

Between his other engagements Carrington, the Hertfordshire Hercules, showed some wonderful feats of strength in hand-balancing and the easiest method of lifting weights to the shoulder and upwards. Next he attempted to lower the Welsh junior heavy-weight lifting record, which stood at 270lb. This he easily accomplished. Five pounds were added, making a total of 275lb., which he got above his head, though not to full arm's length, and after three attempts gave it up, being doubtless fatigued after his many exertions — "Leitchworth Citizen."