



MR. J. W. FODEN ("VULCAN").

*(A well-known Bradford Physical Culture Instructor.)*

Mr. J. W. Foden, instructor of the Bradford Physical School of Culture, last month made a successful attempt, at the school, to lower the record time for pressing from the shoulder to arm's length a 56 lb. weight 120 times. The amateur record was previously held by J. E. Donnelly, of the Keighley Parish Church Athletic Club, his time for the feat, as accepted by the Amateur Gymnastic Association, being 3 min. 52 secs. As a matter of fact it was claimed that on the occasion of a recent public entertainment in the Temperance Hall, Keighley, Donnelly did the task in 2 min. 52 secs. However, in the presence of a numerous company, Mr. Foden succeeded in lowering both these times, he doing the feat in the short time of 2 min. 27 secs.