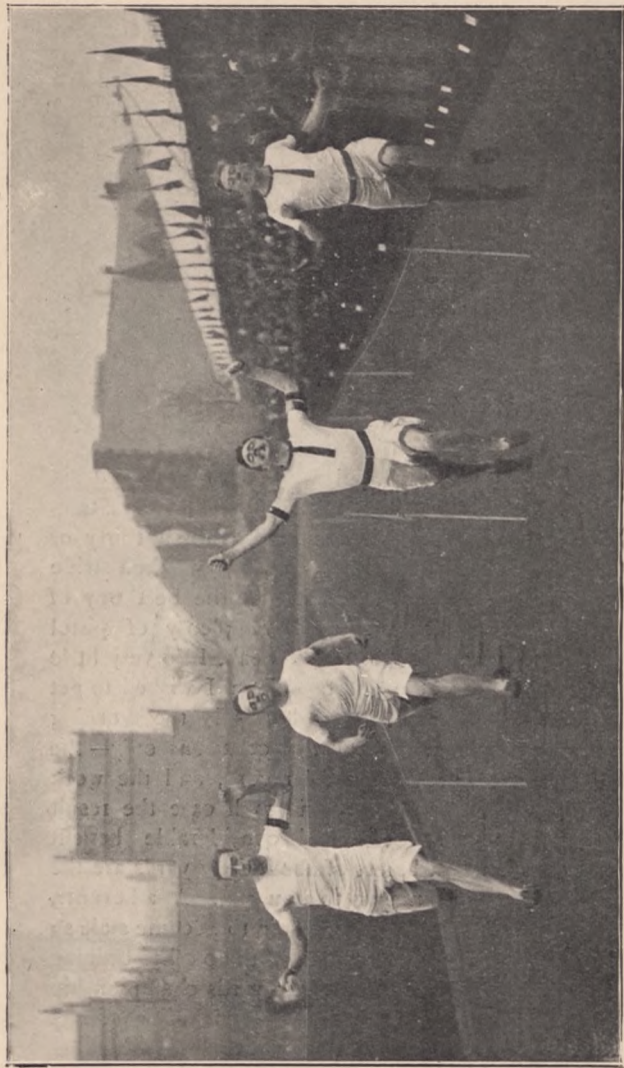
By *E. H. Pelling*,

Ranelagh Harriers, L.A.C., Civil Service A.C.

100 Yards Amateur Champion, 1889.

Late Holder L.A.C. 100 Yards Challenge Cup, etc.

“*Training.*—As a rule I do all my training between six and seven in the evening at the L.A.C. grounds at Stamford Bridge, and my usual plan is to run about thirty or forty yards at top speed three or four times, and then stride through a hundred yards. Undoubtedly the best way of learning to get off quickly is to have plenty of pistol practice; but, my ankles being rather weak, I do very little of this, as the strain is too great. When I wished to get specially fit, I also did some short bursts in the morning about nine o'clock. I did this on two occasions only—the week before I beat the 250 yards' record, and the week before the 1889 championship, and in each case the result showed that I must have derived considerable benefit thereby. I consider that bursts of about forty yards are the best training for any distance up to a quarter. At all events, this suits me best, as it does not cause me to become stale so soon as running longer distances, and with no other training I was enabled to do $49\frac{1}{2}$ secs. in the 440 yards championship of 1889, when Tindall did the phenomenal time of $48\frac{1}{2}$ secs. I diet myself very little, as I believe that it is very



P. L. CARTER (C.), 1. W. N. PILKINGTON (C.), 4. C. R. THOMAS (O.), 2. G. JORDAN (O.), 3.
SOME STYLES IN SPEED SPRINTING.

The Inter-Varsity 100 yards, at Queen's Club, Kensington, 2nd April, 1897.
From Photo by Stearne Bros., Cambridge.

easy to overdo this part of the training, and nothing makes one stale so quickly as too strict attention to food.

Starting.—Previous to 1889 I was one of the slowest starters in London, starting in the ordinary fashion. Then I tried the ‘all-fours’ way, and at first could not manage it satisfactorily, but after three or four attempts I got the knack of the thing, and from that time I was at least as fast a starter as any one on the path. I do not say that all men would benefit as much as I did by the change; probably a fast starter in the ordinary manner would derive no benefit at all; but I should certainly advise any one who is slow at the ordinary method to give it a trial. My way of starting is as follows:—I make a hole for the left foot about six inches behind the scratch, and another for the right about a yard behind. Then at the caution to get ready, I drop my hands (or rather the ends of my corks) on to the scratch, as shown in the illustration on page 74. At the report of the pistol, I push off with the right foot, at the same time lifting the hands, and I am into my stride at once. Some vary this position by starting with the left foot *on* scratch, instead of behind, whilst others have the left foot nearly a yard behind. I may say that all the weight is on the two hands and the left foot, the right only being used to give the send off.”

MIDDLE-DISTANCE RUNNING.

By the Rev. W. Pollock-Hill, M.A.,

President Oxford University Athletic Club, 1889-90;
 Winner of the Inter-'Varsity Mile (4 min. 21 $\frac{3}{4}$ secs.),* 1890. Winner
 of the Inter-'Varsity Three Miles, 1889 and 1890;
 Holder of the 1000 Yards British Record (2 min. 15 $\frac{1}{4}$ secs.), at Oxford,
 8 May, 1889.

* Inter-'Varsity Mile Record.

“The term ‘middle distance’ is applied to distances of from 880 yards to one mile inclusive. As, however, I believe the

half-mile will be treated of in another article, I will take up the running from beyond that distance.

The numerous races of late years at distances of 1000 yards and three-quarters of a mile, have made it worth while the attention of the half-miler and miler to accommodate their training to these intermediate distances. In the case of the half-miler it is his staying power he must try and bring out—while the miler must do his best to put on more pace throughout. If we were to inquire the reason for the popularity of these distances, we should probably find that in the first few instances they were introduced as level races between men whose capabilities were known at half a mile or a mile, as the case might be, but the issue of whose meeting at a middle distance would be very open and interesting. I think the level three-quarter mile at the S.L.H. Oval meeting was first introduced to bring about a meeting between F. Stuart Howard, E. D. Robinson, and others. My reason for mentioning this 'origin,' so to speak, of the distances is to show that it was with the idea of bringing athletes together on more or less neutral ground, who at their own distances were certainties, and then watching the tactics and running of the athlete in a distance to which he was unaccustomed.

This applies to the 1000 yards also, as, although it was as long ago as 8 Oct., 1881, that Myers was credited with 2 min. 13 secs. in America, the distance has but rarely been run until the last five or six years in the South of England; a Northern Counties 1000 Yards Championship has, however, existed for many years.

Diet.—I propose giving a very brief outline of training in diet, etc., as far as I found it necessary from personal experience, and then to turn to the method of training in exercise which I found always the most reliable—when

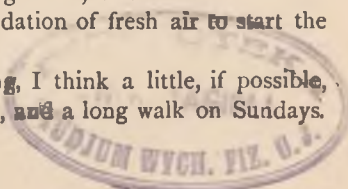
I had time for it—as it was rather of the ‘slow and sure’ order.

The ordinary man in dieting himself for running need really make very little difference from his ordinary food if he has been accustomed to wholesome and healthy fare. The old idea of semi-starvation is now dying out, and the more sensible view ‘the more hard work you do the more *nourishment* you need to keep yourself up to the mark’ is becoming daily more recognized. By ‘nourishment’ is meant good plain food, omitting pastry, potatoes, and anything very sweet—these are bad for the wind and put on fat. Some men put on a great deal of superfluous weight during the winter through want of exercise. When they run they ought to reduce this by sweating it off in running, not by starvation, which brings them below themselves. Chops, steaks, chicken, fish, and joints, with plenty of vegetables—cabbage, and especially spinach—followed by plain milk puddings, will be found to allow scope for plenty of variety, which is another little point to be noticed.

Drink.—Last, but by no means least, try and restrain as much as possible the craving of thirst. Half a pint of liquid three times a day ought to be made sufficient, unless a cup of cocoa be added in the evening.

Exercise.—Turning now to the exercise to be got through in training, I don’t think too much could be said in favour of getting a short spin or walk before breakfast. If a walk, one sprint or more of about twenty or thirty yards should be run; this opens the lungs well, and breathes out all stale night-air, leaving a foundation of fresh air to start the day with.

With regard to the running, I think a little, if possible, ought to be done every day, and a long walk on Sundays.



When running every day, fast and slow work ought to be alternated, and so arranged that the slow may improve form, stride, and staying power, while the fast is to develop pace chiefly, but of course staying power also.

The way mentioned above as 'slow and sure,' was one I found gave me great confidence as regards being able to finish a race. It was as follows:—The first week of training, while the muscles of the calf are soft and elastic, do only gentle running, with no long striding, going a fair distance each time. When the calves are once in condition, for the next week alternate slow and fast work; but remember, when doing the fast work to start off at what you imagine to be the right pace for the distance you are going. Keep this up as far as you can without straining yourself, and next time you will find yourself able to go further, until finally you last the whole distance. By this plan you gain confidence in your staying powers, and on the day of the race may venture a quicker pace all through, relying on your condition to last the distance.

For Pace.—Even half-milers may find it useful to practise sprinting, which at the end of a race makes such a difference when a man can pick up his legs and almost *sprint* in.

The 1000 Yards.—For the 1000 yards distance, I once completed the half-mile in 1 min. 59 secs., which shows that the pace is half-mile pace with the additional need of extra staying power. I should advise the first quarter being run at half-mile pace, the second rather slower, so that the final effort may begin about 150 yards from home—reserving, of course, a little in hand if there is any dangerous rival. A week's work for a 1000 yards would be (when the legs are in condition)—Monday, slow 880; Tuesday, fast 600; Wednesday, slow 1000; Thursday, fast 600; Friday, slow

trot ; Saturday, 1000 yards as far as possible at fast pace ; —next week to include two fast 880 yards.

1320 Yards.—Here, as in other distances, much must be left to the judgment of the individual runner, who should take a very light day's exercise if he feels the effects of the previous day's work. In three-quarters of a mile and one mile, the object is to train natural staying power to produce increased pace. The first quarter of one mile may be run in 59 secs. or 1 min., the half in 2 min. 9 secs. to 2 min. 11 secs., the three-quarters in 3 min. 14 secs. to 3 min. 18 secs., which leaves room for a capital time for a mile if the pace be maintained. There are many who are only moderate as milers, but who find themselves well suited at these medium distances where their pace tells, without having to call into play the staying power which would have been required in the last quarter mile in a mile race. The half-milers can sometimes stay three-quarters of a mile, but it is more often the miler who tries the shorter distance, than the half-miler who tries the longer, and with more success.

The Mile.—In training for a mile, the object is, firstly, to be able to last the full distance, and secondly, when able to last all the way to gradually increase the pace throughout, being careful to keep it as uniform as possible, which may be done by having a timekeeper to tell the times of the different laps. By this you get to know your own capabilities, and a trial or two may be started, but ought not to be completed if likely to put a strain on the competitor. As good a way as any is to run several quick half miles and slow three-quarter miles alternately, only running every other day. Walking exercise is strongly recommended for strengthening the leg muscles, without overtiring or overstraining the competitor.

I found that running a whole mile twice only before the day was sufficient. But saying this reminds me that most books on training speak as if 'the day' only came once, whereas it is more usual than not, that when a man once gets fit he runs a race almost every Saturday for a month or two. In these cases, if a man determines, as he ought to, to always run his best, each race will be the necessary trial spin for the next, so that his work during the week ought to be fairly light. For a mile, he might run a quick 600 yards on the Tuesday, and a quick 1000 yards on the Thursday, doing only slow work or walking on the other days.

A Good Dodge.—There is one rule which holds good in every race longer than a quarter of a mile, which is : When you want to pass a man, reserve yourself for a few strides, and then *shoot* past him ; there is nothing so disheartening to a man as to see another pass him at any pace, however 'done' the leader may be. His having passed the second man so quickly, gives this man the idea that he is comparatively fresh, and so puts away any thoughts of a struggle with him as hopeless. If, however, one man gradually *creeps* past another, the beaten man will contest and struggle for every inch, and a most punishing race will result.

One other hint and I have done.

Two Races in One Day.—It often happens that a man has more than one race in an afternoon. In handicaps he may not be so particular as to his performance in each, but where there are one or more level races, he must train in such a way as will enable him as much as possible to run his second race without feeling any ill effects from his first. The plan I have found most advantageous for this is when *training* to go out always *more than once*. This works up the muscles and lungs a second time to the unnatural pitch to which they *are* worked up in running, and so accustoms

them to it; that on the day it is, so to speak, 'no novelty to run twice the same afternoon.' One does not care exactly to point to one's self, but as a proof of what I advise under this head, I may say that, training in March, 1890, for the mile and three miles (Oxford *v.* Cambridge) three times a week, I used to run two fast laps (three laps to the mile), then rest three-quarters of an hour; after which I used to run five moderately slow laps. This latter exercise, I suppose, so increased my staying power over a mile that I felt almost fresh at the end of the mile, in spite of the pace (first lap, 1 min. 20 secs.—leader, 1 min. 19 secs.; second, 2 min. 53 secs.; third, 4 min. 21 $\frac{2}{5}$ secs.), and did not feel the slightest effects of the previous race in the three miles.

Confidence.—What is really wanted in every race is a man's confidence of his own powers—to *know* what he can do—however feeble it may appear in comparison with others. In handicaps, nowadays, every man has his look in for prizes, but it is only by carefully training himself that he may indulge in such a violent exercise as running without feeling the effects of it in after life."

MILE AND DISTANCE PATH RUNNING.

By J. Kibblewhite, Swindon and Spartan Harriers,

Amateur Champion, One Mile, 1889, '90, '91; Four and Ten Miles, 1890;

Southern Counties Cross-country Champion, 1890, 1891;

National Cross-country Champion, 1891;

Ex-Holder of the Three Miles Record.

"In giving my opinion on training for flat races of a mile and upwards, I may say I have always found it most advisable to take things very steadily for the first week, say, run a few easy miles about three times a week. When not running I

believe in taking plenty of long walks, varying this in the second week by running shorter distances, such as a quarter of a mile one day, half-mile another, and perhaps three-quarters or a mile for the last run of the week ; but I never care to run the whole distance I am training for more than once during that time.

Before running the distance intended I generally take some long sprints ; this I find helps considerably to increase the pace. Should I, however, have an easy run, I sometimes take some sprints after as well as before the spin. Following this for about five or six weeks, I begin generally to get into something like condition.

Training for longer distances, such as from two to four miles, is very similar to that for a mile, with the exception of not running the full distance more than once or twice before the race ; as, for instance, when I beat the three miles record,* I was at the time pretty fit at a mile, so I only ran two miles once, and not once did I run the full distance. Of course, when I am running well at one distance, say, a mile, I find I have only to vary the distance, so as to be able to have plenty of staying power for the longer race.

In the case of ten miles, I should take longer spins, say, from two to six miles three times a week, and perhaps every other week have a spin at eight miles ; but I have never run the full distance more than once when training for that race, and that at least eight or ten days before the race.

I think it a great mistake for athletes when training to run against the watch continually, as a great number of athletes do, especially novices.

Should I find myself overtrained, I believe in taking a rest for at least a week ; this I find always has a good effect.

* 14 min. 29 $\frac{1}{2}$ secs., Stamford Bridge, 31 Aug., 1889. — ED.

I believe in taking a cold sponge-bath, say, twice a week after the run; and as for food I never diet myself in the least, always taking my ordinary food. As regards alcoholic liquors, I am not an abstainer, but seldom take any beer in training, unless it is a friendly glass; but I believe in having a glass of port or sherry in the morning with an egg beaten up in it.

This is almost exactly how I train; but I have always to take my runs in the evening, as I cannot leave business before to enable me to train in the day."

CHAPTER VI.

WALKING.

By the Editor.

Referee for Walking at several Amateur Championships;
Bronze Medallist, L. A. C. 40 Miles Walking Race, Boxing Day, 1878;
Silver Medallist, L. A. C. 30 Miles Walking Race, Boxing Day, 1880.

"PACING" would be the more correct word to describe the gait adopted by far too many of our so-called walkers. The "pace" of the path, and the walk of the wood-pavement or stroll of the street, are very different things. So long as walking *is* walking, not pacing, it teaches a man an erect carriage, how to poise his body so as to get over the ground with the minimum of exertion and the maximum of speed; but, unfortunately, few will take the trouble to educate themselves up to this desirable standard of proficiency. They—seldom does an old saying so aptly fit a new expression—not only want to run before they can walk, but *do so*, perhaps to their own satisfaction, but to the disgust of the

spectators and annoyance of the judge. The embryo walker has a harder task before him than the would-be runner. The latter has comparatively little to learn beyond improving his speed ; style is, in his case, a secondary consideration altogether. It is otherwise with the walker. In his early efforts the last thing he must think of is speed ; his whole mind, attention, and efforts must be concentrated on style—in fact, *learning how to walk*—before he attempts speed or ventures into a contest.

There are, however, extremes. One, speed, completely killed walking in the north of England, where a contest of this kind is almost unknown now. The farcical “pacing” was at its height about eighteen years ago, when a man who could not beat 14 min. for two miles had not a “look in,” unless given a long start. As an instance, a typical “pacer,” W. H. Smith, of Keighley, was credited with covering two miles on a heavy-going grass track, six laps to the mile, in 13 min. 21 secs. ! It may be pointed out that, so late as 10 July, 1897, W. J. Sturgess, amateur champion, made the existing record, at Putney, by walking two miles in 13 min. 24 secs. ; the best previous times being 14 min. 14 $\frac{2}{8}$ secs. by H. Curtis, ex-champion, at Paddington Grounds, London, 2 Aug., 1890, and 14 min. 20 secs. by the late Tom Griffith, at Ealing, 27 April, 1872. In fact, about 1880 Northern sports’ officials became so lax, that “walkers” were simply allowed to go their own pace, and disqualifications were rarely heard off. The crowd grew accustomed to this pacing, and the writer remembers a case where a London *walker* entered for some sports in Yorkshire (Aug., 1880), just to see how the “pacers” travelled ; and although he did his starting quarter in about 1 min. 40 secs., W. H. Smith gave him 60 yards (in two miles), and caught him in about 300 yards ! As if this was not bad enough, the crowd

actually chaffed the poor Londoner *for walking fairly*, and many were the hints, in the local vernacular, he received to "Spring a bit, lad!"

Of course, this state of affairs soon brought about its own destruction, and walking races disappeared from Northern and Midland programmes, and are, moreover, rather rare in the south of England. The reverse of the picture was afforded by a certain youthful aspirant for toe-and-heel fame, who used to frequently appear about 1885 in London handicaps. He generally had about a quarter of a mile start (in two miles), and finished a like distance behind the winner; but the exhibition in style he gave was an education in itself, and was duly appreciated, as he always received more applause than all the prize-annexers combined, particularly when he finished alone after the other competitors had left the course. Since then he has proved a most able legislator in the government of sport, and risen into a great authority on Water-Polo. We quote these extremes—the Charybdis and Scylla of walking—so that the novice may, while steering between, first cultivate style, *then*, and not until then, attempt to acquire speed.

As a preliminary step, a pair of proper shoes must be procured, not from the local bootmaker, but from a man accustomed to the making of running and walking shoes. If in London, it is better to interview one of the makers personally, or groundmen at Stamford Bridge or other grounds, so that a proper fit may be secured. The shoes have a very low flat heel, are broader and easier than a running-pump, and lace down to the toe; for walking on grass a very short sprig in the heel and a pin in the sole prevent slipping; but these are seldom required, and are quite unnecessary on cinders. Socks need not be worn if the shoes fit properly.

The initial attempt ought to be made at a quiet time, when there are few people about the grounds. For the first few trials there must be no thought of doing a certain distance in a certain time. The novice must hold himself erect, head well back, arms at sides, forearms in a horizontal position, and he should have a feeling of being well balanced on his pins. The left leg is swung forward, almost straight, but with an inclination to an outward sweep; this, however, must be very slight, followed by an inward curve, so that the left foot is brought down directly in front of the right, the leg remaining stiff, the heel touching first; with the left leg the right arm is pushed forward, and partly straightened. This balances and carries forward the body, and the heel of the right foot gradually rises, so that only the toe remains on the ground as the left heel touches the track. This must always be the case. Should the rearmost foot leave the path before the foremost one touches it, it is "lifting," and will be met with disqualification, as it transgresses the first principles of "toe-and-heel" walking.* The contact of the left heel with the path frees the right leg, which is swung round forward, as the left foot flattens to the track, with the left arm, and as the left foot rises to the toe the right heel touches *terra firma* directly in front of the other foot; and so on. Arm-action should be carefully cultivated. Properly used, the arms seem to act as levers to lift forward the body, besides assisting to balance it by the alternate "strokes" of left-leg with right-arm and right-leg with left-arm. Some walkers swing the arms so that the hands almost touch the shoulders; others, again, have a sort of straight up and down swing, *à la* cranked pump-handle.

* "Mixing" is distinct from "lifting." The former is a deliberate attempt to mix running with walking; the latter may happen, without any intent to defraud, by a man simply over-walking himself or "getting forward."

Above all remember :—*The weight must be kept on the heels ;* therein lies the chief secret of walking fairly.

Let any one watch the uneducated (in a walking sense) novice. He starts upright, he soon gets bent forward by raising his hands too high, the head drops down, the back bends (see page 90) ; all the weight goes on the toes. In response, the knees give way, and he creates amusement by his awkward attitudes, until his ambling gait attracts the judge's eye, when disqualification follows sharp and sure. It is absolutely impossible to walk fairly under such conditions ; whereas, if the directions given above are followed, the head held back, the shoulders squared, the body kept upright, and the arms balancing the action of the legs (see page 91), there is no inclination to "break," as the weight is properly carried. The two accompanying sketches faithfully reproduced by Mr. S. T. Dadd (from Kodak snapshots taken by the present writer, at Stamford Bridge, at the Civil Service Sports in 1897), give lifelike portrayals of the raw novice making his first attempt, and the experienced scratch man. Style ought to be maintained to the finish, as is strikingly exemplified in the photo which shows W. J. Sturgess when he broke the two miles record at Wembley Park (see p. 95).

In running, a man's height is increased ; he moves onward by a series of upward and forward bounds, both feet being generally off the ground, never more than one touching it, the body leant forward, the arms sometimes raised. Walking is the negative of all this. The walker glides, rather than jumps along ; the height is less than when standing, as the legs are stretched out, and body poised above them. Further, instead of the feet being employed to thrust the body upward, they seem to clutch the ground and *draw* the body forwards.

Bad habits are all too easily acquired ; and the amount of attention a walker gives to his initial efforts will make or mar his future. There is no reason why any man should lay himself open to disqualification, which simply means trying to win a prize by dishonest means, as, although opinions may differ as to whether a man has or has not



FIG. I.—HOW NOT TO WALK—
slow and stooping.
“ Unknown ” Novice at Civil Service
Sports, 1897.
*Specially drawn for “ Athletics ” by
S. T. Dadd.*

crossed the boundary-line of fairness, an honest and properly instructed walker ought never to allow the point to arise, by keeping well within the border. When practising, if the novice should feel himself getting forward, let him at once straighten himself, and resume the original attitude. Never mind speed ; it is better to walk the first quarter (at the maiden attempt) in three minutes *properly*, than to shuffle through it in half or a minute less. When he has accustomed himself to the action, he may gradually improve

his pace ; but he ought to have a friend present who understands the game, to sound the warning note if he unconsciously gets out of shape. At first the speed will be disappointing. After the rough edges are taken off, and sufficient style practice has been indulged in, a mile may be tried, slowly and regularly slacking up if the tyro feels he is over-walking himself. Perhaps a little inside ten minutes

will be accomplished, and this can be gradually reduced to eight minutes (the amateur record now—April, 1898—stands at 6 min. $33\frac{2}{5}$ secs. by W. J. Sturgess, Stamford Bridge, 26 Sept., 1896; professional, 6 min. 23 secs., by the late W. Perkins, Lillie Bridge, London, 1 June, 1874). He may then consider himself good enough to enter a contest.

Even if he can do about 8 min. 15 secs. he may try his luck, but with little hope of success; for until he has proved his capabilities he cannot expect a very long start, and if he can only accomplish eight minutes, he will require a much longer mark than he is likely to receive at the first time of entering, to be in the hunt with a flyer at scratch. The writer has won an open mile in as slow time as 8 min. 14 secs., and two miles in 18 min. 10 secs., so duffers need not despair!

If the powers of the scratch man are known, a man can easily calculate what chance he has from any mark he may be allotted. By subtracting his start (seconds—if a time handicap) from his time, the result will show what performance the scratch man will have to accomplish in order to win. If it is "yards start," then, by a trial, if the handicap is known not less than two days before the race, from his mark. Formerly nearly all walking races were handicapped by time—decidedly the best



FIG. 2.—GOOD STYLE—
upright, fast, and fair.

M. K. Forester, Civil Service
Sports, 1897.

*Specially drawn for "Athletics"
by S. T. Dadd.*

way ; but starters and "clockers" made such a sad jumble of despatching the men at their correct (?) intervals of time, that the present writer, in order to obtain tangible results of the men's performances, was compelled to introduce yards start (instead of time allowances) in public handicaps, and his action has been almost universally copied.

Not much need be said about training for walking. It is very much the same as training for any other sport ; but, to repeat our early advice, fast travelling must not be thought of till the athlete has *learned to walk*, only a man generally goes further in practice, in relation to the distance, than when running ; a mile is the general trial tramp, unless the race be longer, but for a two miles race a mile or mile and a half is generally sufficient.

The pains and penalties to be endured while breaking in for walking are more severe than for any other sport. The chief of these is shin-soreness, produced by the peculiar flapping action of the feet and unaccustomed movement of the ankle-joint on the front of the leg bone. The best remedies are Recordine and Ellis's Electric Oil—the former to remove stiffness from over-exertion, or to make the muscles supple before a contest or practice. Ellis's oil quickly cures all strains and sprains, and is an invaluable adjunct to the athlete's outfit. The writer can personally vouch for the efficacy of both preparations. He has also given practical test to another excellent remedy—"Homocea"—with admirable results ; it can be used with perfect safety where the skin is broken, and is effective for, what many athletes suffer from, piles. If the feet are tender, they ought to be soaked in salt and water, with a little alum in it. If very tired and dirty (such as after a long tramp on a cinder-path), there is nothing more cleansing and refreshing than warm water, with a plentiful supply of Hudson's Extract of Soap.

In 1878-81, long distance events were very popular ; and some of the records then made still survive, such as that by the late T. Griffith, who walked 21 miles in 2 hrs. 57 min. 25 secs., at Lillie Bridge, on 3 Dec., 1870. Until recently there have been few notable races since the 30 miles promoted by the L.A.C., 27 Dec., 1880, when W. E. N. Coston won in 4 hrs. 46 min. 52 secs. (still record), but even now there are not many opportunities to exercise the staying power of the walkist. In a race at the Putney Velodrome on 23 Oct., 1897, W. J. Sturgess beat records 9-13 miles as below, J. Butler won—doing the 21 miles in 2 hrs. 59 min. $42\frac{4}{5}$ secs.—the best performance since Griffith's. On 19 Oct., 1895, at Stamford Bridge, Sturgess walked 8 miles, 270 yds. in the hour (World's Amateur Record).

A final bit of advice to the novice. In starting in a time handicap it is advisable to get as far on the way as possible before the scratch man leaves his mark, but of course not to walk yourself to a standstill in the first lap. If unlucky enough to be passed by a man with a shorter start, hang on to him as long as possible when he goes by, but *never* wait on a man in front when caught, but pass him ; push right on till you get the lead ; then *keep* it (if you can) until you break the worsted. This is a golden rule in any form of contest, from cycling to swimming.

We are fortunate in having secured the co-operation of W. J. Sturgess, undoubtedly the finest, fastest, and fairest amateur speed-walker the world has yet produced, who has the happy knack of imparting information in the clearest, most explicit, and instructive manner, and his admirable article ought to cause a decided improvement amongst walkers. In addition to the splendid series of records quoted, he holds the grass records for 1 mile 6 min. 37 secs. Chelmsford, 1895, 2 miles 13 min. 33 secs.

HINTS ON TRAINING FOR WALKING.

By *W. J. Sturgess*

(Polytechnic Harriers),

Amateur Champion, 1895, 1896, and 1897.

Holder of the following World's (*) and British (†) Amateur Records.

Miles.	Times.	Place.	Date.
† 1 ...	6 min. 33½ secs.	Stamford Bridge	22 Sept., 1896.
* 2 ...	13 ,, 24 ,,	Putney Velodrome	10 July, 1897.
† 3 ...	21 ,, 14 ,,	{A.A.A. Champion-	5 July, 1897.
* 4 ...	28 ,, 24½ ,,	{ship at Manchester}	5 July, 1897.

Also at Stamford Bridge, 19 October, 1895. * (5) 36 min. 27 secs. ; (6) 43 min. 58½ secs. ; (7) 51 min. 27 secs. ; (8) 58 min. 56 secs. ; and, Stamford Bridge, 3 October, 1895 ; (9) 69 min. 31½ secs. ; (10) 1 hr. 17 min. 38½ secs. ; (11) 1 hr. 25 min. 55½ secs. ; all World's Records.

Walking.—Walking is an art of easy carriage of the body, calling for an increased exertion of the frame and muscles, when going at an increased speed. This can only be attained by harmony of the hips and shoulders, which are the centre pivots of action, aided by the arms' action.

Learning.—In learning to walk for racing the action should be as follows :—Thighs slack, with freedom of play from hips ; legs perfectly straight, and to be thrown out at one sweep from the hips, but brought round with a slight curve, and so that they come down perfectly straight in front of each other, the heel always reaching the ground first be'ore the other foot is lifted for the next stride. My own



experiences of learning hip work was by continually walking on a straight chalk line. So as to make my meaning more clear to readers, I give a diagram of the chalk line, showing how the legs should be swung.

Walking as it should be when Racing.—Freedom of play

from the hips, as well as from the shoulders, which should be well set back, with the arms bent up from the elbows. With each stride swing the opposite arm, viz., when the right arm is on the forward swing, so also should be the left leg; and when the left arm is on the forward swing, the right leg should be the same. Arms to be swung from the



Finish of 2 miles handicap. W. J. Sturgess winning from scratch in World's record time of 13 min. 33 secs., June 22, 1896, at Wembley Park. [This time Sturgess afterwards beat, see table.—ED.]

shoulders across the chest, which should be well extended, the head being held erect. The attitude of the body should be upright, not bent forward, which is a common practice with a good many walkers, and the weight carried on the hips, which is the central action of walking, so as to ensure fair and square heel and toe, as laid down by the past and present rules of walking.

I began to cultivate speed slowly, and increased it as I progressed ; but if I found that I was overstriding myself, I immediately dropped my speed a little, and by continual practice, determined perseverance, and patience, I succeeded in my cultivation of the art of walking. But to the subject again. The novice will suffer from shin soreness, stitch,



W. J. STURGES, POLYTECHNIC HARRIERS.
Amateur Champion Walker and Holder of World's Records.
From Photo by R. W. Thomas, Cheapside.

stiffness of shoulders, neck, and stomach ; but this will disappear as he improves in his training, and then it will be a pleasure to strip for a spin on the path or road. In road racing or journey walks, such as twenty-five miles and

upwards, not so much hip-work is required, but a straight leg and solid step.

Unfair Walking.—*Mixing* is a jump up and down with each stride, and can be detected by a man's head and shoulders being closely watched, which will rise and fall at each stride.

Lifting.—This is detected by a loose and bent knee, body bent forward, and one foot being off the ground before the other has reached it, and daylight can be seen underneath both of them.

Shuffling.—Short, snatchy, and springy strides; head bent down on chest. This cannot be detected unless very closely watched, for to all appearances it seems to be a fair walk; but it is not so, as it is a deliberate run on the heels, and scuffle of the toes with each stride, causing the cinder to fly, and any one half a yard or a stride in front would most likely have to retire, with their shoes full of cinder, caused by the shuffler's scuffle.

Fair Walking.—For fair walking the body and head should be held erect, the weight on the hips thrown on the heels directly they touch *terra firma*, chest well set forward and arm bent and swung across the chest from the shoulders with each stride. The stride should be long, with a clear action from the hips, and the legs thrown direct in front of body. When passing or sprinting a fellow competitor, one should have a cool head, as excitement is liable to cause an infringement of the rules, and perhaps meet with disqualification from the judges, which would be very disheartening, especially to a novice.

Costume.—A little attention should be paid to costume. I myself always wear, when racing, a jersey with short sleeves and loose under the arms, so as not to impede the arms' action; loose knickers, for free play of muscles

and hips, cut short above the knee, to show a clear action of the same and legs. With regard to shoes, I can strongly recommend the pneumatic shoes manufactured by Messrs. Treadwell and Co., as thoroughly good and light shoes. They prevent the jarring of the ankles, and give a firm tread of the foot; they also take a great deal of the strain and exertion off the legs and hips.

Smoking.—This is best left alone until racing is over; but if it cannot be done away with entirely during the racing season a cigar or pipe once or twice a week will not hurt; but never smoke to excess, nor smoke within a week or two of a race.

Diet.—I strongly believe in nutritious food, such as haricot beans, lentils, porridge, greens, bread, but no potatoes; mutton is the meat I myself prefer, as it is light and easy to digest—it has more nutrition in it than beef, and does not possess so many impurities; custards, rice, sago, tapioca, etc., with stewed fruit, are the best sweets one can take after meals. Drink moderately. No spirits should be taken, and of malt liquors sparingly. Two half-pints a day—one at dinner-time and one at supper-time—is quite sufficient. When rising at morning, after the mouth has been rinsed out, a new-laid egg beaten up in a small glass of dry sherry is very invigorating.

The following is what I have at meal-times, with an occasional slight change:—

Breakfast.—One cup of tea, not too strong, two eggs, a rasher of bacon, and dry toast.

Dinner.—Mutton off the joint, occasionally a chump chop, greens, and bread, followed by stewed fruit, and one of the milk puddings mentioned above.

Tea.—One cup of tea, two eggs, boiled lightly, and toast

in preference to bread and butter, followed sometimes with a milk pudding.

Supper.—If this meal is necessary, it should be taken about two hours before going to bed. Mutton (boiled), haricot beans, or lentils, and bread. For a change, porridge and bread, with a small cup of tea. I must here add that it is most injurious to overload the stomach, as it produces weakness, whereas food is taken with a view to strengthen the system generally.

Exercise.—Indian clubs, three times a day, morning, noon (when convenient), and night. Always use clubs in preference to dumb-bells, as the use of the former tend more to improve and develop the shoulders, and strength in this part of the body is a most important feature in walking. During business hours I walk on an average of sixteen miles a day, and when done go for a fast spin on the track. After this a good rubbing down, using a good embrocation, is necessary, as it prevents stiffness and relaxes the muscles. Until properly fit, always rub down with horse-hair gloves, but when fit use only a towel or the hands, as the gloves reduce the weight too much, and thereby causes weakness. After leaving the grounds I usually walk steadily home, to relieve the legs of the strain resulting from the fast spin on the track.

The *Embrocations* and *Foot-powder* I use is Hill's Cajuput of jelly. It can be obtained at most chemists, and is prepared by J. D. Marshall, 5, Pimlico Road, Belgravia, and 27, Red Lion Square, Holborn. I have for some time used a powder called "Wawkphar" (Wawkphar Co., 39A, Victoria Street, S.W.); it prevents blistering, chafing, and galling—particularly when not using socks, and in long-distance tramps on road or path.

Rest.—I do not believe in any special rules with regard

to sleep, as any decided departure from one's usual habits is more liable to do harm than good. Thus, if a man who is accustomed to go to bed at eleven were to suddenly start retiring at nine, the chances are that he would have two hours of disturbed slumber, which would take a great deal out of him and hinder him from getting fit, and would result in tiredness and languidness.

Weight.—With reference to weight, a man must find out for himself what weight he is strongest with. For a mile race get as light as you possibly can without making yourself weak and tired. For a race above five miles up to about fifteen miles carry a pound or two extra, and the further the journey a little more weight is advisable, as a few pounds over makes you much stronger and able to stay better. It is far better to carry a pound or two above weight than to be one pound or so under, as you are liable to go stale suddenly, and have to rest at least two weeks.

Training Spins.—In training for a mile race the walker should do short and fast work—morning spin, about $1\frac{1}{4}$ miles at three-quarter racing speed; evening spin, about 700 yards racing speed. If you are only able to train once a day, go for a half-mile spin one day, on the next three-quarters of a mile, and on the third 600 yards, returning again to the half-mile, and so on. About every ten days walk a mile all out. For distances above one mile, increase the training spins in proportion. Take as example four miles: On the first day one mile, second day $1\frac{1}{2}$ mile, third day $2\frac{1}{4}$ miles, fourth day $2\frac{3}{4}$ miles, and on the fifth day walk $3\frac{1}{2}$ miles all out. Never go beyond this distance in training for a four-miles' race, as a man when properly trained should stay the last half-mile of the race full of energy, as in a severe and close finish condition tells, and the best-trained man wins. Therefore speed is the greatest *forte* for races

under ten miles, while for those above strength and staying powers. I myself can only find time to train once a day, and always do so in accordance with the foregoing rule with reference to the distance to be walked, and only go the full distance of the race I am training for once, and that five days before it comes off.

When I trained for the four-miles' record I never walked above $2\frac{3}{4}$ miles, and when I beat the one-hour's record, and accomplished the feat of 8 miles 270 yards in the hour, my longest spin whilst training was three miles, which I did four times a week, with two $1\frac{1}{2}$ -mile spins in between, so as to retain my speed, which was most essential, and relying on my trained condition and determination to finish the rest of the distance.

Starting and Finishing.—When starting in races, always go off at almost top speed for about one hundred yards, so that you can settle down to your walk at once, then increase to full speed, never relaxing your effort to get to the tape first until you have finished, no matter how queer you may feel in yourself, and on no occasion loose your stride or action then, but persevere, and the distressed feeling will disappear suddenly. In trial spins get away for all you are worth, and go right through until you are finished, as it will be of great assistance when actually racing and having a severe tussle with a fellow competitor; but do not forget to keep a cool head, as in the excitement you may infringe the rules of fair walking as laid down.

Confidence.—A man must be confident of his own powers and ability, and know exactly what to do when racing.

I conclude with these few remarks—Persevere patiently, determinedly, and correctly, and then you will succeed in learning the art of walking fast and fair."

CHAPTER VII.

JUMPING.

As ordinarily practised in this country, there are but three recognized forms of jumping—(1) Long Leap, or Broad Jump; (2) High Jump; (3) Pole Jump, or, more correctly, Pole *Vault*. It is to be much regretted that these very interesting and graceful forms of competition receive such scant encouragement; as, with so few opportunities, the number of men who go in for them is limited. Not only should more frequent contests, both club and open, be offered, but the scope ought to be extended. The standing long and high jumps are rarely ever heard of; as a proof, the standing high jump amateur record (4 ft. 10 in.) was made so far back as 5 Aug., 1871, by F. Hargreaves and E. Moore, at Pendlebury. Strangely enough that for the standing broad jump (10 ft. 5 in.) was made a month later, 2 Sept., 1871, by J. J. Tickle, at Manchester. (The American records are 5 ft. $1\frac{1}{2}$ in., by Sam Crook, Worcester, Mass., 29 May, 1890, and 10 ft. $10\frac{1}{4}$ in., by A. P. Schuaner, New York, Feb., 1892.) These figures are very mediocre, and it says little for the development of sport and jumpers themselves, that, whilst every other section of sport has advanced, these should be left in arrear. It is the more strange, as standing jumps can be as easily carried out under cover as in the open. Here is a fine opportunity to awaken fresh interest, by competitions amongst those attending gymnasiums.

The pole vault—it really *is* more of a vault than a jump—has flourished for long in the Lake district and at Highland games, but, with the exception of the championship, is

seldom seen elsewhere; and the pole long jump has, so far as we know, never been honoured with a contest in Great Britain, although its novelty would be a sure "draw" for any sports, particularly in the form of a match, the running long jump; but there is an American amateur record (24 ft. 5 in.), by A. F. Ramsey, at Brooklyn, 15 Oct., 1886. In the south of France and near the Bay of Biscay it has long been a national necessity, as the peasants who feed flocks of sheep in the district of Landes use a pole in order to jump the numerous streams and dykes which intersect this part of the old province of Gascony, where stilts are also a common method of locomotion.

The running long and high jumps are alone familiar, and they have been ably treated by Messrs. Greig and Jennings, with a valuable addition by C. E. H. Leggatt, who is *facile princeps* at the double sport. Considering how very few men reach 6 feet in the high jump, the accepted record of 6 ft. 4 $\frac{3}{4}$ in., by J. Fitzpatrick, Boston, U.S.A., 25 July, 1889, must be ranked as one of the very finest feats in the athletic calendar. G. W. Rowdon, ex-amateur champion, is reported to have cleared 6 ft. 5 $\frac{3}{8}$ in. at Haytor Camp, Devonshire, 6 Aug., 1890, but it has not been passed as a record by the A.A.A., as he turned professional afterwards.

THE LONG JUMP.

"Each competitor shall be allowed three jumps, and the best three competitors of the first trial shall be allowed three more tries each for the final. The farthest jump of the six attempts shall win. If any competitor fall back or step back, after jumping, or crosses the taking-off line with either foot, or so swerves aside that he pass beyond the taking-off line, such jump shall not be measured, but it shall be counted against the competitor as one jump. All jumps shall be measured to the taking-off line from the edge to the heel-mark nearest that line, along a line perpendicular to that line."

The long jump only requires a straight, smooth, and perfectly level run of 40 or 50 yards, at right angles to the

shot-putting square, the left side of which can be used as the "take-off." Here there must be inserted a block of wood, painted white, not less than 4 ft. long; but it is much better if the block connect the end boundary pieces of the shot square; it will then be much firmer, and, with the others, form three sides of a square. The "take-off" piece should be $1\frac{3}{4}$ or 2 in. wide by 6 or 8 in. deep—4 or 5 ft. of a 12 by 2 in. plank of hard wood will be found best, to give firmness and solidity as its whole depth may be inserted. If the location be a permanent one it is best to dig up the square, 2 ft. deep, put in a good foundation of old bricks, clinkers, and gradually fining up with a top dressing of cinders; even if a field, a cinder-path for the 40 yards' run may be easily made at a nominal cost—it need only be $2\frac{1}{2}$ or 3 ft. wide. Great care must be taken to ensure having a perfectly level take-off, or a fair trial is impossible. The next thing to be seen to is—

The Pit.—About 13 or 14 ft. from the take-off a pit must be dug, over a foot deep, 4 ft. wide, and extending to 25 ft. from the take-off, and giving room for a man to make a record without hurting his heels or smashing his shins. The "pit" must be thoroughly well dug up, riddled, and mixed with sawdust and a little dry sand, and kept frequently turned over to prevent packing. Before the jumping begins the surface, which must be on a dead level with the top of the take-off, ought to be raked quite even, and patted smooth with the back of the spade, or run over by a *very* light roller; a little extra sawdust may be then sprinkled. One official is appointed to watch the take-off in order to disqualify any competitor going over, *i.e.* getting more than his toe over the line, or rather the wooden block. If the ground is hollowed out beyond this for a few feet it is better—the take-off ought to be painted white, and kept so.

Measuring is facilitated by preparing two boards with planed edges, marked off in feet and inches from, say 15 ft. to 24 ft.; these are inserted at either side of the pit, great care being taken to have them exactly parallel and correctly placed. In order to retain them in position they ought to be connected by other (sunk) boards with the "take-off," and also by cross pieces deep under the ground, all the lower parts of these boards should be well tarred. There ought to be a large L square to take the distance after each leap; this is measured from the rearmost heelcut. Unless the loam of the pit be properly prepared it often breaks away several inches behind the actual mark. Carelessness in this respect often robs the jumper of his true distance, most unfair to him. After the jump is duly registered, the ground is re-raked and smoothed for the next competitor. In handicaps the best man is of course scratch, the others being *allowed* feet and inches according to merit, and their starts are added to the actual leap made (the handicapper who makes the worst man scratch and *penalizes* the others does not know his business). Thus, if in a handicap A. Duffer (4 ft. 3 in. allowed) jumped 18 ft. 2 in., his score would be 22 ft. 5 in., and if the scratch man jumped anything over this, say, 22 ft. 6 ins., he would beat A. Duffer. These remarks apply to any form of competition, which depends upon the distance accomplished, such as putting the shot, throwing the hammer, high jump, etc.

HINTS ON THE LONG JUMP.

By J. L. Greig,

President Cambridge University Athletic Club, 1889-90;
 Winner of the Inter-'Varsity Long Jump, 1889 (21 ft. 0½ in.) and
 1890 (22 ft. 7½ in.); Hurdles, 1889 (16¾ secs.) and 1890 (16¼ secs.).

"The first thing that the jumper should see to is that the pit is moderately soft, and that the place upon which

he has landed is dug up before he jumps again; this is especially important if the pit is composed of some firm material, other than the ordinary earth and sawdust. It is also necessary in this case to wear shoes with spikes in the heel.

Practice should begin at least three or four weeks before the competition, and should be indulged in daily. As a rule, four or five jumps per diem are enough. Long-jumping is perhaps the most jarring of all sports, and the man who regularly jumps a dozen or more times in succession is almost certain to make himself stale, if he does not place himself entirely *hors de combat* by straining a muscle.

The length of run up to the jump is a matter of taste. Forty yards will generally be found a convenient distance. The run must at any rate be long enough to bring the jumper up to the take-off at the top of his speed. The take-off should consist of a piece of wood, painted white, some two inches wide and two or three inches deep, fixed in the ground flush with the surface. The ground must be hollowed out beyond it. If the run is on grass, the grass must be closely cut, or it will be impossible to see the board clearly.

To do himself justice, a man *must* learn to come up to the jump at full speed, and take off with the ball of his foot on the board. If a mark is substituted for the board, he must take off immediately before it. Perhaps the best way to insure an accurate take-off is to make a mark where one starts for one's run the first time, and alter it a little backwards or forwards, as the case may be, until an exact take-off is acquired. After that one must always start off the same foot from the same place, and also remember to step off the distance, so as to know where to start from on a strange ground.

Whatever you do, do not change your feet or shorten your stride if you fancy you are going to take off on the wrong foot or too soon. As often as not it is pure fancy, and it is much better to be going at full speed when one does jump, be it short of the mark or no, than to sacrifice pace to an accurate take-off. The extra impetus will more than compensate for the loss of a few inches. It is almost as bad to lengthen your stride as to shorten it; many men have a habit of taking three extra long strides just before they rise, but it does not pay.

A piece of paper fixed in the pit a foot beyond where one expects to land is often useful. It serves the double purpose of drawing one out—one instinctively tries to alight on it—and of preventing one thinking too much about the take-off.

As to the jump itself, most men do not jump nearly high enough. The present writer has seen several men add a foot to their distance by the simple process of jumping more into the air than they were used to. It often feels at first as though one was jumping a ridiculous height, but that feeling soon wears off when one finds nineteen feet giving place to twenty. When in the air keep the feet together, knees tucked up, body inclining forward (see illustration). If possible shoot out the feet in the air, and jerk the body forward on landing. If this jerk of the feet and body cannot be acquired—and it is a gift rather than an acquirement—at any rate, do not drop the feet behind the perpendicular; that is to say, let the feet, if they cannot be in front of the body, at least never be behind it, as is not unfrequently the case. When in the air keep the arms straight, pointing almost directly to the front, inclining downwards and outwards; if they are pointing too much to the front the upper part of the arm may be badly bruised by the knee on



THE LONG JUMP—POSITION WHILE IN THE AIR: "DROPPING."

J. L. Greig clearing 22 ft. 7 $\frac{3}{4}$ in., at Queen's Grounds, West Kensington, Inter-'Varsity Sports, 25 March, 1890.

landing. The position of the arms is important, as they help to keep the body bending forward, and so lessen the chance of falling back. Of course, shooting the feet out from the body is apt to make one fall back, and only practice will show each individual how far he may safely attempt it.

In conclusion, my advice to the ordinary performer is, do not jump too much; when you do jump use all your pace, never alter your stride, and jump much higher than you feel inclined to." *

THE HIGH JUMP.

"Each competitor shall be allowed three jumps at each height. Crossing the scratch without displacing the bar shall not count as one jump. All measurements shall be made from the ground to the centre of the bar. In the high jump neither diving nor somersaulting shall be permitted." †

For the high jump, proper jumping standards or posts must be provided. These are shown in the illustration on p. 110, and consist of two strong upright posts about 3 in. square by 12 ft. high. At the bottom there ought to be cross pieces, thus, †, not less than 6 in. wide by 3 to 4 ft. long and 3 to 4 in. thick; the post is firmly secured on the centre, and additionally strengthened by iron stays. The method of supporting and raising the bar is carried out in the same primitive plan as a quarter of a century ago; but we now submit a great improvement and the application of a most valuable patent, designed for another purpose. We refer to the patent shelf-fittings for libraries (in which capacity the writer has found them invaluable), brought out by William Tonks and Sons, Birmingham.

* This is a marked peculiarity of Mr. Greig's jumping. He rises very high, as shown in the illustration, and as a result is carried further. We advise all embryo jumpers to follow his advice.—ED.

† These laws also apply to the pole jump.



THE "STRAIGHT-SHOOT." A FAIR AND TAKING STYLE.
(T. Jennings at the Inter-'Varsity Sports, 1890.)

They consist of a narrow metal strip, perforated at intervals of three-quarters of an inch (see illustration below); small plates (which could easily be made longer when used in this way) clip into these perforations; the result being a perfectly firm and dead level rest for the end of the bar instead of the loose, round, and shaky ones usually employed. The plates only cost about sixpence per dozen, and the patent perforated strips 2*s.* each for 6 ft. lengths, or two lengths each 9 ft. long (to fix on so as to record from 3 ft. to 12 ft.) would cost 7*s.* 6*d.*, or, complete with plates, 8*s.* or 8*s.* 6*d.* Any handy carpenter could make the uprights and mortice them to secure the strips, or the latter can be procured in another form to screw on to existing standards, with plates, etc., for about 10*s.* complete. The plates might, with advantage, be made a little longer, for this purpose, than those shown above, and the holes half inch apart. Messrs. Tonks can, through any ironmonger, supply these.

Another point which greatly needs improvement is the form of the cross-bar. It is generally a make-shift pole or rod, so light that it dances about on the pegs if touched, and even a breeze will blow it off, easily broken, and so small that it is difficult to see. When that marvellous leaper, W. Byrd Page, Manhattan A.C., New York, who, although only 5 ft. 7 in. himself, cleared 6 ft. 4 in. in height, was over here in 1887, he introduced much needed improvements in this matter.

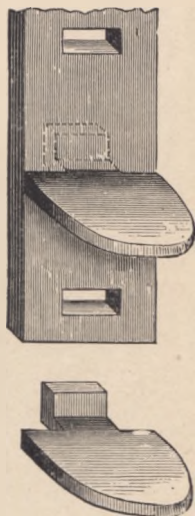
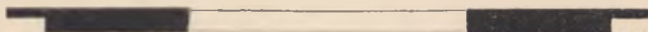


FIG. 3.—TONK'S PATENT PLATES FOR JUMPING STANDARDS.



THE "SCOTCH STYLE," OR "SIDE-STRIDE" JUMP.

It is infinitely better to have a bar about $\frac{3}{4}$ in. thick, but $1\frac{1}{2}$ in. to 2 in. deep, except at the ends, where it is cut away to $\frac{1}{2}$ in., with the centre, for 4 ft. or so, painted white. This gives a much steadier bar, with little or no deflection in the centre, and being clearly visible, it presents a more definite object to be jumped at, or rather over, and obviates the necessity of placing a handkerchief on the bar. Several of these cross-pieces ought to be pro-



IMPROVED CROSS-PIECE FOR JUMPING.

vided, in case of breakages, and the standards placed 6 to 8 ft. apart. A (red) star may be painted to give the jumper the centre, and fix his attention on the middle of the bar.

Measuring.—Feet and inches ought to be painted on the posts, but this is merely a rough guide to the height, and to ensure the bar being level at both sides. Measurements ought to be taken by an accurately marked pole, with flat bottom (not merely flat end, but with a piece of board or cross pieces), to the top side of the cross-bar, centrally between the standards, where the depression is greatest; from the ground below. If the pole be marked with pencil, the distance can easily be checked by a stiff (yard) measure (*not* the *first* six feet of an old tape; if the latter be the only thing available, take such measurements from, say, twenty feet, where there will not be so much stretch and wear.

Two things only remain—to refer to the law on the subject, quoted at the head of the article, and give a few hints by a practical authority.

HINTS ON THE HIGH JUMP.

By T. Jennings,

President Cambridge University Athletic Club, 1891 ;

Winner Inter-Varsity Sports, 1890 (5 ft. 9¼ in.) ;

Amateur Champion High Jump, 1889, 1891.

“ In high jumping, beginners as a rule make the great mistake of running too hard at their jump. This is fatal for two reasons—firstly, they cannot gauge with sufficient accuracy the spot to take off from ; secondly, it prevents springing from the ground as high as they otherwise would be able to do.

A good high jumper will trust to the last three strides to get up sufficient pace, though he will often walk up from a considerable distance in order to get his nerve fixed and muscles set for the jump. Another thing which a beginner finds a difficult matter is the place to take off from. And one generally sees them taking off so far from the bar that it lessens the height of their jump from two to four inches. *About half the height of the jump is the best distance to take off from, or perhaps an inch or two more.*

As to the position one should hold one's self in while in the act of crossing the bar, little can be said, and certainly no rule laid down, for rarely do two jumpers assume the same position.

The best shoes for high jumping have either two or three spikes on a heel, from an eighth to a quarter of an inch long, according to the strength of ankle the athlete possesses.

Another important item the would-be high jumper must remember is that, in order to reach a high standard, a considerable amount of muscle is required, which is difficult to acquire by high jumping alone ; so exercises analogous to jumping must be rigorously practised.”



THE "GYMNASTIC-ROLL-OVER."
(Effective, but not elegant.)

HIGH AND LONG JUMPING.

By C. E. H. Leggatt, L.A.C. and United Hospitals, A.C.

High Jump, Amateur Champion, 1897 (5 ft. 9 in.) ;
 Long Jump, Amateur Champion, 1896 (23 ft. 0 $\frac{3}{4}$ in.*), 1897
 (21 ft. 4 in.).

Inter-Hospitals Winner, Long Jump, 1895 (20 ft. 11 $\frac{1}{2}$ in.),
 1896 (22 ft. 8 in.†), 1897 (22 ft. 1 in.).

Inter-Hospitals Winner, High Jump, 1896 (5 ft. 7 in.),
 1897 (5 ft. 8 $\frac{1}{4}$ in.†).

“*Long Jumping.*—The great thing to bear in mind in long jumping is to make full use of one’s pace, and never alter your stride.

When first beginning it is very likely that on approaching the take-off the jumper imagines that he will overrun the mark and accordingly will stop his pace by taking either too short strides or else tremendously long ones.

To slacken pace is a fatal mistake, as by so doing the impetus necessary to carry one over a long jump is lost. The only way to avoid altering one’s stride is to practise the length of the run.

The best way is to start say with a run of forty yards and then lengthen or shorten it according as to whether one overruns or falls short of the mark. Another point to bear in mind is that the higher one jumps the better, and whilst in the air to keep the legs as close to the body as possible with the feet together, and the body bent forwards.

An excellent plan is to fix a piece of paper in the pit about a foot or eighteen inches further than one expects to land. This makes one put a greater effort into the jump

* Best performance ever accomplished in a Championship.

† Inter-Hospital Record.

and also jump higher in the endeavour to reach the appointed mark.

It is the custom of some jumpers to shoot out their legs just before landing and so gain an extra inch or two, but this useful trick is very difficult unless it comes to the jumper naturally, and one is very apt to fall backwards if the feet get too far advanced. The position of the arms is important, as they help to steady the body, but it is impossible to think of them whilst jumping, and they are naturally shot out to balance one's self.

As to training for long jumping the best way is to sprint regularly, and practise three or four jumps every other day. It is worse than useless to do more jumping than this, as in long jumping the jar to the body is very great and the result may be a strained muscle which may seriously interfere with one's chance of success.

High Jumping.—In striking contrast to long jumping the high jump does not require any pace at all. It is a very common error for beginners to fancy that the harder they run at the bar the higher they will jump.

A really good high jumper hardly ever takes more than half a dozen strides in which to get up sufficient pace.

The reason why running hard at the jump is a mistake is that, in the first place, one is apt to misjudge the take-off, and, in the second place, the impetus gained thereby on reaching the take-off interferes with the spring necessary to clear the desired height.

A high jumper, however, always walks some distance before he begins his short run in order to gauge his take-off.

This is the most difficult part of high jumping, as if one gets too near the bar one hits it whilst rising, and if not near enough it is hit on the descent.

A spot, a little more than half the height of the jump,

from the cross-bar is the best place to take off from, and to make certain of always taking off from this spot, a piece of paper may be placed on it for practice.

It is impossible to say anything as to one's position when jumping, as hardly any two jumpers jump alike.

To train for high jumping, one should practise exercises which develop the muscles of the leg and thigh, as these are the limbs which are brought into play to a great extent in this branch of sport.

As for shoes, it is essential that they should have heels with spikes in them, otherwise the risk of a ricked back is great, especially if the jumper adopts that style of jumping which is known as the 'side-stride.' (See page 112.)

POLE JUMPING.

By Tom Ray, Ulverstone Athletic Club ;

British Amateur Champion, 1881, 1882, 1884, 1885, 1886, 1887, 1888 ;

American Amateur Champion, 1887 (11 ft. 4 in.) ·

Canadian Amateur Champion, 1887.

Pole jumping is the most dashing of the "field" sports, and ought to find a regular place in athletic programmes. There would be plenty of pole jumpers if they received encouragement—it is always immensely popular with the spectators. Not only has Tom Ray won more championships than any other, but his 1881 performance, 11 ft. 3 in., has never been beaten in a championship, and his best record is 11 ft. $6\frac{5}{8}$ in., Whitehaven Sports, August 19, 1887. The record is 11 ft. 9 in. by R. D. Dickenson in 1891, but it lacks authentic details.

How to Begin.—Before commencing preliminary practice procure two uprights 12 ft. above ground, and the same distance apart, or even 13 ft., as it is better for the novice

to have a long cross-bar, as then the height does not seem so great as when the space between the posts is narrower. Bore holes in the uprights, from 3 ft. 6 in. (enabling them to be used for high jump practice) to the top, at one inch apart, to take the pegs* supporting the cross-bar. The latter ought to be about 13 ft. long by 1 in. square, made of *deal* wood, and several ought to be kept handy, to make break-ages good.

The Pole is most important. It must be made of the very best hickory-wood, 13 or 14 ft. long, and about 1 $\frac{3}{4}$ in. thick in centre, tapered to 1 $\frac{1}{4}$ in. at each end. The bottom must be bound with an iron hoop, and have a steel spike with three prongs, 1 $\frac{1}{2}$ in. long; these steady the pole and enable a firmer grip to be taken of the ground.

The Start.—In holding the pole, first measure off height of cross-bar; then take hold about 6 in. higher up, the *right* hand above with an *under* grip, the *left* below with an *over* grip, a foot or eighteen inches apart. If the pole is lightly marked off in rings, it will help in fixing the proper height. Stand easily, with the spike end of the pole raised, but not too high, ready for—

The Run.—This may be of about 20 yards, more or less, according to the distance which suits you best. Running up at full speed, you plant the spiked end of the pole about 18 in. before a point immediately below the cross-bar; at the same moment spring from the ground; stick to your hold of the pole as you rise with it. As you near the cross-bar throw your legs forward and upward *over* it. When you feel you are properly poised, and high enough, let go the pole, so that it may fall backward and yourself alight on the other side, dropping plumb, and not in a struggling heap.

With constant practice you will be able to do the

* See also patent plates and slips, p. 111

'scrambling' style, *i.e.* climb the pole whilst in mid-air. After a little it will come quite natural; when you find you are not quite high enough you will, almost involuntarily, make the attempt to pull yourself up. Once you acquire this knack you will become more interested in the game, and make so rapid an improvement that you will surprise yourself at the height you can clear.

A novice ought not to be too ambitious and attempt very lofty jumps, but practice steadily over a height he can accomplish with comparative ease, as he will thereby make himself master of the points which constitute perfection in jumping—learn how to start quickly, carry his pole properly, rise at the proper point, and throw away his pole at the exact moment. At home in these details, he can then, but not till then, soar to greater heights and make his mark in open contests.

Dropping over the Bar.—When you drop over the bar you must not come down holding yourself stiff; at the moment your feet touch, ease off the drop by lowering your body to the ground, as in catching a cricket ball. If you held your hands stiff, it would almost 'knock them off;' by drawing them back instantly the ball arrives you do not feel it. You should drop with your back to the bar, and not twist round facing it.

Finally, it is a very important point, not to be 'feared,' and think you cannot do a certain height because it seems 'to look at you.' Keep on trying, and with custom and practice you will overcome this feeling, which is, after all, only nervousness.

Pole jumping is a fine exercise for all the muscles and joints, improves a man's activity, and is capital practice for sprinters in the art of getting quickly away and running fast for the first twenty yards.

For *shoes*, stout-built running pumps, with a strong spike in the heel, are required."

Maker of Poles.—Mr. Ray's interesting article ought to be of great value to all who take part in this dashing effective branch of sport. He, however, is ready to confer a further benefit on readers of "Athletics." It is most difficult to procure a really good pole, as it requires to be made of the best selected *hickory*, which is hard to get, and unless the pole is "A 1" in every respect, it not only handicaps the jumper, but is actually dangerous, as it might break and impale the leaper. Any reader wishing for a pole perfect in every respect ought to write to Tom Ray, Ulverstone, and he will procure him one.

CHAPTER VIII.

PREPARATORY SCHOOL ATHLETICS.

By A. G. Le Maitre, M.A., O.U.A.C., and L.A.C. ;

Athletic Champion Merchant Taylors' School, 1884 and 1885.

Winner 440 Yards Inter-'Varsity Sports, 1888 (51 $\frac{2}{3}$ secs.) ;

Winner 880 Yards Amateur Championship, 1888 (2 min. 0 $\frac{1}{2}$ secs.) ;

Ex-holder British Records, 500 Yards (59 $\frac{1}{2}$ secs.), Surbiton,

14 April, 1888 ; and 600 yards (1 min. 14 secs.) Stamford Bridge,
Oct., 1887.

Ex-holder Quarter mile, 600 Yards, and Half mile, L.A.C. Challenge
Cups

Athletic sports, with the accent on the sports, can surely be enjoyed nowhere more heartily and pleasantly than in the company of small boys, particularly from a competitor's point of view. The ingenuous child enjoys a run for its own sake ; he is never tired of trying his speed against that of

his best friend : jealousy and fear of sporting a reputation are things of the future possibly, certainly they do not enter in any degree into the calculations of the average small boy at his preparatory school.

The whole system of preparatory school athletics, indeed, is delightfully vague. One or two boys have a little reputation for pace, gained, probably, on the football field ; one or two more for staying powers, possibly owing to the fact that they certainly are not fast, though big : here you have your ready-made scratch men in your short and long distance handicaps. Height, age, and a slight regard for whether the competitor can do anything else satisfactorily in the way of games, determines the positions of the middle mark men, or rather boys ; while any one with eyes in his head can easily pick out the candidates for the limit marks. It is all so fresh and simple : each boy would like a yard or so more start, but as they all feel the same the handicap is looked on as a fair one ; and as each parent—and these form the main body of spectators at small boys' sports—only watches his own individual offspring, criticism is very limited, and a successful meeting assured.

To turn to the more serious side of athletics among small boys, the writer has one very strong conviction about training : small boys don't need it, and, what is better still, don't go in for it. Small boys are always running about, because they like to. They eat a certain amount of unwholesome stuff, which goes by the name of 'tuck,' or something of that sort, particularly in the holidays ; but hampers have a way of getting empty very soon, and the supply is limited—far too much, so we used to think. A boy's school life is regular, even to the extent of monotony, perhaps ; but the regularity is healthy, and so far from getting into training, though he does not know it probably, the small boy is

always fit, unless on the sick list for the time, and a little practice does the rest.

We all know the man whose racing form never comes up to his private trials ; private trials do not enter largely into the training of 'under fourteen' and less, but there is a curious tendency to run above your form on the day, and also to develop a leisurely crawl even in a hundred yards' race. Many preparatory schoolmasters must have wondered at the difficulty of getting boys to look as if they were in a hurry when racing : the truth is, they are not in a hurry, they are running quite as much because they like it as with any idea of prize winning. Probably the true amateur is only to be found under fourteen, or even among those of still tenderer years.

Another curious tendency is that of crowding together at the end of a handicap hundred yards : the back-markers seem deliberately to make for the crowd, which is all in a bunch, while probably quite half the width of the course is left deserted. Among older athletes strings have long been used to remedy this defect of human nature, but many a scratch man, twenty years ago, used to cut himself off from a chance of getting through at the finish, just as our younger athletes do now.

Boys, unlike men, go in for everything in the way of games, partly because the latter are compulsory, partly because a boy has not yet made the mistake of thinking that as he can do one thing better than anything else nothing else is worth attempting. Running, jumping, throwing the cricket ball, even three-legged and sack races come alike to him ; he has a go at everything, and this, probably, is his salvation. He cannot train for one thing to the disadvantage of others, consequently he does not train at all, he only practises, and that only when he feels

inclined. Sports amuse him, and make him healthy—what more is wanted?

And yet practice is useful, nay, essential. A sports afternoon is hard work for one who is employed, as boys are, all through the meeting. The boy who gets a master to teach him to start has an advantage over others—quite a fair one, as such help is freely given when asked to all and every. *The knowledge that 100 yards is run almost as much with the arms as the legs* has started many a winning career.

In jumping, perhaps more than anything else, a few hints make all the difference. The average college athlete at the 'Varsity, in a high or long jump, makes one wonder how boys of 12, or at least one, managed to do 14 ft. 8 in. in his school sports two or three years ago. There is nothing like beginning young, provided you do not overdo it; and, if you are to begin young, it is just as well to start on the right lines.

Hurdling, again, is a subject which is of interest in considering the doings for preparatory-school boys. The regulation course is obviously out of the question. Are we to shorten the distances between the hurdles as well as lower the height? The writer's experience among small boys is in favour of shortening the distances. One hundred yards course, with nine flights of hurdles, 3 ft. high and 9 yards apart, does enable a good boy athlete to negotiate the three strides which are essential to hurdle racing. Of course very few boys under 14 could manage this, or, at any rate, could keep it up in the excitement of racing, but among older athletes the proportion who can show any form over a hurdle course is vastly smaller than in any other event. Hurdling is not a natural effort; it requires education, and that can be given by means of a miniature course, such as I have seen used with advantage.

As regards events which are suitable for young boys. Though there are a good many boys whom a half-mile does not damage, it is quite a question if it is advisable to include it in preparatory-school sports. The long distance event has a knack of getting put away to the end of the programme, because no one could be fit for much after it. Probably, at the end of a long day's work, for most boys go in for everything, a shorter distance would give the stayers a chance of showing their stamina with less risk of strain. A limit of a quarter-mile as the long distance race may sound absurd, but 600 yards would, we are convinced, be more suitable than half a mile, and it is open to doubt if a quarter-mile is not quite far enough.

CHAPTER IX.

CROSS-COUNTRY RUNNING.

HISTORICAL.

ALTHOUGH of comparatively recent origin, no branch of athleticism has developed so rapidly or become so popular as what is now called "cross-country running." Indeed, it is hardly correct to call it a "branch," as it has practically broken free from the parent stem, and ought therefore to rank as a separate sport, with its own governing bodies and championships, the only link being the recognition of the A.A.A. as a supreme court of appeal and control.

The history of the sport may be told in a few lines. Its birth cannot be traced, and its early days can be only partly accounted for. It originated in the youths, sturdy of limb and strong in wind, who used to follow packs of beagles

on foot at a hunt. This was a common practice early in the century, and how long before deponent knoweth not. It was found to be such good sport that men began to run on their own account, and then, to give zest to the affair and a definite line to the course to be run over, a couple of men were appointed to act as "hares," and scatter paper as they ran, to enable the "hounds" to follow their trail by vision instead of scent. From this it was an easy step to call the new pastime "Hare and Hounds." As a school sport, it was popular sixty years ago, and remains so to-day; but being merely looked on as a holiday scamper, there are no records to go by, until the "Big Side" Hare and Hounds, afterwards known as the "Crick Run," was founded at Rugby, of which we have a record since 1837, and which has been dealt with in our athletic *resumé*, and therefore need not be further referred to here.

We may skip over some thirty years—rather a long jump, it is true, but during these three decades there is little to record, the "amusement" had not yet risen to the dignity of a sport, but in the sixties it attracted more attention, and the Thames Rowing Club, which had, with the West London Rowing Club, done much to fan into flame the first spark of athleticism, as detailed in Chap. I., tried the experiment of promoting an invitation cross-country handicap on 7 Dec., 1867. There were twenty-one entries and twelve starters, who were conveyed from Putney Station by 'bus to Wimbledon. The start was from Beverley Bridge, and the course lay along Beverley Brook, the Dismal Swamp, Coombe Bridge, through Pelly Wady Wood, over the Ridgeway to the finish at the Windmill—distance, $2\frac{3}{4}$ miles. W. C. Cross, of the Thames R.C., was the winner, C. E. Rainsford, Middlesex A.C., second, and Walter Rye scratch. The last named afterwards (1868) won the Walking Championship,

and is now one of the greatest authorities and writers on archæological lore.

The second, or "Handicap No. 2," was held on 1 Feb., 1868, starting at the Drying Grounds, Wimbledon Common, and finishing at the Well House—afterwards the championship goal; for this there were twenty-four runners, A. King (25 secs.) winning by four feet. The third race was on 21 March; twenty-one ran in all, including a number of names even now fresh in the memory of the athletes of to-day, amongst them being the late H. F. Wilkinson, Civil Service, author of "Modern Athletics," and Jack Shearman, King's College School, then a plucky youngster, afterwards (1878) winner of the 440 yards championship, and now a well-known solicitor.

Thus was a great sport cradled by the support of the best men of the day, and, as a good start is half the battle, it is little wonder that it prospered; but clubs were, for six or eight years, rather slow in forming. In the seventies they grew more numerous, and a championship began to be talked of. At this time the T.H. & H. was in the full swing of its prosperity, and took active measures to secure the end desired. The first meeting only brought together three clubs. The system of scoring was as now—clubs to enter twenty, and run twelve men. The positions of the first six men were added together, and the lowest total won. The course was over a very severe stretch of country, $11\frac{3}{4}$ miles, 8 miles 320 yards of which was grass or plough, starting from the T.H. & H. head-quarters, King's Head, Roehampton, and finishing at the Well House on the Common. The race took place on 24 Feb., 1877, and the positions of the clubs were—

1. Thames Hare and Hounds	35 points.
2. South London Harriers	58 "
3. Spartan Harriers	--

The first four men were—

1. P. H. Stenning ...	T.H. and H. ...	1h. 13m. 40s.
2. W. E. Fuller ...	T.H. and H. ...	1h. 16m. 50s.
3. C. H. Mason ...	T.H. and H. ...	1h. 17m. 50s.
4. C. H. Larette ...	S.L.H. ...	1h. 18m. 20s.

The two first named are dead, the third is the solicitor to the London and North Western Railway, and Vice-President to the L.A.C. The fourth is a noted journalist.

In 1878 the same three clubs contended, Spartan Harriers winning, Thames second, S.L.H. third. Stenning won the first four years. For the first time a provincial club, Birchfield Harriers, Birmingham, came up for, and won, the next year's championship, 6 March, 1880. There was a considerable increase—eighty-two starters from seven clubs.

We have not space enough to detail the following years. 1881 produced the most exciting finish on record, G. A. Dunning (Clapton Beagles) beating W. Snook (Mosely Harriers) by a few inches, in 71 min. 58 secs., and Moseley, Birmingham (68 points), won; Birchfield (94), second; S.L.H. (118), third. For four years this club order remained unchanged. The last contest over the Wimbledon course was on 3 March, 1883, when the T.H. & H. dropped out for good, but their near neighbours, the Ranelagh Harriers, although not two years old, made their appearance, getting seventh.

Other changes followed, the chief of which was the formation of the National Cross-country Union, with subdivisions—Northern, Midland, and Southern Counties C.C. Associations, each holding its own sectional championship. This gave the sport a *locus standi* it never possessed before, and firmly established it. Under the reformed conditions, which, like the A.A.A., provided that *the* championship should be held alternately in each division, the eighth annual

championship came off at Four Oaks Park, Birmingham, on 1 March, 1884. Only six clubs started, with the usual result—Moseley (32), Birchfield (68), S.I. H. (89). Since then the contests have always been held in enclosed grounds for the start and finish; in fact, a suggestion made in the press some time before this by the present writer, that Kempton or Sandown Park racecourses would prove suitable sites, was carried out to the letter. In 1889 a junior championship (Southern Counties) was instituted, and both it and the senior race were simultaneously decided, on Croydon racecourse, in 1890, and in 1891 twenty-seven clubs, with 312 runners, took part. Two years later 30 Junior Clubs, with about 340 runners, raced over Epsom Downs, including part of the Derby course. Wembley Park is now the home of these events, the last being on 19 Feb., 1898.

FORMING AND MANAGING A CLUB.

One can easily understand the popularity of cross-country running. The outfit is of the cheapest, and (putting aside races) it is a more comfortable sport than ordinary athletics. The surroundings are much more enjoyable than those of a cinder-path, and the exercise, by its charming variety, is more attractive and beneficial. By a good genuine cross-country run, taking hill and dale, plough and turf, soft-going and hard-going as they come, *avoiding street and road running entirely*, or as much as possible, the topography of the district is learned, the senses are quickened, the system set up, and endurance of fatigue mastered.

Another great attraction about it is, that it serves as a stepping-stone to an athletic career. Many a man would like to test his powers on the track, but shrinks from doing

so for fear of "making an exhibition of himself." But in this sport he can join in a paper-chase or ordinary run of nearly any club. Visitors are always welcome; they can then make their *debut* comparatively in private, and if they join the slow division a laggard is not noticed. Countless novices have come out in this way, and discovered that they *could* run; in fact, a number of noted athletes trace the origin of their fame to exactly this procedure.

Before actually affiliating himself to any particular club, the embryo paper-chaser ought to take a run with several in his neighbourhood in order to find the one most suitable to his needs, requirements, and social position. There are clubs *and* clubs; and a man who rushes into a club without first investigating its *personnel* may repent of his hasty judgment.

Forming a Club.—Most districts are pretty well provided with clubs; but, should there be a vacancy for so desirable an institution, or as an auxiliary attraction to established cricket, athletic, cycling clubs, etc., or the local Y.M.C.A., polytechnic, or kindred body, it is an easy matter to call together a few likely members to discuss the question, and appoint a *pro tem.* secretary to draw up a definite scheme, to be laid before a formal meeting to be called at a later date. A good deal depends upon the hon. sec., and he should be carefully chosen. He should be of good address, a clever correspondent, able to speak in public (in order, if need be, to take part in the debates of the governing bodies to which the club belongs), and be generally of a smart, go-ahead character. Many a man has pushed himself to the front, and fame and fortune, while advancing the interests of his club. One of the first things to be done is to get sets of rules from established clubs, and either copy *in toto*, or from them compile a suitable set. Any of the

following will be happy to supply a set of rules and give hints to any young club :—

Blackheath Harriers, E. F. Nichols, Catford Sports Ground, S.E.
South London Harriers, Gordon C. Innes, Norfolk Road, Thornton
Heath.

Ranelagh Harriers, G. E. Spendlove, 33, Southfields Road,
Wandsworth, S.W.

Finchley Harriers, J. Dafern, 1, Clifton Road, Harlesden, London.

At the formal meeting a chairman who understands the routine of such assemblies is essential. Before proceeding to formal business, the following resolution must be duly proposed, seconded, and passed :—“That the Whatname Harriers be, and hereby is, formed.” This, with date of meeting, etc., must be carefully entered in a good-sized minute-book, as it may be afterwards of great value in determining the exact date of the club's birth. Once this is over, the meeting can proceed to elect its officers, make rules, etc. For the former it is always advisable to have an influential (and monied) man as president, and some, at least, of the V.P.'s ought to be men of more than mere local importance. A committee of willing workers, a reliable treasurer and smart hon. sec. will complete the initial officers. The office of captain may be left open until the ability of members is more developed, and a suitable man chosen. He ought to be not only a good runner himself, but also capable of judging the merits of others, coaching, improving runners, assisting novices, and generally helping the club along both in committee and cross country.

Selection of Head-Quarters.—The Evils of Street Running.—

In most cases double head-quarters are required—the head-quarters at which business is transacted, meetings held, etc., and the head-quarters from which the runs start. Where possible these ought to be combined; but this is seldom feasible, as if convenient for one, it is out-of-the-way for the

other, and any head-quarters for active work which involves street running must at once be tabooed, or the club will become a curse, instead of the reverse, to the neighbourhood. We cannot too strongly urge the absolute importance of this proviso. Nothing has done so much to injure the sport as the undesirable practice resorted to by some town and City clubs, of holding both practice spins and actually races in the crowded streets of the city. We have met a pack in full cry on Blackfriars Bridge ; the Embankment is a happy (?) hunting-ground, and in various parts of London peaceable passers-by are often jostled by scantily clad men and boys, who plunge through the vehicle and foot traffic as if they alone had any right to use the highway. If these "Arry'Arriers" could only hear the remarks that are hurled after, not only them, but the sport they are degrading, it would, if they had a grain of sportsmanlike feeling amongst them, transfer their ardour to a field more fitting for its display.

Clubs ought, therefore, in their own and the wider and greater interests of the sport, to fix on some outlying hotel, where they can not only obtain suitable head-quarters with abundant ablutionary resources, but a place which is close—the nearer the better—to a common or open land where they can get, with a minimum of road running and the maximum of genuine cross-country work. There may be a difficulty in finding such a place, but it is worth searching for. A more central headquarters for business and social meetings may be chosen, where a committee-room can be obtained free or on nominal terms.

Laying the Trail, Paper-chases, and Races.—Old time followers of the game used to have great bother to provide scent ; modern members of clubs are spared that trouble, as for the asking or a few pence any bookbinder will gladly

give a large supply of paper-shavings. These are in long strips, much better than torn-up paper, as they cling where thrown, and show well. If more than one club "hunts" the same district, they ought to come to an arrangement to use different coloured paper; even this will cost but a very small sum. Care must be taken not to cast scent on any common over which the London County Council has control, or more will be heard about it.

Carrying the Bags.—The most effective and convenient receptacle is a bolster, or bag formed in the shape of one. This is carried round the left side and up the back, where it is joined by a strap going over the right shoulder; a second strap goes round the waist and keeps it in position; both arms are thus free, and it does not flap about like a bag, while the "scent" is easily reached by the right hand through a slit made in the bag for that purpose. If made to button up the near side for part of the way, it is still more convenient. For a race the trail must be, from the point it is first laid, continuous and clear. It is better for one layer to follow the other, in order to make good the deficiencies of the leader. Of course in an ordinary run no trail is required, the captain choosing a course; but he ought to be well posted in the surrounding country, or he may lead his men into difficulties. Care should also be taken, particularly if it be a young club and the members novices, not to go too fast or too far afield.

RACING—STARTING AND "CLOCKING" TIME HANDICAPS.

Cross-country running would, like every other form of amusement, be dull without competitions. The first step towards this is the formation of—

Fast and Slow Packs—Handicapping.—As soon as the men get sorted out, slow and fast packs ought to be formed. It adds interest and excitement to the runs if a race in for the last mile or half-mile be the rule, the reward being the club medal or tankard to the first member or novice who has never won a club prize. This brings out the recruits, and often unearths a good man. Before a race is run over any particular course the men should be taken over it on two or three occasions so as to learn its points. There should also be a large scale ordnance map, framed, hung up in the running head-quarters, with the course or courses clearly marked thereon. A new club ought to begin with a scratch race, say, over a five-mile course; this may be followed by a sealed or yacht handicap. In this sort of contest all the men start together, and at the finish each man's time is carefully taken, from which his time allowance start is *deducted*; the man whose time comes out fastest is the winner; thus—

NEMO HARRIERS.—5 MILES SEALED HANDICAP.

Order and times at finish.					Handicap order for prizes.						
Place.	Name.	Net time.		Start.	Handicap time.		Place.	Name.	Time.		
		M.	S.	M.	S.	M.	S.		M.	S.	
1	Jones* ...	31	17	0	10	31	7	1	Kent ...	30	36
2	Brown ...	31	21	Scratch		31	21	2	Green ...	30	38
3	Smith ...	31	42	0	45	30	57	3	Smith ...	30	57
4	Black ...	32	4	1	0	31	4	4	Black ...	31	4
5	White ...	32	26	0	30	31	56	5	Jones ...	31	7
6	Green ...	34	18	3	40	30	38	6	Brown ...	31	21
7	Kent ...	35	31	4	55	30	36	7	White ...	31	56

* Winner of medal for fastest time

The result should always be prepared in this manner ; it saves time, trouble, and mistakes. Taking the imaginary race quoted, it will be seen that although Jones made the fastest time, beating Brown who was presumed to be speedier, neither are placed, the first prize going to Kent, limit man and last in. This, however, will give a line for future allotments on more ordinary handicap lines. When a running member acts as handicapper, his own start can be allotted by two other members. This brings us to another important point :—

Starting and Time-taking.—Until about fifteen years ago time-taking in races where starts were allotted in minutes and seconds was carried out in such a fashion that the result was merely a mass of meaningless minutes and seconds without sense, times which represented nothing and no one, and to arrive at the value of any particular man's performance, a complicated calculation had to be gone through. The same thing used to prevail, in the vast majority of swimming races, where, as any student of the sporting press must have noticed, times were seldom given, the reason being that, owing to the old style method of starting, the official who was responsible generally put his watch in his pocket after starting the last man, as he was perfectly unable to read the result it recorded, and, if read, it was worse than useless. Even at the present day few starters ever take the trouble to work out the true handicap time. This state of affairs continued in vogue in athletic and cross-country contests until the present writer, in the latter part of the seventies, introduced what is now recognized as the only correct plan on which time handicaps can be handled. It was first publicly discussed after a T. H. and H. run 17 December, 1881, at the King's Head, Roehampton, when, after tea, as proceedings were lagging,

H. Hewitt Griffin started an impromptu debate on "Clocking Time Handicaps." He explained his system at length; others joined in, endeavouring to uphold the old plan, and laughed at the seemingly revolutionary method proposed. Its author, however, rather revelled in the ridicule, and has lived to see his plan become practically universal, in the south of England at any rate, as can be seen by a glance at the *Referee* on Sunday, or any of the sporting papers which tabulate such returns.

Seconds start represents so many yards each, and should be given whenever practicable, and it is as easy to clock a time handicap as one where yards represent the different merits. For instance, in a five-mile race a man gets 60 secs. start; this represents about, say, 300 to 400 yards; during that interval, until the scratch man is sent off, he is making the best of his way to that point, but he has to run the entire journey the same as the scratch man, instead of starting fresh from the, say, 350 yards mark. Of course the latter plan (yards start) is not feasible in cross-country work. Until recently most starters (particularly in swimming) used to make out what they termed a *back* handicap, erroneously however, as it was a *forward* handicap, as they took the limit man as zero, and this made out the scratch man's performance seconds or minutes slower than it really was. If he, the selected starter and time-keeper, can obtain a copy of the handicap, he ought to prepare a sheet as follows, in the second table the first being the handicap :—

NEMO HARRIERS.—5 MILES HANDICAP.

TABLE I.				TABLE II.				
Starts allotted.				Back (or Starting) Handicap.				
				Time on watch.				
				M.	S.	M.	S.	
Jones	Scratch	Kent	...	56	0	
Brown	0	5	Green	...	57	5
Smith	0	30	South	...	58	0
Black	0	45	East }			
White	1	10	West }	...	58	30
West	1	30	White	...	58	50
East	1	30	Black	...	59	15
South	2	0	Smith	...	59	30
Green	2	55	Brown	...	59	55
Kent	4	0	Jones	...	60	0

If the "clock" be merely an ordinary stop-watch, then the watch should be stopped with the spider hand at "zero," and the minute hand set at 56 minutes (the hour hand need not be meddled with). Some of the officials will get the men into proper order (table ii.) As soon as all are prepared, the starter says, "Kent, get ready," then despatches him with the word "go," at the same time "striking," or starting, his watch. When there is sufficient interval, the next man may be cautioned; thus at 57 mins., "Green, get ready," and then "go" at 5 secs. after will send him off. With a large field the simple dismissal "go" is enough. The watch-holder must not be bothered or interfered with in any way, or the whole affair will be upset. At zero, *i.e.*, 60 mins., the even hour, the scratch man is started, and from this all times are reckoned. It does not matter in the slightest what or how many absentees there are. If nominal scratch had 3 mins. 20 secs. start, he would go at 56 mins. 40 secs., and the *handicap time* would, all the same, be reckoned from zero. Reckoned thus (the *only* correct way), the handicap time shows exactly what the real scratch man would have to do to win or beat any

particular man. With a chronograph (as illustrated on p. 49), with independent spider hand and minute recorder, the men had better be started by the small running seconds hand (an operation requiring more care), and the independent recorders will be "struck" with the actual scratch man's "go" (*i.e.* zero). Should a man be penalized behind scratch too late to put all the men back, then he must be sent away his penalty *after* zero. Thus Jones (scratch) might have won a race a couple of days before, and been put back 10 secs. by the handicapper, after the starter has made out his starting sheet. He will not, therefore, be started till 0 mins. 10 secs., and 10 secs. must be *deducted* from his handicap time, but all others reckoned as usual from zero.

The course ought to be arranged so that the men have a good run in and are visible for some distance. The time-taker will have his note-book ready, and should be assisted by some one to call out the men's names as they approach, as he will be fully occupied jotting down the actual times of arrival and the names, or sufficient thereof to identify them. As soon as all the men are in, he will retire into the head-quarters and make out a sheet return as follows, for the use of the secretary, handicapper, and press. By using some manifold carbon sheets his trouble will be greatly lessened.

NEMO HARRIERS.—5 MILE STEEPLECHASE (26 March, 1898).

Place.	Name.	Start.	Handicap time.		Net time.	
			M.	S.	M.	S.
1	White, W. J.	I 10	3I	8	32	18
2	Smith, S. A.	0 30	3I	11	31	41
3	Jones, J. J.	Scratch	3I	13	31	13
4	East, E. C.*	I 30	3I	22	32	52
5	Brown, B. Y.	0 5	3I	27	31	32
6	Kent, R.	4 0	3I	44	35	44
7	West, N.	I 30	3I	56	33	26

B. A. Black (45 secs.), S. South (1 min. 30 secs.), and Geo. Green (2 min. 55 secs.) did not finish.

* First unplaced novice—wins club tankard.

It will be seen from the above that the start has simply to be added to the *handicap* time; there is no trouble, confusion, nor calculating besides this simple addition.

All this takes a long space to tell, but as this is one of the most puzzling points to beginners, and this book is intended rather as a guide to them than as a treatise to those who are *au fait* with every detail of athleticism, we have dealt with the matter very fully. In an open event, there would, between the names and starts, be another column for "club or place" from which the runners hailed.

The finish should always be close to the running headquarters, so that men can at once get under cover and enjoy a bath and sponge down.

A copy of the handicap ought, as soon as compiled, to be sent to all neighbouring sporting and local papers, with particulars of time of start, etc. To papers which do not send a representative a short report, with tabular returns as above, ought to be forwarded, in order to secure publicity, as it is only by these means, and making the club attractive to members, that it can hope to live and make a name.

HINTS ON CROSS-COUNTRY RUNNING.

By Sid Thomas, Ranelagh Harriers ;

Winner of the Southern Counties Championship, 1888, 1889 ;
Four Miles, 1889 ; and Ten Miles Amateur Champion, 1889, 1892-3-4 ;
Second in National Cross-country Championship, 1889.

“ Said a friend to me the other day, ‘ I should like to be able to run well across country, but have never taken part in a paper-chase, for I have always been beaten so easily when trying a hundred yards or so against my acquaintances.’ My answer was to the effect that there is a great difference between running ‘cross country and sprinting a few yards ; pointing out that the pace of a sprinter is double as fast as the gait used in a long distance race, so that though speed is useful, it is not a primary necessity. What is needed is health and strength, combined with a certain build of body calculated to give endurance, the latter tending to help one to the front as much as pluck and determination. Encouraged by my remarks, my friend promised to accompany me to the Green Man, Putney Heath, the Ranelagh Harriers having an ordinary cross-country spin the following Saturday. Meeting a couple of miles from head-quarters, we got on an omnibus, for I thought it best not to tire him with walking, so that he should enjoy his first run. After being groomed by the two trainers, a pack of thirty is ready to turn out. The novice, having been groomed with a rough towel and horsehair gloves, to open the pores of his skin, dons a pair of running drawers reaching to just above the knees, spiked shoes with light low heels, and sleeveless jersey. Over the latter a woollen sweater is drawn, which would not be used if a real race was to be indulged in. The rubbing or grooming should always be well attended to, for it keeps a man in fine health.

The distance of the run is to be about seven miles. The pack, keeping together, come to a water jump—after going about three miles, when several stop, take a sharp run, and land on the other side. Good practice, but when hard pressed in a race it would not be advisable to try, the best plan being to jump in near the further side, landing with the hands on the bank, as the feet touch the bottom, and quickly climb out. Jumping a big ditch is hazardous in a race, for what seems a good take off may yield directly the foot touches it. The man racing has no time to pick a good spot to land him safely, thus running a good chance of coming to grief. Of course there are jumps that any one could negotiate, and allowance must be made for the higher capabilities of some runners. To a poor jumper I say, jump in, and get out as quick as possible. There are many men to whom a big effort at jumping means a lot taken out of them for the remainder of the race.

We next come to a heavy ploughed field, so again I have an opportunity to give a few hints to our novice. Now, if anything is a test of endurance, it is a heavy plough. Generally a novice starts too fast across the first part, finding out his mistake when a trying feeling of exhaustion seizes him. A first-class man cares very little what sort of ground he is travelling over, for his well-tryed muscles and fine condition stand him in good stead ; but to a novice I say, husband your strength during the first part of the ordeal. Crossing a plough the body should be inclined slightly forward, which gives more power to lift the feet from the heavy going.

The last mile of our spin we freshen up ; but no racing is indulged in, as the run is only for practice. After a luke-warm bath, which makes the runners feel much lighter—for it is a wet, muddy day—grooming is again resorted to, and

our ordinary clothes resumed. My friend, satisfied with his first venture, bids me good-bye, but not before I advise him to rest, before his next meal, till he feels more settled, when his food will do him much more good than if taken immediately after violent or exhausting exertion.

Now a word or two to the novice in his first handicap. He would be given a medium start to commence with. If he is not confident of his judgment, one or more near his mark should be pointed out as 'good old stagers,' *i.e.* reliable runners, to make his running with during the early part of the race, for it is here that the novice generally goes wrong, starting either too fast or too slow. When he feels set, he can let himself go if he finds he has been running well within his powers. After racing in this way once or twice he will be able to judge his pace without any difficulty.

As regards style, I think a good knee action—that is, the knee brought well up and forward—the best for running over uneven grounds, though one should never make a radical alteration in his natural style of moving. The arms are best kept hanging at the sides, and not swinging across the chest. This is, I think, well worth cultivating, for those that run thus certainly seem to move the easiest.

As regards an amateur's training the main points are: Rise at about seven, have a cold bath and grooming with rough towel before breakfast, and eat plain nourishing food, avoiding soups, pastries, and anything indigestible. Tea drinking is very bad for some. Cocoa I find better than tea in my own case. Smoking is fatal to the wind, and the man in training must learn to pass the public-house without dropping in for a throat gargle. Hot, stuffy rooms should be avoided, and fresh air taken at every opportunity. Be careful not to run too soon either before or after meals. Three spins of about five miles each per week will keep most men

in condition, though others require to run almost every day to show their very best. An athlete's own feelings must guide him in this matter, but if your club has an experienced professional runner for its trainer, you cannot do better than listen to his advice as to exercise, etc. I think short spiked shoes are a great deal better than rubbers, except on exceptionally hard ground."

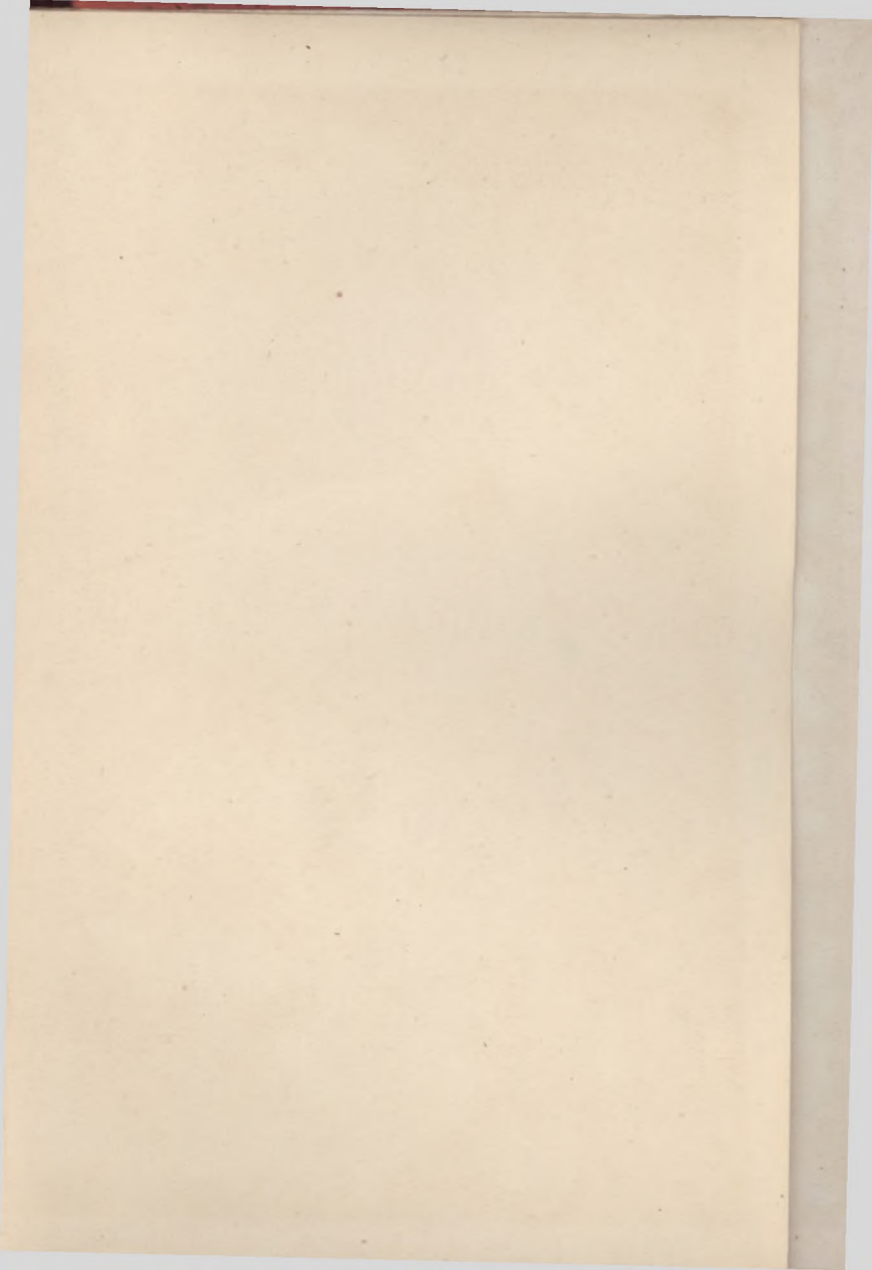
A FEW HISTORICAL DATES.

1837. Rugby Crick Run founded.
- 22 Oct., 1853. Cheltenham College—first formal Sports.
Oct., 1855. First Book on Athletics.
- 28 Feb., 1857. First Sports at Dublin University.
- 21 March, 1857. C.U.A.C. Sports founded.
1860. O.U.A.C. Sports founded.
- Nov., 1861. W.L.R.C. inaugurate Open Amateur Events.
- 5 March, 1864. First Inter-'Varsity Sports.
- 22 April, 1864. First Civil Service Sports.
- 24 Feb., 1866. First Sports held by L.A.C.
- 23 March, 1866. First Amateur Championship Sports.
- 3 April, 1868. "Four-thirty" first beaten by an Amateur.
- 18 March, 1869. Lillie Bridge Grounds opened.
- 26 March, 1873. Two min. ($\frac{1}{2}$ mile) first beaten by an Amateur.
- March, 1878. First British Championship won by a Foreigner.
- 24 Feb., 1877. First National Cross-Country Championship.
- 28 April, 1877. Stamford Bridge Grounds opened.
- 7 April, 1879. Last Amateur Athletic Club Championships.
- 14 June, 1879. First (Reformed) Championships by L.A.C., etc.
- 24 April, 1880. Amateur Athletic Association founded.
- 7 July, 1880. First Championship Sports under A.A.A.
- 25 June, 1881. Fifty secs. for Quarter, first beaten by an Amateur.
- 2 Feb., 1884. First Southern Counties' Cross-Country Championship.
- 23 Aug., 1886. W. G. George's famous mile, 4 m. 12 $\frac{3}{4}$ s.

- 18 Sept., 1887. Lillie Bridge Riot. Grounds closed for ever.
- 16 March, 1889. First Junior Southern C.-C. Championship.
- 26 May, 1890. Kensal Rise Athletic Grounds opened.
- 1 March, 1891. First L.A.C. v. C.U.A.C., Inter-Sports.
- May, 1891. Herne Hill Athletic and Cycle Grounds opened.
- 1 Aug., 1891. Putney Cycling and Athletic Grounds opened.
- 18 May, 1895. Catford Bridge Grounds opened.
- 16 July, 1894. Yale University v. Oxford at Kensington.
- 9 Nov., 1894. First Australian Championships at Melbourne.
- 28 Sept., 1895. L.A.C. v. New York A.C., Travers Island, U.S.A.
- 5 Oct., 1895. C.U.A.C. v. Yale University, at New York.
- 10 April, 1897. Polytechnic Harriers Open Walk to Brighton (52 miles), E. Knott won, 8 hrs. 54 mins. 44 secs. (31 finished).
- 25 March, 1898. Inter-'Varsity Sports postponed till June.
- 9 April, 1898. Essex Beagles Open Walk—Ilford to Chelmsford and back (44½ miles)—W. Endean won in 7 hrs. 33 mins. 20 secs.
- 2 April, 1898. 10 miles Championship (Stamford Bridge) won by Sid Robinson, National, Northern, and Anglo-French Cross-Country Champion.



THE END.



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