

Dumb-Bell Records.

56lb. dumb-bell 120 times above head in 6 min. 22 sec. by George Clifford, at Excelsior Hall, December 15, 1906.

W. Smilners (Lundford).—Geo. Clifford raised a 56lb. bell above his head 120 times in 6min. 22sec. on December 16, 1907.