

The World of Weights.

ASTON LIFTS 332 lbs. TWO HANDS ANYHOW—THE B.A.W.L.A. NOVICES' COMPETITIONS—INCH'S PLANS.

ASTON BREAKS THE TWO HANDS ANYHOW RECORD—W. PULLUM BREAKS and Makes Six Records—Carquest's Hard Luck.

THURSDAY night, December 6th, was a great night for the Cambridge Weightlifting Club, many records being made and broken. The sensational event of the evening was Aston's great lift. It was a positive triumph of will-power and determination, as well as physical strength.

Referee for professionals, Mr. A. Danks; referee for amateurs, Mr. F. Rabenau; M.C., Mr. E. Fairhall.

The proceedings opened with an illuminated club-weighing exhibition by young Bert Vickers.

Loud cheers greeted Aston on his entry, and he quickly got to work, lifting on his first attempt 220 lb. two hands anyhow. He thus broke the British heavy-weight record, also breaking the record held by T. Inch by 52 lb. Aston's weight was 135, 115 lb. By accomplishing this lift Aston is the first heavy-weight in the world to lift 200 lbs. over double his own body weight. He attempted to beat his own record, but was unsuccessful.

W. PULLUM.

W. Pullum (not and not, British amateur champion) then commenced his record-breaking routine. He swung 100 lb. right hand, thus breaking the British 90 lb. amateur record. He lifted 120 lb. with two dumb-bells clean, ensuring a net amateur record. Pullum lifted 120 lb. right hand clean, breaking the world's 90 lb. record, also lifting 100 lb. right hand anyhow, breaking the world's 90 lb. amateur record. Pullum also lifted 100 lb. left hand clean, creating a world's 90 lb. amateur record, and incidentally breaking the net British amateur record. He also lifted 120 lb. two hands Continental press, breaking the British 90 lb. amateur record. Pullum wound up a real good performance by attempting to jerk 200 lb. Continental style, but was unfortunate in not being able to do it. Considering the number of records he put up, Pullum need not worry about having missed this one.

W. L. CARQUEST.

This famous pupil of a famous instructor could not sit and watch others lifting without attempting something on his own. He made several attempts to lift about 200 lb. two hands clean, but his luck was dead out, for on every attempt he only missed doing it by the very narrowest of margins. We feel sure that he will succeed at his very next attempt.

W. Winkle (Kettering) made several attempts on an 80 lb. crushing lift, but narrowly failed at each attempt. He easily lifted with two hands 200 lb. from the ground to the knees, constituting a British 90 lb. amateur record. This lift is a really wonderful one, credit being due to his instructor, Mr. Edward Aston. Winkle also military-pressed a 100 lb. dumb-bell with one hand, making a British 80 lb. amateur record.

S. Davis smashed 120 lb. right hand, creating a net record. Mr. Aston presented Davis with a medal for this record. Davis also lifted 100 lb. two hands Continental press. Davis's weight was 90 lb.

W. Clarke (winner of Aston's statuette) lifted 120 lb. right hand snatch. His weight was 100 lb.

Monte Saldo gave a clever and interesting exhibition of muscle-control and posing, earning tremendous applause for his brilliant exhibition. He also performed two very good lifts.

H. Jackson and P. Arden performed some very creditable lifts, some of them being not far short of records.

During the evening Mr. Saw, representing Horlick's Malted Milk, presented Mr. Aston with a beautiful gold medal.

Mr. Aston desires to express his cordial thanks to Messrs. Horlick's.

WORDS ON WEIGHTS.

Mr. Thomas Inch has arranged to appear at the London Weightlifting Club, North Street, Kennington Road, S.E., on the occasion of the novices' competition, and break a few more records, just to keep the ball rolling. As the accommodation is limited to 150, early application for seats is advisable.

A big effort will be made of this meeting to speed up the loading and weighing process, so that these awful waits shall not be so distressing.

Centres will be held at the following places:

1. London.
2. Manchester.
3. Barrow-in-Furness.
4. Lincoln.

The hon. sec. will communicate with each competitor individually as to the time his class comes before the referee, and the address of the club at which he competes.



Edward
Aston.



and his
Giant.



Competitors wishing to refresh their memories in regard to the standard lifts are referred to "Health & Strength," October 26th last.

Mr. Edward Aston, B.S.M., sends me some very interesting photos. "Here's another interesting Physical Culture item," says he. "For certain reasons I do not wish to reveal the identity of the giant at present. Sufficient it is that he is an Aston pupil, and likely to do big things in the future. For a time he will be known as 'Aston's Giant Pupil,' and when he improves a little more in his lifting then his name may become known. His height is 6ft. 2in., weight between 14 and 15 stone, and all muscle, as his photo depicts. He is as quick as lightning, and as strong as a young bullock; and, by the way, his age is only 22 years."

At the London Weightlifting Club, W. Hayes broke the record, he made the week before for the two hands clean, at 100, by lifting beautifully 120 lb. Mr. Nunn referred and Mr. Pevier made up the weight.

Mr. F. W. Rabenau has generously undertaken to travel from Plainstow to the London W.L.C. every Tuesday (8.30) to give the benefit of his great ability and experience to weightlifters and P.C.'s.

Mr. Suter suggests that some of the smaller clubs should amalgamate and share the splendid facilities of the London W.L.C. "I am asked," he says, "by Leaguers W. Butler and G. Hill, of Westminster, to specially invite Leaguers, which I do most sincerely, as I have found them to be the very best of good comrades."

Robert Klar, a German athlete, and the principal member of the Toronto Trio, who are at present showing at the Sidoli Circus, in Germany, does fine work with a 108 lb. barbell, which he jerks nightly, then drops it from the full arm's-length into the back of his neck. The other two members of the trio also perform very smartly, gaining great applause; the principal act is their bearing feet with about twenty men in the burden, to be held up for some considerable time.

Henry Roudi, of Dusseldorf, in Germany, must be reckoned to be amongst the world's best amateur weightlifters, as I have it on good authority that his snatch lifts especially are as good as the world's best. Here are some of his lifts, which have been duly verified on the scales before creditable witnesses: Left-handed snatch, 187 lb.; right-handed snatch, 200 lb.; also did successfully the other day a reputed 220 lb. bar, which was to equal the world's record, held by Vasseur, of France, but, on being put on the scales, was found to be half-pound inside the weight, which was most annoying, as Roudi was in good form and could have done five pounds more on his first attempt. Double-handed snatch he does 247 lb., and in the double-handed clean to chest and push he does 286 lb.; double-handed clean to chest and jerk, 308 lb.; double-handed Continental style, 352 lb., and perhaps a little more.

I just received the good news that Massoli, the French and also British champion weight-lifter, who is a sculptor and great artist, has been decorated with a medal by the French Academy for his latest work of art, exhibited in this year's French Salon.