ATHLETICS OF TO-DAY

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ATHLETICS

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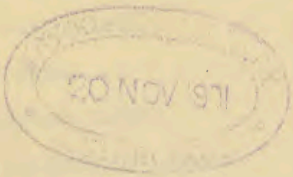
BY

Harold Graham



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CONTENTS

I

MODERN ATHLETICS

THE past century has been a remarkable one. It has witnessed the birth of many a science, of many an art ; it has watched them develop and change out of all recognition. To those who have advanced side by side with these changes they have but seemed gradual and in accordance with the order of things. To those who stood at Stamford Bridge, watching last year's 1900 A.A.A. Championship meeting, it was hard to realise that each magnificent performance was the outcome of years of patient thought and practice ; of experience handed down from generation to generation. That any one of the feats of skill and endurance, that now were watched as a matter of course, would have in the beginning of the century rendered an athletic meeting a remarkable one, and that in each event not only the winner but several others were easily beating times that

then were regarded as almost the limit of human endurance.

It has taken two nations to build up modern athletics as we understand them. At a good English meeting the running is sure to be first class, and an American meeting is especially remarkable for an all-round excellence in the field events. Such a combination as is shown when the two races meet is what may be held to be an ideal modern athletic meeting.

A race between two first-class runners has always proved an attraction to all true lovers of sport, but now the public taste for excitement is sharpened, and a meeting between two well-trained teams where general excellence is aimed at, and where the party spirit is strong and well sustained to the last event, is more popular than one which depends upon the exceptional brilliance of one or two performers. Not only does such party spirit add to the pleasure and excitement of those who are watching, but the performances are sure to be affected by it. It is always found that a number of men who all train together for a fixed object acquit themselves better than when each one has his preparation in his own hands, and is running for his own personal ambition.

The Universities have for years held such a meeting, and the rivalry is always of the keenest and the performances, as a rule, high-class. But modern athletics really date from a hot September afternoon in the year 1895. On that afternoon the picked men of the two athletic nations of the world met for the first time, and the performances were worthy of the occasion.

Year after year the American sporting papers had published accounts of marvellous times and extraordinary jumps. Inch by inch the high-jump bar was there being raised higher and higher, even time for the hurdles was easily beaten. In this country these accounts were read with the greatest suspicion. Their tracks were shorter; the time-keeping was faulty; the hurdles had loose top-bars, which after the race strewed the ground; the hurdles were placed upon the track instead of upon grass; and lastly, the climate was drier and more suited to training, so that the same men would be unable to do fast times in this country. Naturally the young country eagerly sought an opportunity to prove their prowess. So in 1895 the London Athletic crossed to see. On that afternoon the high-jump bar was raised

several inches higher than the Englishman had ever seen it. C. A. Bradley had been credited with even time for the hundred, yet he found Wefers one foot in front in $9\frac{4}{5}$ seconds. Godfrey Shaw was the best hurdler ever seen in England, but was beaten in the marvellous time of $15\frac{2}{5}$ seconds.

Even then excuses were forthcoming —our men had suffered from the climate. It certainly was the hottest afternoon of an exceptionally hot September.

The Americans had been thinking out for themselves the best way for a man to get quickly off his mark, the best way for him to arrange his limbs when crossing a hurdle or the cross-bar of the high jump, while we had clung tenaciously to the rules and traditions handed down from the time when the sport was, comparatively speaking, in its infancy.

At the Championships in London, 1900, the question was cleared up once and for all. Englishmen realised that though their limbs and lungs were as good and better than their opponents, for they won every event that required endurance from the half-mile upwards, yet in every sport requiring skill and agility they were completely outclassed.

The Americans had not stopped at merely finding out the best methods, but no trouble was spared in teaching those methods. And herein lies the reason of their success.

Year by year we turn out men who excel at their own particular sport; they keep it up for several years and then retire. Here their connection with athletics generally ceases, except perhaps as a spectator or possibly an official at the more important meetings. The art of athletic teaching is never studied, and is practically unknown. Oxford Athletic Club have always been fortunate in having as a member of the University Mr. C. N. Jackson. For some years he has devoted his spare time to superintending the health and training of the Oxford team. In that respect Oxford are better off than their opponents, but still something more than that is wanted. Every club needs a man who will stand in the same relation to it that a rowing coach does to a boat—a man who has taken the trouble to work out and master the best method, even though, as often in the case of the rowing coaches, he has not excelled at the sport himself. The next thing for him to learn is how to impart this to others. Take the case of a high jumper. It is no doubt

of inestimable value for him to have some one who will see that he does not fall away from the paths of training virtue, and that he arises at a seasonable hour and takes the proper amount of exercise; but it is much more to the point if there is some authority on the ground who can point out the fault in style, which would prevent him from ever becoming a first-class jumper.

An excellent example of this occurred in the Cambridge high jumper (1901), Mr. Howard Smith. For some years he had been capable of clearing between 5 ft. and 5 ft. 6 in. His manner of jumping was not unlike the American style. One day an American spectator, happening to see him jump, remarked that if he approached the jump straight from the front instead of from the side he would greatly improve his jump. Howard Smith followed this advice, and immediately improved four inches, and ultimately, under very adverse circumstances, won the event at Queen's Club with the fine leap of 5 ft. 10¼ in. It is astonishing the effect one man can have upon a club if he seriously devotes his energies to imparting to others what he himself has mastered. An excellent instance is the effect that M. F. Sweeney had upon the high

jumping in America. Men who intended going in for the sport went to him and systematically learnt his principles, and the result is there are a great many really first-class high jumpers in America.

Everybody knows that the presence of a champion in a club raises the standard of that particular sport, but it takes some little time, and in most athletic clubs, especially at the Universities, members change very quickly. Although much good may be done by men helping each other during practice, the result cannot be so effective or enduring as where there is a mentor who will devote his spare time, year in and year out, in looking out for promising beginners and teaching them right methods.

It is done every day on the river, and there is never a dearth of competent coaches. The same system will have to be introduced if we are to have frequent matches with the Americans, and we wish to hold our own in competitions that require something more than brute strength and endurance.

That these meetings between America and English Universities are to become periodical is now an established fact. Their success will depend upon the visiting side being able to

place in the field a team capable of making a good fight. We on our side will, as a rule, be able to turn out runners who are able to hold their own, but it must be remembered that in crossing the ocean it is they who are more affected by the journey, and the climate, than the men who devote themselves to field events. To give the Americans a good match in their own country we must turn out jumpers and strong men who can hold their own and not depend entirely upon middle and long-distance racers. This applies more particularly to the Universities, where at present any team that meets an American starts with the disadvantage of knowing they will lose for a certainty two events—the hammer and weight.

This is a long handicap, and every effort should be made to improve the standard of these events.

Inter-club meetings should especially be encouraged, as it leads to more side-by-side racing. There is a great tendency for first-class runners to prefer to start scratch, often to a field of very inferior runners, and either to try to run through for a valuable prize or to beat record.

This is the worst evil of modern athletics, and leads to bad racing.

It may be a fine thing to give several hundred yards' start in a mile race and be able to overhaul the field down the straight, but it is a mere nothing to fighting an equal every step of the way, and beating him off in the last few yards; and it is often the case that a Triton who meets with most wonderful success among the Minnows runs but a poor race when pitted against a determined though really inferior runner.

The prize difficulty has still to be settled, and is at present in a very unsatisfactory condition. It is chiefly caused by the smaller clubs, who, to induce runners to enter, offer prizes of excessive value. If instead of the gaudy electroplate cup a neat medal were given, and the money thus saved spent in improving the track and dressing-room, the sports would assuredly become more popular.

A few years ago the Inter-University sports were postponed on account of a blizzard. There was no racing to be had at Fenner's, so several of the team journeyed on Bank Holiday to Peterborough, where one of the best meetings in the East of England is held. The Cambridge President for the year started scratch in the mile, and only missed getting placed by a

few yards. The man who secured third place was rewarded by several large electroplate dish-covers—an excellent wedding present, but scarcely suitable as a trophy. The dressing-room consisted of a large tent, plentifully littered with straw, in which runners were herded together with cyclists and their machines, and in which there was the usual dearth of soap and water.

Had a little of the money spent upon the prizes been used in providing chairs and forms to sit upon, clean matting for the floor, it would have been an improvement. I am sure that better-class runners at all events would rather support sports where the comfort of the competitors is considered rather than where the only attraction is the gaudiness of the prizes. It is also a remarkable thing how so few competitors—in the cycling races especially—can start for any violent exercise without polishing themselves with embrocation or whisky. At the end of a quarter-mile race it is not a pleasant thought that one has to return to dress in a hot tent with these odours arising on all sides. The moral of the story is—prizes of less value and two tents, one to be reserved for "embrocationists only."

II

TRAINING

MATERIALS

THE materials for foot-racing need little description. The best costume for the track is that which makes simplicity a grace. At the Universities it is a rule that all garments should be white, though they be adorned with club colours. This is an excellent rule, it looks business-like, and there is less chance of garments being neglected by the washerwoman than if they be of darker texture. Those who can afford the luxury of silk shirts will find the money not thrown away, as they combine lightness with warmth, and last a long time. They should be made to open down the front, and should be kept up by a buckle at the back and not two at the sides as often seen. On no account should they be suspended by an elastic band round the waist. Care should be taken to provide a

stouter garment for steeple-chasing, where water has to be passed through.

For the winter months a sweater of wool and a flannel scarf should be provided. On wet days, or when the wind is exceptionally cold, the sweater may be retained, but as a rule it is advisable to practice as much as possible in exactly the same clothes one has to race in.

The most important item of the outfit is the shoes. At the Universities they may be purchased at the club, and a really good pair can be procured for twelve or thirteen shillings.

They should be made by a man who can personally measure each customer. In town the best man is Baines of St. John's Wood ; he supplies most of the members of the L.A.C. Tuck often makes a good soft shoe ; they can be procured from Benetfink, Cheapside.

In ordering a pair, both feet should be carefully measured, as often one's feet are not quite the same size. For long distances the soles should be fairly stiff. For general use the spikes should not be too long, and only five in number. For a quarter-mile man, who is at all heavy, five short spikes do not give enough hold round the corners of most tracks. Especially when there has been much rain, a pair of shoes

should be worn with either five very long spikes or six medium length ones. I have often wondered if it would not be to a man's advantage to run without shoes at all. When training in the summer months it is common to have a run on the grass bare-footed, and one's feet feel wonderfully light. The peculiar feeling at the end of a hard race, that one is not quite sure whether one's feet are yet on the ground, is caused, I believe, by the tightness of the running shoe. It would only take a very small amount of practice to harden the feet to the track. The danger of being spiked would not be greater, as the shoe practically affords no protection. Perhaps some day we may find a runner who will think it worth while to give it a trial.

In choosing shoes, have black ones. At the commencement of the war in South Africa a man showed his patriotism by turning out in the Inter-University sports in "khaki" coloured shoes. They do not look well.

For hurdling and jumping two spikes are required in the heel, and for these events and sprinting they can be worn much tighter, though it is well then not to tie them up too long before going out.

A most essential article for the dress-

ing room is a good pair of skin gloves. These are now provided in most of the clubs, but it is much cleaner to have one's own pair. After using, the gloves should be well beaten, the reason for this will then be apparent. It should be remembered that part of the object of rubbing down, is to remove a considerable amount of deleterious matter and dried perspiration which is clogging the pores and cannot be entirely removed by sponging with cold water. This can readily be seen among the hairs of the gloves, and can be beaten out as a white dust. If one or two gloves are used indiscriminately amongst a large club, as is too often the case, these should be constantly beaten *outside* the dressing-room and washed thoroughly two or three times a week. It might be of serious consequence to bring these skin excretions in contact with an abrasion as is often caused by hurdling or ill-fitting shoes. It is a very good plan to use them after the morning tub and before going to bed, especially if there be any feeling of stiffness after the day's work. Care must be taken not to use them too vigorously. The writer remembers once giving a practical demonstration of their merits to a friend. In the middle of the night he awoke with a burning feeling down his

leg, and the friend passed most of his night with his arm in the water jug. The next morning there was a great scarcity of skin.

Corks to hold in the hand are a matter of taste. Some men cannot run without them. On a cold day one's eyes and nose are inclined to run, it is then a good idea to carry a handkerchief in one hand.

It is not a bad plan to keep a skipping rope in the dressing-room. There is no better exercise for the legs.

TRAINING

Volumes have been written on the subject of training, whereas the whole thing might be condensed into but a few lines. There is a general misconception between "practice" and "training." The former brings success ; the latter is quite a minor detail in importance, and in fact is more than often the cause of failure. The only training that a young man requires, who is in the habit of living a moderate life, is to avoid such known evils as spirits, tobacco, pastry and new bread.

Plenty of good food, early to bed and early to rise, is all that is necessary to get fit. Get out early, but do not do

too much before breakfast. A man in good health can always do himself justice at this meal ; in fact, when a lot of men are training together, the thing to avoid is to eat too much. Eggs in various forms, fish, bacon and toast afford a plentiful variety. Let no man who is not an habitual porridge eater take it just because he is in training—it is very filling, but does not stand by one. Those men who find it difficult to reduce what is generally known to athletes as "Pot" had better leave it discreetly alone. But the hardy Scotchman, who has known no other, should on no account give it up. Lunch before a race is always a bone of contention—one wants to eat enough so as not to turn out with an empty feeling, at the same time to have to carry as little as possible. A good chop, with green vegetables, pulled bread, and a glass of water, taken about an hour and a half before the race, generally satisfies most men. If one has two races it is very hard to say what is the best course. If the second one comes on late in the afternoon all sorts of drinks are recommended—a glass of port, champagne, bovril, chocolate, and various other sustaining and stimulating condiments. A Bath Oliver biscuit is as good as anything when

feeling hungry and empty. Nothing should be taken till the system has recovered from the first exhaustion. After a hard afternoon's work, tea, with bread and butter or a biscuit, hurts no one. The meal of the day should be taken about 7.30 p.m., and after it nothing more. Sleep with the window open, if possible, and have only just enough bed clothes to keep warm. Don't sleep for too many hours; from seven to eight hours is enough rest, even after the most fatiguing exercise. On Sundays it is well to avoid things known at the Universities as "Brunches." These are institutions which originate from the custom of lying in bed till chapel time, then coming out to a meal of highly indigestible dishes, combining both breakfast and lunch. Even if a man in training has a small breakfast in the early morning, it is too long to go without solid food from the end of "Brunch" (generally at twelve o'clock) until dinner at 7.30.

There is one important fact that plays no mean part in foot-racing—that is "the needle."

By "needle" is generally understood the peculiar sinking feeling that is felt on the morning of an important race. The "needle" attacks practically

everybody, but in different ways. Some men are unable to sleep the night before a race. This is the worst kind—a restless night is the worst preparation for the next day's race. Other men feel as though they had taken a strong dose of salts ; this feeling by determination can be overcome. That it is only "funk" is proved by the fact that immediately after the race the man is all right. If a team trains together, the lunch before the sports is generally a fine opportunity to study "needle" in its various forms. The meal is not generally remarkable for sparkling wit and merriment. It should be the duty of those in authority to do their best to keep their men's minds from anticipating their future troubles. A good healthy needle is a blessing—the fear that one will not win by as much as one wants to is a thing to be encouraged. But the fear that causes a sleepless night and is often accompanied by violent diarrhœa should be, and can be, cured by strength of will.

It is well during the latter part of training to avoid all crowded places—theatres and dances. Not only is the atmosphere bad, but it usually involves late hours.

At the Universities and in London a very important point often arises. Can

a man run and row? The answer is most decidedly "yes"—so long as he can have a clear month to loosen his joints after rowing before racing, and there is no better moral training for a man than rowing in an eight-oar boat. On the path he is merely running for himself, but in a boat where seven other men depend upon him, it is absolutely necessary to persevere to the bitter end. For rowing one can have no better exercise than running. It is the shaking that gets a man thin and fit, and one does not get it in a boat. If a man is rowing up to within a short time of a foot race, there is no reason why he should not go for a spin on the track during the morning. It will not be found to tire him for his afternoon's work and will greatly help to keep his legs and joints supple.

The same thing applies to football. Playing in the "scrum" is liable to make one very slow and stiff, but the bad effects can be greatly reduced by fast work on the path the day after the game.

III

RUNNING

So much importance was attached to fleetness of foot among the ancients that by common consent the winner of the one staduim race—about 200 yards — was held in higher esteem than the other successful competitors. On one occasion at the Olympian Games, the sage Chilo expired with joy while embracing his son who had just been crowned with wild olive after winning that event. The whole assembly at the Games made a point of attending his funeral. Englishmen are more phlegmatic, nor indeed is it expected of the parents of successful sprinters to show such a depth of feeling. At the same time it must be acknowledged that, as among the Greeks, it is sprinting that has the hold of the hearts of the British public.

The reason is perhaps this. The writer remembers the sister of a quarter miler, famous as a hard

finisher, remarking, "I am glad ——'s race is the 'quarter,' for after the hurdles it is quite the prettiest race to watch."

Those who were fortunate to see the desperate races between Fritzherbert and Jordan, or saw Davison defeat the Yale runner, Dixon-Broadman, no doubt recognised that sprinting has a stern side, besides affording a pleasing spectacle to the fair sex.

The two distances generally selected as most suitable for trials of speed are 100 yards and 440 yards, though in this record-loving age other distances are sometimes chosen and records passed for them by the A.A.A.

A sprinter may be almost any build or shape; he generally is medium height, thick set, and sometimes quite fat. It is very seldom a loose, lanky man is found to be a good sprinter.

In sprinting, above all other sports, "*Le style est l'homme même.*" Some men run with bent arms, head and shoulders flung well back, and others as soon as they get into their stride lean right forward with chin straight out and arms stiff at their sides. Certainly at the end of a race this position commends itself, as many a race is won by less than the breadth of a man's chest.

Of our latter-day sprinters the Oxonian, C. R. Thomas, has had a vast experience in starting and racing, and I cannot do better than describe at first hand his methods.

ONE HUNDRED YARDS RACE

In all "dashes" the start is of great importance, and that popularly known as the "Dap" start is now generally used. It requires a considerable amount of practice, but when once proficient, a man is certainly faster off the mark than by the older method that was first used when the "all-fours" attitude was adopted.

The method is this. Take up a position behind the line with body bent so that the hands or corks rest upon the "scratch." Most men start with the left foot in front; there should be about nine inches between the feet and they should not be quite in the same direct line. At the report of the pistol the weight of the body is flung forward by the kick of the back foot, simultaneously the hands are lifted off the track and the left foot dapped forward with a short, sharp step, slightly to the left. The next step

with the right foot is a good long one.

To get a good push off with the right foot, a hole should be scraped with the spikes. For the right foot it cannot be too deep, say roughly about four or five inches. For the left or front foot a much shallower one should be dug, so as not to interfere with the "dap." The body should not be straightened suddenly, as any jerk is liable to stop the speed; it should be gradually raised to full height during the first fifteen yards.

To get a good start there is nothing like confidence, but to get confidence there is nothing like knowing that even if the start does go wrong one has a hard finish to rely upon.

On the day of the race, take a preliminary canter up to the post and get the positions for the feet ready before stripping. It is well to have one or two starts. Do not get down or strip before the starter tells you, as the position is tiring and takes a lot out of one. If the starter knows his work and the other competitors are old hands, a very few seconds will elapse between the order to "set" and the report of the pistol.

And now for the great secret of successful starting—don't try to beat

the pistol. With a starter like Wilkinson or Jack White you will not do it once in ten times, and if you try and fail you will have taken yards out of yourself. It may come off occasionally, but in the long run it pays to start fairly and squarely at the first sound of the firearm.

Once off, action is not very important, it is better to understride than to try to stride further than comes quite natural. With regard to arm action there is little to be said. The great aim is to be able to say with Sir Andrew Aguecheek, "He does it with a better grace, but I do it more natural."

And now we come to the most important part of the race—the last 20 yards.

It is most astonishing how many men are fast over 80 yards but go all to pieces in the last part. Very often all six competitors are almost level 20 yards from home, yet they are all separated a few yards from the post. In a great many cases this is owing to men doing too little work and not running far enough in practice. It must be allowed that sprinting is most wearing to the legs, but it is extraordinary on what a small amount of exercise men enter for races, and still

more extraordinary, often win them. A quite late Cambridge President, F. L. Carter, of Caius College, had a most excellent finish, always winning his races on the post; he won several "quarters" up at Cambridge and dead-heated in the Inter-'Varsity 100 yards and "quarter," though he never in his life ran so far as once round Fenner's ground.

This may be all very well for men who are so naturally gifted, but to most poor mortals the way to get a hard finish is by running often further than your distance.

In the International sports, 1899, Blount was first away, and at 4 yards had a lead of 4 feet; at half distance he was still half a yard ahead of Thomas and 1 yard ahead of Quinlan; at the 85-yard mark all three were level; in the last 15 yards Quinlan took a foot from Thomas, and he a similar distance from Blount. Blount excelled in starting, Quinlan in finishing. If these virtues could be combined the ideal would not be far off. To improve one's finish it is not a bad thing to trot up to the fifty mark and then quicken gradually, ending up as hard as possible.

Another plan is to often practice to a tape. Most men practice over no fixed

distance, but run just as far as they can without feeling tired, then they slacken and stop. Before starting in practice decide how far you intend to run and finish that distance, one would then in a race not experience the feeling of wishing to stop just at the moment when an extra effort is required.

In training for a sprint it is well to go out twice a day, doing the hard work in the afternoon as near as possible to the time when the race is to be run. About five practice starts should be had with the pistol, and whenever possible always get some one else to start with you. If he be not so quick off the mark give him some start. The effort of trying to catch him as quickly as possible will be found to "pull" you out. In these practice starts it is well to imagine oneself always actually in for competition; try your best in practice, it will come quite natural to do your best in the race.

After these starts, run through 110 yards at three-quarter pace.

Toward the latter part of training the legs will be found set, and it is good to have three trials a week, over 110 yards, with a tape to run into. These should be run during the last three weeks of training.

Sprinters are liable to many ailments, but one very common one, a snapped muscle or strained tendon, can generally be avoided by rubbing down before coming out, and always getting warmed up before any sudden strain or jerk.

The worst disease that sprinters are affected with is known as "B-o-n-e in the l-e-g." It is generally caused by dwelling much upon the troubles of life. It is best cured by two pints of champagne. A few favourable remarks in the morning sporting papers have been known to alleviate it for a time.

During the early part of training there is nothing like walking for exercise, but before the race great care must be taken to do nothing that will stiffen the joints.

THE QUARTER-MILE SPRINT

The long sprint, both here and in America, is the most popular race in an afternoon's sport. Deservedly, too, for good judgment is quite as essential as pluck and careful preparation. Quarter-mile runners naturally fall into two classes. The sprinter, pure and simple, who finds he can stay two or

three hundred yard races with comfort, extends his practice to the quarter-mile mark. The other class consists of men who have never been in the front rank of short sprinters, but rather excel at longer distances, 600 yards or half a mile. E. C. Bredin and H. C. L. Tindall were good examples of this class. In the quarter-mile race at the International Sports, 1899, these two styles of running were well represented. The American runners, Fisher and Dixon Broadman, and the Oxonian, A. M. Hollins, were splendid sprinters; the Cambridge man, C. G. Davison, relied upon his long run stride and had not the pace of his opponents. The Yale Alumni gave a graphic description of the race, and as it is acknowledged to be a race of more than ordinary interest I cannot do better than quote it :—

"The excitement was intense when Captain T. R. Fisher and Dixon Broadman of Yale, A. M. Hollins and C. G. Davison of Oxford and Cambridge, took their positions for the quarter-mile run. The start of the race was in the north-east corner of the grounds, and the course continued along three sides of the quadrangle, around two sharp turns, finishing with 120 yards straight. Fisher took the lead on the

break away, but was soon passed by Hollins, who started out at a terrific pace with Broadman at his elbow. As Broadman and Hollins took the first turn the Yale lad came to the front, but Hollins responded, and the two fought desperately all the way down the second straight. In the meantime Davison had made up the distance which the Yale captain had taken in the start, and was running evenly with him some four yards behind the leading pair.

"Broadman led around the last turn in evident distress, with Hollins at his heels. The big Cambridge man had gotten fairly into his stride in his pursuit along the second side, and making a wide sweep around the last corner to avoid Hollins and Broadman, came into the stretch like a whirlwind. Hollins had been sent out to make the pace, and his great speed had told on both himself and Broadman.

"A hundred yards from the finish Davison passed Hollins, and twenty yards further on forged by Broadman, who was wobbling in his course with face contracted. Hollins rightfully felt that he shared in Davison's victory, and stopping some twenty yards from the tape called encouragingly to his fellow-countryman. Davison covered

his quarter in 49⅖ secs., establishing a new English University record. Broadman, completely done, was four yards in the rear, with Fisher in the third place. Certainly Davison's quarter was one of the finest ever run. There is no doubt but that Broadman made a mistake in following Hollins's fierce pace so closely during the early race, but better judgment would have only served to reduce Davison's lead."

To the ordinary observer this was merely a splendid race between four first-class runners, run with excellent judgment and in splendid time. To those behind the scenes it represented a great deal more. The home team had watched the Americans in their trial spins. They had shown themselves fast to an extreme over three hundred yards. The way they negotiated the first sharp corner was rather more than scientific—if left to their own devices the race was theirs for a certainty. Cricket had greatly interfered with Hollins's training, and he was not sure of his lasting powers. He chose to throw up his own chances in an attempt to make his opponents run a bit above themselves. Davison had nothing to think of but to run within himself, the inside of the corner was clear for him; when

Hollins had finished he was to start work.

This race has been chosen—there are hundreds of other examples—to show the result of careful, preconcerted combination.

The advantages of pace-makers have long been appreciated; nowadays they are more than an advantage—a necessity. In ordinary inter-club races their duties are more or less simple. To shield the first "string" from the wind, to relieve him of all anxiety of the pace, and to see at the right moment he gets the best running and the inside of the track. In International meetings there is a deeper side to the game. From two countries like America and England there will often be four men toeing the mark from whom it is impossible to select the winner. The race, and perhaps the sports, will depend upon small incidents that happen at the corners. Incidents small in themselves that yet make $\frac{1}{5}$ sec. difference at the finish. Having to go round a man at the last corner must take away the foot's lead that would just land a man the winner.

Preconcerted plans do not always come off—rarely, in fact; and a man will be wanted with a power of grasping the situation and acting

upon it. During the race a feeling may come over you that it is impossible to win, but possible to get second place—a barren honour, but still an honour. Your partner is running on the outside; by an extra effort you may give him a chance to come over and at the next corner secure the inside place. In a dozen strides the sacrifice is made, and though the result of two months' training may be nullified, the satisfaction of seeing your side win, not only the event, but perhaps the sports, will amply atone for the disappointment of not getting placed. If the move be not successful there will always be the satisfaction of knowing one has done one's best. And those who know will appreciate, and theirs is the only opinion worth having.

Modern quarter-mile running dates from the arrival of L. E. Myers, of the Manhattan A. C., New York. It was he who first found that a man could start at the top of his speed and yet complete the whole distance. He won the championship in 1881 in 48⅘ secs. This was the first time the event had been won under the even time, but others were not long in profiting by the example. Of the Metropolitan runners perhaps no one had a finer reputation than E. C. Bredin. In 1896

he turned professional, and one of the best quarter-miles ever seen was between him and A. R. Downer at the Rochdale A. C. grounds. The match attracted extraordinary interest, no less than twelve thousand people passing through the gates. Downer won by 6 yards in the excellent time of 49⅘ secs. At the Universities H. C. L. Tindall was *facile princeps*, though he only won the Inter-University quarter once. After he left Cambridge he improved tremendously, and in 1889 he tied Bredin's record of 48½ secs.

In 1894 began a memorable series of races between Gilbert Jordan (Univ., Oxon) and W. Fitzherbert (Trinity Hall, Camb.), which excited an enormous amount of interest. Jordan won the first year, then Fitzherbert won the two following, the latter being an especially good race, Fitzherbert getting home by 4 feet in the excellent time of 49⅗ secs.

In 1895 Fitzherbert won the championship in 49⅜ secs., and Jordan greatly added to his reputation by his race with Thomas Burke at New York. Burke just won in 49 secs.

The last race between Jordan and Fitzherbert was hardly satisfactory. The latter had gone down from the

University, and only came into residence a few weeks before the Cambridge sports. He was never really fit, and failed to stay the last part, Jordan winning in the splendid time of 49⅘ secs.

At the Championships held at Stamford Bridge, July, 1900, the Americans brought over their champion, M. W. Long, N.Y.A.C., and although he had such redoubtable opponents as Dixon Broadman, C. E. Davison, and W. H. Welsh, he won with great ease.

In the same year in America he beat W. Baker's record of 47¾ secs. for a straight course by completing the distance in 47 secs. He was a beautiful mover, with long, easy stride, and kept the pace throughout wonderfully even.

As regards the preparation for the quarter, it must be remembered that it is one of the severest strains on the body. Not only must the wind be perfect, but the body must be hard all over. This result will not be attained by two or three bursts each day over 300 yards. At the commencement of training a lot of walking should be got through, and an occasional two laps (⅔rds of a mile) will not affect the pace.

Before the half-mile was instituted in the Inter-University Sports it was usual to select the first unplaced man

in the quarter-mile to make the pace for the first lap in the mile. Very often the quarter-miler who had never extended his exercise beyond that distance was so improved by daily going with the mile men a lap, or even half a mile, that on the day of the sports it was found that he was better than the men who had beaten him before at the quarter-mile. One instance occurred lately of a man who was third in the University quarter-mile, who was so improved by this longer practice that he was put in at the last moment, and won the quarter-mile in the Inter-University Sports. Pace over the last part is everything. It is very hard to get a substantial lead at the start when every one is fresh, but half-way down the straight, when every one is exhausted, a little strength is rather more than useful.

This does not mean that one is to entirely sacrifice pace for staying power. One very often sees a quarter-miler who on former occasions has been run away from at the start, and who has yet cut down his opponents in great style in the straight, try the same tactics when he has not given so much time to his preparation. The result is a failure.

If one is not at one's fittest condition it is best to keep well in the front rank ;

it is much easier to race hard against a man if one is beside him than a yard or so behind.

If one is fit, do not be over anxious to make the pace from the start; but if one has doubts of one's staying powers, do not leave any ground to be made up in the straight.

HALF-MILE AND MIDDLE DISTANCE RUNNING

There are two classes of half-mile runners. Men who can run a fast quarter and having a certain amount of staying power can last the extra distance. Such half-milers were E. C. Bredin and H. C. I. Tindall. Others, such as F. S. Horan, W. E. Lutyens, and F. J. K. Cross were really long-distance runners, but having pace as well were all really capable of a fine half-mile performance.

I think, on the whole, the man who has been used to going long distances and cultivates his speed to run half a mile is more likely to succeed than the man who can run part of the way at a great speed but can hardly stay the distance.

On the other hand, the records of the championships belie this, for on

five occasions have the same man won both the half and the quarter mile championships, while only two men, W. G. George and F. J. K. Cross, have ever claimed the half and the mile.

It was not until 1882 that W. G. George was the first to win the championship in under two minutes ; now that it is usual to run the first quarter mile very fast it is nearly always won under the even time.

In training for half a mile one should improve one's pace by sharp bursts over a quarter or 600 yards, and by an occasional run for three-quarters of a mile, to strengthen the legs and increase one's staying power.

To run a fast half mile, say in 1 min. 56 sec., it is necessary to cover the first quarter in 54 or 55 sec., which allows 62 seconds for the last quarter.

For a long-distance runner who is racing against a quarter-miler, the great thing is to run very hard at the start and get a good substantial lead before coming into the straight. As soon as the quarter mile mark is passed, start lengthening the stride, and try to keep the pace as even as possible right up to the "straight."

It is when about 300 yards from the tape that most races can be won by a little determined racing. If one shoots

past an opponent at a good pace he often will think that you are going to keep up that pace right to the finish, and the chances are he will not struggle nearly so hard as if you postponed racing him till nearer the tape.

For the first quarter of a mile it is well to be content with second or third place, especially if it be a windy day. Select a position in which you are sheltered as much as possible from the wind, at the same time do not run in other people's dust.

If the leader is cutting out a good fast pace do not go in front until about 300 yards from home. Then shoot past him and run your best with no thought for the future. Even though you run your hardest here for 200 yards, you will be surprised to find that there will be still something left for the last 100 yards, and you will probably have the substantial lead of 8 or 10 yards.

When once in the straight, if you are fortunate to be able naturally to change your action do so by all means, lift the legs well up and fling them out; if, on the other hand this is exhausting, lean well forward and lengthen the stride as much as possible.

Do not race at the tape, but at an

imaginary line five yards beyond it. On no pretext whatever look round in the last 20 yards; if a man is pressing you hard you can feel him though you cannot see him, and to look round is fatal.

When running against a superior runner, and some few yards behind him, if you see him look round pull yourself together and go for him as hard as possible. To look round he will certainly have slackened his pace, and probably, seeing no one close upon him, he will get careless and ease off in the last few yards. If you get to him the race will be yours, for it will be impossible for him to get going again.

At the start get away briskly so as to have the choice of position. The best running is about a foot and a half away from the "pole." The track there is not generally so cut up, and if there be any sharp corners this is a very important point. At the Queen's Club the track is so seldom used that it is equally good all over. It is better there to get as far inside as possible. The "pole" is rather high, and great care must be taken not to step on it.

At Stamford Bridge the corner just before entering the straight is generally very loose and crumbles a good deal. If you are leading there, it is well to run

as wide as possible, but on no account leave room enough for a man to come up on the inside of you. If you are well away from the field it will pay to go well out, the better foothold easily counteracting the slightly extra distance.

At the Oxford track there is quite a perceptible hill, and also a slighter one at Cambridge. Run hard down it and easily up it, except in the last lap, when you will probably be too interested in other matters to notice such trifles.

As to the best distances to run during training, a man must suit himself—do just what he feels he wants. Really hard "quarters" and "six hundred yards" improve the pace. If he finds it hard to stay the distance, plenty of three-quarters of a mile runs or even farther will strengthen his legs and help him stay. As in long-distance running, take plenty of time over the preparations for a race. Ease off in the last week and do no real hard work during the preceding four days.

Diet yourself as little as possible, live a regular, simple life with plenty of work to occupy your mind and keep you from thinking and worrying too much over your races.

IV

RUNNING (*continued*

THE MILE RACE

By Alan Hunter, Ex-President C.U.A.C.

Eight furlongs is an excellent distance for a trial that combines both speed and endurance. If a man is really a good miler it may be generally taken for granted that he is an all-round athlete, probably equally good at a "half" and capable of a very fair "quarter." The mile has a further claim for precedence over other races. It was over this distance that W. G. George beat Cummings in 4 min. 12 secs., an athletic feat which stands out before all others, whether it be swimming, walking, or running. As science is brought to play for the improvement of tracks, and the cultivation of the human body becomes better understood, most records will probably be lowered, but it is likely that George's record will stand for ever—in an English

climate, at all events. Milers are generally of a light build, sometimes tall, but the ideal man for the distance is short and light with a long, easy stride, such as Hugh Welsh, W. E. Lutyens, Pollock Hill were gifted with. In starting mile running, the first thing is to learn to judge pace. To run a mile say in 4 min. 25 secs., the first lap should be run in 1 min. 22 secs., the second in 2 min. 55 secs., leaving 1 min 30 secs. to complete the mile in 4 min. 25 secs.

By comparing these times—First lap, 1 min. 22 secs.; second lap, 1 min. 33 secs.; third lap, 1 min. 30 secs.—it will be seen that the pace throughout is fairly even. Nowadays in Inter-Club matches pacemaking is brought to a perfection, and men are chosen whose special duty it is to take the best runners over the course at a fixed rate, leaving them to fight out the last part. To assist them the time taken over each lap is shouted out by the timekeeper. For a great many years the mile was regarded as a long-distance race, in which the best tactics were to run as slowly as possible to start with, keeping a good bit up the sleeve for the last hundred yards, and it was not till W. Slade's—who won the championship five years in succession—last year that the distance was completed in under 4 min. 30 secs. at a champion-

ship meeting. Nowadays a man must be capable of at least 4 min. 25 secs. to stand much chance, and often it is run much under that time.

For a novice who intends to take up mile running the first thing is to gradually increase his speed over one and two laps on alternate days. If he be of a heavy build and requires hard work, a few practices over the full distance will do him no harm, and if this is not found sufficient to increase his staying powers a spin with the three milers will not in any way detract from his speed as long as it is not too near the race. A great many authorities are very much against running beyond the distance, or even as far as the distance over which they race, but there is a great deal of evidence to show that men frequently are materially benefited by going a longer distance. One of the most famous University milers, W. Pollock Hill, won both the mile and three miles in 1890. His method of training was to run two-thirds of a mile fast, then, after a rest, to run five moderately slow laps. In his own words, "This latter exercise so increased my staying power that I felt almost fresh at the end of the mile and did not feel the slightest effects of the previous race in the three miles." Another case, the Cambridge secretary for 1900, W. H.

Workman, trained exclusively for the three miles, running long distances every day and no fast work. He won the three miles in 15 min. 11 secs., the next day he raced in a half mile and covered the distance in 1 min. 58 secs. under not at all good climatic circumstances. This time was just a second better than when he had trained for that distance, by doing more fast work than distance running.

However, there are certainly two sides to the question, but if a man finds that running one lap and two laps alternately does not bring him success, let him try running four or five with just an occasional fast one. In preparing for a mile there is nothing like good sharp walking, not too far to cause stiffness, but a good fast three miles out and three back, every day, will do wonders for the legs.

In running a mile race, a great thing is to let others, if they will, make the pace, while one runs with the greatest ease and comfort to oneself. When it comes to the last lap, however, it is better to be the man who is trying to run others off their legs than to feel that one is having to do one's very best to keep up with a man in front. But if, on the other hand, it is found that every one is waiting for every one else, as is often the case when one runner is

considered of a higher class than the others, it is far better for the best man to cut out his own pace than that the first two laps should be slow. It is an extraordinary thing that after two slow laps a man often feels much more tired than after two much faster ones ; when running briskly there is not the same drag and strain upon the legs, and by putting more life into it the distance does not seem half so far. Any one who has rowed in an eight-oar boat will know that a slow, dragging paddle, without much life, is much more tiring than a sharp, crisp piece of rowing. This should be particularly borne in mind during practice.

A man should never race or run himself out in practice, but he should always make a point of running as lightly and with as good style as possible. In mile running not nearly enough attention is paid to the position of the arms. It stands to reason that an arm hanging naturally at the side requires the least effort to carry it ; it should not be carried stiff, but swung naturally with the motion of the body. A man who runs with his arms bent across his chest starts with his chest in a cramped position, his arms and the back of his neck will be sure to be the first part of his body that gets

tired. Of course when it comes to the finish of a race a man must place his limbs in the position in which he finds he can best set his muscles.

LONG-DISTANCE RUNNING

By W. H. Workman, President C.U.A.C.

In no branch of sport does perseverance do more to bring its own reward than in long-distance running. The royal road to success is paved with nothing but real hard work. I have never heard a sprinter express a wish he had taken up long-distance running. It is owing to its great simplicity that it has many followers. The writer remembers a famous sprinter who had just changed after his own race, expressing it "the height of refined enjoyment to settle down with a cigarette, knowing your own event to be over, and to watch six poor beggars going out to run three miles round a track, four laps to the mile."

Though it certainly is not a pleasant sensation to run round a track a great many times, with a large crowd watching one get more and more exhausted, yet the bull-dog nature of the sport will

ever appeal to the Saxon race. America may turn out occasionally a Conneff or a Day, but at their universities or provincial clubs there are nothing like the number of capable long-distance men that can be found in our English cross-country clubs.

Undergraduates leave the University before they arrive at that mature age which is found to be best suited to distance racing, so it is not remarkable that it is some years since a University man carried off the four mile championship, and never has the ten mile championship fallen to one of their runners. However, several really first-class performers have come from the seats of learning, and perhaps after E. S. Horan the present Cambridge President, W. H. Workman, has as good a reputation as any. I cannot do better than introduce his advice upon the subject :—

"The main requisites for distance racing are so simple that they are within the grasp of almost all sound-bodied athletes. A man cannot be a good jumper unless he be gifted with natural spring. With stiff joints and loose limbs a man can never hope for any material success at sprinting, but the three requisites for long-distance running—a stout heart, strong legs, and

good staying power, are all capable of being cultivated by continued practice.

"Any one who exercises his muscles judiciously for six weeks must get his legs fairly strong, and at the same time develop his lasting powers. It is impossible to lay down hard and fast rules for attaining this result, as the details of training so much depend on the build and strength of the runner. However there is one point upon which most people, especially boys at school, lay far too great a stress—dieting.

"Training won't win long-distance races, but practice will. I remember once hearing some rowing men choosing a crew. 'How about So-and-so?'

"'If you want a man to train, have him, but if you want a man to row, leave him out,' remarked the captain.

"It is just the same with long-distance running. It is not the boy that casts longing eyes at the most underdone parts of the joint, and who goes about all day longing for a drink of water, who is so likely to get 'placed' as the boy who makes a good meal, so long as he sticks to the school fare, and who is not afraid of having a good drink when he comes in after a hard afternoon's exercise.

"If everybody continued to live the

same lives that they used to live at school—regular hours, plain meals, abstinence from alcohol and tobacco—there would be no need of such a word as training.

"Schoolboys are very conservative, and cling closely to old habits and customs. When I first came to Cambridge I had the usual strict ideas about training, and one of the most fatal was this fear of drinking too much. I would often go for a long walk of six or seven miles, after running a mile upon the track, and return tired out and thirsty, longing for a cup of tea; in spite of this I refused to quench my natural thirst till dinner time. The result was as speedy as it was sure—I quickly got stale.

"After active exercise in the afternoon there is nothing more refreshing than a cup of tea. Bread and butter or biscuit can do no possible harm.

"At dinner, beer is hard to beat. If one glass be not sufficient to enjoy the meal with, take two. If there is the slightest feeling of being tired or jaded, champagne generally has the necessary effect. One glass is no good; if any champagne is taken at all, take a good quantity—in reason, of course. The rowing people fancy port wine, which certainly will do no harm, though in

summer it is rather heating. It is best to choose a dry, light wine. Burgundy and Bordeaux are also rather heating, and claret, if taken, should be of a good brand. White wines sometimes cause an unpleasant taste in the mouth next morning.

"Coffee is generally thought to be bad for one. Personally I think otherwise, and always prefer it to tea at breakfast, especially if meat is on the menu.

"Smoking is a vexed question. Of course the right thing is to drop it. On the other hand, Horan and many others used to smoke to within a short time of an important race. Personally I have found I can run as fast while smoking right up to the race.

"There is perhaps one article that should not be found in an athlete's room, except for the sole benefit of his friends or opponents—that is a cigarette. If a cigarette is not inhaled it is not worth smoking, and cigarette inhaling and foot racing are at the two extremes of the pole.

"As regards the path work necessary, do not see how fit you are before you start training by running the full distance against the clock. This is not a needless warning, it is quite a common occurrence. It takes some time to re-

cover from the stiffness resulting from the unnecessary exertion.

"For the first ten days do gradual work, one lap slowly, two laps slowly, one lap a bit faster, then a very slow mile, then back to two slow laps, gradually accustoming the limbs and heart to an unnatural strain.

"After a fortnight's running one often feels that one is going worse than the first day out. This is a good sign. It is simply that the limbs have got tired of the exercise, but are still soft. The feeling soon goes away, and Nature begins to provide for the extra demand upon her by hardening the muscles, and using up all the superfluous fat.

"It is a remarkable fact that up to the last ten years Oxford, almost without exception, won the three-mile race in the Inter-Varsity sports. At present their method of training is work on the light side. The theory is that at Newmarket it is found that if a horse is given a full course trial during practice he runs well that once, but does not run so well again subsequently. This may be true. A man may run his very best only once in the year, but undoubtedly in the Metropolitan clubs the long-distance runners, who are certainly superior to the University cracks, look upon a race every Saturday all

through the season as part of their training, and at the latter part of the year, when the championships are held, there is no apparent strain to their running powers.

"It is really remarkable what some men can do in one afternoon. In 1885 at the Championship Meeting, W. Snook, Birchfield Harriers, won the mile, 4 min. 44 secs., the four mile, 21 min. 51 secs., then turned out and won the two mile steeplechase. In the same year he won the ten mile championship in 53 min. 25 secs. It would be interesting to look into Snook's diary if he kept one, and see the preparations for such a busy afternoon. I do not fancy the Oxford method of light, easy practice runs, would have stood him in good stead in his third effort.

"The Americans, like our Metropolitan runners, do plenty of hard work, but they keep in strict training for too long a time. A man who has been leading an active outdoor life should be able to get fit, and to have enough practice with six weeks' training. After that one is liable to lose keenness, and not to come up so fresh as after a shorter time of training. One wants to walk to the post 'screaming for a race.'

"During the first few days of practice

especial attention should be paid to style. Encourage a long stride, but do not force it, keep well on the toes, carry the arms naturally, swinging at the sides as when walking. If the stride is not all that can be desired, it can be cultivated much better when walking about in ordinary life, than when actually on the track. Above all, keep on your toes. You can tell how tired a man is by watching his feet.

"Gradually work up the pace and distance; when one feels pretty fit and comes in quite fresh after practice, a day or two's rest can be indulged in. If a trial is to be run it should be ten days at least before the race, in fact, during the week of the race no heavy work of any sort should be attempted.

"As to racing itself, success can only come by constant practice. If a man is looked after well he can be taught to run round and round the track in good style and even in capital time. Put him alongside some one with equally good powers, the whole situation changes at once. To know when to push for the lead, to know how to make desperate efforts to keep it against a resolute opponent possibly may be cultivated, probably it must be born in one. For some purposes handicap races are not a bad school for racing,

principally because they give one an opportunity of running more often than if there were only scratch races. It must be borne in mind, however, that starting behind an inferior man and trying to catch him is mere child's play to running step by step with an opponent of equal powers. It is then that a man gets pulled out and does fast times.

"The reason why there are so few scratch races is the difficulty those who arrange athletic meetings have in getting 'crack' runners to meet in an open race. They prefer to run behind worse runners and try to clip times. It is a very great mistake. Some day a runner of any class must have to run in a race where he will have to depend upon his good judgment. If he has learnt experience only in handicap running he will stand a sorry chance against an opponent who is really no better a runner, but has had plenty of practice in scratch racing. The reason why handicaps are preferred is that a beaten man always has an excuse; in scratch racing he has no handicapper upon whom he can put the blame.

"As in everything else, 'finish' is all important, and as a man cannot often have the opportunity of practising sprinting in a dead-heat condition, it is a hard talent to acquire. Some men

say they derive great relief by changing the action altogether; when they enter the straight the thigh is lifted higher, the lower leg flung out well.

"Lastly, there are two rules that a long-distance runner must always bear in mind—don't start in a race without proper preparation. If a race is not worth training for it is not worth running in. It is by neglecting this ordinary precaution that harm is caused by running. To a man who has never run before it is of not so great importance, but an old runner when he gets to a certain place will try to make the same effort that he was accustomed to make when his body was properly prepared. The result is sure to be disaster. The second rule for long-distance running is, from the moment the pistol goes do not stop running on any condition whatever until the tape is reached. Of course this does not include cases of sickness; if a man is not feeling well he has no business on the track. There is no worse fault possible than going on the track with the intention of running, say two miles, and then stopping after going a mile and a half. If a man stops in practice when he begins to feel tired, you may depend he will stop in the race. One often hears in the dressing-room,

'There was such a lot of wind that I only ran half what I intended to.' Suppose the day of the race happens to be windy, what is a man to do who has always made a point of running as little as possible on such days ?

" During the spring months, when the Universities are training, there is hardly a calm day. It stands to reason that when a long term programme has to be got through, so long as the track is fit, sports must take place—wind, rain, or fog. Therefore, during practice, don't alter your programme to the weather. The one exception may be made to very intense cold. If there is a very sharp east wind blowing it is well to keep on one's sweater and do short, sharp work. The rule of always finishing should be especially borne in mind by the third strings for long-distance races. According to the natural order of things a promising freshman should start his career as a third string. If ultimately he wants to aspire to the first place, let him make the pace to the best of his ability, and then when he is passed by superior runners, it is no reason why he should cease running. If he always makes a point of finishing he will be the man who will some day want a pacemaker himself."

V

CROSS-COUNTRY RUNNING

By Mr. R. R. Conway, President C.U.H. & H.

If track racing be the prose, cross-country running may well claim to be the poetry of foot racing. It is a delightful sensation to turn out on a perfect track, with its feeling of spring and swift motion, but at the same time it is a little artificial. The man who strips, puts on his spiked shoes, and goes straight off across country, taking fence, plough, or grass, just as it comes, enjoys the sensation of running pure and simple.

If he runs fast, it is not because several groundmen have been working for two or three days to get a perfect surface for him to run over.

There is often a feeling of monotony associated with track running. One realises all the time that a man is waiting to shout the time in fifths of a

second that one takes over each fraction of the distance, and that shortly one will be reminded that there are eight more laps to go.

The man who half-way over his race has three ploughs, two grasses and a half-mile of road to look forward to, has at least the pleasure of variety.

Cross-country work has received a great deal of attention lately, and no man has had more practical experiences, not only in running himself, but in looking after young runners, than Mr. R. R. Conway, the President of the Cambridge Hare and Hounds. I cannot do better than reproduce verbatim his advice upon the matter :—

" It is a fact not generally recognised that cross-country running is an art of itself, requiring its own method and its own preparation. Of course in a dozen cross-country runners one may see nearly a dozen different styles, but the method employed will be in every case practically the same. A man needs a very keen eye to the natural features of a course, and a very quick insight into the special needs of the moment, if he is to shine in good company on strange ground; a double contingency which he must inevitably face if he ever wishes to attain any eminence in this branch of sport.

"I propose here to deal solely with racing across country; paperchasing and 'slow runs' may be safely left to the exigencies of the moment. First let us consider the question of training. To arrive at the pink of condition for an important cross-country race a more arduous preparation is certainly necessary than for any distance event on the track. A path runner knows pretty well when he is running up to form by the evidence of the watch, but time test in cross-country running is of little value, except to show the amount of combination arrived at by the members of a team. It is safe to say that no genuine cross-country course is in the same condition for two weeks together; a day's heavy rain, or two or three frosty nights, may make a difference of twenty seconds per mile, and therefore comparative times are eminently fallacious. To be really fit to race, a man must be ready to make any unforeseen exertion at any moment, whether to settle an adversary, or to combat the natural difficulties of hill and dale or those artificially introduced by the use of the plough. If one possesses pace rather than stamina it is absolutely necessary to husband it for grass or road; again, the steady plodder must be prepared occasionally

to force himself along a good deal faster than he likes, if he is to avoid defeat in the run in, or, in the language of the sporting scribe, 'final dust up.' These conditions obviously require a state of perfect bodily condition, and the following rules are calculated to attain that end.

"The preparation must be gradual, not forced, and no really hard work should be done for at least a fortnight after beginning training. It will best illustrate my ideas to give a sketch of the work done by a Cambridge University team in preparation for the Inter-University Race early in December of each year.

"The term's running begins about six weeks from the date of the race, and at first only very light work is done. As a rule a man goes out about twice a week, and attempts nothing in the way of fast work. The first week in November there is something in the nature of a trial, to give Freshmen a race, and to gain some idea of the material from which to draw the team. About a week after the trial the probable team and reserves are sent a good three-quarter-pace spin over the course, such as would on the river be called 'a strong paddle.' Systematic training is then entered upon, consist-

ing of a cross-country run in the middle of the week, with plenty of fast, short pieces; an inter-club race is run on Saturdays, and at least two afternoons are varied between sharp walking exercise and half a mile or so on the cinder path, the last item being as important as anything, and I cannot too strongly urge this. By the last week in November the team is fit to race, and the only anxiety is to keep them so, as I have always found that three full courses, even though a week apart, are quite as much as a man can do with safety.

"It will thus be seen that the work done consists on an average of three racing-pace trials, one at a little under full speed, and about ten or twelve slow runs. There are, however, two or three points to remember: firstly, that an ordinary Varsity man gets some exercise or other every day; secondly, that the above table of work might advantageously be spread out over three or four weeks more were it not for the short time that is allowed by the date of the race.

"In the case of men who are kept at business all day, except Saturday, it is important that they should walk as much as possible in going backwards and forwards to work, and run in the evenings—an unnatural but inevitable

expedient. With this method, and ample time given for training, it is wonderful what results are obtained, and when I have seen the beautiful condition in which hard-working business men turn out for a big event I have felt ashamed to think what little use the more leisured classes make of their opportunities.

"It is also in the highest degree essential to train a team together. Cross-country racing is team racing, and this is, in my opinion, one of its chief attractions. A team must be got well together and familiar with each other's powers; it is astonishing to find how soon runners of varying pace can be levelled up, and how vastly the tail improve by continually being pulled out by their more speedy leaders. I have known a team of five, which began the season with quite three and a half minutes needed to cover them, so shaken down that in the last race they ran they passed and repassed each other continually for eight miles, and finally finished 'all out' with only forty-five seconds between the first and last. Nervous men, too, are wonderfully encouraged by being on really friendly terms with the rest of their team. Of course, if a club is fortunate enough to possess a champion, and a team with

more than its fair share of tail, it is hardly reasonable to sacrifice the chances of the crack for the sake of pacing the crocks; however, though it is very pleasant to boast of the prowess of the favoured few, it is your level lot that wins. Nothing is easier than to pack a team behind some speedy opponent and completely cut him off from his colleagues.

"The food question can be soon discussed. The principles do not vary from those followed by all distance runners on the path. Only two things are to be remembered: (1) Cross-country races take place in winter and over tiring courses, therefore feed up, and always remember that it is better to be a little above yourself than absolutely fine-drawn. (2) Follow the advice once given to me by a champion, well known in his day, and 'run just a little 'ungry.'

"The distance of the training course, when not identical with that to be raced over, is not of absolute vital importance. The thing to remember is that it is far more advantageous to train over a good course, even if short of the full distance, than over one which cannot be called really representative. Now by such a course I mean one that possesses grass, plough, and road, well

mixed up and properly proportioned. It is highly essential that there should be a clear start of 500 or 600 yards before reaching the first obstacle, and a similar distance at the finish. Too much plough makes a man slow; on the other hand, too much grass does not produce sufficient stamina, a fact which many London teams prove to their cost when they perform over Cambridgeshire clay. I have always found that when once a man is really fit, a mile or two more than he is accustomed to will be easily within his reach. For instance, the old Oxford course was nearly ten miles, ours at Cambridge seven, but heavier-going, yet we always found that in the Inter-Varsity race, which in those days was not decided on neutral territory, the extra three miles made no difference to us, though on one occasion the time of our trial at home was 40·10, and that of the race, which was a very punishing struggle, was 58·15.

"As regards running, as distinct from training, the first point to be considered is that of clothing. The most important matter is that of the shoes. They must be of the proper cross-country description, with short spikes, a steel plate in the sole to protect the feet from jarring on the hard ground, low heels

and a broad strap passing over the instep. Rubbers are only admissible at the beginning of the season when the ground is still dry and hard and there is no fast work, but for racing purposes they are absolutely useless. The 1899 Oxford team wore them at Roehampton, and that on a course rejoicing in a two-mile grass finish ! A rubber shoe never fits, it loses its shape, and gives no support on slippery ground. There is another variety of racing shoe with bars in place of spikes ; many old runners prefer them, but I have never tried them, and should not care to do so. The racing jersey and shorts should be warmer and stouter than those worn on the track, and in wet or very cold weather the wrists and fore-arms must be protected with long mittens ; nothing is more likely to bring on an unexpected collapse than numbed wrists. In crossing heavy country it will generally be found that style goes to the wall, yet even here there is a right and wrong way of getting along. Stride steadily and well within yourself. If crossing furrows try to take them regularly ; if they run lengthways pick your course along the wettest, it will give the hardest going. In uphill work you must please yourself: some men like to go up as hard as they can, others prefer more cautious

methods; however, the great point to aim at is to get to the top as quickly as possible without any extra exertion. Downhill work is very treacherous; one often goes away full of running only to find that the jolt and over-striding have brought on stitch or something like it, and that all chance for distinction has gone. Go down steadily and carefully, pick your feet up well, and you will find the extra pace come of itself. It certainly seems that in cross-country running there is much more diversity of style than on the track; you will often find men of first-class ability apparently following absolutely opposite methods, but on closer inspection it will be found that in all cases one main principle is found throughout, namely, the cultivation of an easy natural style which will take a man over the difficulties of a course with the least possible fatigue. All high striding 'knee action,' &c., unless really natural, are bound to take a great deal out of a man when the ground is sticky. Some natural high steppers, and more especially Dr. Munroe, have succeeded in crossing a plough with as much apparent ease as if it were a cinder path, but your genuine cross-country man gets on a peculiar lurching roll, more effective than beautiful, which

swings him along with great contentment to himself and much faster than any one would imagine. As regards 'getting on to the toes,' on any part of the course except road I am inclined strongly to agree with Mr. J. S. Dixon, that very few men really do so; it is much easier to talk about than accomplish. Jumping is an art which largely depends on natural ability; a man must be a natural jumper if he is going to take all the varied obstacles to be met with in an ordinary course; if jumping is an extra strain it is better to avoid it and adopt a less glorious but more judicious method. Vaulting in some shape or form is an indispensable accomplishment; the ordinary one-handed method is most speedy and gets a man quickest into his stride. For those whose gymnastic powers are not sufficiently developed there is a method which was practised with some success at Cambridge a few seasons back; it may be best described as a 'roll over,' and it is akin to the performance known as 'belly hedging.' The *Badminton Magazine* for May, 1898, presents a realistic view of W. W. Gibberd in the very act, hardly æsthetic, but most effective. Brooks and dykes, if too wide to jump, are best forded with due deliberation; the water may be cold, but

it will at any rate remove adhesive clay.

"In the race itself the same principles which apply to flat racing will chiefly prevail. In modern cross-country racing, as in distance events and on the path, the old style of a waiting race with a gallery spurt has died out; nowadays the real struggle comes in the first few miles, and I have nearly always noticed that the order at half distance, if the men are all fairly fit, will be very little changed at the finish. Be prepared, therefore, to start fast and make all use of your pace while you are fresh, remembering that the most difficult place to settle a man is in the last mile. When, however, the psychological moment for the tussle does come, the effort must be rather gradual than momentary; you cannot dash away and settle your opponent in one hundred yards, but must take him along faster and faster till one of you cracks. If you are the victim, pull yourself together and once more go at him; if that is beyond your powers, at any rate do not succumb to your nearest pursuer. Above all watch your man, notice if he labours at his jumps or continually loses his stride—the latter is a most fatal sign. There is only one more point in connection with this sport, and that is the

vexed question of the effect which cross-country has on path running. In my own opinion there is only one answer, and that is, that only beneficial results will follow provided that a decent interval, say of one clear month, be allowed before racing on the path. I think it is only necessary to draw attention to the fact that ever since there have been long-distance championships the winners have been, almost without exception, cross-country runners. I need only mention such names as George, Kibblewhite, Bennet, Thomas, Bennett and Harold Wade, all of whom, save the last, have held cross-country championships, either national or southern. Moreover, the fastest two miles ever run at 'Fenner's' was won by a man who had been running across country up to a fortnight of the race and had only taken about ten days' path work."

VI

FIELD EVENTS

PUTTING THE WEIGHT

The weight shall be put from the shoulder with one hand only and without follow from a 7-feet 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 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 farthest put of the six shall win.

Crossing the scratch shall count as a try.

EVERY year the same flood of abuse is poured upon this sport by the Press during the few days before the University Sports; in spite of it, it still survives. The only real objection to it is the lowness of the standard in comparison to that of the more mature athletes who perform at the championships, and that it is not interesting to the crowd, because only a favoured few can see the relative distance of each "put." The

first is a grave objection. It seems a pity that where there are but ten events, one should be a competition that is ill suited to the youth and immature strength of the competitors. The other objection should not be considered for a moment, if the sport is thought likely to develop a combination of strength and agility in those who take part in it. Certainly a contest that has had a place in the programme since 1864 should not be dropped merely because the people who come to look on prefer something with more dash and excitement. Whether weight putting is a good form of exercise to develop strength and quickness is another question. If a man had to "put" with first one hand and then another the exercise would be much more evenly distributed over the muscles. As at present practised, a man who really thoroughly took up weight putting would develop one side of his body to the neglect of the other. It is certainly a competition that can be excelled in even when not taken up till late in life, and it is a great pity to include it in sports that are open only to schoolboys.

To an ordinary onlooker it would at first appear that a man with the necessary strength, who had made himself master of the knack, would be able

to "put" up to his usual form any day he entered for a competition. This is by no means the case. There are very few sports in which men vary so much.

A man when he first starts will be able to "put" say about 35 feet; for the first two or three days he will keep about the same distance, then suddenly he will often "go off" and not be able to get much over 31 or 32 feet. This is a very common experience at the Universities. The "staleness" often lasts for a long time; sometimes a man "puts" 35 regularly for a whole season, and then the next year can hardly even get to that distance. This is generally caused by men "putting" too much or too little. At the University a man generally goes to the running ground and has five or six "puts" and comes away without any more exercise until the next day. This is just enough to tire the arm without strengthening it; the muscles get jaded without building up fresh material to stand the strain. Plenty of exercise should be taken with Indian clubs and dumb-bells. Start with light weights till the arms are hard, then gradually increase the weight. One of the best exponents of the art, outside the Irish giants who generally win the championship, is N. S. A. Harrison, L.A.C.

He advocated practising several "puts" every day. Roughly speaking the usual method of "putting" the weight is :—stand sideways, with the right foot parallel to and touching the back line ; the shot is balanced in the right hand which is kept slightly behind and close to the shoulder. The weight of the body is all on the right leg, which should be slightly bent. At some competitions a lead weight is used of an irregular shape. This should be manipulated till the best grip is obtained. When the correct balance is achieved and every muscle braced, one short quick hop is taken, the weight of the body is then flung on to the left toe, a spring in the air is taken, and simultaneously the body and arm are straightened and the shoulders swung round. This is the *crux* of the whole movement—to get an upward and forward shove on to the weight by combining the movement across the square—the swing of the shoulders—the straightening of the body and arm.

The putter must practise landing on his right foot close to the front line without following over until the weight has reached the ground.

As in everything else, there is nothing like watching an able performer to get good style. To attain a good distance

the necessary height must be attained, and a tall man has a great advantage in this respect.

THROWING THE HAMMER

The hammer shall be thrown from within a circle of 9 feet 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 feet, and no crosspiece, ring, or loop at the end of the handle shall be allowed.

Each competitor shall be allowed three throws, and the best competitors of the first trials 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.

Throwing the hammer is a sport which originated over the border, and has always been more popular in Scotland and Ireland. It was included in the first championship meeting at Beaufort House, 1866, when a Cambridge man, W. J. James, carried off the event with a throw of 78 feet 5 inches, with an unlimited run. Up till 1882, with only two exceptions, the event was

carried off by a University athlete since then it has never been won. In 1875 the rules were altered and competitors flung it from a ring 7 feet in diameter ; this was found to be too small, and in 1886 it was again enlarged to 9 feet. At the Universities it was until 1897 flung out of a 30 feet circle. Since then the size of the circle has been the same as used by the A.A.A., though contrary to their regulations, cross-bars and loops were still allowed on the handles of the hammers. The vicissitudes through which hammer throwing has gone have greatly destroyed the interest taken in it, as all records of the past are quite useless for purposes of comparison. The hammer itself has undergone constant change. At first it consisted of a round iron ball with a stiff handle. The ball was then changed to lead or iron, or both. In the meanwhile the stiff iron shaft was exchanged for a soft malleable iron one. This gave place to ordinary iron wire which greatly added to the danger of the sport, as the shafts very quickly unwound and wore through ; the head often being sent hurtling away during the preliminary swing, leaving the handle in the competitor's hand.

It is always best for the officials, and

competitors awaiting their turn, to stand upon the thrower's right (*i.e.*, his right side when starting the swing). The head, if it does fly off, generally leaves the shaft in the upward swing. When the Harvard man, W. J. Boal, was practising at Queen's Club, the head flew off and hurtled a tremendous distance just off the ground. It would certainly have demolished any one who had been standing on that side at what would have appeared quite a safe distance.

When the Americans arrived in 1899 their instruments were examined with interest, and in spite of A.A.A. rules eagerly copied by our University men, and the hammers used in the 1900 University sports consisted of a lead and iron head with a pliant steel wire shaft, fitted with a swivel just above the head; at the end it branched to two metal handles consisting of stout wire loops bound with leather.

The sport is an excellent one, greatly strengthening the back and loins, and it is a great pity that it is not more popular and universal. It has been the cause of constant complaint, and the Press lose no opportunity of running it down, on the plea that it does not appeal to the crowd. If the ground be properly pegged out and circles drawn,

so that the value of each throw can be clearly seen, this objection would to a great extent be obviated.

The correct method to measure the throws is to have a blind tape $4\frac{1}{2}$ feet long sewn on to the yard measure used, and all measurements should then be taken from the centre of the ring to a peg inserted into the nearest cut made in the ground by the hammer.

The competitor must start with feet and hammer inside the circle and must not touch the ground outside the circle with any part of his person, until the hammer shall have fallen to the ground.

To attain success at the sport the important points to attend to, are, firstly, to get up sufficient swing, to keep it up, and increase it until the hammer is let go.

Secondly, to let it go at the right moment and to keep in the circle till it has reached the ground.

A very common defect in hammer throwing is one pointed out by the *Yale Alumni Weekly* after the '99 games :—

"The form of the Harvard men was quite a revelation to the Britishers, who kept their hammers far off the ground while making the preparatory turns and failed to secure the necessary elevation on the final revolution."

The competitor starts to throw with

his back towards the direction in which he intends the hammer to take, his toes should be as near the back line as possible, his feet about three or four feet apart, and the hammer well behind him on the ground but inside the circle. He should then with straight arms start swinging the hammer round his head, keeping it as low as possible in the downward sweep, and as high as possible in the upward and backward sweep. It is very necessary to get up the greatest amount of momentum in this preliminary swing ; the back should be well bent backwards and the loins used as much as possible to attain the necessary speed.

After two or three swings, just when the hammer starts its downward swing, the left foot should be smartly moved back a pace, the attitude of the thrower at this instant is just that of a cricketer who has raised his bat for a straight drive. He now has 9 feet of circle to cross before the hammer need be delivered, and his object must be to turn his body quicker than the hammer and to increase its swing right up to the moment of delivery rather than stop it.

The movement to be described is a kind of waltz, the left leg is just drawn back, the weight is for a moment flung

upon it, then a spring is taken on to the right at the same moment the body is turned completely round. This with practice should bring the left foot right up to the line, the hammer should be let go just before the last upward sweep is completed. The commonest faults with beginners are that they do not keep their arms straight and well away from their bodies when they start to turn. If the body be not turned quite round in the first turn, the hammer is often "pulled" at the delivery, to give it its right direction.

The swing of the Harvard men and the rapidity with which they jumped round, completing two or three turns in a 7 feet circle, was remarkable.

It is a great temptation to a novice when practising, to peg out the ground round and stand in the circle flinging several shots, without taking the slightest care to keep inside the circle. This practice cannot be too strongly condemned.

To put one's whole force into the final swing, to approach the front line at the maximum speed, to deliver the hammer, stop suddenly balanced on one foot over the line, is not an attainment to be learnt in the last week of practice. If a novice wishes to attain

success let him never throw once without imagining that he is in for a competition. It is better by far to enter a competition knowing that one can throw a 100 feet and keep within the circle for certain than to know that one has done 110 feet during practice, but come out of the circle every other shot.

Surprising as it may seem, this is exceedingly common, and very often in the championships and in University meetings men who could fling the missile a long way, but who had not paid sufficient attention to this most important point, have failed to have a single throw measured.

As to the best way of practising for the sport it is better for University men, who have not attained their prime strength, not to have more than four or five throws a day, as there is no sport at which a man gets stale so quickly. Of course this cannot be laid down as an absolute rule ; a man must suit his work to his physique. Certainly it is most essential to start gradually, and get the muscles well set before doing much throwing.

The question of training for hammer throwing seems to cause a deal of difficulty. If a man is an expert, he does not want the same training that a

long-distance runner requires. But if he be, as is generally the case at the University, a man who has been in residence two years, and has probably never seen a hammer before he came up, he ought to spare no pains to get as fit as possible.

When the team goes away the strong men should receive just as much care and should be looked after as carefully as the runners. On no account should they be allowed to smoke, as it is not fair to the rest of the team.

VII

JUMPING

HIGH JUMPING

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 allowed. The cross bar shall be of wood only, of a uniform thickness throughout, and without weights. The ends of the cross bar shall not project more than 6 inches from the pegs. In the pole jump, three attempts, even if the bar be not displaced, shall count as one jump.

THERE are two competitions in high jumping included in the A.A.A. championships—the running high jump and the pole vault. They are both, the more is the pity, competitions that are rather neglected, owing to the fact that success is limited to men of a certain build. A man wants to be fairly tall, lithely built, and very long from the knee to the ankle, to be an

ideal jumper, and of course elasticity of muscle is a necessity. If high jumpers would only follow the example of their rowing brethren, and take pains to procure a competent coach, it is wonderful how the standard of high jumping would be raised.

In America this fact is thoroughly appreciated. Over there it is an accepted fact that if a man wants to jump over 6 feet he must not jump in the style so common here—a run from the side, one foot over, a high kick, and then *perhaps* the other foot over.

The Harvard jumper, Rice, who had been taught by Mike Sweeney, was struck with astonishment at H. S. Adair's natural spring. "I should not have thought it possible for a man jumping in that style (the side roll-over) to have cleared such a height." Rice himself, though he had not nearly such a good spring, had a beautiful clear style. He ran at the jump quite straight and jumped with both feet together, turning as he fell and landing with his face towards the bar. Patrick Leahy, the present champion, has very much the same style, and has cleared 6 feet $4\frac{3}{4}$ inches.

However, *facile princeps* at the sport is M. F. Sweeney. When the L.A.C. went to New York he beat their men

at 6 feet, and subsequently cleared 6 feet $5\frac{5}{8}$ inches. He was not a tall man, in fact, "a little beggar, two jampots and a rim high," as a famous Cambridge long jumper described him. But he had brought the art to a perfection.

In high jumping it is important to approach the bar with the proper speed, and to pay great attention to the proper place from which to take off. Many jumpers find, roughly speaking, that the best "take-off" is about half the distance of the jump. It is not well to run at the jump too hard at first; approach slowly, bracing the muscles as one gets nearer, and depend on the last few strides to get up impetus. A great deal in jumping depends upon the surroundings; in an important match it is always well to have a few days' practice over the bar in the exact position it will be in on the day of competition. The landing from a height is a severe strain upon the legs, and not more than five jumps a day should be attempted during practice. Most men who jump in the side style take off too far from the jump, and knock the bar off in coming down.

Very often a man gets stuck at a distance which he can usually clear

easily. It is not a bad plan to have the bar raised a bit, and it is often found that he clears it when he has failed twice at the lower height.

It is no small assistance to have the supporting poles very high, and they should be at least 7 or 8 feet apart. This makes the jump look much less formidable.

The movable pegs that support the bar should be very stiff and flat. The bar as stiff as possible, so that there is the least possible bend in it at the centre; it should be about $\frac{3}{4}$ inch by $1\frac{1}{2}$ or 2 inches. It is not a bad plan to have two or three bars painted to suit the light and background. One all black, the other white, and one might be black with just the centre part whitened. If the sun is shining right in the competitors' face, it is well to lay a handkerchief at full length on the bar and loosely wrap it round it.

To measure the jump a square, graduated rule should be used at least 6 feet 6 inches long. It should stand on the ground and the height measured to top part of the lowest bend in the centre of the bar.

Various contrivances are used to lessen the shock of landing. The best thing is a pit filled with some soft substance such as tan. Allowance

must be made for men who jump from the side, and the pit should extend on both sides of the uprights. Very often the pit is not filled to the top with the tan. Any edge or bank is dangerous, and may easily cause a twisted ankle. If the take-off is from a track, a spade should be provided to batten down the places cut up by the spikes, so that each man should have a clean, even surface from which to spring.

As in everything else, a jumper requires a lot of preparation. Before jumping at all he should take plenty of running exercise to get his legs strong and his muscles fit. All through training at least one day a week should be set aside on which only running exercise should be taken. A trot before jumping is good to loosen the legs and improve the circulation. In the winter it is most important to keep warm ; there is nothing so stiffening as a cold wind. If there are a lot of competitors, while one is waiting for one's turn it is not a bad idea to have a short run. Spikes in the heel are most important, especially for those who jump sideways.

The Americans, who attain success chiefly by the great attention they pay to details, are very careful to keep their limbs warm before any muscular effort. The results of two months' training is

to a great extent spoilt if a man is kept in a biting wind for five minutes at the start in an unprotected state. If running he starts with his muscles and joints stiff, and he has gone some considerable way on his journey before they regain their elasticity. For jumpers and weight-putters this is especially a most important point. When the Americans came out in long woollen dressing-gowns of various hues on a broiling July afternoon at this year's (1900) championships the crowd were inclined to scoff. When they put them off they came up to the jump with their bodies slightly damp with perspiration and every muscle in the best condition for a great effort, and cleared 6 feet and more easily. Those Englishmen who were sitting with nothing to protect them from the ground but their thin "shorts" were jumping at a distinct disadvantage. At the Universities especially, where the sports are usually held in very inclement weather, it would be a good thing for the club to provide two or three coats that racquet players use after a hard game. They stretch right to the ground and are made of some thick white woollen material. It is much better to keep the body from getting stiff by using these than by

trying to restore circulation by rubbing the legs with gloves. An overcoat would do just as well, but is seldom cut quite long enough.

As for training for high jump. One signal effort has to be made in which every muscle must be braced and several taxed to their utmost. The mind has to be concentrated and one's whole attention to be fixed upon this one momentary effort. To get the best out of oneself the body must be perfectly fit, the eye clear, every nerve steady. This cannot be attained by merely going to the ground and practising at the jump.

To do well the first few weeks should be devoted to removing all superfluous fat, smoking should be given up, plenty of hard outdoor exercise should be taken, and jumping should not be begun until the legs are hard and prepared for the strain that will be put upon them. Most Englishmen give themselves too little time to prepare for field events. There is not the same chance of a jumper going stale that there is with a runner, and the man who does a little jumping every day for several months and supplements his exercise with track work is likely to do better than one who crowds his preparation into four or five weeks

and takes no other exercise besides his jumping.

POLE JUMPING

Is a sport that does not receive the recognition that it deserves, though it has always found a place in the Amateur Championships. The winner generally comes from the North, where the sport is much more popular and oftener practised than in London and the South. The present champion at the sport is H. Poole, of Windermere. In the last sports he left his pole in the train, so was unable to compete. The two most famous exponents of the art were Tom Ray, who was champion no less than seven years, and R. D. Dickinson, of Windermere, who is said to have cleared no less than 11 feet 9 inches.

The pole should be of the best hickory wood, from 13 to 14 feet in length and about 1¾ inches thick in the centre tapered to 1¼ inches at each end. The bottom must be bound with iron and should be finished with three prongs about an inch and a half in length. The pole should be grasped in both hands, the right hand uppermost with an under-grip and the left

hand a foot and a half below it with an over-grip.

Start towards the jump at full speed with the lower end of the pole raised from the ground, take off with the pole about a foot and a half from the jump. Spring from the ground and raise your legs forward and upwards over the bar. When you feel that you are over let go the pole and drop on the other side of the bar with your back to it.

In dropping from so great a height it is necessary that all the muscles and knee joints especially should be allowed to give, that the shock may be lessened. If the knees are held stiff the body will be severely shaken. When a good style has been attained the next thing is to learn to climb the pole when in mid-air. With practice it will come quite natural to attempt to raise oneself if one sees that one is not high enough to clear the bar. The important points to attend to are to start quickly, carry the pole properly, rise at the right moment, let go the pole, and drop with the least possible shock.

These can all be obtained by careful practice.

In selecting a pole a good one should be chosen. If it breaks while one is in mid-air there is a danger of the jumper falling back upon the lower part.

In America the competitors are not allowed to climb the pole, and it is rather doubtful if the simple hold is not more effective. In the Championships (1900) J. K. Baxter (Pennsylvania University) showed magnificent form, though he did not move his hands after the first grip. The supports and bar should be much heavier than those used for high jump. The former should be at least 13 or 14 feet high, and be provided with foot-rests so that the bar can be easily raised or lowered. Around the pole a movable elastic band should be placed which should be moved up the pole to the height of the bar to be crossed, so that the grip is sure to be taken at the right height.

The exercise is one that requires a certain amount of gymnastic ability, and the arms must be well developed to straighten the body and raise it over the bar. Before jumping it is well to notice that "the pit" in which one is to fall has no edges, as an awkward fall from such a height may be attended with serious consequences.

LONG JUMPING

Each competitor shall be allowed three jumps, and the three best competitors of the

first trial shall be allowed three more tries each for the final.

The farthest jump of the six shall win.

If any competitor fall back, or step back, after jumping, or crosses the take-off line with either foot, or so swerves aside that he passes 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. That the taking-off line shall be wood.

A few years ago the sprinter, pure and simple, was the long jumper. The greater speed he attained in coming up to the scratch the farther he jumped. Since then the science has improved into a most delicate art. Until 1874, although the champion nearly always came from the Universities, no one reached *22* feet in the Inter-Varsity Sports. On that occasion E. J. Davies made a great reputation by clearing nearly 23 feet. Davies had a fine turn of speed, winning the 100 yards at the same meeting in 10 min. $\frac{1}{5}$ secs., and subsequently claiming champion honours. Several fine long jumpers came from the Universities in the following years. E. Braddeley, Jesus College, Cambridge, won the championships with a fine leap of *22* feet 8 inches, and the following year this feat was again surpassed by another

Cantab, W. G. Elliott, who cleared 22 feet 10½ inches. J. L. Greig was the first to study jumping as a fine art apart from sprinting, and it was with the help of Greig's methods and his own natural strength and pace that C. B. Fry created a sensation in the athletic world by clearing 23 feet 6½ inches. Fry raised the general standard of jumping, and now at any big meeting in England and America there is generally some one, if not more than one, who can reach 22 feet. W. J. M. Newburn, of Dublin, was the first Englishman to reach 24 feet, and in America there has been a keen competition for the world's record between M. Prinstein, Syracuse University, and the young Pennsylvanian, A. C. Kraenzlein. Both are good on their day for 24½ feet. Of the University jumpers G. C. Vassall is remarkable for having three times in succession cleared over 23 feet, and he can always be reckoned as a most consistent jumper. To a beginner he gives the following advice :—

"The true long jumper *nascitur non fit.* A sprinter can improve by practice till he clears 22½ feet. Beyond that long jumping begins.

"The golden rules for long jumping are—

"1. Run your hardest.

"2. Jump high.

"3. Tuck your knees well up to your chin.

"4. As you drop shoot the legs well out.

"It is well to discuss these rules separately.

"*Run hard.*—The jumper should run at top speed right up to the take-off without the slightest halt or hesitation at any point. To avoid hesitation it is necessary to be in perfect condition and to have practised consistently. When a jumper is fit he will be able to run down the track time after time, putting his feet on identically the same marks just as a good hurdler will do over a hurdle course. If he be not in good condition his stride will vary each time, and he will be sure to hesitate at some point, and at long jumping without doubt "he who hesitates is lost."

"Before going near the jump it is well to get the muscles fit by frequent sprints, and occasionally it is good to run through a lap.

"Jumping practice can be begun after about ten days' or a fortnight's hard work, when the stride has begun to settle down to its proper length. One's first aim is to make sure of rising at

every jump exactly from the take-off board.

"It is necessary to find out the exact spot on the track from which one must start in order that the board must just be reached when running one's hardest.

"If one starts from the board and runs down the opposite direction, the foot-marks will easily show this position to within a few inches. These few inches must be corrected by constant practice. It is a good thing to have two marks on the track, one from which to start, and another one at which to collect oneself and go ahead faster than ever. If the jumping practice has been begun before the stride has settled down, these marks will be valueless and will want constant moving. On some days everything seems to go wrong, but with a little perseverance it all comes right again.

"If the run up to the take-off brings the jumper beyond or not up to the board, the starting marks must be moved either nearer or farther away.

"The American jumpers usually take a short run, with numerous marks, which they watch all the way. There are several objections to this plan.

"The shorter run does not give time for getting up sufficient impetus, though of course there is less chance of the

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stride varying. By constantly having to look down the pace is necessarily decreased, the stride shortened.

"The eye ought to be fixed at the point at which one is jumping, and the whole attention concentrated on the final effort.

"After practice one can be quite sure of landing on the same marks, and whilst running up they are all seen without actually looking down at them. The white take-off and the card to jump at are bound to catch the eye, as is the distance-mark if scratched on the course with the spikes of the shoe.

"To sum up : Run at top speed. At the distance-mark collect yourself for a still greater effort. Above all—never look down.

"*Rise high.*—The observance of this rule shows the natural high jumper. The sprinter may cover his 22 feet, but will skim the ground. The born jumper will rise in the air and complete his jump in a graceful curve, reaching a point 5 feet high at the top of the curve.

"A good way to learn to rise is to fix a hurdle slightly nearer the board than the pit ; another method, and perhaps a safer one, is to rest a lath about 1½ feet from the ground and about 3 feet from the board. This has the effect of send-

ing the jumper straight into the air, but shortens his stride as he approaches the take-off; it also slightly shortens the jump. After a short time it will be found that these expedients are no longer necessary, and the jumper will rise well in the air without effort.

"*Tuck your knees well up.*—This rule has more or less to explain itself. The idea can be best obtained by studying instantaneous photographs, of which Messrs. Gilman, Oxford, and Stearn, Cambridge, have a great many copies.

"At the take-off the front leg is raised to a considerable height; the hind leg is gradually brought up level with it, until at the highest point they are close together with the knees right up to the chin. If the knees are not up, it will be found impossible to shoot the legs out, and you will thus fail to secure the extra two or three feet added by this process of—

"*Shooting the legs out in front.*—This and the third rule are two other features that distinguish the jumper born from the jumper made, and the two are inseparable. Each is impossible without the other, and the latter will always add a foot or two to any jump. It is the last action of the jump, and at the end of it the jumper should land in a very nearly sitting position. If it is over-

done he will sit right down, but the impetus is generally sufficient to carry the body forward into an upright position.

"These are the main features to which a long-jumper should pay attention; numerous other small difficulties present themselves in the course of practice, but the number is considerably lessened if he is careful to get into good condition, with his muscles fit, by hard practice (just as if he were training for a sprint) on the track before going near the long jump. It must be borne in mind that in actual competition the excitement and consciousness of the necessity of making a greater effort is apt to lengthen the stride, and consequently he is likely to overreach the mark; this may be obviated by starting a few inches farther back, but in this case the jumper must feel certain that his stride will be longer than in practice: as a matter of fact, if he is in good condition, the eyes and legs will be working in perfect unison, and he will be able to make a slight swerve without decreasing his pace, and so ensure taking off from the board. This illustrates the necessity for as strict a course of training for long-jumping as for any other branch of track athletics.

"In fact, this matter of training can-

not be emphasised too much. Unless in perfect condition, the jumper cannot have confidence, and without confidence his pace will slacken and stride grow shorter as he approaches the take-off, with the result that the impetus is diminished to a considerable extent, and the jump is a comparative failure. As said above, the first week or ten days should be devoted to pure and simple running. Then when the muscles are able to stand the strain, jumping practice can begin, and the best way to keep the jumping and springing muscles sound is to vary the long jumping with some high jumping, straight, not sideways, with an occasional spin over the hurdles. Before jumping a sharp sprint should always be taken in order to prevent tendons and sinews from giving way, and in other particulars all training rules should be followed. Longish walks are an excellent thing now and again, say once a week or every ten days, and smoking should be given up entirely, or the eye will not be clear, and this is quite as necessary as that the legs and muscles should be fit."

Long jump tracks seem to vary a good deal. The one at Fenner's Ground is generally considered a harder jump than those at Queen's

Club or Oxford. Stamford Bridge is also not a fast track. The same man can often do a foot more at Queen's Club than at the others.

At Queen's Club there is a large excavation between the "take-off" and the pit. It is rather baulking, and if a man misses his stride and goes into it he is liable to an accident. It, however, is a great convenience to have a pit at each end of the track, so that the direction of jumping can be altered to suit the wind.

Watts, the groundman at Fenner's, has invented a mixture of oil and clay, which is kept a state secret. It gives a splendid clean cut, without crumble, and greatly simplifies the task of measurement. It is well not to tumble into it when wearing clean garments.

VIII

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 feet 6 inches from the ground, and shall have level top-rails, and shall be placed ten 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.

SPRINTING over hurdles is an exercise that has been brought to a marvellous state of perfection by continual practice combined with a considerable amount of natural ability.

In America they do faster times, as the race is run upon the track, and the hurdles are not fixed. Under such conditions a style may be practised that would be dangerous and would cause many a serious accident were the obstacles fixed.

An English hurdler has to arrange his legs so that his body is raised as little as possible above the hurdle, and

at the same time, should he touch it, they would easily "give," and the impact would not be sufficient to bring him to the ground. In doing this an attitude is acquired that is liable to give to the body a side-to-side swing on landing, and the effort to reduce this and recover oneself takes off speed.

The American runs straight at his hurdle, takes off with one foot, gets the other one over the hurdle, and comes down upon it quite square, tucking the leg he takes off with under him. Having only one leg to bend up beneath him there is no side-to-side swing on his body, and he lands quite straight, ready at once to stride to the next one. If by any chance he touched a fixed hurdle with his front foot the result would be most disastrous, and he would probably be out of the race.

The best attitude for clearing a fixed obstacle cannot be learnt from a book, for in practice it is found that two hurdlers rarely run in the same style.

In the Inter-Varsity hurdles for 1893, Messrs. Stearn, of Cambridge, got a snap-shot of the runners at the last hurdle. In this photograph various styles of hurdling are very clearly shown.

W. G. Paget-Tomlinson, the present Cambridge President, is the finest

hurdler that England has produced for some time, except perhaps Mr. Godfrey Shaw who carried off the championship from 1893 to 1896, on the last occasion doing $15\frac{3}{5}$ seconds with a strong wind behind him.

Paget-Tomlinson recommends the following style :—

"It is quite immaterial which leg a man takes off from, but if the left, he must land upon the right. The legs when crossing the hurdle must be tucked up as much as possible. If he be landing upon his right leg, the arm of the same side should be stretched out in front of him and the other arm behind. The weight of the body, as in sprinting, should be flung well forward.

"There is often an idea that it is a good thing to make sure of not rising too high, by just touching each hurdle. This is a very dangerous principle, and to cure one fault there is a great risk of acquiring a worse one. Go as near the top of your hurdles as you can, but on no account touch them, as by so doing it is bound to stop you, beside hurting your leg and making it stiff.

"In starting for the race some people prefer to start by the all-fours method, but it should be remembered that in this style the first step is longer than in the older method. It is very

necessary to start absolutely at one's fastest pace; if one goes slowly at the start, it is very hard afterwards to increase the speed.

"In handicapping, scratch man is put so many yards behind the line; in this case it must be remembered that the steps to the first hurdle will not be the same, and that the increased pace will probably land you farther over than is usual when starting from the scratch.

"To beginners the three steps between the hurdles present a great difficulty, but when once pace is acquired the distance between the hurdles will appear much less, and the tendency will be to take off too near the next hurdle than to be too far from it.

"It is very hard to know how to increase the pace between the hurdles; one very often finds that, though one thinks one is going one's fastest, a little extra effort can still be made. Although it is most important to get over the first hurdle first, yet attention should be paid to the run in. Gather yourself up from the last hurdle as quickly as possible and run in your very hardest.

"When training, five hurdles are quite sufficient, and the whole flight should never be run over at full speed more

than twice a week. Though neatness over the hurdle is an all-important point, it is pace on the flat that really wins the race.

"Starting and sprinting should be assiduously practised. On the day before the race no hurdling should be done; one or two sprints will be found quite sufficient. Just before the race it is good to loosen the limbs over the first two or three hurdles. In practice it is a good thing to run always with a companion, especially if he be the faster. Great care must be taken never to get slovenly, but to always run the few hurdles taken in practice as if one was running in a most important race.

"Mr. A. C. Kraenzlein (Pennsylvania University) is the fastest hurdler at present. He is a splendidly developed athlete, with very pliable joints. When he runs he leans well forward, and seems to barely raise his body at all when crossing the hurdle, at the same time never touching one. He flings his front leg straight out in front of him and does not draw it after him; this and his natural speed between the hurdles is the cause of his great success."

IX

ATHLETICS IN LONDON

THE LONDON ATHLETIC CLUB, STAMFORD BRIDGE

We live in a sporting age and hear a great deal about sporting spirit. If any men have right to claim such, it is certainly the members of the London Athletic Club, who journey down daily to Stamford Bridge, in the too often wet March evenings, after a hard day's work, to prepare for their opening fixture—the match with the C.U.A.C. at Cambridge. The meeting was first started in 1891, and was then held in London. The object originally was to give the University Club practice in racing before the Inter-University sports. From the latter's point of view it is extremely doubtful if a race so near their important meeting is beneficial; but the match has attained such interest from being the only meeting between a University team and the

Metropolitan Clubs, and has produced such splendid performances, that it would be a thousand pities if it were discontinued.

The meeting is conducted in the truest amateur spirit. The prizes, small gold shields for the watchchain, though of no monetary value, are held of the highest award, and, among the University men, second only to the medal for winning in the Inter-University sports. The way they are coveted is no small compliment to the prowess of the Metropolitan runners. The match is always a close one, each team having won nearly the same number of times, though it must be remembered the London men have great difficulties to contend against in their preparation.

Most of them are engaged in fatiguing duties several miles from the running ground. It generally means a journey there and back upon the Underground Railway. The Stamford Bridge Grounds offer splendid practical advantages, but scarcely wear an air of luxury and warmth on a cold, wet February evening, and many of the team cannot get there until darkness has closed in. All this to make a match with a club whose members have leisure to choose the best of the day for their practice, who for the last four months, if not actually

training and racing, have devoted a goodly portion of the day to active outdoor pursuits, and who are surrounded by every comfort to lessen the tedium of training.

One cannot help wondering of what feats such a team as the L.A.C. sent up in 1895 would have been capable had they had the same advantages as their opponents. In it were A. R. Downer, E. C. Bredin, Godfrey B. Shaw, H. A. Munro, W. T. M. Barry, R. Williams, A. R. Badger. It is needless to say they won an easy victory.

Matches have been arranged with Oxford, but the latter club prefer to keep their men for the contest at Queen's Club.

I do not wish to state at length the history of the rise and prosperity of the London Athletic Club. Full particulars are given in the volume of the Badminton Library upon the subject. The club is now what it has always been, the centre of amateurism, owing to the untiring devotion of such men as S. K. Holman, Montague Shearman, H. J. Chinnery, Dr. Voelcker, and C. V. Hunter, whose well-known faces can always be seen at any of the club meetings. The influence that the club has for good and the respect with which it is held by all classes of runners is

best shown by the entries at its meetings. Even the most sordid pot-hunter will forsake sports that offer higher rewards to run at the club meetings, where one is quite certain the accommodation and management will be beyond reproach.

A. R. Downer in his biography, in describing what he calls his "amateur-professional days," when, although running as an amateur, he used to receive large sums from sport promoters to appear at their spurts as a "draw," writes: "There were certain sports at which I was only too glad to run for nothing, such as the London Athletic Club, the Civil Service, and Huddersfield—but very few others."

This is no small compliment from one of our leading professionals. In spite of the high standing of the London Club in the athletic world, the club has never been a great financial success, and the buildings sadly need a little money spent on them.

It is true that men who really have the love of the sport in their hearts do not require the luxury that is considered the part of an athletic club in America. But a club house, especially in a ground where championships and important meetings are held, should be provided with an airy room, apart from the

dressing-room, where competitors may await the summons to the start in peace of mind, and where, in the event of a second race, they may rest. In many, in fact in most, dressing-rooms there is generally a strong aroma of spirit and embrocations, which is particularly nauseating after a hard tussle in a preliminary heat. Only those who have had the opportunity of using the club houses at the Universities and at Queen's Club can appreciate the luxury of a room to which you can retire, put your feet up, and with the help of light literature await in comfort the final race.

Another luxury which most clubs generally neglect is proper washing accommodation. In country meetings they are usually ignored. In the dressing tent a litter of straw, three or four buckets, and a limited supply of towels is considered liberal accommodation. This idea that runners do not require washing after violent exercise no doubt arose from the abhorrence of trainers of the old school of cold water. The usual method was for the trainer to take the chill off the water by filling his mouth and blowing it over his charge's back. With the help of a rough towel this produced a fine polish upon the skin, which was held to be a

sure sign of fitness. Science has since proved that open pores are beneficial rather than detrimental to violent exercise, and every club should provide ample bath accommodation. At the London Club and at Fenner's Ground the shower bath can be used in the summer months, but in the winter months the shock of very cold water is rightly considered inadvisable, except perhaps in the case of men who have been accustomed to it all their lives.

If baths cannot be provided, warm water should be laid on at the basins, and sponges should be provided, so that a man who has been taking off flesh by running long distances in several sweaters can have the luxury of a swill down before dressing. The track at Stamford Bridge is one of the fastest and, on the whole, of a goodly shape. It is four laps to the mile, and this must be remembered by runners who have been accustomed to running on a track a third of a mile round. Absurd as it may seem, it is not unknown for a man in a mile race to suddenly start sprinting in the third lap and finish to his own satisfaction an easy winner—and then find he has made a mistake and has to go another lap. If he is slow of comprehension the delay may be fatal; at any rate it

is a mistake that is likely to lead to small success. On Fenner's track I once saw a man, who ultimately ran for the University in the three miles, start in a mile race against an Oxford College club. It was almost his first appearance on the track. In the second lap he suddenly started to sprint and gained a lead of some sixty yards before he was driven away from what he thought the winning post. However, he grasped the situation readily, and, still having some thirty yards to the good, started afresh his weary way. Fortunately for his side, his adversaries just failed to catch him, though he always asserted that that extra lap was the longest he had ever run.

As in every track, at Stamford Bridge the quarter-mile race suffers most. It is very hard to say which is the best shaped track for a quarter-mile race. At Queen's Club the quarter track consists of three straights with two corners, the first of which is a bend practically at right angles, and it is here that many a race has been lost and won. At Fenner's ground there are also three straights, but the sharp corner is the latter one. This materially alters the method of quarter-mile running at Cambridge, as it is obviously

of the greatest advantage to reach this corner first. The race is generally over there, and all that remains is to keep going down the straight. At Stamford Bridge it is just the reverse. The start is absolutely round a half circle ; here in a large field it very often happens that the favourite is completely shut in, and several spills have been occasioned by men trying to get through an insufficient space. If not on the inside, where one has a chance of getting off well in the first flight, it is better to be on the outside, when, although the distance will be lengthened, one is quite sure of getting clear running without having to keep a breaking stride.

In addition to the club fixtures, the principal athletic meetings, such as the Civil Service, the Highland Gathering, and the United Hospital Sports are held on this ground, and most afternoons during the summer months there is some fixture that offers a "strangers" race, open to all amateurs upon a proper introduction.

The club generally starts its fixtures about the middle of March, with the match against Cambridge University. In the middle of April is held the first Spring meeting in which the club mile and quarter-mile challenge cups are competed for. There is also included

a two-mile steeplechase, a sprint and mile handicap. But the great feature of the meeting are the events for the public schools. These have been started some two or three years, and owing to the attitude of some of the leading headmasters, they can hardly be considered representative. St. Paul's School has a great advantage, not only in having ample opportunity of watching good running and jumping, but also in having the use of a good track.

However, the races are always keen, and though the winners may not in all cases be the best at the schools, some of the performances are distinctly high-class. Perhaps the most conspicuous performance was the mile of B. T. Ward, Rossall, who won in the excellent time, for a schoolboy, of 4 min. $32\frac{2}{5}$ secs. Last year (1900) H. W. Gregson (Oundle School), had a magnificent race with Brinsley Richards (King's School, Canterbury), only just winning by a foot in 4 min. $32\frac{3}{4}$ secs.

The excellency of his performance is evident when it is remembered that the open mile challenge cup for the club could be won that year by E. S. Ward, in 4 min. $34\frac{2}{5}$ secs. The second Spring meeting is held at the end of May, in it the 220 yards, 1000 yards, and 3 mile walking challenge cups are competed

for, there are also usually several handicaps of different distances and a field event, such as the long jump.

The 10 mile race is held in this month, and generally run off by itself in the evening.

Another evening meeting is held in June, which includes the 440 yards hurdles, 2 miles bicycle, 7 miles walking challenge cups, and generally one or two handicaps.

But the meeting of the year is undoubtedly the Summer meeting at the end of June. The programme is a capital one, the attendance generally good, and often some of the performances are really high-class. The challenge cups at this meeting are the 100 yards, 120 hurdles, half-mile, 600 yards handicap. The handicaps are 100 yards, quarter-mile, mile, and 120 yards hurdles. Besides these the hammer, weight, high jump and pole jump are held.

The season closes with the Autumn meeting at the latter part of September. Three challenge cups are offered for competition, the 600 yards, 600 yards handicap and 3 miles, the rest of the events are handicaps. It will be thus seen that throughout the year there is no stint of open and handicap races, and no member can complain that there is no race

for his particular distance. But, besides making ample provision for its less active members, the L.A.C. authorities are always ready to assist a "crack" runner, whether it be to arrange a match, or to frame a handicap with a view to cutting the record. These matches are the best form of the sport, both from the spectators' and from the runners' point of view. It is very tame seeing a good runner from a far back-mark cutting down a large field of greatly inferior performers, but to see two men of equal capabilities fighting for a lead from the start to the finish is a grand sight, and it is by encouraging these matches that the L.A.C. will not only raise the standard, but also greatly encourage public interest in foot racing.

ATHLETICS AT THE LONDON HOSPITALS

One of the pleasantest meetings in London is the United Hospital Meeting in July. It is held at Stamford Bridge and is generally well supported by the medical schools and their friends.

The events are open to any medical students in the London Hospitals who

are in their year. A shield is held for the year by the Hospital that secures the largest number of events, and party rivalry waxes keen.

The sports were organised in 1867, and ever since then the medical schools have turned out some first-class athletes who have often secured championship honours.

Considering the great obstacles in the way of adequate preparation it is surprising what a high standard is kept up, as the following records will show :—

100 yards.	B. B. Conolly, Guy's, 10⅕ secs.
220 yards.	H. C. Woodyatt, Univ., 22½ secs.
120 yards Hurdles—	J. Johnson, St. Bart's, 16⅖ secs.
440 yards.	A. E. Butler, St. Mary's, 51⅗ secs.
½ mile.	H. E. Graham, St. Bart's, 1 min. 59⅗ secs.
1 mile.	H. A. Munro, Guy's, 4 min. 31 secs.
3 mile.	H. A. Munro, Guy's, 15 min. 16 secs.
Putting the Shot—	W. E. West, St. Bart's, 38 ft. 3 in.
Throwing the Hammer—	C. I. Graham, St. Mary's, 102 ft. 6 in.
High Jump.	C. E. H. Leggatt, St. Mary's, 5 ft. 9 in.
Long Jump.	C. E. H. Leggatt, St. Mary's, 22 ft. 8 in.

The shield has been won most times by St. Bartholomew's, who have secured it ten times, Guy's have won it eight years, and St. Thomas's five. Recently

St. Mary's have been very successful, and with one exception have won it four years in succession.

For the last few years a match has been arranged immediately after the United meeting with the Dublin University Athletic Club, which is held in alternate years in Dublin and London. The journey is, however, a tedious one, and generally the home team are successful.

In addition to the United Hospital Sports, each individual hospital holds an annual meeting, either at Stamford Bridge or on its own cricket ground, which is open to the members of its medical school and junior staff. These meetings generally savour of a true sporting spirit, and quite as much interest is centred round the numerous private matches as around the winner of the race itself. In the handicaps the habitual runners are ruthlessly back-marked, and in the open events public interest is fixed upon a panting, untrained couple who probably have not taken off their coats for violent exercise for months, and who are now settling once and for all who is the better miler. Let us draw a veil over that triumph and disappointment that by the time the dressing-room is reached gives place to violent sickness. The prize is

generally "a crown" a side, and though every law of the A.A.A. be hereby broken, no harm is done except to the digestive organs of the match-makers, and they have twelve months to rest before the next match.

Long may such meetings as these be held!

X

INTERNATIONAL ATHLETICS

By International Athletics is generally understood contests between the clubs of America and the British Isles. As was right, the younger nation was the first to fling down the gauntlet to the motherland, and in 1894 Yale sent over a team to compete against Oxford, who had that year beaten Cambridge by six events to three. Oxford gained rather a hollow victory, winning all the races, the American runners evidently suffering from the strange climate. The Yale strong man, W. O. Hickok, won the hammer and weight, but even he did not do so well as in his own country. L. P. Sheldon jumped magnificently, clearing 22 feet 11 inches, and tied with Swanwick in the high jump at 5 feet $8\frac{3}{4}$ inches. The other performances were all of good standard, but nothing exceptional.

The next spring Cambridge won the

Inter-Varsity sports, and challenged Yale in their own country. They went over in October, and all suffered from the exceptional heat. Yale won very easily by eight events to three.

Of the Englishmen, Lewin distinguished himself most, running a magnificent quarter in 49⅘ secs. Horan also ran a fast half mile, winning by eighty yards in 2 mins. 0⅖ secs. W. Mendelson and W. Fitzherbert both suffered from the climate. Pilkington would probably have won the 120 yards hurdle (American style), had he not knocked the last three hurdles badly, being, as it was, beaten only by 2 yards. In the English style, on turf, he struck the fifth hurdle and retired.

W. O. Hickok was in great form, and won the hammer, 130 feet 7 inches, and the weight, 42 feet 2 inches, easily for the Americans.

The same year, 1895, was noted for the finest athletic meeting ever held. The meeting was arranged at the initiation of the New York Athletic Club, who sent a challenge to the premier English Club, the London Athletic Club.

The New York Athletic Club had arisen out of the ruins of the old Manhattan Athletic Club. It was a social club first, and an athletic after-

wards, with a palatial town house, and had just voted a vast sum to build a much finer one. Besides this, its members had the use of a pleasure island on Long Island Sound, where were a capital track, boat houses, tennis courts, and other adjuncts to sport. The club was wealthy, and offered to pay the English team's travelling expenses and board and lodgings in New York. The challenge was looked upon sceptically at first across the water, and the *Spirit of the Times*, a New York paper corresponding somewhat to our *Field*, in publishing the advertisement appended an editorial note: "As an advertisement for the New York Athletic Club the scheme is a great success, but in other directions it does not promise well."

However, both clubs started work seriously and began to recruit their forces. It was thought in New York that the London Athletic Club had persuaded W. J. M. Barry, who had really been a member for two years, to join their ranks, so as a set-off they procured T. P. Conneff, whose only reason for not being a professional in this country was, that he could get no one to arrange a match with him. The English were unfortunate in losing the services of several of their first selec-

tion, such men as Bacon, Horgan, Ryan, and Bredin being unable to accompany the team.

It had been arranged, after concessions on both sides, that the 220 and half-mile should be included in the programme, that was otherwise the same as in the Inter-Varsity sports. Also the hurdles were to be fitted with loose top-rails, and to be run on cinders. The track, as is usual in America, was measured 18 inches from the "pole" instead of 12, as in England; this would, of course, make the lap slightly shorter than is usual in this country.

When the team left England never did men look fitter, and a battle royal was expected. When they disembarked they found that they had entered the country in the hottest September that had ever been known, and on the afternoon of the games the temperature was 96° in the shade. Without one moment detracting from the marvellous performances of the Americans, it must be owned that few of our men did themselves justice. In the spring Fitzherbert had beaten Jordan by 4 yards in the Varsity sports, but here he suffered terribly from the heat, complaining that he felt listless and indifferent, whilst his legs seemed quite dead.

Jordan was less affected, and was only beaten by Thos. E. Burke on the post in 49 secs. Mendelson in the spring cleared 22 feet 5½ inches in the long jump, but here failed to reach 20 feet. Horan, on the other hand, was quite unaffected, and ran in the half-mile faster than he had ever done before, being only 10 yards behind Kilpatrick, in 1 min. 53⅖ secs. Bradley, too, ran admirably in the 100 yards, being beaten by a foot outside 9⅘. Lutyens in the mile did not run up to his old form, falling on the track 150 yards from home. However, it is unlikely he would have beaten Conneff, as Conneff had completed the distance in 4 mins. 15 secs. in a previous trial. In the 220 yards dash misfortune again followed the Englishmen, as Downer's leg gave before he had covered half the distance. The high jump by M. F. Sweeney was quite the feature of the meeting: he beat the London men at 6 feet, and ultimately cleared 6 feet 5⅝ inches in an exhibition jump.

It would have been of the greatest interest to have seen a match between the two clubs at full strength on a neutral ground, and in a climate that was suitable as far as possible to both sides. If T. P. Conneff could have met

Bacon in the mile there is little doubt that he would have been beaten by Horan in the three miles. It would have been interesting to have seen the struggle between Kilpatrick and Bredin at his best. Denis Horgan that same year in the championships put the shot one foot farther than his countryman, G. R. Gray, at Manhattan, and W. J. M. Barry had for many years reached over 130 feet with the hammer. Thus, though at first sight it seemed that America had far outstripped the mother country in every branch of athletics, if both sides had been fully represented and luck had favoured each equally, we should have had an excellent chance of winning the quarter, mile, three miles, hammer, weight, and long jump.

Appended are the results :—

NEW YORK A.C. v. LONDON A.C.

MANHATTAN FIELD, NEW YORK, SEPT. 21, 1895.

100 *Yards.*

1. B. J. Wefers, N.Y.A.C., $9\frac{4}{5}$ secs. (World's record).
2. C. A. Bradley, L.A.C.

Won by 1 foot.

220 *Yards.*

1. B. J. Wefers, N.Y.A.C., $21\frac{3}{5}$ secs.
2. J. V. Crum, N.Y.A.C.

G. Jordan, L.A.C.

Downer's leg gave.

Quarter-mile.

1. T. E. Burke, N.Y.A.C., 49 secs
2. G. Jordan, L.A.C.

S. M. Sands.
W. Fitzherbert.
Won on the post.

Half-mile.

1. C. H. Kilpatrick, N.Y.A.C., 1 min. $53\frac{2}{5}$ secs. (World's record).
2. F. S. Horan, L.A.C.

C. H. Lewin fell.
Won by 10 yards.

Mile.

1. T. P. Conneff, 4 min. $18\frac{1}{5}$ secs.
2. G. W. Orton.

W. E. Lutyens fell 150 yards from home.
Won by 50 yards.

120 *Yards Hurdles, on Cinders, loose top rails.*

1. S. Chase, N.Y.A.C., $15\frac{2}{5}$ secs.
2. G. Shaw, L.A.C.

Won by 2 feet.

Three Miles.

1. T. P. Conneff, N.Y.A.C., 15 min. $36\frac{1}{5}$ secs.
2. E. J. Wilkins, L.A.C.

Won by 150 yards.

Putting the Shot (16 *lbs.*),

1. G. R. Gray, N.Y.A.C., 43 ft. 5 in.
2. W. C. Hickok, N.Y.A.C., 42 ft.
3. E. J. Watson, L.A.C., 34 ft. 7 in.

Throwing 16-*lb. Hammer.*

1. J. S. Mitchell, N.Y.A.C., 137 ft. $5\frac{1}{2}$ in.

High Jump.

1. M. F. Sweeney, N.Y.A.C., 6 ft. $5\frac{5}{8}$ in. (World's record).

Running Long Jump.

1. E. B. Bloss, N.Y.A.C., 22 ft. 6 in.

In six of the eleven events both Americans beat the London men.

It was not till 1899 that negotiations were renewed for a contest to take place between Oxford and Cambridge and the two oldest American Universities, Yale and Harvard. The result was a meeting at Queen's Club on July 22nd ; it was decided there were to be nine events, the half-mile taking the place of the weight. The visitors were favoured with most propitious weather during their stay, though the home team suffered somewhat from the heat. The Yale and Harvard team chose Brighton as their training quarters, while Oxford and Cambridge prepared for the games at Eastbourne under the care of Mr. C. N. Jackson. Both teams journeyed to Queen's Club every day to practice. Mr. Jackson brought the English men to the post in a marvellous state of fitness in spite of the trying heat, and it was in no small way due to his training in regard to the amount of liquid taken, and the liberal diet, that the Englishmen won five of the nine events.

The games were attended by a great number of partisans of both sides, and excitement was intense right up to the last lap of the last race.

The performances were far above the

average, many of them being quite up to championship form. The most notable performance of the day was the hurdle race, won by Fox, who beat the English champion by 3 yards in $15\frac{3}{5}$ secs., faster than they had ever been run in England. The hurdles were not fixed, so, although Fox did not touch one, the record was not passed by the A.A.A. The quarter was a magnificent race and was won by Davison, and the win was not a little due to the marvellous pace made by A. M. Hollins. In the hammer and high jump the Americans showed a great superiority to our University men, though Adair jumped higher than ever before.

That Inter-Varsity games do a great deal for the sport is undeniable. A few years ago athletic meetings were splendidly patronised in this country. In the North they are still popular, but any one who attends a meeting of the premier club in the South—the London Athletic Meeting — will scarcely be impressed with the attendance, though often the sport is of quite a high-class order.

There are two things which would increase the interest taken in foot racing—open betting, and keen partisanship.

The former might create a little more interest, but would soon bring such a train of evils that would speedily lead to its ruin. Such an afternoon's sport as was provided that afternoon when Cambridge and Oxford defeated Harvard and Yale would be certain to draw a great gate, if the meeting were renewed at some future date at Queen's Club. People would come for the sport alone, but the strong feeling of partisanship adds great piquancy to the interest of the meeting.

There never has been in England a meeting in friendly rivalry between two nations at which each side have been supported by so many and such enthusiastic partisans.

The cricket matches between the colonies and mother country are always followed with the deepest interest by thousands in both countries. But the interest is drawn out and not concentrated into two or three hours of intense excitement. If America continue to send over periodically as good sportsmen as came over July, 1899, to meet the pick of our Universities, there is no danger of the interest in Athletics ever flagging. We may not be able to turn out a Davison or a Workman every year, and Harvard will not always have a Flying Fox to pitt against an English

champion, but it is to International Athletics that we look not only to raise the standard but to keep up public interest in athletics.

The latter is a more important factor in modern athletics than many would fain acknowledge.

The expenses of a club are heavy, and generally to a great extent the club is dependent upon the money taken at the gates. The British and American public, like the Athenians, are persistent in their demands for something new, something exciting, that has never been done before, and unless this is forthcoming, they will come, but their numbers will be few.

XI

STARTING, JUDGING, AND CLOCKING RACES

(A.A.A. Rule)

All questions as to start shall be in the absolute discretion of the starter. All races (except time handicaps) shall be started by the report of a pistol. A start shall only be made to the actual report of the pistol. The starter shall place the competitors on their allotted marks, and shall, if necessary, have the assistance of marksmen for this duty. If any one competitor oversteps his mark before the pistol has been fired, the starter shall put him back one yard for distances up to and including 220 yards, two yards up to and including 440 yards, three yards up to and including 880 yards, and five yards up to one mile or more. These penalties to be doubled for a second offence, and disqualification to follow a repetition of the same offence.

Races in which the time is to be taken should be started by pistol. The starter should stand behind the men where they cannot see him, but should hold the pistol in such a way that the flash can be clearly seen by the time-taker at the finishing post. He should make a point of using the same words, that the men may clearly understand what is expected of them. The American method is simple and leaves little chance of a mistake. When the men are stripped and at the line they are told to "get down." They place their hands on the line, kneeling on one knee with their feet in the hollows they have previously scraped. The moment they are down the order comes clear and sharp—"Set!" The men smartly raise the knee from the ground, and before there is time for unsteadiness the starter instantly fires.

This method is very business-like and smart.

In England the starter gives a general order to "get ready," and when in his opinion everybody is ready he sends them off. In this way a man who is at all smart in getting on his mark may be kept some seconds for a man who is either slack or prefers to be the last to get

down. It is thus hardly to be wondered at that often several false starts occur before the pistol is fired. If any of the men do overbalance, they should all be told to get up and a fresh start ordered. If a man keeps on breaking away with the object of beating the pistol, he should be warned and then ruthlessly back-marked. The advantage that a man may have in getting off the mark quicker than his opponent is completely nullified if he is made unsteady by one of his opponents repeatedly making false starts. The starter should be a man with a decided opinion of his own. He must remember that once the pistol is fired it is impossible to recall the men, and if any one is left at the post, whoever is really at fault, the blame is sure to be put upon him.

At the World's Championships in Paris (1900) the starter was a Frenchman, and the orders were given in that language. As men of several nationalities were competing, and the starter evidently had had but little practice, the greatest disorder prevailed. In the hurdle race, A. C. Kraenzlein, who was easily the best man, got badly left, and it was only

his wonderful superiority enabled him to win.

A handicap sprint, where the men are scattered, is of necessity a harder race to start, and it requires a practised eye to see at a glance that every one is ready and get them off quickly.

It should be the starter's duty to see that the pistol is properly loaded, and care should be taken to use one that is not in the habit of missing fire.

According to the A.A.A. rule, the officials of a meeting shall consist of two or more judges, whose joint decision shall be final in every competition, and with whom shall rest the power to disqualify any competitor.

A referee, who shall decide in the event of a difference of opinion between the judges. The decision of the referee shall be final in all cases.

It is usual in Inter-Club matches to appoint a representative of each club as judges, and the referee is generally a member of an outside club.

The mistake is often made of appointing runners who have been successful in their day, but who have recently had but little practice in judging races. As a matter of fact a close finish in a sprint race is one

of the hardest things in the world to judge correctly, and hence, even in the Inter-University 100 yards, where there are only four runners, it is quite a common thing for all these officials to disagree.

The best method is for the judges to take up a position on each side of the winning post, bending down to the level of the tape, and keep their eyes firmly fixed upon it. The referee should stand immediately over one of the judges and in a direct line with the tape. On no account should the runners as they approach be watched. It should be arranged that one is to take the first man and not take his eye from him when he has passed the post until he has ascertained for certain the winner's name. The other judge should likewise follow the second man; if there is a third place, the referee should keep his eye upon the man. In criticising the decision of the judges, it must be remembered that the men who are absolutely looking along the tape are the only people on the ground who are in a position to give a correct decision, and, however experienced, a man, if he be but a yard to one side or the other, is liable to make a mistake in a close finish.

There is always a tendency for the judge to fancy, in the event of a dead heat, that the man who is nearest to himself, and consequently the bigger, is in front. If the hand be put to the face so that he cannot see the runners out of the corner of his eyes, till they actually reach the tape, this illusion will not occur. Nowadays, when every important race is photographed, a great deal of dissatisfaction is sometimes caused by the results. A famous case occurred in the Inter-Varsity Hundred in 1897. On this event hung the result of the sports. The Oxford judge was sure the Oxford man (C. R. Thomas) had won, the Cambridge judge was equally certain of the victory of the Cambridge man, Frank Carter. The referee could not divide them, so the result given was a dead heat to Carter and Thomas. The next day Messrs. Steame, Cambridge, published a photo of the race, taken from exactly in the middle of the track, facing the runners. To a casual observer, beyond doubt Carter's feet in the picture are in front of Thomas's, but it is impossible to tell how long the tape had been broken, and the race is judged from the position of the chests of the runners, and not by their feet.

Photography is practically useless in judging races.

One recent year, at Queen's Club, a man appeared with a very accurate machine for judging sprint races, though it was somewhat clumsy in appearance. The runners were to finish beneath four doorways, each one to have a tape to himself. The first tapes that were broken let down the numbers of the winners on a dial overhead. The other runners were not recorded. The mechanism of this machine was simple and practical ; it was almost impossible to get a dead heat, even if the two men stood and tried to break the tapes at exactly the same moment at a given signal. However, nothing more has been heard of the inventor or his machine.

TIMING RACES

To accurately take the time of a short sprint race two things are necessary :—

(1) A good stop watch.

(2) A timekeeper who has had a great deal of experience.

That these two necessities are not generally at hand is proved by the fact that if there are three or four time-

takers seldom do they all agree, however experienced they may be. This is partly, no doubt, due to the fact that it is only possible for a limited number of officials to be in a position where they can look along the tape, and as it naturally is more important to know who wins the race than the time he takes to win it, the judges are given the place of honour, and the time-takers have to manage as best they can.

The best watch is that which is known as a "treble fly back." It should possess independent split seconds-hand and a separate minute marker.

The dial is generally graduated to fifths of a second in this country. In America, and rightly too, it is recognised that $\frac{1}{5}$th of a second is not a sufficiently small fraction to convey an idea of the difference in speed of two runners.

The following extract came out in the *Field* a few years ago, and may not be without interest to those who lay great stress upon times of short races :—

"In a hundred yards' race between champions the runner, near the finish, travels about 7 feet in each $\frac{1}{5}$th second. Now let us suppose a race with 21 starters, who finish at intervals of

1 foot. Suppose again that the winner finishes exactly in $9\frac{4}{5}$ seconds. Suppose still further that each of these 21 starters be accurately timed. As watches do not mark less than $\frac{1}{5}$th second, as runners pass over 7 feet in each $\frac{1}{5}$th second, and as the runners all finish at intervals of 1 foot, it follows that 7 will finish in each $\frac{1}{5}$th second, and the timekeeper will time 7 of them in $9\frac{4}{5}$ seconds, 7 in 10 seconds, and the third 7 in $10\frac{1}{5}$ seconds.

"Runner D may beat runner F by 2 feet, and H by 4 feet, and beat J by 6 feet, yet all four are timed exactly the same, as differences of 2 feet, 4 feet, and 6 feet are too small to be recorded by the watch.

"If timekeepers say that two men, between whom there is really 6 feet, are equal, what is the good of timekeeping in a race that is almost always won by a foot—often given by inches?"

There is no doubt a great deal of truth in this, and the honour of holding the British amateur record, 10 seconds, is divided among seven men who, according to the timekeepers, are supposed theoretically to be all equal, but one of whom may be 7 feet slower than the others and yet have a right to claim the title.

If time-taking is but of small value

in sprint racing, in modern long-distance racing it is essential, where everything depends upon a perfect judgment of pace. This can only be acquired by running constantly in practice against a watch; even then the slightest change of conditions is liable to throw one out of one's reckoning. In most important races the timekeeper shouts out the time taken over each lap. However, a beginner should in no way rely upon this, but learn to judge pace for himself. Unless one is leading, it is generally very hard to hear what is shouted out to the front man, and nothing is more irritating than to have things shouted at one in the middle of the race and not to hear what is said.

To perform his duty satisfactorily the timekeeper should stand about ten yards beyond the starting line where he can clearly see it; he will then have time to notice the time taken over the lap, and to shout it to the leading runners as they approach him, and not to have to shout it after them, when they have to slow and half turn to hear what he says.

The time that the front man has taken should be repeated in a clear voice in like manner to those running behind. There are great disadvantages to the practice. We will suppose that an

inter-club race of a mile is being run. The two best men are supposed to be equal to 4 mins. 25 secs., and have been practising with their pacemakers to complete the first lap in 1 min. 22 secs. We will suppose that owing to a heavy track, a strong wind, or perhaps even the excitement of the race, the pacemakers make an error in the pace and the time for the lap is shouted out at 1 min. 27 secs. Such a thing is extremely common, and the result is certain. The pacemaker suddenly finds he is 5 seconds out, will pull himself together and tear round the first half of the next lap at a quarter-mile pace, and the first string has the choice of following him or losing the benefit of his pacing and shelter.

It is by long experience a man finds out the highest rate of speed he can travel at without killing himself; beyond this he should not be persuaded to run until the last "straight," on any condition whatever.

That "times" very accurately express a man's form, when fit, in long-distance races is shown by the astonishing way a man runs his distance, race after race, in almost identically the same time, and even that slight difference is generally due to the state of the track and climatic conditions.

XII

ATHLETICS IN THE PUBLIC SCHOOLS

School sports come very near the ideal of athletics. The simplicity of the surroundings, the true enjoyment of the competitors, their eagerness on no account to miss any race in which they are eligible, shows clearly that the boy runs because he thinks it is good to run. Then, where in after life does one meet such a sympathetic crowd as the proud friends and relations who line the course. The pride and delight of the masters, and of the whole school, when the champion sets up a new record in the mile. The junior quarter-mile, in which some thirty aspirants for fame form themselves into a dense crowd in which the front boys make it their special duty to see that the ones behind do not unnecessarily waste their energy in view of a long afternoon's programme. The smile of triumph over the winner's face ; the smile of satisfaction

over the last boy's face when he realises that though last he is scarcely out of breath for the next race.

In the open events there are heavier considerations.

For the elder boys there is the honour of the House to be upheld, probably a challenge cup for the House that wins the most events. The winning of this entails a "House Brew" to christen it, and the small boys follow the prowess of their elders with rather more than interest.

That troublesome possession—Reputation—comes into play; the school magazine has "spotted" the winner of the mile; it is obviously his duty to live up to the honour.

As a rule, however, the schoolboy is a strong fatalist, and little troubled by dull care. If he wins, well and good; if not, an excuse is rarely forthcoming.

Then, again, what finer sight than the start of the open steeplechase. All sorts and manners of boys collect at the starting post, from the heavy school forward, who, scorning the gentle art of jumping, will charge through the first ditch, to the rapturous delight of the small boys collected there, right down to the fat boy, the butt of the House, who is made to enter sorely against his will. He is glancing ner-

vously at that first ditch, where he knows his efforts will meet with due appreciation.

Then the finish, the winner spattered from head to foot, his legs full of thorns which will take a full half-hour to extract, with scarcely strength to fall through the last fence and pull himself together for the last sprint, but how gloriously happy, and probably never in after life such a hero.

It is in these cross-country runs at school that many a future champion has laid down a foundation of stamina and strength that are the cause of his future success on the track.

The London A.C. have recently offered challenge cups to the members of the Public Schools at their spring meeting, and a meeting of the best runners from the schools would always be followed with interest. However, very few of the boys have an opportunity of practising on a track. This would necessitate a stay in town before the sports, generally without proper supervision, so the plan has been condemned by the headmasters of many of the large schools.

As it is now, the meeting is far from representative, being almost entirely confined to schools near London. St. Paul's generally meets with most suc-

cess. They have many opportunities of watching first-class athletics and the use of a track upon which to practise.

In most schools the sports are held upon the cricket ground, which is not always level, so times for the purpose of comparison are of little value. At some schools it is customary to start by word of mouth, and, as at Clifton, all competitors must wear stockings and rubber gymnasium shoes. Under these circumstances on a wet day the hurdle races are more for the sure-footed than the speedy.

With regard to the training necessary for school sports it is easy to give advice and easy to follow.

Don't train at all. Practise by all means ; work off superfluous fat, keep to the school hours and diet. Shun the tuck shop with its enticing pies and cream and threepenny drinks.

There is one other piece of advice I would offer to boys who wish to distinguish themselves at the Universities, and in after life. In the most law-abiding House there are sure to be one or two studies, in which a convenient loose board conceals other contrabands besides aids to the translation of the classics.

If a boy wishes to become a first-class runner he cannot better thwart

his ambition than by cigarette smoking.

If a cigarette be not inhaled it is not worth smoking, and nothing can be worse for the lungs.

It is true that many a man, who inhales an enormous number of cigarettes, has won great success on the running track, but generally he has not started inhaling till after he has left school, and as he is then kept in training for fully half of the year he has not had time to reap the effects of the vice. Boys always have smoked at school in spite of the most wily school-sergeant, and probably always will ; but let those who wish to become runners smoke nothing but a wholesome pipe.

Appended is an account of the sports at some of the large public schools.

ETON.

By J. Edwards-Moss.

The sports are held in that part of the school grounds which is known as Agar's Plough. The races are all run on grass. The school events are open to any one, and junior races are restricted to those under sixteen years.

The heats of all events are run on various days during the Half, and the finals are decided on a Saturday afternoon in the middle of March. There

are two exceptions to this, the school mile and half-mile. These are run previously and on different days. The following are the records for the open events :—

100 yards	1895 A. M. Hollins 1898 S. A. Neave 1900 J. Churchill	10⅕ secs.
¼-mile	1900 J. Churchill, 50⅗ secs.	
½-mile	1900 J. Churchill, 2 min. 4⅕ sec.	
1 mile	J. M. Freemantle, 4 min. 27 secs.	
Hurdle race	1899 G. Hubbard, 16⅘ secs.	
Walking race, 4 miles—	F. Lawrence, 34 min. 2 secs.	
High jump	1891 S. G. Lubbock 1892 R. V. Simpson	5 ft. 6 in.
Long jump	Scott Chad, 20 ft. 11 in.	
Putting the weight, 14 lbs.—	Goodhart, 38 ft. 1 in.	
Throwing the Hammer—	E. Churchill, 95 ft. 10 in.	

In 1896 the walking race was given up and a half-mile was held in its place. With the exception of there being no long-distance flat race the events are the same as those in the Inter-University sports.

The open steeplechase is slightly over three miles in length, the country is fairly representative with an abundance of plough land. The chief obstacles are water jumps, the last one being especially wide and is very seldom cleared. There are also several hurdles topped with gorse.

RUGBY.

By E. L. Gay-Roberts and A. R. Welsh.

Any one who visits Rugby upon an afternoon when the school cross-country team is running its annual match with the Oxford University H. and H., will clearly understand that its reputation as a great running school does not merely depend upon the graphic account of the "Crick" run in "Tom Brown's School Days."

The records of cross-country running date back as far as the year 1837; but there does not appear to have been a fixed course until the year 1858, when L. N. Prance published a book containing a description of twelve runs; since that date one run has been added and several of the courses have had to be slightly altered. The length of the runs varies from five to eight and a quarter miles, with the exception of the "Crick" run, which is twelve miles and a quarter. Until the year 1874 there were no very large fields except for the "Crick," a dozen being considered a good field.

At the present day runs are divided into two main classes—Bigside runs and House runs. In the former only are times taken, the latter being rather

training exercise than races. No one may run in a Bigside who is under sixteen, or who is not passed as physically sound. In the "Crick" no one is allowed to start who is under seventeen years of age, and various other precautions are taken.

In 1881 a cup was presented by old winners of the "Crick," to be won by the House which scored most points in the "Crick" and Bigsides. Various systems of marking were tried, one of which was that the first man home counted sixty points and one point was deducted for every ten seconds that the following runners were behind the winner's time, and all who failed to "come in," that is, who were more than ten minutes behind the winner's time, were counted equal. In 1893, however, owing to an accident which happened during a House run, the rules both for the Bigsides and the House runs were made more stringent, and the cup went to the winner of the "Crick."

At the present time it is held by the boy who scores the most points in the "Crick," and in the two running matches.

The first match took place in 1893 and the school running Viii was instituted in the following year. The

two annual matches are against the Oxford University H. and H., and the Thames H. and H. Club ; the course is generally that which is known as the Barby Hill course and is over seven miles in length. Sometimes the match against Oxford is run over the Lawford course, which is about the same length.

The "Crick" is now run in the Easter term, though before 1895 it took place towards the end of the Michaelmas term. Its length is about twelve and a quarter miles, of which about five are over fields and the rest on the road. Besides a great number of hedges and gates there is a stream to be crossed.

Before this year the record, 1 h. 15 min. 15 secs., was held by E. B. Kellett since 1889, but this year it was lowered 2½ min. by A. R. Welsh.

The times of the winners are given below :—

		Hr.	min.	secs.
1889	E. B. Kellett	1	15	15
1890, 1891	C. Christe	1	17	17
1893	A. L. Dawson	1	19	18
1896	M. H. Bosworth Smith	1	17	6
1897	E. H. Mayhew	1	18	5
1898	J. R. Scott	1	16	55
1899	E. L. Gay-Roberts	1	16	7
1900	L. H. Wilcox	1	16	36
1901	A. R. Welsh	1	12	49

In 1858 no less than thirty-two boys started for the "Crick," but now it is rare for more than about ten to turn out. When the running cup went to the House that scored most points in Bigside runs, fields of eighty sometimes started in them.

The smaller fields that now turn out are to a great extent due to the stringency of the present regulations and to the fact that there is but small inducement offered to those who have no chance of finishing in the first twelve and who are not sufficiently fond of the arduous exercise to run for the running's sake.

Though fewer boys run in the important races, the standard of cross-country running at Rugby is as high as ever, as is clearly shown by Welsh's excellent record over what is considered one of the most trying of our Public School courses.

The athletic sports take place usually about a week from the end of the Easter term. The heats are run off during the previous week and the finals occupy two afternoons. There are eleven open events, including a ¼-mile steeplechase, in which there are usually eight water-jumps about 16 feet broad, and several fences to be crossed.

A challenge cup, given in memory of H. C. Wrigley, is given to the House that scores most points in all events in the sports, except the steeplechases and the handicaps. There are also challenge cups for the two boys who score most points in the open events, and also challenge cups for the quarter-mile, high jump, and the hurdles.

The records for the various events are :—

100 yards	1882	Stanhope, 10⅗ secs.
150 yards	1884	E. H. F. Bradby, 15⅖ secs.
¼-mile	1891	Pank, 54⅖ secs.
Hurdles (120 yards over 3 ft. 3 in. hurdles).	1893	G. P. Newstead, 17 secs.
½-mile	1891	C. Christie, 2 min. 6 secs.
Mile	1870	Bulpett, 4 min. 39 secs.
High jump	1879	Capron, 5 ft. 5 in.
Broad jump	1879	Capron, 20 ft. 2 in.
Putting the weight	1886	Jackson, 34 ft. 7in.

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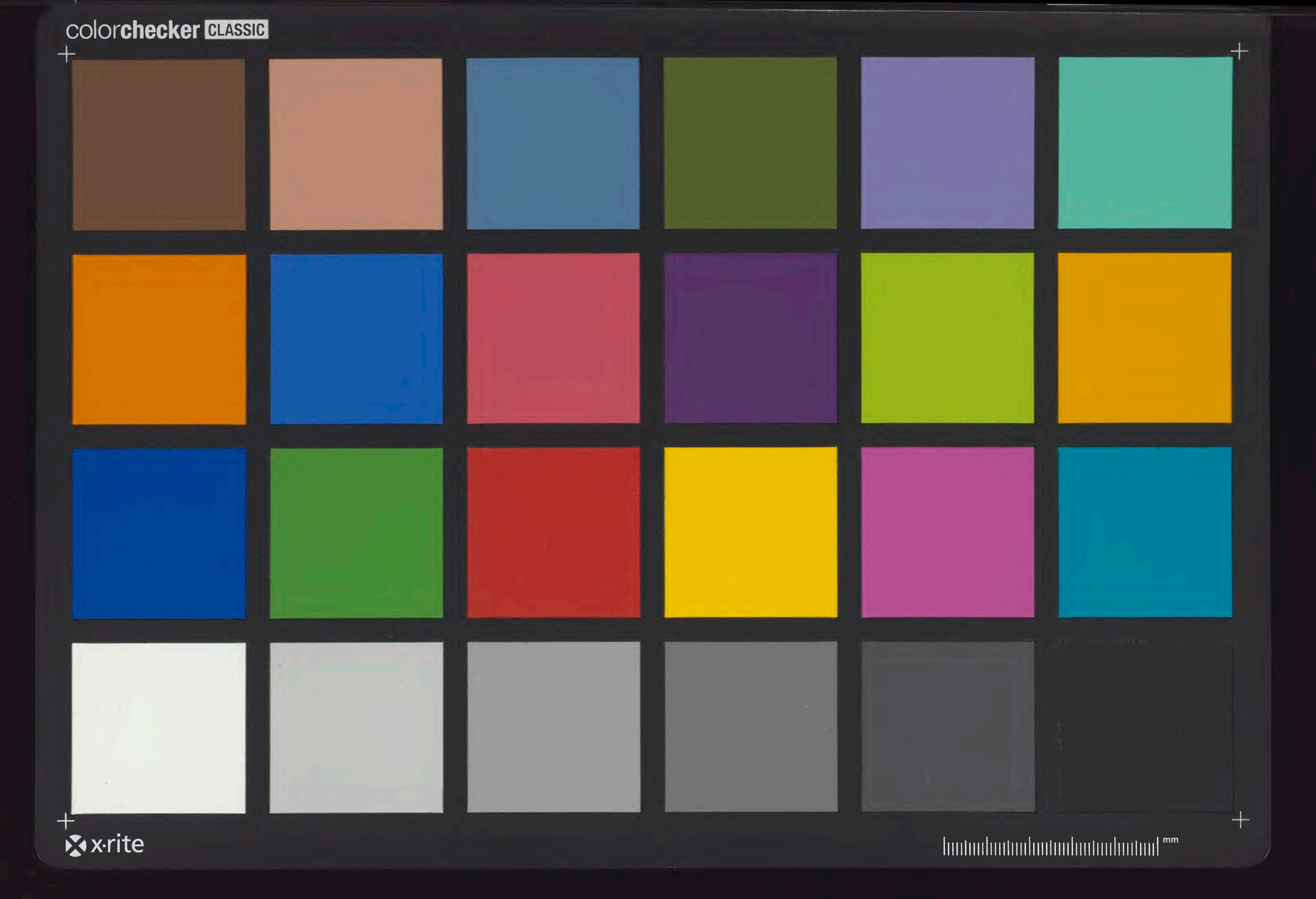
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