Barrow Weight-Lifting Club.

Dear Sir, When I went to London last week for the R.W.L.A's committee I had the pleasure of seeing Mr. Pallani and his boys at work. To say I was surprised would be to put it mildly. It is true the Camborne Club think theirs is the only club in the country, but at present I am beginning to think that myself. I was very pleased and impressed. So if we can get any of his boys here they will have a good time. Yours truly, W. Drayton, Hon. Treasurer.

W. Diamond: A Month's History.

Cumberland, April 28th, 1918.

Mr. W. Diamond, President of the Cumberland Club, has recently been elected to the R.W.L.A. as an amateur. On August 1st he established a new Lancashire record, viz.:

He has also broken the following records:

1918:
- 1st clean: 145 lbs.
- 1st jerk: 185 lbs.
- 1st military press: 200 lbs.
- 1st military hand press: 175 lbs.
- 1st military pull: 175 lbs.
- 1st military push: 175 lbs.
- 1st military lift with arm: 150 lbs.
- 1st military lift with both hands: 150 lbs.

He is the first man to lift 200 lbs. in the military press and 175 lbs. in the military hand press.

An inch Silver Medalist Weight-Lifter.

W. Diamond, President of the Cumberland Club, has recently broken the 1st clean and jerk record in the Columbia Club. The lift was performed after a brief struggle with the referee, who ordered a third lift, which was refused. The lift was then completed with a loud cheer from the crowd.

Who is 9th at Champion of the North?

W. Diamond, a Captain in the Royal Marines, has recently been elected to the R.W.L.A. as an amateur. He was the only man to lift 150 lbs. in the military press, and is considered one of the best weight-lifters in the country.

Weight-lifting Records Broken in the North.

Below is a list of records (official) performed at Barrow Weight-Lifting Club, and for which certificates have been granted.

British records:
- P. Harrison, 11.1: 1st clean and jerk, 150 lbs.; 1st jerk, 185 lbs.; 1st military press, 200 lbs.
- Dr. Thomas, 11.1: 1st clean and jerk, 150 lbs.; 1st jerk, 185 lbs.; 1st military press, 200 lbs.

Lancashire records:
- J. Harrison, 81: 2nd clean and jerk, 145 lbs.; 2nd jerk, 185 lbs.