

InchTotal.

Inchtot.txt

combining Inch.txt and InchB.tct

notes:

Ivan Padoubny wrestling:

1926 Jan 12 def Paul Martinson

Mar 4 drew Hans Steinke

THOMAS BLACKBURN INCH Inch.txt

notes composed by Joe Roark

Inch: Dec 27, 1881 born in Scarborough, England

Died: Dec 12, 1963 age 81

Note: If a specific date is not offered, then Inch's Dec 27th birthdate is ignored and rolled over to Jan 1. In other words, if something happened to Inch when he was age one, then technically it could be said it happened in 1882- but only four days of 1882. So when Inch says he acquired his first thick-handed bell when he was 15, that would be 1896, but unless he acquired the bell during the last four days of 1896, it is more communicative to say he acquired it in 1897, or at least during the first 361 days of that year. Of course, if a specific date is offered then it is used.

By 1937 TI had lifted the 172 'hundreds of times' but the bell had been retired in 1931 ! see HS 7-31-37 p 197 apparently, Inch brought the bell out of retirement for WW II factory appearances.

Chronology of the Inch Challenge/Competition/Practice/ Dumbbells:

There were apparently four Inch dumbbells: 75, 140, 153, 172.

The order of manufacture seems to be:

1897 acquires the 140 lbs bell

1903 finally clears the floor with 140 bell

1904 ? the 153 bell

1904 ? the 75 lb bell

1905 ? is able to C&J 140 bell?

1906 the 172 bell manufactured?

1907 can deadlift the 172 bell ?

before 1907 the 172 which was intro in London in 1907

172 Challenge

153 Competition

140 Practice bell/aka Scarborough bell used in Inch bell competitions?

75 for left hand in TH Anyhow SH 5-39 p 31 Practice Bell ??

but which bell did he use for his competitions where he allowed

two hands to the shoulder, then rep jerks one one arm, the 140?
or did he pull a switch with the 153 now and then? See

HS 3-31-34 supplement

1889 Inch 'felt the urge to become strong & well-developed'

1893 Mom bought him Sandow's PHYSICAL CULTURE

1894 joined Scarborough Rowing Club

1897 In Scarborough first Challenge bell acquired 140 lbs?

1897 Saxon Trio opened at Grand Theatre Sheffield

late 1899 Saxon touring South Africa, India

1901 Saxon at Leipzig, Moscow, Leipzig, England

1902 Saxon in Manchester, England

1903 Inch finally clear floor with 140 Competition dumbbell
(so when did he overhead it?)

1903 A 21 year old Inch moves to London

1903 Saxon and Inch become acquainted

Apr 8, 1903 Saxon bent press 314

1904 Saxon visited every Sandow school in England

1904 ? the 153 is made, one assumes mastered before the 172

Nov 24, 1904 Saxon bent press 331 in Liverpool

Jan 4, 1905 Saxon bent press 335.75 in London

Mar 4, 1905 Saxon right hand snatch 195 in London

Dec 12, 1905 Saxon bent press 370 in Stuttgart

1906 The 172 lb Inch Challenge bell is manufactured

Jan 29, 1906 Inch witnessed Saxon's bent press attempt of 353

1906 Inch becomes able to deadlift the 172 ?

April 20, 1907 intro the Competition/Challenge ? bell in London

Feb 10, 1908 Apollon wrestles Padoubny at Hengler's Circus

Feb 12, 1908 Apollon wrestles Padoubny at Hengler's Circus

Feb 18, 1908 Apollon wrestles Padoubny at Hengler's Circus

Feb 1908 Saxon at Hengler's Circus, London

Apr 28, 1908 Saxon's 30th birthday

Mar 13, 1908 Saxon bridge mishap in Brussels

1909 Saxon's first tour of America

May 1910 Inch injured three weeks before Jun 11, 1910 match

1910 Saxon bent press 300 in NYC at Attila's Gym

Jun 1911 [Saxons] 'they are doing well in America'

Jun 1911 Inch staying at Saxon's, training

1911 HBP saw Saxon with Ringlings in USA

1912 Saxon in Vienna

Nov 1912 Inch injured

May 1913 Inch injured again

1913 Saxon home to England to see his wife

Feb 28, 1913 172 bell is referred to as 'famous'

May 1914 Saxon in Germany

Aug 1913 Inch moved to Scarborough

Jun 28, 1914 WW I began

Jul 16, 1914 Saxons perform in Leipzig, Geneva, and Berm
Nov 11, 1918 WW I ended
Mar 3, 1920 Inch showed how bell should be handled, age 38
Aug 6, 1921 Saxon dies
Nov 26, 1921 Inch claims in H&S that Saxon unable to lift Inch dumbbell
1931 Challenge bell is retired; Pathe film is made (but
Inch brought it out of retirement for WW II factory
demonstrations)
1929 issues competition with Competition 140 bell; or before?
Jan 27, 1934 finals Inch bell competition; practice bell weighed 140
1939 for 40 yrs no one else has lifted it; 1899? (when
was the 172 made? of course, if attempts at the 140
and the 153 failed, it is accurate to extrapolate
that the 172 was impossible also.
1963 WAP reveals there were 3 bells [Roark thinks 4]
Feb 10, 1968 Challenge 172 bell at S.E. Britain Show

Contests of Thomas Inch:

1902 wins World's Strongest Youth BAWB 1-49 p 20
1898 wins an open expander contest HS 5-19-60 p 6
1907 wins World Pro MidWt title
Apr 20, 1907 Inch vs Caswell at German Gym, London
Jun 6, 1908 Aston vs Harwood at Drill Hall, Howorth, Yorkshire
May 22, 1909 Aston vs Caswell
Jun 11, 1910 Inch wins Britain's Strongest Man against:
Fred Hall, Wilfred Harwood, Teviotdale,
James Evans, Tom Cressey, at the German Gym, London
Aug 4, 1910 Aston vs Maxick at Granville Music Hall, Walham Green
Jun 3, 1911 Inch vs Aston (Aston won)
Mar 30, 1912 Inch THA 326.75 lbs new record at LWLC
Apr 20, 1912 HS 3-23-12 p 304
Jun 18, 1912 Inch holds THA and OHA records 326.75 & 254.5
Dec 5, 1912 Aston new record THA 332-5-1/3 lbs Camberwell WLC
Feb 28, 1913 Inch bell now referred to as 'famous'
Dec 13, 1913 Inch tied the British RH bent press record 304.5
Mar 3, 1920 Inch vs Aston, Inch wins and exceeds his previous lifts in the
earlier contest against Aston.

Apr 20, 1907 vs William Penton Caswell at German Gymnasium, London
Inch won 1,211.5 lbs to 829
BAWB 2-49 p 18
HS 3-24-30 p 566
V&HC 7-07 p 49 shows the medal he won

Jun 3, 1911 vs Edward Aston

Aston won by 47 lb 6 oz 1,125 lb 1 oz to 1,167 lb 11 oz
BAWB 3-50 p 20; SH 11-34 p 28; HS 10-10-31 p 431 (good source
for how weak TI had become prior to this match)

Apr 20, 1912

HS 3-23-12 p 304

Mar 3, 1920 vs Aston HS 3-06-20 p 153

see also BAWB 9-54 p 10; 10-54 p 6 for stories

Inch vs Aston rivalry HS 6-17-39 p 904; 7-29-39 p 147

Inch midwt challenge HS 1-10-63 p 12; 1-24-63 p 13; 2-21-63 p 8

Joe Roark's comparative chart for hand length/bar circumference:
Circle calculations:
Circumference: $3.14 \times \text{diameter}$
Diameter: circumference divided by 3.14
or Diameter: circumference $\times .3183$

Diameter = Circumference of other known performances:

- 1.00 3.14 standard one inch exercise bar
- 1.10 3.45 standard olympic bar
 - Goerner right hand deadlift, hook grip, 727.5
- 1.18 3.70 Goerner one hand deadlift 552.5 lbs
- 1.50 4.71 Cyr deadlift 525 dumbbell
 - August Johnson one hand DL 475 lbs
 - John Y. Smith farmer's walk for 75 yards using
220 barbell right hand, 200 dumbbell left hand
- 1.51 4.75 The Cyr Dumbell in York Hall of Fame
- 1.59 5.00
- 1.62 5.08 (1-5/8" diameter bar) Cyr one hand snatch 188.5
- 1.65 5.18 Saxon RH snatch 206 lbs
- 1.91 6.00 *
- 1.93 6.06 Cadine one hand DL the Apollon railcar wheels
- 2 6.28 Diameter of Jowett dumbell of 169 lbs ?
- 2.03 6.37 Rolandow Barbell York Hall of Fame
- 2.16 6.78 Dominique Rest one hand snatch 181.75 lbs
 - Simon Bauer one hand snatch 154.25 lbs
- 2.22 7.00
- 2.25 7.06 Edward Aston 2 H DL 496 lbs
 - (so 246 lbs per hand with 2.25 bar and he
could not lift 172 on a 2.38 bar?? Why??)
- 2.36 7.41 Apollon's 226 lb barbell
 - Goerner's challenge barbell 330.69 lbs

- 2.38 7.50 Inch D-bell; and Millennium dumbbell (7-9/16)
 Jean Baillargeon one hand 167 lbs hand to hand
 Goerner RH snatch/swing with 169.75 lbs
 J.G. Marx one hand DL either hand 226 lbs
 Apollon pulled one handed a bell weighing 226 lbs
- 2.42 7.62 Harry Schaffron dumbbell; handle length 3.75 in
 York Hall of Fame
- 2.47 7.75 (Cyr's hand length was 7.75 x 4.24)
- 2.50 7.85 (Von Boeckmann hand 7.8 x 3.8)
- 2.50+ 7.85+ Apollon lifted 341 lbs to rebuke the Rasso Trio
- 2.54 8.00
- 2.62 8.25 (Goerner's hand length was 8.25)
 8.50 J.G. Marx's hand was 8.5 x 4.5
- 2.75 8.63 J.G. Marx RH snatch 154.25 lbs; and he had two
 dumbbells of 132 & 143 lbs with this size handle
 Also, Goerner had a barbell of this handle dia-
 meter which weighed 330.75, which WAP said Goerner
 could hook grip!
- 2.86 9.00 (Saxon & Apollon 9 x 4.7; Primo Carnera 9 x 5)
 9.00 John Gruhn Marx had two revolving handle dumbbells
 which weighed 120 lbs each
 9.00 W.A.P. had two dumbbells of this circumference
 which he wrapped in foil to make slippery
- 3 9.42 Matysek reverse curled 88 lbs on bar this size
- 3.25 10.20
- 3.50 10.99 H.S. Lightfoot dumbbell with 11" circumference
- 3.75 11.77
- 4 12.56

8.20 25.75 Travis dumbbell in York Hall of Fame
 *hand length proportional to handle circumference:
 if your hand length is 7.5" then it matches the Inch Dumbbell
 circumference. If you hand is shorter you are at a dis-
 advantage; if longer, you have an advantage. For example,
 Arthur Saxon's hand was 9" long and 4.7" wide (same as Apollon's),
 so those two men have a length advantage for the Inch dumbbell,
 in addition to being incredibly strong-gripped.
 On the other hand, pardon the pun, if your hand length is 1.5"
 shorter than the circumference of the Inch dumbbell a fair
 diameter for you would be 1.91" (6" circumference).

Dec 27, 1881 INCH, THOMAS died Dec 12, 1963
 by Joe Roark
 HEALTH & STRENGTH ANNUAL:
 1938 # facts

HEALTH & STRENGTH:

- Dec 1900 p 14 A lecture on physical culture- TI
 -few short months ago was in bed, severe scarlet fever,
 lost all strength, but regained it thru the methods I
 am about to outline
 "I confidently assert that any ordinary person who has
 not previously done any training, and who is practically
 undeveloped, should be able to double his strength well
 within twelve months by devoting from twenty minutes to
 half an hour twice daily to exercise."
 -no matter how strong, 8 lb dumbbell each hand is enough
- Jun 1901 p 14 Physical culture: how to exercise, part 2, pho- TI
- Aug 1901 p 84 Some facts about strongmen- TI
 [exposes some tricks of the trade] "I have heard
 a foreign exponent claim to measure 19 inches a-
 round the biceps, but upon measuring found he had
 exaggerated four inches."
- Sep 1901 p 125 Remarkable physical improvement in 3 months- TI
 [about Mr. Claude Drayton]
 p 142 his letter of response to a correspondent
 about best time of day to train - TI
 p 142 letter of disagreement to editor about TI
 from A. Featherstone
- Oct 1901 p 180 # pho his arm with wrist concealed
 p 180 Experiences in training- TI
- Dec 1901 p 322 Loris: a lightweight athlete- TI
 [Ernest Loris Beetham]
 p 371 letter to editor about TI from J.P. Wiatt
 disputing TI's claims about Drayton's
 strand-pulling abilities
- May 1902 p 271 Who is the strongest Junior?, pho,
 "Thos. Inch, of Scarborough, Lays Good Claims to the Honour.
 "Mr. Thos. Inch, who, I believe, is not yet 21 years of
 age, is out with a challenge to meet any junior for any
 sum up to L250 a side, for the honour of being the
 strongest junior in the world.
 "I shall be very pleased to help in the arranging of a
 match between 'The Scarborough Hercules' and any acceptors
 of his challenge. Back numbers of this magazine contain
 photos of Mr. Inch at various ages, also articles on
 Physical Culture from his pen. I am now able to give a
 description of his special feats. I hope to arrange for
 Mr. Inch to perform some of these feats at the forth-
 coming Health and Strength Physical Culture Display in
 London."
 drawing and listing of 20 strength feats but
 no mention of any challenge, thick handled bells

which back numbers of H&S featured TI ?

(about this time 1903 TI finally conquered the 140 lb bell)

- H&S: Mar 1903 p 74 photo age 17; to app Mar 30-31, 1903 also shown, Inch at age 17
- " Mr. Thomas Inch, well known as the 'Scarborough Hercules', also as a writer and instructor of Physical Culture, has arranged to hold a reception at the Health & Strength Physical Culture School, 21, New Bridge Street, Ludgate Circus, on Mar 30-31, Monday and Tuesday, March 30th and 31st, from 1903 1.30 to 3.30 and 5.30 to 9.30. Mr. Inch will give advice to visitors free of charge, and will also perform several feats of strength, etc., in addition demonstrating the new Whitely-Hendrickson Exerciser. Readers are heartily invited."
- Apr 1903 full page rear cover endorsement of Grape-Nuts
- May 1903 p 2 half page ad for TI's new original & perfect system
- Jun 1903 p 220 he edits Atilla's book "The Art of Weightlifting and Muscular Display"
- Jul 1903 cover supporting with one arm a barbell and two men hanging from it, for total of 414 lbs (two men 160 and 154, barbell 100)
- Sep 1903 p 338 # is now offering barbells and dumbbells for sale; a drawing of three types; inquire at 160 Bishop's Road, Fulham, London, S.W. shot-loading stage bells and other barbells
- Oct 1903 cover shot, profile with clenched fist and arm hammer-curved upward
- p 341 # his Physical Development Competition & p 375 p xxiii full page ad for his Physical Development Competition. Offering splendid Cup and Medals which are shown and 200 consolation prizes
- Nov 1903 p 3 (at rear of mag) about his competition and an ad
- Dec 1903 p 434 Hints to would-be strongmen- TI
- Dec 1904 vol 9: 6 nothing about TI

H&S: Mar 1906 (I do not have this issue)

"In the interests of our readers, we arranged for a representative to be at the National Sporting Club on Monday, January 29th, 1906, not particularly to make a report about the boxing championships, but more especially to watch Mr. Saxon's attempt to break the world's record of 335 lb 12 oz, held by himself for a one-handed press.

"Mr. Saxon proposed to lift 350 lbs. At 2 o'clock the bell was weighed in front of Mr. Bettinson, the manager, and representatives from Sporting Life, Sportsman, Daily Telegraph, Daily Chronicle, Health & Strength, and Professor Inch. To the surprise of everyone, it was found to be 353 lbs., but Mr. Saxon would not have the three odd pounds taken out. The bell was again weighed in front of the entire audience between the first and second fight, to prove that it had not been tampered with.

"After Mr. Bettinson had made a neat speech, in which he mentioned that Mr. Saxon was anxious to make a match for the world's championship, and that Mr. Attila was in the club, and would test the weight before it was lifted, also mentioning that Mr. Saxon would give £50 to anyone who could lift it, Mr. Saxon stepped into the ring and received a tremendous ovation. Amidst a dead silence the bell was stood on end by a young and strong-looking fellow, who handled the weight with such ease that everyone marvelled, but later he turned out to be Hermann Saxon, who is the strongest 12 stone man in the world.

"Arthur then turned the bell over to the shoulder and pressed it to arm's length with a certain amount of ease, but it then fell out of his hand. The second and third attempt being made without the body being brought erect, brought the attempt to a close without success for the time being, but later, when the boxing was over, at about 12:30, Arthur took off his coat and stated his intention of again trying, as there was some money at stake, and he did not wish anyone to lose money over him. This, we think, shows the true sportsman, as he had already injured his wrist with the weight rolling in the hand. Again the bell was pressed aloft three times, and each time it rolled out of the hand. In the opinion of the writer, if it had been a more suitable barbell the feat would have been accomplished with as much ease as might be expected with such a weight. It must be confessed that though Arthur failed he was not disgraced, and he will shortly make another attempt at this tremendous weight. Had he succeeded in lifting it an illuminated address was to have been presented, signed by the Committee and Press representatives, also by Mr. Bettinson, the manager of the club.

H&S Mar 1906 con't

"Mr. Saxon intimated to the Health & Strength representative his extreme anxiety to make a match for all-round lifting with anyone in the world, for any reasonable amount. He says that each night he lifts over 300 lbs. with one hand, and he is now out with a novel challenge, which is that any man may bring his own

barbell weighing not more than 325 lbs., and he lift this strange barbell instead of his own. At Aberdeen a few weeks ago this gave rise to some rather funny incidents, when the Aberdeen weight-lifters arrived each night with their barbells, all weights, shapes, and sizes. Arthur selected a short one on one night weighing 315 lbs., and after pressing it aloft, threw it from the right hand to the left hand, to the evident surprise of the owner of the barbell. One man was foolish enough to bring a bell weighing 265 lbs. This Arthur juggled with by throwing it from one hand to the other overhead, and it proved quite a plaything in the hands of even Kurt, the youngest man of the trio, of whom nothing has yet been heard."

his measures taken Jan 29, 1906 were 5'10" F 15 Wt 200
C 46.5 A 17-1/8, T 24.25

his records stand at:

Bent Press 335 lb 12 oz in England; more on the Continent

Double-handed press 252

Snatch 195

On the back, double-handed pull-over and press 386

"A number of supporters and admirers of Arthur Saxon are subscribing to present him with a purse at his next attempt to make a record, which will probably take place in a week or two's time at the National Sporting Club, where Mr. Saxon proposes to attempt to lift over 400 lbs. with two hands, the weight or weights to be got up anyhow as long as the arms are quite straight and the body erect. What the numerous weight-lifters say (we mean those whom Mr. Saxon has convinced of the genuineness of his feats) is that some substantial tribute should be paid to the man who has by fearfully hard work attained to such a position, and made himself capable of lifting such weights, that only one person in a hundred will believe that they have been lifted at all, and we are confident that many readers of Health & Strength will be only too glad to contribute a little towards the purse."

who wrote the above?

(Gentle says that the 172 bell was first presented to the public in 1908, but Apr 20, 1907 seems to be the day HS 5-24-30 p 566)

H&S Nov 30, 1907 p 266 ad showing Moir using TI system

p 268 ad: When You Are Tired: book: HEALTH at HOME

p 277 Be a physical culture expert- TI
(photos of his house etc)

p 283 # ad Apr 25, 1907 at the German Gym. Swung one hand
a dumbbell of 160 lbs, bodywt 161, a new world's
record, age 25

p 289 ad for his tutorial course

Feb 15, 1908 p 162 has a test with cash rewards for answers

p 163 classified ad: " Scientific Weight Lifting:
by T. Inch, 11 st. Champion. The only book
published dealing with weight-lifting, and
should be read by those who wish to follow
this branch of sport successfully."

p 167 ad for Great International Wrestling Tournament
mentions Padoubny among others appearing every
night at 10pm following the Grand Circus Pro-
gramme which started at 8pm. Was at Beketow's
Circus (Hengler's, Argrll St., W.) for the
Championship of the World, Graeco-Roman Style
for the Bostick Diamond Belt and first, second,
third prize of 200, 100, 80 Pounds respectively.
[was this
when Inch left the bell for Ivan to try???)
(also other wrestlers appearing were
Matt Steadman (England), Beaucaivois (France)
Balkmann (Germany), Mahmoud (Turkey) Padoubny
(Russia)one won-
ders if any of them grabbed the bell for a try)

and regarding this tourn, see page 155 same issue, where
several @ are offered as the tourn is in full swing.

from THE SPORTING LIFE Feb 13, 1908:

"HENGLER'S TOURNAMENT, PADOUBNY THROWS APOLLON
Crowded House and Exciting Scenes

To witness Ivan Padoubny and Apollon wrestle off the undecided
bout of Monday [Feb 10, 1908] there assembled last evening
[Feb 12, 1908] at Hengler's Circus a large and fashionable
crowd, every seat being occupied, the event arousing the keenest
possible interest.

"The fray was desperately earnest. These great, burly men twisted
and turned each other with astonishing rapidity and crushing
force. Padoubny made the most use of his immense strength, and
Apollon acted greatly on the defensive, but put in now and again
some surprising strokes. In this way the bout proceeded, amid al-
most breathless suspense, until the pent-up excitement was re-
lieved by a fall in favour of Padoubny. The result was received

with deafening cheers. Winner and loser were recalled, and met with a flattering reception. It was a sight that will be long remembered.

"Apollon loudly protested that it was a flying fall, and his protest was backed up by the public, a wild scene following. The Frenchman advanced to the Press table and appealed against the decision with loud voice and excited gestures. His excitement infected the audience, and fears were entertained that a demonstration, such as was witnessed at another place, would mar the record of the tournament, but the tumult subsided without any regrettable incidents."

six @ later, resuming now:

"Ivan Padoubny (Russia) beat Apollon (France).- The technique of wrestling was here shown in its best and truest shape. There was none of the boisterous, rowdy tumbling characteristic of previous displays, but in its place clever finessing or a favourable opening. It was a great treat to see these perfect specimens of humanity, giants, and yet unlike giants, as active as light-weights, cunning, dexterous, and quick as a flash in escaping from imminent peril. First one and then the other was repulsed, and with such force as to create caution, and so for a few seconds they went about their work with marked discretion. This did not last long, and after irritating passes they dashed in at full speed and battled furiously to the mat. Apollon was first down, and Padoubny was content to be on easy terms for a brief period. Then they shook each other violently, and tremendous power was thrown into the embrace, which could be likened to the hug of a huge bear. The tug of war was unmistakably severe, every tug appearing likely to end the bout. They regained the perpendicular with remarkable agility, and remained stationary for relief before renewing the attack as vigorously as ever. It was a grand passage of arms, and for a long while superiority hung in the balance. Ultimately Padoubny got Apollon in chancery, and held him with a grip of iron. Apollon struggled to be free, but in vain, and at last the Cossack bored him over with herculean strength, and pressing his shoulders to the carper, won the fall in 17 min. 39 sec."

From THE SPORTING LIFE Feb 19, 1908

HENGLER'S TOURNAMENT

PADOUBNY BEAT APOLLON

SENSATIONAL BOUT [on Feb 18, 1908]

"The great attraction last night [Feb 18, 1908] was a bout between Padoubny and Apollon. This, it must be remembered,

in no way concerned the tournament, and was in point of fact organized to give Apollon his revenge for what he and many of the public considered a wrong decision, although Tom Cannon, a world-experienced judge, declared it to be a fair fall, and described the throw as having been won by four points- that is to say, Apollon, in his opinion, was down on more than his two shoulders. The pity was that Padoubny did not pin Apollon down sufficiently long to place the issue beyond all possible doubt.

"Apollon declined to continue the tournament, but later changed his mind, and the management consented to the bout with Padoubny, fixed for last evening [Feb 18, 1908]. It is almost unnecessary to state that the determination which characterized their previous efforts was present in this. Apollon went furiously to work, but Padoubny at the onset was cool and collected. As the contest progressed, the interest heightened, and the men were terribly in earnest. Everyone expected a sensational result, and they were not disappointed."

--five @ later, resuming:

"Padoubny beat Apollon.- They advanced with stealthy step and parried for a hold, amid almost breathless silence, the company keenly watching every movement. Padoubny tried to get a head hold, but Apollon dodged it. The Russian was more successful the next time, but Apollon then clasped him round the body, and Padoubny drew off. A sensational dash at Apollon with a half-turn of the body was frustrated by the Frenchman. Padoubny missed an arm hold, and Apollon got on a body hold, but Padoubny slipped out of it. For some time the men were on their legs. Apollon put on a severe head hold, which Padoubny threw off, and grasped Apollon's right arm, with his left on the shoulder. Apollon resisted cleverly, and then grasped Padoubny round the body, and the latter dropped to his knees, with Apollon on top. They then jumped to their feet. Two minutes' rest was allowed after ten minutes wrestling. Hence they went to a finish, and in a terrific struggle knocked the Press table over and nearly all the Pressmen. In two minutes Padoubny put on a half-nelson, and away went Apollon to the floor. He was rolled over, but Padoubny could not pin him. They were up, then down, and Apollon on top. Apollon tried to lift Padoubny, and the latter was in great difficulties under Apollon's arm roll. Padoubny, sitting down, clutched his foot and laughed. Apollon immediately withdrew, but returned. A great struggle followed. Apollon threw Padoubny, who got on a severe body hold, which Apollon broke, but under the protracted struggle Apollon weakened. He went down once without being put down, but Padoubny was too

far away to take advantage of the opportunity.

THE SPORTING LIFE FEB 19, 1908 con't:

"In answer to a protest against Padoubny, Cannon said that to throw from the hip is a fair hold, but not with the leg. For five minutes the men were on the ground. Then Padoubny got on a fair body hold, with both hands underneathm swung Apollon, and brought him on his back amid terrific excitement. This was precisely the same hold as that with which Hackenschmidt threw Madrali. Time 35 mins. 19 sec."

[Roark: Inch claimed to have left the Inch 172 bell at Hengler's during a wrestling tourament for Padoubny to try. Was this that tournament? Inch also said he never met Apollon until the latter was past his prime. He was age 46 at this torunament (Padoubny was 36) so was that past his prime?

Also, Inch said he left the bell at Hengler's for a day; but he also said he left it there for two weeks. I suspect one day is the correct time for the following reason/guess: If Apollon dropped out of the tournament briefly because he thought he was defeated by an unfair decision, it would be just like Inch to have heard about that and took the bell to Hengler's knowing Apollon would not be dropping by. But since the tournament lasted several days, and Apollon returned to the competition, it was expedient for Inch not to leave his bell where Apollon could have ruined its 'perfect' reputation of never having left Mother Garvity, except by Inch's own hand!]

Feb 22, 1908 p 176 The Battle of the Giants- The International Wrestling Tournament at Hengler's Circus, London.

"...and it was at Hengler's the other day that the great Arthur Saxon gave additional proof (if such be needed) that he and his two brothers stand in a class by themselves as strong men." The Saxons offer L1 for every pound which their weights are underweight as advertised. there is a photo of their car bridge support feat which they called " 'Brooklands' on Four Legs'."

p 177 regarding the Titan's Tornament at Hengler's:
"There have been several desperately exciting bouts, the giants Padoubny and Apollon putting up a most strenuous

Feb 10, 1908 thirty minutes' struggle on the 10th leaving the issue

Feb 12, 1908 still undecided to be renewed on the Wednesday following, when after a remarkable scientific and exciting display, waxing hotter and more furious every moment, during which they tugged and strained at each other like huge bears, the enormous Frenchman clasped the Cossack from behind, but the latter gripped him also from behind, and, throwing himself backward, flung his antagonist on his shoulders. Apollon protested vigorously that this was a flying fall, and a scene of wild excitement followed, in which the audience participated, but calm was eventually restored.

[see THE SPORTING LIFE articles above for more info, and for the results of the Feb 18, 1908 match]

[So, was this the occasion when Inch left the 172 lb bell for Padouby to try? Inch says he never met Apollon until Apollon was past his prime. So either, Inch and Apollon literally did not 'meet' each other on this occasion, or it was another occasion Inch was speaking of. Certainly, Apollon at this time would have toyed with the 172 lb bell! Remember the bell was left at Hengler's for two weeks during a wrestling tournament so on what other occasions was Padoubny at Hengler's when Apollon was not?]

(also Apollon born Jan 21, 1862 would have been freshly turned age 46; Padoubny born Sep 26, 1871 would have been age 36)

Mar 7, 1908 p 228 Who'll Wear this Belt? on page 229 has a photo of four wrestlers including Padoubny, but not Apollon- had he been eliminated from the tournament?

H&S:

Aug 29, 1908 p 212 ad mentioning he uses his own methods

Sep 12, 1908 p 260 ad: disc barbells free !

Oct 3, 1908 p 328 ad p 341 ad p 347 is in set #2
of Postcards of Athletes

Dec 26, 1908 p 665 ad

[On Mar 25, 1909 The Saxon Trio made its American debut in NYC at the old Madison Square Garden. How long were they there?]

H&S Jan 1, 1910 p 2 A Weight-lifter's Romance- Inch
- began physical culture age 8, digging holes and
pausing to mention pumped biceps which were 8.5".

"Between the ages of eight and twelve, all I can re-
collect is that I was still imbued with the desire
to be strong, competing as often as possible in foot
races and the like, and never losing a chance to read
any printed matter about athletics or athletes, and
being particularly keen on seeing strong men perform
at circus or music-hall.

"My Boyish Ambitions.

"About the age of twelve I conceived the following
ambitions:-

To get to be the strongest man in Scarborough.

The strongest man in Yorkshire

The junior champion of the world

The strongest man in Britain, and to have a 17 in.

bicep (sic), and, later on, aspired to be the world's
middle-weight champion lifter.

"It is interesting to note that every one of these ambi-
tions has been gratified with the exception of the
heavy weight-lifting championship of Britain, through
which I propose to find who is the strongest man in
Britain."

p 3 "The Strongest Lad in Scarborough.

"To resume. At the age of twelve [1893-1894] I acquired
some dumb-bells and important works on physical culture,
and commenced in earnest what has turned out to be my life's
work. There is no book or system of physical culture which
I, in the course of my studies, have not thoroughly tested,
and it is my proud boast that I have never had a lesson from
any man, but am entirely self-taught."

[Roark: really? I though his friend Saxon, whom he met 1902-1903
had given him many lifting pointers?]

"It did not take more than a couple of years to get known
as the strongest man in Scarborough, and a year or two
later I gained the title of junior champion of the world
at weight-lifting. Then there was a long wait. It was af-
ter a lapse of about seven years I gained the middle-weight
championship of the world. At about the same time I reached
17 ins. round the biceps, and, having gained the middle-
weight championship, I set to work to train on for in-
creased measurements, which I easily obtained, and to get

myself in a position to challenge for the proud title of strongest man in Britain.

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"The highest measurements I have ever reached are as under:-

Chest (expanded), 53-1/2 ins.

Biceps, 19-7/8 ins. (great temptation to say 20 ins- a nice round number!).

Forearm (straight), 15 ins.

Thigh, 27-1/2 ins.

Calf, 17-3/4 ins.

"I only wish that I could have had, years ago, the knowledge which is now mine, because I should have trained on quite different lines and have been even stronger than I now am."

- arrived in London at age 21 [1903], weighed 10 st 7 lbs (147).

p 3 "I Throw Down the Gauntlet.

"I believe the match, if match there be, will cause extreme interest and excitement in the weight-lifting world; and as many people have to my certain knowledge doubted my claims as a weight-lifter, I shall insist on a committee being appointed to weigh every weight lifted by myself and opponent. What I have done others may do, and it should be an encouragement to many to hear that famous doctors and sculptors have considered my achievements nothing short of marvellous,(sic) because I have such small bones and hips, and was not naturally gifted with a strong constitution.

p 3 "Challenge.

Thomas Inch challenges any man in Britain of British birth to lift for the heavy-weight weight-lifting championship of Britain for stakes of not less than L100 aside. All-round lifting, as may be mutually arranged. The match to decide who is the strongest man in Britain.

"L10 deposited with HEALTH and STRENGTH to bind a match, and all replies to be sent to this paper. THOMAS INCH."

"Middle-Weight-Lifting Championship."

"In the last issue of HEALTH AND STRENGTH I promised to have something important to say in connection with the above title. With regard to Sick's statement that he would claim the title, I reproduce verbatim the letter I received from that well-known authority, W. Will, Esq.,

the editor of 'Sporting Life.'

" December 16, 1909

"Thomas Inch, Esq.,
The Broadway, Fulahm.

Dear Mr. Inch,-

In reply to your questions as to what we consider the championship lifts, I very strongly hold that those by which you gained the championship should be those by which you defend it. If I remember rightly, we arranged six all-round lifts at this office, and that these were the lifts which were made by you then. I consider that you are justified in demanding these lifts.

Believe me, sincerely yours,

(signed) W. Will

Managing Editor

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"Now for my statement, which I regard as an important one.

"Directly Sick challenged me, or rather immediately after the first meeting at HEALTH AND STRENGTH'S offices, I commenced to reduce my weight to see if I could get down to the middle-weight limit and still be strong. It must be borne in mind that I was allowed to remain in undisputed possession of the middle-weight title for some years, and, naturally, I put on weight.

"The training I refer to above has convinced me that I cannot do myself justice at 11 st 7 lbs. Beyond this there is the matter of my important challenge in this issue. This being so, I am about to take a step which I am certain will be applauded by readers of HEALTH AND STRENGTH as being a right and sportsmanlike action to take- I will relinquish the title conditional on Sick and Aston competing for such title for L100 a-side, and that Sick agrees to the lifts which 'Sporting Life' and, I think I may say, HEALTH AND STRENGTH consider to be the lifts which should obtain in a championship match-i.e., the lifts which were used when I won the title.

"Aston is willing, and if Sick will not agree, then Aston, NOT SICK, will claim the title, and, in my opinion, as the holder of the title, Aston is the man to hold same now that I am over weight. I do not think there is a man in the world who could beat Aston at 11 st 7 lb."

[On Jan 19, 1910 Maxick appeared in a semi-private exhibition at the Apollo-Saldo School near Leicester Square. HS 5-22-47 p 363

Apr 30, 1910 p ii ad

p 471 Who is Britain's strongest man?- TI (photo w wife)

"Mr. and Mrs. Inch at their country residence,
The Cedars, Castle Donington." photo caption
[wife's name?]

----- p 471 "To my mind, the lifting of heavy weights calls more for the exertion of nervous energy than the possession of heavy muscular development, and, this being so, in my case at least, I generally only lift heavy weights once each week."

H&S Jun 18, 1910 Monster Weight-Lifting Tournament- author?
about Jun 11, 1910 match

p 652 "The science of weight-lifting in this country has for many years been in a state of chaos. Notwithstanding the fact that a vast deal of interest is taken in this particular means for the development of physical strength, there has been a singular lack of organisation. The Amateur Gymnastic Association has not for ten years held any competitions, and therefore all the amateur championships have become almost as much matters of ancient history as W.G. George's mile record or Captain Webb's Channel swim.

"As for the professional championships, these were all (with the exception of the middle-weight-lifting championship of the world, won by Thos. Inch in 1907, and which he has now surrendered) apparently non-existent. The foreigners have all this time been allowed to have things their own way, while British weight-lifters dragged on their desultory way.

"How the Contest Came About.

p 652 But on Saturday last a new era dawned for British weight-lifting, for I am firmly convinced that its exaltation to its proper place among our British sports will be an immediate result of the great tournament at the German Gymnasium, promoted by 'HEALTH and STRENGTH,' in which the British Heavy-weight Weight-lifting Championship was decided. An association to govern this

most important branch of physical culture is imperative, and it is the intention of the Editor of 'HEALTH and STRENGTH' to take the initial steps toward its formation.

"The contest, as most of you are aware, was the direct outcome of a bold challenge issued early in the New Year by Mr. Thomas Inch. He claimed to be the champion weight-lifter of Great Britain. No man in the land has done more for modern lifting than Thomas Inch. His worst enemies admit that; for because he is a successful man, and for no other reason, Mr. Inch has an enemy here and there, but they are not worth considering.

"Nevertheless, his very daring claim could not be allowed to go undisputed, and replies came from weight-lifters all over the land; weight-lifters who would have come to the front years and years ago had there been anything to draw them out.

"The Officials and Competitors.

It was in consequence of this that 'HEALTH & STRENGTH,' the only journal in the land upon which weight-lifters can rely for support, came forward and organized the tournament, offering to the champion of Great Britain a cash prize of L50. The readers of the magazine, moreover, expressed a desire to show their practical interest in the contest, and contributions poured in from all parts of the country towards a beautiful gold cup, which the now-recognized British champion will appreciate more than all. Amongst the most notable contributors were, Mr. A. Dennison Light, who sent a cheque for L10; and Arthur Saxon, who, in order to encourage British weight-lifting, sent L3, whilst his brothers Herman and Kurt, sent L1 each.

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"Our object from the start has been to conduct this tournament on absolutely impartial and sportsmanlike lines, and we are proud of the fact that we have succeeded. We recognized from the very start that it was not for us to interfere with the contest at all, but merely to organize it and see to it that | everything was done decently and in order. We have spared no pains to insure this result. We made a point of securing the very best, most independent officials we could find. In our referee we were singularly lucky, for Mr. Tom Pevier, the champion amateur weight-lifter of Great Britain, who obtained

the special sanction of the A.G.A. to act, and who still holds many records, has the highest interests of weight-lifting at heart, and I have reason to believe that he will render us great assistance when we come to organise that Weight-lifters' Association of which I spoke. I am glad of this, for his connection with weight-lifting means straight lifting. The weights were looked after by Messrs. W. and T. Avery, the famous weight machien manufacturers, whilst Mr. King Morgan (manager to George Hackenschmidt) and Mr. Albert Atilla, the celebrated P.C. expert, who is himself a weight-lifter of renown, were the clerks of the scales.

"THE AFTERNOON SESSION.

And now for the contest. There were two sessions, one in the afternoon and another in the evening, one ticket admitting to both.

"The competitors were Jas. Evans, of Macclesfield, Fred Hall of p 653 Poplar, Wilfred Harwood [p 653] champion of Yorkshire and the North of England, Teviotdale, champion of Scotland, Thomas Inch of Fulham, and Thomas Cressey, of Holbeck. Four distinct lifts had been selected and agreed to with all due formality by each competitor. They were the 'one-handed clean all the way,' 'double-handed clean all the way,' 'one-handed snatch,' 'one-handed anyhow.' As our readers know, there was at the onset, in the absence of any orthodox xhampionship appeal court, some difficulty in settling the lifts. Eventually Mr. Percy Longhurst was nominated by the 'Sporting Life,' at our request, and the selection made by him. The lifts selected seem to have given pretty general satisfaction. The matter is an interesting one to bring before the prospective Weight-lifters' Association.

"The men competed in a definite order decided before the contest at a draw conducted by the Editor of 'HEALTH & STRENGTH,' in the presence of a number of independent people. As a result of this, Jas. Evans, Fred Hall, and Wilfred Harwood were to compete in the afternoon session, and Teviotdale, Inch, and Cressey in the evening.

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"Fred Hall was unable to turn up at the afternoon session, and on that account ran the risk of disqualification. A letter from his employer stating that it was quite impossible to liberate him, but that hewould be at liberty to attend the evening session,

was accepted at a preliminary meeting of officials and competitors and it was agreed that he should be allowed to compete at 7 o'clock, an hour before the official time for starting; that, in other words, a special hour would be allotted to him. This very magnanimous concession gave him a distinct advantage, but one which other competitors did not begrudge him.

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"The Old War Dogs in Front.

"It speaks much for the popularity of weight-lifting that on a hot June afternoon so many people should be gathered in the German Gym. to witness a competition, the very sight of which made one literally perspire. They had come from all parts of the country; one gentleman had travelled specially from Germany. It was a distinguished company too. It seems to me that all the old war-dogs, of whom we have not heard for years, had scented the battle from afar. There was Professor Szaley, whose name was a household word in weight-lifting rather more than a decade ago; and Mr. Ferdinand Gruhn, a famous lifter of the same period, who afterwards went in for wrestling, and trained Hackenschmidt for his great wrestle with Madrali; Mr. Ernest Gruhn, author of 'The Text Book of Wrestling.' and wrestling instructor at the German Gymnasium. Mr. Walpole Hiller, President of the Sheffield School of Physical Culture, one of the most popular all-round sports of the North, came specially 'fra' Sheffield' with a little party.

Mr. Eugene Corri, to whom no sport ever comes amiss, was there, and Mr. Henri Cole, the P.C. expert of Manchester, who combines weight-lifting and physical culture with his elocutionary gifts.

Mr. A. Dennison Light, who has shown his interest in the affair by presenting L10 towards the gold cup, was represented; whilst among others we could not fail to notice were Mr. Edward Aston and his prospective opponent for the middle-weight championship, Max Sick.

"James Evans, of Macclesfield.

It was, in fact, a most interesting audience, and when, at 2:30, Major Best, the M.C., announced the commencement of the competition, every eye was rivited upon the stage.

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"James Evans, of Macclesfield, was the first to enter the arena. He squared up as though he meant business, went boldly for the one-handed, clean all the way, and succeeded in lifting 133 lb. 6 oz. This, however, he did not subsequently surpass. His other lifts are duly recorded elsewhere. I watched his lifting very

closely, and my impression is that he certainly has not had sufficient practice to the game to enable him to excel therein as yet. He has a splendid development, apparently acquired at gymnastics; in fact, I should imagine he is a very good gymnast. He was not quite up to the form required for a national championship, but could, I think, easily acquire it. He's an intelligent, gentlemanly-looking fellow, and a personal refutation of the objection sometimes raised that weight-lifting is only for men of the cart-horse type.

" 'They say that weight-lifting makes men slow,' remarked Mr. Tom Pevier to me after the contest. 'It sounds, therefore, like a paradox to say that it was slowness that lost Evans many of his attempts.' He was not quick enough at the press, etc.

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"Wilfred Harwood, the Yorkshire Champion.

The Moorland village of Haworth, in Yorkshire, is famous as the birthplace of the Brontes. I think it is also famous as the home of Wilfred Harwood, who has the reputation of being the cleanest lifter in the land. He deserves it, and he's as clean a liver, I believe, as he is a lifter. He certainly showed what a man can accomplish upon a vegetarian diet. Whether he could do even better if he included meat in his daily menu is a matter of opinion, and he knows best. He's a fine, well-set-up, clean-limbed fellow, a proper moorland-bred Yorkshire lad, in fact.

"It was a treat to watch him lift; in fact it was the prettiest, even if not the most powerful, lifting in the competition. His single-handed and double-handed clean all the way lifts were absolutely 'clean all the way,' and performed with positive grace and ease. I know now that weight-lifting can be artistic, almost poetical. He seems to shun the very appearance of trickery; in fact, I'm not at all sure that he's not almost too fastidious, so that he sacrifices now and then a perfectly legitimate advantage. Anyway, he's a credit to the sport, and although he just missed the second place by 1 lb. 4 oz. he'll come even more to the front later on.

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"THE EVENING SESSION.

"The opening scenes of the evening session were intensely dramatic.

"At 7 o'clock almost all the audience were in their places, and Fred Hall, the mysterious one, entered the arena, and at last revealed that countenance which readers of 'Health & Strength' were so anxious to see.

"Fred Hall of Poplar.

"No one knew anything about him, except that he was a pupil at a physical-culture school in Poplar, that certain lifts were attributed to him, and that a photo of his back had appeared in 'H. and S.'

"He was generally regarded as a 'dark horse'; he was certainly a revelation.

"His lifts were so good that all the people who watched him with unstinted admiration expressed surprise that his very name should have been hitherto unknown. He occupied the stage for nearly two hours, and the intervals between his lifts, which were devoted to elaborate massage and feeding, were somewhat unduly prolonged.

"This undue prolongation, besides placing the competitors who were to follow at a disadvantage, militated also, in my opinion, against his own ultimate triumph. By spending too long at the game he also spent his strength and nerve force.

"As I have said, his physical power, his nerve dexterity, and his knowledge of the intricacies of lifting proved him to be a lifter who must certainly be destined to come to the front, but he tried to do too much. He almost rushed through his first great lifts, but by-and-by it became clear that he had exhausted himself, so that time after time he failed. I think, moreover- and in this theory I am supported by many experts who were present- the extensive attention (nursing I might call it) between the acts, so to speak, did him more harm than good.

"He had the misfortune, moreover, to injure his hand somewhat, and this did not exactly help him.

"Anyway, he is to be congratulated upon his very fine performance, and he fully deserved the encomium expressed by Mr. Eugene Corri, p 654 when [p 654] presenting to him the gold medal he had won as the second prize.

" 'You're a fine fellow,' said he, 'and when I see such splendid

specimens of manhood I almost wish I'd gone in for weight-lifting myself.'

"But Mr. Eugene Corri's physique is nothing to grumble about!
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"Thomas Inch.

"The actual programme for the evening commenced at 9.10 o'clock, and it became necessary to put on the next three competitors together. I don't suppose the tedious waiting had done much to strengthen their nerves. It doesn't as a rule, anyway, either with boxers, wrestlers, or any other athletes.

"But from a spectacular point of view the exhibition now brightened up considerably.

"Of the three competitors who now took possession of the stage, viz, Thomas Inch, Thomas Cressey, and Teviotdale, the former attracted the most attention, not only as the original challenger, but also on account of the picturesque figure he cut. His development is remarkable, and all the more so because it has been acquired by persistent scientific endeavour. He is undoubtedly a heavy-weight now, with quite massive, yet by no means unwieldy, arms and limbs; a sunny smile, redolent of the Yorkshire moors and cliffs, and wrists of quite abnormal slenderness, especially when one remembers what he can lift. Before the contest he was beyond question the most scientific lifter in the land; he is now the champion lifter of the land, thereby eloquently vindicating the controlling power of science over sheer brute force.

"It is really wonderful how exciting, how dramatic weight-lifting may become, even to the layman. You watch the massive bar-bells raised in one hand (clean all the way), first to a level with the shoulders, and note the fierce nerve tension of the lifter, his throbbing temples, his muscles now flexed, now straight; you wonder whether he will be able to raise it any higher; you gasp as you witness his prodigious effort.

" 'He won't do it,' you say, but suddenly the body bends and the arm shoots up- straight, rigid as a pillar, with the bells balanced at the apex. Then you shout and you cheer to the echo.

"Or if he fail just at the moment of triumph, and the arm bends and the bell drops with a tremendous crash upon the stage, you gasp- in your sympathy and disappointment.

"I tell you there is drama in weight-lifting, the drama in which the Will as often as not stands out as hero, and Brian, Nerve, and Body dance merrily to his piping. It is a drama full of varying thrills- the thrills of expectation, triumph, and defeat.

"And all these thrills you felt while Inch was lifting.

"I do not think he was in his greatest form. He had many failures, and once he was disqualified; but every time he failed he only smiled benignly- smiled in the gleaming teeth of Fate. And he had many triumphs, and the triumphs were greater than the failures, so that he romped home with a total of 45 lb. 10 oz. more than the second prize winner.

"Inch was beaten at the snatch, but when he lifted 230 lb. 8 oz. one hand anyhow there was a perfect ovation. His measurements are: Chest, expanded 53-1/2 in; biceps, 19-7/8 in; forearm, 15 in.; thigh 27-1/2 in.; calf 18 in. He is 28 years of age, and ever since he was a boy of 14, known as the Boy Hercules of Scarborough, he has aspired to the proud position he has now attained."

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"Teviotdale.

"The braw laddie fraither side o' the Tweed, Teviotdale, is a fine, starwalt fellow, and he was attended by his friend Holmes, the International gymnast, to whom we hope to give an opportunity later on to put up some records. Teviotdale must be a fair terror when he is absolutely at his best, but he was not at his best this night. He made some magnificent attempts, but in many cases failed to go all the way, and then a flash of surprise, mingled with disgust, would pass across his face for a moment, then as quickly lose itself in a smile- not quite like Inch's, but quite as expressive- a smile which, being interpreted meant 'Well, Ah didna dae it, ye see, but Ah can!'

"And I believe he could.

"He would persist in swinging instead of snatching, and thereby losing ground; and he concentrated, perhaps, rather too much thought upon his lifts. He's a fine, strong fellow, with plenty of science, but Saturday was clearly not his day out.

"Thomas Cressey, of Holbeck.

"Here was another Yorkshire lad- the strongest in the tournament, I am sure, yet, curiously enough, his lifting was the

worst of any. The fact is he had no opportunity for proper training. Three weeks more would have made a lot of difference; of that I am quite sure. He admits himself that he has but little science, but relies mainly upon his great strength. Here, then, is a further proof that strength alone will not do the trick. Strength must take unto himself a bride, whose name is Science."

Roark: there is more but not added here. Inch weighed 13 stone 2 lb after the contest.

Here is a chart showing results:

	Inch	Hall	Harwood	Teviot.	Evans	Cressey
OH clean	213 14	210 2	201 4	175 12	133 6	-
2H clean	250 2	252 2	231 14	231 6	230 14	226 0
OH snatch	132 0	136 0	139 8	139 12	115 14	132 6
OHA	230 8	182 8	206 14	193 0	129 12	-
total	826 8	780 12	779 8	739 14	599 14	358 6

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p 654 How I Won [Jun 11, 1910 match]- Inch, 'Britain's Strongest Man'

"At last the proud title I have coveted since the age of 12 [1894] is mine! This was the first thought that came into my mind as I saw the genial and handsome face of that great sportsman, Eugene Corri, beaming on me and holding out the handsome cup provided by 'H. & S.' readers.

"I think the reason why I won is very simple- superior science and superior strength. I also believe a good competition lifter is born- not made. At times some of my opponents appeared to get 'rattled,' to use an Americanism, and this is fatal. Although I say it myself, it takes a great deal to upset me once I get in the ring, as I think I proved last night (I am writing this on Sunday). [Jun 12, 1910] That some attempt was made to effect this those who were present are aware, but it met with the failure it deserved and the strong disapproval of the audience.

"That Miserable Snatch.

Had I lost I should have been sportsmanlike enough to make no excuses. My lifts were as under: 213 lb. 14 oz, one hand clean; 230 lb. 8 oz., one hand anyhow; 250 lb. two hands clean; 132 lb. snatch; or a few ounces over. For the first three lifts I need

make no excuses, though I won't be hypocritical enough to pretend they are my limit. I was fighting a winning fight, and was not hard pushed. But the snatch is execrable. There's a reason. Several weeks ago I had a nasty accident in doing what proved to be my record snatch. I immediately went to see Dr. Coltart, of Park House, Fulham Road, S.W., who said I had snapped some muscles in my right side. This was only about three weeks ago, and for 10 days I could hardly lift a weight off the floor. Here's the explanation of my bad snatch, and I only did 110 lb. snatch at my final practice; so, of course, it was a great worry to me. This was why I dropped the 240 lb. one-handed bar-bell last night when I had it overhead- my side gave out.

"Will Defend the Title.

Well, no more excuses. I won the cup, and will defend my title, same rules and lifts, for not less than £100 a-side against any man of British birth.

"In explaining 'How I Won,' I must not forget a few words of praise for my two seconds, Mr. G. Inch [George Inch] and Mr. W. Carquest. I regard them as seconds par excellence. They contributed a good deal to my success, and in future I shall regard them as masochists.

"Then the referee, Mr. Pevier, proved most fair, impartial, and competent. We couldn't have had a better man, and here's my thanks, at any rate, to that gentleman for the way in which he fulfilled a post which was no sinecure. 'H. & S.' will probably now push on with that idea of a 'Weight-lifters' Association'- a greatly needed body, and they must not fail to get Mr. Pevier's views. Although an amateur himself, I saw he has also had great experience of professional lifting, and he knows the game from A. to Z.

"Harwood's Hard Luck.

Harwood had terrible luck to lose 2nd place by 1 lb. or so, and I venture to say had Hall lifted in the afternoon in his appointed place Harwood would have beaten him. I thought Harwood's attempt, when tired, at 201 lb. and some ozs., one hand clean at his weight of 11 st. 13 lb. simply splendid, and if he will accept I should like to send him a little memento of his plucky attempt and general sportsmanlike behaviour, I believe much will yet be heard of W. Harwood. Cressey I thought a strong man, but not very scientific. He appeared short of practice, and, I believe, only recently took up weight-lifting after giving it up for several years.

"With regard to Hall, the great objection to his lifting was the time he took over it. Monotony is the one thing to avoid in weight-lifting matches if the public are to be interested,

"The long-drawn-out efforts of Hall suggest a very simple remedy- a time limit. Give a man six attempts at each lift certainly, but limit him to, say, 45 minutes. This would give the public a chance, and also other competitors.

"In conclusion, I can only hope that every competitor, and every reader of 'H. & S.' believes the best man won.

"I know I do ! THOMAS INCH

p 656 My Views of the Match as Clerk of the Scales- Attila

"My first impression of the afternoon lifting was the brilliant neatness of Harwood's lifts and the very opposite with Evans, who was hopelessly outclassed, and undoubtedly requires a lot of practice to steady his lifts. Hall led off at night, and occupied the platform for about two hours, which was a bad beginning, and calculated to kill the interest of weight-lifting. But Teviotdale, the Scotsman, suddenly bounded upon the platform, scattering everybody and everything right and left, and rushed his match barbell to the scales for weighing purposes. That broke the tedious nature of Hall's lifting, and the next immediately to appear was T. Inch, in his well-known dressing gown, then came T. Cressey. And now for my impressions of the evening, the feature which stands out being the brilliant lifting of Inch, who at once started to beat his well-known lifts at the German Gym. of 1927. I was considerably surprised at this, as he was not much heavier, and told me he had a rather serious accident about three weeks ago. [circa May 21 ?]

"This probably accounted for his very poor snatch of 132 lb.

"He had terribly hard luck in dropping 240 lb, one hand, and I consider the 230 lb. he did do a splendid lift for any man, one hand anyhow. I speak as an expert, because I happen to be the one man who originated the lift, made it popular by challenging, and at the present moment I hold the heavy-weight record for Britain, one hand anyhow with 238 lb., and the world's record at 10 st. at the same lift.

"If points had been given for style, Mr. Inch would have certainly gained these as well, as he lifts like a machine.

"Mr. Cressey made exceedingly bad judgment in his lifting, as, instead of working up to his lifts, he commenced at his utmost, and worked down, lift after lift coming lower and lower.

"Mr. Teviotdale, for his weight, did surprisingly well, and introduced some new styles of lifting weights, and also I might mention some wonderful and weird weights, which appear to require jumping upon before they were ready for lifting.

"In my opinion it will be a long time before anyone is found to take the championship away from the winner who is a remarkably cool and steady lifter. ALBERT ATTILLA
Curative Institution, 190 Brixton Hill, S.W."

p 656 a listing of Gold Cup contributors, and mentions that the Saxons are touring America

Dec 3, 1910 p 579 TI vs Loco match- TI

Loco: "Allow me to here at once state that all the lifts that gentleman has performed up to the present date are a long, long way behind my lifts.

"Mr. Inch appears to be terribly afraid the public will look upon this lift as a championship lift. Championship lift? Yes, of course it is. If Mr. Inch lifts a bar-bell heavier than I can then he is stronger than I am, I agree right here, and so do all other people. If this lift was one of Mr. Inch's little snatch lifts of about 140 lb., or the German side-push of about 235 lb., then that would not be a championship lift- oh, no; but when the bar-bell lift in this competition will prove a greater lift than any British weight-lifter has lifted previously, then that shall be a championship lift until it is beaten by a stronger man. One man cannot tie his opponent to a number of tricky small lifts to prove the strongest man, especially when his opponent can put up a record lift in one big lift. Should another man go on the stage to accomplish Arthur Saxon's feats and succeed in accomp-

lishing a few of the minor feats, Mr. Saxon would then say, 'Come along to my big bar-bell lift.' Quite right, and that is where Saxon would be lifted upon a pedestal of greater strength than his opponent. So please don't, Mr. Inch, call this my pet lift, for I will present you with L20 should you perform one of the three lifts I will do myself, and each lift shall be greater than your greatest lift in your recent competition. You also state and claim Mr. Editor, who? Editor as witness, that I said I should have no chance with you at all-round weight-lifting. This is a lie.

What I did say was that I am not a side-presser, but a straight lifter all the way up, as I do not believe in side-pressing, and a 9st. man could beat me in this acrobatic performance. If Mr. Inch has tackled a heavy weight-lifter, he must put up with it; he cannot expect a 12st. man to rule as champion heavy weight-lifter. I challenged the world of weight-lifters for over eight years, and never at that time considered myself small enough to challenge Britain only, but represented England in challenging all comers.

"Mr. Inch says he is sorry the lift is not for the championship of all-round lifting. Now then, Mr. Inch, I will lift you four lifts for L500, the three lifts given in 'Health & Strength' of October 29th, with an additional lift of two dumb-bells. Surely this is all-round lifting, and should I lift altogether less than 1,150 lb. in the four lifts I will forfeit the stakes. So if you will not lift me these lifts, you will perhaps wager I don't. Kindly pardon this long letter, but I do not like Mr. Inch trying to class me under his ability as a weight-lifter. I do not consider Mr. Inch in the same class by a long way as a weight-lifter as myself. Another word please: I never in my life knew a man to weight about 12 st. with a chest 52 in. and biceps 18-7/8 in. and about 6 ft. high; it is an utter impossibility. I will present Mr. Inch with L5 upon the night of the competition if his arm measures over 18 in. and his chest 52 in. if he is under 15 st., let alone 12 st. Remember, he must measure these measurements according to his own statement, and then I am backing up the weight,-

Yours truly, Loco

Inch replies in H&S:

"With reference to the communication which you have laid before me from Loco, I must strongly protest against the tone which he adopts.

"He is an utterly unknown man, and if he has done anything in or for the weight-lifting world this last eight or ten years, he has succeeded in hiding his light under a bushel remarkably well.

"In spite of the fact that he is not in a position to do so, he endeavors to dictate terms to me, all the time I being the acknowledged heavy-weight champion.

"It leads me to repeat a question asked by the Editor: 'Where was Loco when the tournament took place?'

"Loco kept very quiet and awaited results. Now he sees what the men have lifted, particularly myself, he ridicules the lifts.

"I consider Loco has laid a trap for me, into which I, foolishly enough, have very nearly fallen; but now that he has openly proclaimed that he does regard the Continental lift we were to meet on as being a decider for the championship and a suitable championship lift, I must refuse to go on with the match in connection with that lift, unless other lifts are added and a proper championship contest made of it.

"I have worked hard and waited many long years to gain the title which I won in open competition, and I am not going to place my title in jeopardy on one lift. I considered the affair a pure sporting wager, but we now see from Loco's letter, that it is the championship he is after and not the L100, and I must say I consider he is adopting a very underhanded and mean way of endeavoring to take my title from me. It is easy to guess what position he would take up if he had happened, even by a pound or two, to beat me on this particular lift.

"I now understand why Loco refused to allow us in the articles of agreement to describe the lift as the 'Continental lift'.

"It is the 'Continental lift,' as everybody knows, and, what is more, every one of the lifts that Loco practises or wants are variations of this Continental lift.

"Still further, every lift he wants is a double-handed lift. They are all 'anyhow' lifts- no clean lifting permitted, and no single-handed lifting permitted.

"The egotism of this man in endeavouring to fix the lifts astounds me.

"For every one fat man like Loco, whom these lifts suit, there are thousands of muscular young athletes whom they do not suit, and the championship cannot be settled by one lift."

"I will meet Loco half way. We must have two one-handed

lifts and two double-handed; One-hand clean, two-hands clean, one-hand anyhow, two-hands anyhow, in either one weight or two.

"With the exception of the snatch, these are the very lifts proposed by the British Weight-Lifters' Association, and I should be only too glad to include the snatch as well. As Loco says he has beaten all the lifts I have done he must match himself on these for from L100 to L200 a-side. "Now, Loco, I invite you to contest with me the British heavy-weight championship on these fair and equitable terms."

(TI does not respond to the measurement challenge)

Dec 10, 1910 TI vs Loco match- TI

note: for TI's strength levels a few weeks before the Jun 3, 1911 match with Aston, see TI's recollections in HS Oct 10, 1931 and then decide if(as he says) he could clean only 170 one handed - on a regular bar- and bent press under 200, why would anyone think he could clean the 172 of his challenge bell?

Jul 22, 1911 p 81 The 9 stone Chps- TI

TI bemoans the loss by Carquest to Albert Soguel in a disputed bent press rule violation, which TI says was not a bent press but a one hand anyhow that Carquest was in the middle of when Mr. Pevier, the referee, saw the bell touch the body and thinking it to be a bent press, commanded Carquest to stop the lift. Match was Jul 8, 1911. (Albert Soguel also writes to H&S and his letter appears)

p 81 Arthur Saxon writes:

"It may interest readers to know that Mr. Thomas Inch has been staying here doing a little training for one or two records he is going to attempt. He has surprised me by his increase in strength, and, believing as I do that he was short of practice for his last match, I have every confidence in his regaining the title he recently lost. I am only sorry that we shall not be in England to see the return match. I am pleased to see the English lifters coming to the front. There are not many men on the Continent who can lift 350 lb. two hands, but I think Inch will do this before long. I have had the pleasure of giving him one or two tips, and have found him an apt student of the great sport of lifting."

p 91 ad for STRENGTH and for A QUICK ROUTE TO STRENGTH

p 94 letter to edit from a German reader in Chelsea:

"And look at our [German] weight-lifters, Steinbach, Saxon, Turk, Graffe, etc. etc. Well, and Sandow? What are Inch and Aston compared with these giants?"

Mar 2, 1912 p 214 My memories of Szalay- TI

"I recall on visiting London some twelve or thirteen years ago my first aim as a keen Physical Culturist was to search out the Professor's school. I remember it well. At that time Prof. Szalay had a very good set of weights indeed, including disc bar-bells which someone has since paid me the compliment of saying I 'invented.' I may have popularized them, but as I saw one at Szalay's thirteen years ago [1899], I can hardly have invented them."

p 224 Five Chps lifts, part 4- TI

-sets forth rules for five lifts

p 230 TI: "Would it not be well to make a firm rule that

no challenge for an important weight-lifting championship be accepted for publication in 'H & S' without a deposit of say L5? This would at once do away with useless challenges of the Marchand, Strong, or Clark type. There should be a sharply defined line between a bona-fide challenge and one for the sake of advertisement. I suggest this is a matter for the consideration of the B.W.L.A."

Mar 23, 1912 p 304 "Professor T. Inch and W.L. Carquest will

attempt weight-lifting records at Croft's Institute of Physical Culture, Hatcham Park Road, New Cross S.E., on Saturday, April 20th, at 8 p.m."

[was postponed till the 30th of April, 1912]

p 304 Monte Saldo explains some of the situation between Inch and Maxick's match.

p 32 Health, strength, and muscle- TI then on Dec 23, 1912 at Barrow-on-Furness the lifting competition employed the new Inch patent sleeve bar-bell.

p 32 TI in his new prize scheme is giving away a Centaur motorcycle

Jun 1, 1912 p 541 World of weights- TI (the Carquest vs

Arthur Thompson postponed due to surgery needed by Thompson). Letters from Aston and from Inch are presented. New date of June 29 proposed by TI

p 545 ad still on top

p 546 letter from George F. Evans about Inch/Saxon and 'the clean'

H&S Jan 11, 1913 p 13 Maxick's letter to H&S protesting the difficulty in arranging to lift against TI

p 33 Letter to H&S Editor from Maxick, dated dated Jan 3, 1913:

" After long forbearance, I am compelled to challenge Inch again. It will be remembered that I came here to make a match with him three years ago, but, despite my utmost efforts, was unable to get one. Some months ago Monte Saldo made strenuous efforts to make a match between myself and Carquest, but the weight-lifting world knows that there was nothing doing. Some time after this a booklet, bearing the name of Carquest, contained a statement to the effect that he was challenging Maxick, but could get no response. Perhaps he did not remember that Saldo and his brother spent an hour at the offices of 'H. & S.' trying to get a match for the world's championship. I am now heartily tired of this sort of thing, and am determined to put a stop to it, and herewith challenge Inch to make good his offer which was the direct cause of my coming here. After I have met him, I will lift any of his pupils, should he by any chance beat me, and if by any chance his pupils came to actual business. There will be no more excuse for these cheap advertisement challenges from the smaller fry, as I take it that Inch is better than any of his pupils. I have particularly waited until he is in fairly decent form, so that there will be no possible excuse for an evasion. Everybody else, as well as Inch, is improving by leaps and bounds, and is it a coincidence that the improvement dates from soon after my arrival here? I do not claim all the credit for these improvements, but when I see methods that were invented by Aston, Saldo, and myself being used for the creation of records by our opponents, I must say that I feel the injustice of it very keenly. As a Continental man myself, I cannot understand what Saxon means when he says that Inch is beginning to compare with the Continental crack lifters. Saxon is the only Continental man using the bent press, and his record is 100 lb. more than that of Inch's. Of the lifts that could be compared with our Continental men, it is absurd to talk, as they stand approximately as follows: Two hand jerk, 425 lb; two hands clean, 335 lb.; two hands press, 350 lb.; one hand military press, nearly 170 lb; one hand jerk, nearly 270 lb; one hand clean, 253 lb.

(jerked from shoulder); and one hand snatch, 220 lb. As Inch will never reach any of these records, and they are in any case being continually pushed further out of reach, Saxon's theory is not worth much. I would prefer to conduct this match through the columns of 'H. & S.,' as personal meetings lead to irrelevancies and no business. I shall not meet anybody else here until I have met Inch. One condition of the contest will have to be that both men be weighed before lifting, so that the comparative merits of the performance may be worked out by the public. My present weight is 10 st. 7 lb. With sincere good wishes for a year of prosperity for your valuable magazine and its readers.- I am, dear sir, yours cordially,
Maxick. Eton House, Eton Avenue, N. Finchley."

p 40 TI's letter to H&S about a 300 lb lift

"I have read with great interest the kind remarks of Prof. Szalay and Arthur Saxon. After discussing my chances of lifting 300 lb. single-handed, they each state as their opinion that I shall be able to accomplish this terrific feat. If anyone had told me so a few years ago I should not have believed him, but competition has been more keen of late, with resultant improvement in the lifting. The opinion of two such authorities as Saxon and Szalay is valued by myself, and I now wish to say that I am quite willing to make the attempt, and hope to prove they are both good judges of the game. If I succeed I shall be the first (and perhaps the only) Englishman to raise 300 lb. overhead single-handed, just as I led the way with the double-handed lift of over 300 lb. I have not forgotten that I promised Mr. Nunn to attempt over 400 lb. double-handed at the London Weight-lifting Club. I also promised to make some remarks as to the nature of the lift. Let me say it is the two hands anyhow style, but exhibition style and not 'record' style. Whilst this is so, I would like to state that the bar-bell will not be lifted into my right hand, and the kettle-bell will not be lifted to my shoulder, as this would simply be a supporting feat. The lift will be a startling exhibition of strength, and, as proof that it is not child's play, I will offer L25 to any man who can repeat it on the same night. This offer is open to Aston. As to dates, I hardly know which lift I shall attempt first, as at present I am rather handicapped in my training, but if all goes well I ought to do both this spring."

p 71 Aston has # about TI

Jan 18, 1913 p 61 "With regard to Maxick's letter in last week's issue, Mr. Inch declines to enter into any discussion, and will not meet Maxick. That, therefore, closes the matter. Mr. Inch resents very much the tone in which the letter was couched, and one reason, he says, why he declines to answer the letter is the knowledge that readers are heartily tired of this kind of thing, and he refuses to be a party to it."

p 71 # Inch vs Aston- letter from Aston

"I am obliged to Inch for his offer of L25 if I duplicate one of his exhibition lifts on the same night as he, but beg to decline. Every intelligent reader will note the stipulation 'the same night.' Why not say outright, 'Wait until I have had a lot of practice at something you do not even know the nature of, then if you do it on the same night, without any practice at all, I will give you five hundred shillings'? I prefer to leave exhibition lifting out of my weight-lifting honours, being, as I am, in a position to gain sufficient glory with B.W.L.A. or any other recognized lifts, of small or large poundage. There is much more than twenty-five pounds for those who beat my legitimate lifts, not exhibition.

"Also I would like to state, and I trust without offending anyone, that I know of one lifter who will lift 300 lb. one hand overhead, and if our esteemed Editor will consent to interview me at an early date I will promise the readers of 'H. & S.' such a surprise as they little anticipate in weight-lifting possibilities."

Jan 25, 1913 p 99 letter to editor from TI about proposed lifting against Aston:

Inch was

28 months "In your issue of the 18th inst. Aston misrepresents older than my offer entirely. What I am prepared to do is this:

Aston If Aston will give a written undertaking to attempt the feat the same night as myself at the L.W.L.C.

Feb 1913 (probably at the end of February), I will willingly meet him at your offices by appointment and personally show him what the lift is. He would thus have over a month in which to practise same, and when I say that it is a feat which Aston has been practising for a considerable length of time- it is, in fact, the major part of our standard two hands anyhow, at which

lift Aston holds the record- it will be seen that
p 100 Aston's letter is [p 100] entirely out of order. I am simply offering to meet Aston on a lift he is well used to, and am not asking him to stake money, but will be prepared to hand over L25 in notes if he can repeat my lift. I do not bind myself to 400 lb., as it will probably be a little bit more. If nothing comes of this, there will be no harm done. I note Aston prefers regulation record lifts, and can only say in this connection, with regard to the present wager of L20 a-side on the standard two hands and one hand anyhow lifts, that I will cheerfully cover any amount Aston cares to deposit increasing the original stake-money. For reasons which I have explained to the editor of 'H. & S.,' I am at present debarred from practising all-round lifting. The lifting could take place at the B.A.W.L.A. tournament on March 13." [1913] [why debarred from all-round lifting?]

Feb 15, 1913 p 178 # to H&S from Harold Nunn about TI 300 lb
"I understand that the attempt on the 300 lb. lift will first be made at the Donald Dinnie benefit on April 12th, and, in view of Mr. Inch's great lift of over 271 lb. in November, his raid upon the 300 lb. should prove most interesting, and will no doubt add greatly to the success of so worthy an object- the Donald Dinnie benefit."

HS Feb 22, 1913 THE INCH CHALLENGE DUMB-BELL: author?

"This dumb-bell has become famous as the dumb-bell which no man can lift (except, of course, its owner, Thomas Inch). It has been referred to as the 'lucky' dumb-bell. The M.C. at a recent display was asked to explain how it came to be called 'lucky,' and he promptly replied, 'Well. you'll be lucky if you lift it'.

"We hear that it will be in evidence at the weight-lifting meeting at the London Weightlifting Club on Friday, Feb. 28. It is just possible that this will be its last appearance in public and the last occasion on which Mr. Inch will make his different offers to the man who should be fortunate enough to lift it.

"We have therefore obtained a photographic illustration, as we are sure our readers would like to see what the dumb-bell is like that has defied so many champions. Even world's champions

have failed at it, both lifters and wrestlers, and up to date we are assured by Mr. Inch that over 2,000 different people have tried and failed, including among the better known- i.e., the ones with titles- Edward Aston, Maurice Deriaz, W. Harwood, Strongfort (from Denmark, not America), W. Caswell, S. Croft, etc., etc.

"When the above made their attempts, Mr. Inch's offer was L50 and L1000 but now that such progress has been made in the science of lifting, the offer has been reduced to L25 to the man who lifts it in the same way that Mr. Inch does, or a L10. 10s. clock and ornaments to the amateur lifting it to his knees, or a L5 5s. gold medal to the professional doing likewise. These will be the offers on Feb. 28 and we are informed that a special pupil of Mr. S. Croft, named Robinson, is confidently expected to succeed in carrying off the marble clock, while one well-known lifter, C. Maw (better known as Trojan), is so confident that he will make the journey all the way from Scarborough, in Yorks, to lift for the professional prizes. It seems that for several years Maw has been giving an exhibition with a similar dumb-bell to Mr. Inch's, and for some months has specialised on the lift, and he backs his confidence by travelling a journey of 500 miles (total) to make the attempt.

"The L25 offer, Mr. Inch states is open to all, including our heavyweight champion, Edward Aston.

"All who wish to make the attempt should send their names to Mr. Thomas Inch at Munster House, Fulham, or to the Secretary, London Weight-lifting Club, North Street, Kennington Road, S.E."

Mar 1, 1913 p 229 On Friday Mar 28, 1913 "Mr. Thomas Inch will attempt to break the two hands and one hand anyhow heavyweight weight-lifting records at the London Weight-lifting Club, North St., just inside Kennington Rd, S.E.. Only a few reserved seats are left unbooked."

p 230 # about TI vs Aston
Edward Aston writes: "Dear Sir,- Re Inch's dumb-bell challenge, I thought I had made it clear that I did not want challenges directed at me for exhibition tricks, but Inch is so persistent in this direction that I will accept his L25 offer, and now do so conditionally on

his making an attempt to lift a dumb-bell I shall bring with me.

"I will lift my dumb-bell with one hand and lower it with one, and will leave it lying there for Inch to follow suit, and shall be glad if he will leave his in a like manner for me to lift.

"My bell will be made up of ordinary discs and a solid straight bar.

"If Inch succeeds with my dumb-bell he will be the richer by L50, a cheque for which amount I will present him." signed Edward Aston, Heavy-weight Champion Weight-lifter of Great Britain

and then a drawing is presented with some lifts:

	Aston	Inch
TH Anyhow	332	326.75
OH Anyhow	252	245.25
Total	584	572

HEALTH & STRENGTH: INCH, THOMAS by Joe Roark
Mar 8, 1913 p 260 on Feb 28, 1913 TI "Lifted his famous dumbbell
By now the without the slightest difficulty. E. Aston. W.
dumbbell is Watson, A.C. Maw, and several amateurs, amongst
called famous them an Indian gentleman, all tried to lift the
dumbbell, but none were successful."

p 266 Letter from Aston about TI's challenge
"Simply because I will not encourage Inch in his speciality
exhibition lifting, he tries to infer that there is a
doubt as to my being Britain's Strongest Man. Inch knows
full well that the true test of strength is all-round
weight-lifting, and for this reason the B.W.L.A. choose
for its representative lifts 'one hand clean,' one hand
snatch or swing,' two hands clean,' 'one hand anyhow,'
Jun 3, 1911 and 'two hands anyhow,' and it was these very lifts that
decided our match for the title, which I won on June 3,
1911. In my last letter I told Inch that I could not
entertain any challenges from him on any other than the
five B.W.L.A. lifts. His reply tells me that he has evi-
dently not seen this part of my letter. Regarding Inch's
injury, there is no one more sorry than I for any who

injure themselves, and I am greatly surprised to see Inch performing records whilst in this condition. He assures us that he is still suffering from his accident, yet he tries to compete with me at record-breaking. I ask the readers of 'H. & S.': Is this fair to me? How in the world am I to obtain credit by defeating an injured man? If I win, I shall have defeated a cripple. If I lose, a cripple will have defeated me. I am really sorry now that the L40 wager is on. I have, however, deposited another L5 in connection with doubling the wager, and it now rests with Inch whether or not he binds it. Inch said he would cheerfully cover any amount in reason I cared to put down. I have doubled the wager. It is now up to Inch to cover it, instead of talking about speciality contests, which are away from the point. To settle all [p 267] further argument, I will meet Inch at the office of 'H. & S.' in connection with the above business by appointment."

Mar 22, 1913 'ASTON'S STUPENDOUS LIFT'

"Edward Aston, our champion weight-lifter and leading Physical Culture Expert, lifted at the Amateur Display,

Mar 13, 1913 Camberwell Green, London, on Thursday, March 13, 1913, the enormous weight of 250-1/2 lb. to the shoulder in the 'One Hand Clean' style. This is the greatest weight ever lifted in this style by any man of any weight, and is one of the most marvelous strength feats ever performed."

May 17, 1913 p 530: "Mr. Thomas Inch emphasised the necessity for testing the scales whenever records are made, and on the motion of Mr. Monte Saldo, seconded by Mr. Aston, the following resolution was unanimously passed: "That a Government inspector of weights and measures shall in future be engaged to test and pass all weights and scales that are used for weighing the bells whenever any records are attempted under B.W.L.A. rules."

p 530: "At Professor Szalay's Physical Culture display, to be held in the Gymnasium, Central Y.M.C.A., Tottenham Court Road, Mr. Inch, who is attempting a big lift there, is also issuing a prize draw of a giant oil-bath bar-bell."

p 531 classified ad '5 Minutes a Day for Health'

Aug 16, 1913 p 165 ad: Important Announcement by Thomas Inch:

"On and after this date my address will be:-
70, Falsgrave Road, Scarborough"

Sep 6, 1913 p 244 full page ad Inch's Great Surprise Offer!

Sep 13, 1913 p 274 TI to move back to his birthplace in the north of England, Scarborough. "Mrs. Inch has for some time been anxious to return to her native town- Scarborough, the 'Queen of Watering-places' where all her relatives reside, so that, as you see, a strong inducement has been placed before Mr. Inch."

p 276 TI's letter to edit protesting Aston's comments

"I have read Aston's letter in the current issue headed 'Aston's Plans for the Future'. I note with interest that Aston, having won the wager, retires from weight-lifting for one year, but challenges me on his special lifts.

"There is one statement in Aston's letter that I take keen exception to. It is the statement that 'persistent ill-health prevented me from doing better in the wager.'"

"This is calculated to do me harm in my profession of health specialist, and I wish to point out as strongly as possible that there is nothing whatever in my letter which appeared in your issue of August 23rd to warrant the use of these words.

"The wager ran twelve months, and in a nutshell, my position was: For the first seven months it was impossible for me to attempt records on account of my injury injured knee (the result of an accident). In May I smashed my ankle, (another accident) which incapacitated me for a further two months. Just as I completed my training for my important attempts on July 25th I took a very severe chill, which led to pleurodynia, and which made it impossible for me to lift by August 20th. I would point out that the trained athlete is, like a racehorse, particularly susceptible to chills. There is nothing in the above to warrant any statement about 'persistent ill-health.'

"It may interest readers to know that after my strenuous career as a Physical Culturist and weight-lifter, Dr.

Halley wrote to me, after a most exhaustive examination for the Alliance Assurance Company for a L1,000 policy, to the effect that, although he had been in practice for many years, and was, medical officer to the police and certain colleges, he had never met such a sound, healthy, and well-developed man as myself. Later on I was examined by Sir Frederick Treves (the late King's physician), in consultation with a Harlet Street specialist, in connection with a L2,000 policy by the Clerical, Medical, and General Life Assurance Company. I was found to be perfectly sound in every way, and the very same day the insurance was effected at the very lowest possible rate! "In fairness to myself I should like to see these statements published for fear that an erroneous impression exists."

Sep 20, 1913 p 306 ad "Some Reasons Why- In Plain Language"

Sep 27, 1913 p 332 How I won TI's first prize- A.H. Neale p 332 "At the Camberwell Weight-Lifting Club on 18th September, Edward Aston made several attempts to lift 350lb. two hands anyhow, but was unsuccessful. He had very hard lines, for he all but did it on one attempt. He had been travelling from Lancashire all day, and I don't suppose the journey was exactly a help to him, though otherwise he looked wonderfully fit. He weighed 11 st. 12lb, and accomplished with obvious facility a Continental press of 307lb., thus breaking his own British heavy-weight record by 7lb."-editor

Nov 15, 1913 p 510

"Official List of Professional W.L. Records.

"Heavy-weight Class.

"E. Aston: Two hands anyhow, 343-1/2 lb.

E. Aston: One hand anyhow, 300 lb.

E. Aston: Two hands Continental jerk, 307 lb.

E. Aston: Bent press, 300 lb.

E. Aston: Two hands clean, 282 lb.

E. Aston: One hand clean (right) 243 lb.

E. Aston: One hand clean and jerk (right) 199-1/2 lb.

E. Aston: One hand snatch (right) 178-1/2 lb.

E. Aston: One hand snatch (left) 162 lb.

E. Aston: Two hands snatch 182 lb.

E. Aston: One hand dumb-bell swing (right) 161-1/4 lb

E. Aston: One hand dumb-bell swing (left) 150 lb.

T. Inch: One hand push (right) 163-3/4 lb.

T. Inch: One hand military press (right)	106 lb. 10 oz.
E.C. Smith: Two hands military press	215 lb.
J. Watson: Two hands crucifix	121 lb. "

Jan 17, 1914 " MONTE SALDO'S OFFER. To the Editor of 'Health
p 64 and Strength.' Sir:- Seeing that Inch was un-

fortunately prevented by circumstances- the exact nature of which I am not cognisant- from lifting with one hand 330 lb. to arm's length above the head, I make the following offer:
"I will head a subscription list with 50 guineas for a trophy if Inch will come to London and perform this lift in the presence of yourself, Edward Aston, or his representative, myself, and such members of the B.W.L.A. Committee as care to attend.

"To give Inch every chance, I will give him my guarantee that no disturbance or interruption occur.

"Trusting Inch will avail himself of this sportsmanlike offer.- Believe me to be, sir, in the interest of sports, sincerely yours. Monte Saldo."

p 64 " A SINGLE-HANDED LIFT.

" To the Editor of 'Health and Strength.'

" Sir,- Lately several references have been made with regard in Inch's lift of 304-1/2 lb, all of which refer to it as a single-handed lift, and it's being described as such is likely to cause confusion with my own single-handed lift of 300-1/2 lb. Inch's single-handed lift stands at 245-3/4 lb.

" His 304-1/2 lb. lift was done by taking the weight with two hands to the shoulder and then bent pressing it overhead. Only those weights lifted all the way with one hand can justly be described as single-handed lifts. My 300-1/2 lb. was a genuine single-handed lift, inasmuch as it was lifted all the way with one hand.- Yours faithfully, E. Aston"

[Mr. Croft, who refereed Mr. Inch's lift, has described it to us as a single-handed bent press from the shoulder two hands being employed to raise it to the shoulder. It was a single-handed overhead bent press.-Ed.]

Mar 28, 1914 p 351 ad "The Inch Agency"

p 356 Aston challenges Strongfort for the 5 lifts

missing all these six years of H&S

Mar 6, 1920 p 153

"Can Inch come back!' For many months this has been the question of the day in weight-lifting circles, as the veteran lifter has made no secret of the fact that he has been busily training with the view to attempt to beat his previous best.

"Inch now claims to have returned to his former fitness, and as proof of this he on Wednesday evening, attacked his championship total as set up against Aston in the famous Inch v. Aston match for the heavy-weight championship

Jun 3 which took place in June, 1911 and in which Aston wrested the proud title from Inch."

he succeeded:

	Old	New
L.H.Swing	149	147
T.H. Clean	264-1/4	240/14
T.H. Anyhow	304/7	356/8
O.H. Clean	210/10	200/8
O.H. Anyhow	239/6	242/10
Total	1,167/11	1,187/8

"Inch's style on Wednesday evening [Mar 3, 1920], when, as will be seen, he beat his previous total by no less than 19 lb. 13 oz., was all that could be desired. He is now forty years of age [Roark: no, actually age 38], but the speed, science, and stamina with which he performed every lift were really remarkable."

"His achievement is all the more remarkable in that in the first lift on the two hands anyhow he had what might have been a very serious mishap. The bar-bell was heavily laden, and he went to it and lifted it with great force. The bar, belt however, struck the buckle of the belt he was wearing, and injury forced its sharp edge into his body just beneath the heart.

It was some time before he could resume, and when he did it was obvious that the mishap has sapped his strength.

"In view of the enormous amount of controversy which is now raging in the weight-lifting world, and in view of the distrust which one lifter almost invariably displays towards another lifter, it should be recorded that Inch had taken every precaution to prove that everything was straightforward. A new weighing machine (not a spring balance) had been bought for the occasion, and this was tested by all present and found to be correct to an ounce. The weights were all carefully weighed on this machine, the weighing being

checked by no less than three persons.

"The refereeing was carried out with strictness by S.H. Croft, representing the Weight-Lifters' Association of Great Britain and Ireland, while his pupil, Mr. Edwards, was there as amateur witness. Other amateur lifters present were F. Ivermee, H. West, and Simons (well-known member of the Putney Police Force) who assisted Mr. George Inch, who seconded his brother, watching the total as it went along. Other witnesses were present, including myself.

"Readers may be interested to learn that Mr. Inch's present measurements are:" [now Roark summarizes:
C 48 W 36 A 18 F 14.25 T 25.5 C 16.5 Ht 5'10" Wt 192 stripped
[one wonder about the 36" waist...]

TI, after defeating Aston in early 1920, presented
when? Mar 3, 1920 the dumbbell "...and demonstrated to those present
how it should be handled." age 38

Mar 5, 1921 Report on TI's lecture ?
regarding concentration:

"In connection with this point, Mr. Inch emphasized the fact that his recent amazing feats of strength are entirely due to his phenomenal powers of concentration, and furthermore, that these powers can be developed."

"To him who will naught is impossible."

[where were these powers in 1931 when the Pathe film was made?]

Nov 5, 1921 p 321 Strongmen I have known- TI
[George Britton, Lawrence Levy, Sampson &
Cyclops, Ajax, Apollo, Lionel]

"I always think in weighing up the men of to-day and the men of the past we must allow a very great margin for the difference in the implements used. They knew nothing of the bent bar to assist the grip in one-handed lifts; bells were jerked, not bent pressed and I fancy the judging was even more strict. "

Nov 12, 1921 p 342 Strongmen I have known- TI
[Milo, Atlas & Vulcana]

H&S Nov 26, 1921 p 382 Strongmen I have known- TI
[Attila, Vansittart, Strongfort]

p 383 # John Marx did not try to lift the dumbbell

loss of nail bending strength "In my own show, after a short lecture, I used to tear two pack of cards at a time, and bend huge nails; also press out a strong expander, perhaps between 20 and 30 strands. Lift a man overhead by means of the bent press.

My weight at the time was only 10 st. Here is a problem for you. In later years, when I could put over 100 lbs., and in one case, the two hands anyhow, nearly 150 lbs., on my lifts as a 10 st. man and was apparently twice as strong as at 21, I tried the nails again, and could not even bend one. (I used to make the end meet, 20 nails a day!)"

"Another strong man who toured London and the provinces, and with whom I came in contact, was John Gruhn Marx.

Marx died

Nov 3, 1912 "He gave a strong show of the old type, dumb-bell and bar-bell lifting. He was a huge man, with enormous hands, standing over 6 ft. and weighing over 17 st. He used to challenge anyone to lift his two dumb-bells. They had enormous handles, and no one could do much with them. Some said the handles were loose, and that there was some kind of trick. I don't know whether this was so, but I think the weight of them (over 100 lbs. each) and the thick handles were quite enough to safeguard his money, without anything else.

"His bar-bell also had a very thick handle and was difficult to handle.

H&S "Many of you have heard of the famous Inch challenge dumb-bell, which has never been lifted except by myself, though practically all the best-known strong men have tried. Marx was one of the very few who did not try, and so, as he is now unfortunately dead, it will never be known whether he could have done that which beat so many hundreds of others. Personally, I don't think he could have lifted it, though I remember Pevier once told me that he would have swung it. But, on the other hand, Saxon was even stronger than Marx, and had a huge hand and was also used to lifting thick bars; and, as he could do nothing with my dumb-bell, I fail to see where Marx's chance came in.

[note from Roark: Marx's chance came in because because he could deadlift 226 lbs on a 2.36 bar which was .02 smaller than the Inch diameter, but 54 lbs heavier!]

"I remember when Marx was in hospital, before he passed away, he had become very weak. I can think of nothing more sad than a giant robbed of his strength. To the last Marx hoped and believed he was still strong, and the nurses and visitors encouraged this belief by allowing him to shake hands and then crying out as if in pain as he tried to grip their hands in the old way; of course, his grip was gone, and they humoured the poor fellow to the last in this manner."

Dec 3, 1921 p 398 Strongmen I have known- TI
[Hack, Strongfort # 2 from Denmark and the TI
dumbbell, Ben Hur, Carquest]

Strongfort #2 (from Denmark):

"He was most anxious to try my challenge dumb-bell, especially as he was in need of the money. For once I felt rather nervous, and although the feat was beyond even his huge forearm development and he failed, as others had done before him, I always thought that his attempt was the best anyone ever made. Further, I told myself that as he could not do it no one else ever would! Up to date no one has. It was rather foolish of Strongfort to take a name someone else had made famous."

H&S Dec 10, 1921 p 414 Strongmen I have known- TI
[Holliday (sic), Burgess, Harwood, Aston]

Dec 17, 1921 p 430 Strongmen I have known- TI
[Maxick, Saxon, pho of TI dumbell]

"I had been especially requested to bring my challenge dumb-bell to Haworth, and quite a number of well-known local strong men were there to make the attempt to be the first man to lift it, and so obtain the L100

for how long which I had freely offered for some time to the first had the offer man to imitate my feat.

stood? "I believe W. Harwood was the first to make the attempt, but he and all the others, including Aston, were unsuccessful, though they took the matter in good part, and seemed most interested when I successfully lifted the weight overhead."

"I was interested to note among the competitors my old boxing instructor, himself a very powerful man standing about 6 ft. 3 in. in height."

in regard to Aston's match with Maxick:

"Aston trained at my place for some time, and I got a fair idea of his capabilities, and found him a much better man

than I had thought.

p 431 photo of Inch bell caption: "Nobody in the world has lifted this dumb-bell one hand except Thomas Inch, in spite of his offering L50 and L100 to anybody able to lift it."

Dec 24, 1921 p 416 Strongmen I have known- TI

Dec 31, 1921 p 6 Strongmen I have known- TI

Jan 7, 1922 p 22 Strongmen I have known- TI

Jan 14, 1922 p 32 Strongmen I have known- TI

Jan 21, 1922 p 55 Strongmen I have known- TI Story of the TI dumbbell

"One day I received a letter from his manager asking
Mar/Apr 1907 if Deriaz could try the thick-handled dumb-bell, with
a view to winning my L100. I agreed at once. Deriaz
had heard of it, and he could not see what would
Inch reveals prevent his lifting it, especially when I quite
weight of openly declared the weight of the bell.
the bell

cf SH 5-39 p 31 where TI claims he carried TWO dumbbells around the
garden. Now, imagine this scenario: We know Inch had
an 80 pound twin to the 172. Deriaz no doubt saw both
bells resting near the garden, and must have unknowingly
tried the 172 thinking they were of the same weight,
(remember the 80 was hollow, NOT shot loadable). So when
Deriaz failed, Inch told him the weight of the bell
was 172. Then Inch picked up BOTH bells and walked
around the garden. Deriaz no doubt assumed that Inch
was carrying 344 lbs!

Had Deriaz selected the 80 pounder, Inch would be quick
to have said, 'No, that's the practice bell, try this one'.

end of Roark's speculation.

we now resume text

"The day arrived, and Deriaz and his manager turned up,
all the way from Paris. I found him a very likeable fellow,
short in stature and with an enormous muscular devel-
opment in thighs, upper arms and neck.

"He could not stir the dumb-bell, and after many futile
efforts asked that I should show him how. I picked up
not the bell and actually carried it round the garden, a
overhead distance of perhaps 150 feet!

"It is strange that no one has yet moved the bell off
the ground- there is no trick whatever, and the Editor
will tell you that when at Bradford, after some really

not good men had tried their hand, I not only picked the overhead bell up but stood with it in my hand whilst I addressed the audience. [Quite right-Ed.]

H&S "The Inch Challenge Dumb-bell.

"This bell has quite a history.

"It was made by mistake- a thick handle put in instead of the usual 1 inch. Of course no one could lift it off the ground, but I made up my mind that I would do so, and felt that when I succeeded I would have a feat upon which I could safely offer money to anyone without much fear of losing it.

[Roark: Saxon had died Aug 6, 1921, and the following is the first ref in print I have found where Inch asserts Saxon failed with the bell]

"It was Arthur Saxon's great ambition to lift the bell, but though he often practised with it he never succeeded.

when was Aston when with me, had many a try, also sometimes in Saxon in public, at Haworth, and once at the London Weight-Lifting England Club, but I never saw it stir, though he has a large hand after 1906? and good forearm development. I remember at the L.W.L.C.,

they brought out a coloured gentleman, the biggest man I have ever seen in my life, about 6 ft. 7 in. and weighing perhaps 26 st. He was truly enormous, and my best friends thought I had met my match- but no, the bell never moved.

That was the night when certain lifters thought they had solved the riddle- they had been told that

nail hole there was a hole in the handle, and that I inserted a nail and then was able to pick up the bell."

"I made huge offers that night- up to L200 if anyone lifted the bell right overhead, and about L50 up to the knees only. Also valuable clocks for the amateurs worth L50, if they would only lift it 12 [missing text]

Bill Watson? ...amateurs, including Watson, of forearm fame, were to try. born 1918

Then there was the dark horse (I refer to the coloured gentleman), and a whole crowd armed with nails to lift both dumb-bell and cash. But having heard beforehand of their intentions I ordered the hole to be stopped with cork and putty, which was done- it was only a blow hole for gasses when casting, and had nothing whatever to do with the lift."

[Roark: see HS 10-1-53 p 32 for Bill Watson's story]

"Finding the Hole"

"But it was most amusing to myself and my friends to hear one of the aspirant's friends call out, 'Why don't

you lift it, Jack?' and Jack reply, 'I can't find the blooming hole!'"

H&S Jan 28, 1922 p 70 Strongmen I have known- TI

[Steinbach, Apollon, Cyr, Deriaz]

TI believed Apollon's forearm to be 16-1/2 or 17
"I do not mean as American strong men measure- they bend the arm and then measure the forearm. The only correct way is to measure the straight arm for the forearm measure."

"When I met him he was past his best, and things not being too bright with him I was able to introduce some fairly remunerative business, for which he was very grateful.

"I often wish that he could have tried my dumbbell- whenever I see or hear of men like Marx, Apollon, Pedley, the Sandow man with the big grip, Maciste, the hero of the films, Steinbach, etc. I always feel I would like the matter to be put to the test."

"The only man I have actually measured with a 20-inch biceps was Zbysco."

Feb 1, 1922 p Strongmen I have known- TI [WAP]

Feb 11, 1922? p 103 Strongmen I have known- TI

[S.H.Croft, J. Edwards, Michael Stokes, L. Elliott

Feb 18, 1922 p 120 Strongmen I have known- TI [Lurich, Broom,

L. Elliot] "I am inclined to give Saxon pride of place as being the most remarkable strong man I have ever seen or heard of."

Nov 20, 1926 p 518 ad: 'Inch's System, The Test of Time'

Oct 27, 1928 p 472 A visit to the C.W.L.C.

p 484 My Great Prize Scheme-TI

Feb 23, 1929 p 214 half page ad for Bovril

Mar 2, 1929 p 229 What I mean by strength- TI

"...I consider such lifts as One Hand Snatch or Dumb Bell Swing, or even One Hand Clean, to be more a test of speed and agility, clever scientific Weight-Lifting rather than a sheer test of strength." TI

"So that if I were asked to state five lifts for strength testing only they would read:-

One Hand Anyhow, Two Hands Anyhow, Two Dumb bells

Anyhow, One Hand Dead Lift, One or Two Hands Push."

"I am out for a title before I grow too old and would like to hear from heavy-weight lifters on the matter, also from your numerous readers. I want to make it definitely clear that I claim to life (sic) more One Hand Anyhow, Two Hands Anyhow, and Two Dumb bells Anyhow than any other British heavy-weight, and on this I base my claim to a title."

p 232 #is mentioned as having bent pressed

"304-1/2 lbs. and might well have reached 336 lbs. had

WWI the war not put a stop to his activities at a time when he was at the top of his form."-WAP

Oct 27, 1928 p 494 Mt Great Prize Scheme- TI

H&S Feb 23, 1929 p 214 ad for Bovril- says after becoming tired in trying for a successful lift, he drank some hot Bovril and "...I felt a new lease of energy and achieved the record at the } very first attempt".

Nov 2, 1929 p 482 A red-letter day in weight-lifting history-TI

On Oct 22, 1929 (age 47) TI lifted in the

Two Dumbbells Anyhow 220 plus 56 for 276 total

before the 172 p 484 "Inch's strong man competition was won by Newman, holder of the one-hand jerk record which bell? with four jerks of the dumb-bell. Hebron

second, and Saga, of the C.W.L.C. third."

Nov 20, 1929 p 508 TI's letter to H&S on the birth of the single handed deadlift.

"Sir: I read with interest the notes in connection with the single handed dead lift in today's issue of 'Health and Strength.' Possibly your readers would be interested to hear how the lift originated.

"Many years ago in the early days of the war, I appeared at the Fulham Drill Hall about the same time that Sergt.-Major Crittendon made the wonderful club swinging record as my pupil.

"At first it was 'not my night out,' and after one or two failures, and bearing in mind that there were some influential personages present, including members of the medical profession, I cast about for some record or other which I could succeed with.

"I saw my bent press bar-bell lying around loaded to invented about 300 lb., and immediately the idea occurred to me one hand to create a new lift and new record by loading this up deadlift with every available disc and lifting the lot knee high, and calling it a 'single-handed dead lift'.

Acting on my instructions my brother added to the bar (a thick one and not specially cambered) all discs on hand. I lifted it quite easily, and when weighed it came out at 402lb.

"This was, as far as I can trace, the birth of the now popular 'single handed dead lift,' and I may say I could have raised a deal more in a thinner bar and if I had had the discs on hand. This record stood until my pupil, Mr. Jack Edwards, raised 420 lb. at 11st. 7 lb. body-weight and received from me a valuable gold watch and chain for so doing.

"The lift began to intrigue foreign lifters, and both my friend Maurice Deriaz and Cadine added a few lb. to my old record.

"Eventually I was pressed to make the attempt to get the record back to Britain, Cadine having lifted some 420 odd lb. I had three weeks' training only, the lift suiting me on account of my forearm development and grip, and I felt sure of lifting about 430 lb. or so.

"Just on the eve of my leaving for a display at Dulwich, Cadine did I received information that Cadine had actually raised a one hand DL 450 lb. and on the spur of the moment I made up my mind with Apollon's to try to jump beyond those figures, though I knew I wheels ! had not received quite long enough preparation for such a lift.

"I succeeded with 429-1/2 lb., then raised 452-1/2 lb. knee high, but the lift was disallowed by the referee for some technical reason.

"Finally, Mr. J. Price lifted 430 lb., half a pound ahead of my old record, as that is as far as the history of the lift carries us, leaving out recent claims from the land of the Stars and Stripes.

"But I hope during the present season to carry the lift a little further still, although I am not getting any
age 47 younger, and am sure that in this attempt, which will be performed under the strictest possible conditions, as have been all my previous records, I shall have the best wishes of all readers and LEAGUERS. A little competition does the game good I feel sure."

H&S Dec 21, 1929 p 725 Can I Lift 300 lbs. in Two Dumb-Bells?
(tells how he will try, has done 276) also
the caption to a photo of him reads:

"Many readers wish to know how Inch gets his heavy dumbbells to the shoulder. This photograph reveals

the secret- a weight-lifting position never before illustrated." apparently he adopted this style after seeing Pullum employ it not too long before.

Feb 1, 1930 p 128 # was M.C. at H&S Display and was well rec'd on Jan 11, 1930, and was sked to give a 'special exhibition'

May 10, 1930

p 509 My Memories of Superman Saxon-TI story of how TI weighed some of the Saxon weights and found them always to be as stated, or heavier.

p 520 'Wonderful Testimony To The Inch Curative Treatment' ad

May 24, 1930 p 566 Story of the first time TI introduced the Challenge dumbbell to a London audience. He had just finished a match against W.P. Caswell- this was Apr 20, 1907 cf IG p 41

[Roark: keep in mind the confidence TI must have felt in regard to his dumbbell, since Deriaz had failed to lift it mere days or weeks before this-just after TI & Caswell signed papers for this match, whenever they signed them]

"At the end of the match I introduced for the first time to a London audience the Inch challenge dumbbell.

"The Challenge Dumb Bell" [Apr 20, 1907 TI age 25]

"The bell did not look very heavy or difficult to lift, and when the audience, mainly composed of strong men (the venue for the match was the German Gymnasium) learned that L100 would be given to the first man to raise the bell overhead, there was a rush to the stage.

"I deliberately walked away and began to put my dressing gown on, whereupon a cry went up, :Let Inch lift it."

"I pretended to ignore this, which made the audience all the more determined to see fair play and eventually, overhead? pretending to give way, I went up to the bell and raised it with ease.

"Those of my readers who believe in the long arm of coincidence will be intrigued to learn that shortly after the above incident I changed my address, and the well-known firm of furniture removers, Messrs. Maple, handled the removal for me.

"Coming out of my new house just after a van load of furniture had arrived, to my surprise I saw my chal-

lenge dumb bell lying on the pavement and standing over it, having another attempt to lift it, was my friend of the German Gymnasium who, as it had happened, had been given the job of coming out to Putney to assist with the removal.

"Truly the world is a small place."

"The best attempt was made by a tall man who gave me his name and recieved a prize." [did the bell leave the floor? Otherwise how does one judge 'the best effort'?"]

Aug 30, 1930

p 261 Fully Armed You'll Win- TI he apparently had written a series for H&S 'Forty Crowded Years'.

p 267 ad 'Inch on Nerves' now he's a 'nerve consultant'

Sep 13, 1930 p 322 Where there's pluck there's 'Luck'- TI

Jan 17, 1931 p 67 ad 'Inch on Neurasthenia'

Mar 28, 1931 p 347 His letter to H&S on record breaking attempts

whose act? "I have seen every strong show for 35 years or more, but never have I seen a better act than this, or one so beautifully staged, and performed without a single hitch."

Oct 10, 1931 p 431 My greatest battle- and how I lost it-TI (about his match with Aston on Jun 3, 1911)

For this rematch to take place Jun 3, 1911, TI had REALLY gotten out of shape. Notice what he says he was able to one hand clean (on regular diameter bar) and compare that to the Inch Challenge Dumbell weight. "I commenced training only a few weeks before the match and jotted down in my private diary the first total I accomplished.

"When I state that I had lost form so completely that I only managed 210 lb. two hands clean, 170 one hand clean, and under 200 bent press, it will be recognized that no expert would have taken 100 to 1 upon my chance of defeating Aston."

(so from Apr 20, 1907 to Jun 3, 1911 TI lost considerable strength)

By the time of the match (a few weeks later) TI managed TH Clean 264 lb. 4 oz.

OH Clean 210 lb. 10 oz.

Are we to believe that when he could only OH clean 170 on a regular bar that he WAS STILL ABLE to clean and press the 172 lb Inch Challenge Dumbell? You can have my share

that that belief!!

- H&S Oct 17, 1931 p 459 Would this solid flesh could melt!- TI
Jan 9, 1932 p 34 # to give intro talk Feb 20, 1932
p 35 # bent press 304 and has a certificate signed
by witnesses that he 'Pressed to a straight arm
no less than 325 lbs.' A performance which George
Walsh said put Inch second only to Saxon. The
certificate was signed by Saxon. Prof Attila,
by the way used to place his other arm ON
THE GROUND while bent pressing!
Jan 16, 1932 p 66 # to app at the annual H&S 'affair' and give a
talk about PC and the League on Feb 20, 1932
For story covering this see HS Mar 5, 1932 p 279
p 73 The Truth About Weak Nerves-TI
Jan 30, 1932 p 129 His half-page ad "The truth about weak nerves"-
has dealt with "some 60,000 nerve cases."
Feb 6, 1932 p 147 # referred to as "The famous old-timer"- was
about age 51
Feb 27, 1932 p 232 # TI arranged for a silver cup

HEALTH & STRENGTH: INCH, THOMAS by Joe Roark

- Mar 5, 1932 p 263 Those beer & beefsteak days- TI
p 278 full page ad
p 279 Story of the Feb 20, 1932 show at Holborn Empire,
London, and TI's remarks
Mar 19, 1932 was this Inch's bell????
"West Kensington't Grand Display" on a
recent Saturday:
"In an open novices' competition with a large grip
dumb-bell, the best lifting was done by Lgr. Jack
Barter, of the St. George's Club, but as he was
not a visitor, the competition medal was given to
a Mr. Lightfoot."
Apr 30, 1932 p 519 1/2 page ad Consult Inch
May 7, 1932 p 546 Cycling makes fitness- TI
p 555 1/3 page ad Nervous & Timid?
H&S May 21, 1932 p 607 in an article by Lowry about choosing
championship lifts, this paragraph:
"The 'Two Hands Anyhow with Dumb-bells.'
"Some years ago a dispute arose in the weight-lifting
world over the classification of a record on this par-
ticular lift. In connection with our definition, the
two dumb-bells may be lifted 'anyhow.' A lifter could,
for example, lift the bells 'Two Hands Clean and Mili-
tary Press with Dumb-bells' if he cared to do so. He

could pull them in 'Clean' and 'Jerk,' or he could 'Continental Jerk' them. The usual method is, among the great bulk of lifters these days, to take the large bell in with two hands, 'jerk' it overhead with the right hand holding, but aided with the left, and then to pick up the smaller bell and lift it to the required finishing position.

"Our contention was, and is, that the 'World's Record-holder', must necessarily be he who has lifted the greatest weight overhead with two dumb-bells in 'any old style.' Thus, for that reason, Mr. W.C. Thomas's record of 290-1/2 lb. was classified as a 'British' record.

"We conceded a point to popular clamour when we allowed recognition of Mr. Thomas Inch's lift of 276 lb., which was performed in the 'Sandow Style' (viz., the larger bell was 'bent pressed' overhead), and classified that poundage as a 'World's Record.' providing always that the classification of 'Sandow Style' was always added.

"On the 7th April, 1932, at the Cotteridge W.L. Club, Birmingham, Mr. W.C. Thomas, of Birmingham. lifted 277-1/4 lb. at body-weight of 12st 0-1/4lb. This poundage, following the precedent created on the 276lb., is classified as a 'World's Record' on that lift, 'Sandow Style,' in the heavy-weight class.

"The Executive Committee, however, feel impelled to promulgate a ruling now that we can no longer extend recognition to future lifts of that kind. It is the opinion that we cannot qualify lifts in this way, otherwise we shall find ourselves committed to not only 42 recognized lifts, but to variations of each of the 42. This will tend to result in confusion at a time when simplification is the object of most of us.

"In future, therefore, we must adhere to the strict letter of our own published definitions. The present Heavy-weight British Record is 290-1/2 lb., and held by Mr. W.C. Thomas, and that poundage must be beaten before we shall be able to classify the poundage as another record."

May 28, 1932 p 640 1/4 page ad Inch Courses of Postal Tuition

Jun 18, 1932 p 718 Why not a holiday awheel?- TI

HS Jul 16, 1932 p 69 letter to ed from Dan Kennedy:

[Roark: Aston born Apr 16, 1884 would be age 47]

"EDWARD ASTON AGAIN VISITS SCOTLAND:

"After an absence of three years, Edward Aston has again visited Scotland. On his invitation to renew our friend-

ship, I paid him a visit at the Pavilion Theatre, Glasgow. As a keen Physical Culturalist, I was particularly anxious to see for myself how Aston strips, now that he is approaching the 50 mark!

"I had the pleasure of seeing Britain's Strongest Man
age 47 stripped, and I must say that in spite of his years, his development is still marvelous. His massive forearm and biceps, deep chest, and strongly-marked erector spinae muscles, with proportionate leg development, stamp him as a strong man still in training.

"Readers will doubtless be surprised to know that Aston never practised the 'Dead Lift' when in training with the weights. All the records he established were on the overhead lifts.

"There is one lift which, in my opinion, Aston should, and could, have increased by 10 lb. when in training. I refer to the Dumb-bell Swing. Aston easily performed 170 lb. on this lift, in competition with Inch, in 1920. If a further incentive to improve on this poundage had been forthcoming at that time, I feel sure 180 lb. would have been recorded to his credit.

"How many of our present-day readers know that, in his younger days, Aston was a wrestler of no mean ability. The fact that he was considered good enough to become attached to the wrestling troupe of the 'Terrible Turk' Madrali, speaks for itself. Once, while performing as a wrestler at Manchester, Aston was complimented on his skill by George Hackenschmidt, then at the zenith of his fame. The Russian Lion, who was on a visit at the time, was particularly struck with Aston's fine development.

"The ambition to become known as one of the strongest and best developed men in the world ultimately led Aston to forsake wrestling and devote all his time to weight-lifting and physical culture.

"How he achieved his ambition and made history in the Iron Game, is well known to all readers of 'Health and Strength.' Aston's career is an incentive to all in search of strength.

"World's Middle-weight Champion Lifter, British Heavy-weight Champion, Britain's Strongest Man- these were the proud titles he held when in his prime.

"Then came the War, and the Strong Man business, as a profession, disappeared from the stage. A new form of entertainment was demanded by the public.

"Aston, always versatile in his business, found little difficulty in acquiring the technique required in acrobatic dancing. In changing over from weight-lifter to his new pro-

fession, he altered his whole muscular system. Heavy muscular development was not required. In acrobatic dancing, speed and suppleness, allied to fitness, are the principal assets. These qualities Aston possesses in a marked degree.

"Xenia, charming and dainty as ever, is the piece-de-resistance. She is tossed from one to another like a feather and whirled round and round at a breathless speed, which is marvelous. The conclusion of this art, in which Xenia and Aston provide a thrilling finish, literally 'brings down the house'.
signed Dan Kennedy"

p 99 What 40 summers have taught me-TI
p 107 ad Inch's Achievements

Oct 8, 1932 p 437 his letter to editor about his speaking tour
"Sir- I am planning a lecture tour and would be glad if promoters of displays who wish to engage my services would communicate with me without loss of time.

"Each year I receive requests for my attendance at various physical culture displays, but generally I am approached too near the time, when my arrangements are completed, and have been reluctantly compelled to turn down visits to important centres.

"I am including a special address on general Competition physical culture, demonstrations of exercises, a special Bell, plural challenge feat with dumb-bells, a prize competition.

"Needless to say, I shall have something important to say to my audience in reference to the 'H. and S.' League with the object of assisting to reach the coveted figure of 200,000.

"So, hoping leaguers will rally round and enlist my services to promote interest in their home towns.
"Yours truly, T. Inch, York House, Putney, S.W. 15.

H&S Nov 26, 1932 p 635 ad Inch's Achievements

Dec 10, 1932 p 689 Your Xmas present and future- TI
p 717 ad Inch's Achievements

Dec 17, 1932 p 756 Strength- inch by inch- TI

Dec 31, 1932 p 817 Exercise for the 'nervy'- TI

Apr 8, 1933 p 377 he was emcee at H&S Display Mar 25, 1933
at the Holborn Empire, London:

"Here comes Mr. Thomas Inch before the curtain. What a roar of applause greets him- Inch, holder of three world's records and one British record; Inch, whose famous challenge dumb-bell has never been lifted- though thousands of strong men have tried!"- editor [details of Samson's strong man act included]

Apr 15, 1933 p 434 Bike does much/costs little- TI
Apr 22, 1933 p 460 All Britain your playground- TI
Apr 29, 1933 p 488 Get off the traffic burdened tracks- TI
May 6, 1933 p 515 'Cure-all' powers of the cycle- TI

May 13, 1933 p 540 some profiles of strongmen- Edward Aston

"JOHN MARX

"John Gruhn Marx, the huge German, was the next strong man to pass my horizon. He also appeared at the 'Palace,' Bradford, and he also had a challenge. But not a sack this time, but something smaller. Two small dumb-bells, innocent looking things, were placed upon the stage and a cash prize offered to all who could lift them overhead. From the front of the 'house' they appeared little bigger than 56 pounders, and consequently drew a great number of competitors. John would show you how easy it was to lift them, then allow 'the tryers' to have a 'go.'

They were solid bells and the handles were enormously 2.86" dia thick. In addition to this handicap of thick bars, there circ 9" was a loose sleeve of metal on each bar, so that anyone not being able to grip the bar all round, the pull would be on one side only, and the sleeve would simply revolve and the weight remain where it was. And in addition to these, the weight of each bell was not less than 120 lb.

"WONDERFUL HANDS

"Marx had the largest hands of any strong man I have ever seen, so it was not surprising that he found no competition in this respect.

"Another competition he put over was with a barbell of about 180 lb. He said he would snatch one hand what no local athlete would lift overhead with two. He was heavy enough and strong enough to do that under ordinary conditions, but just to prove that he was not just all brawn and no brain, he gave us a bar of great thickness to grip, but which, for his single handed snatch, he had a small sunken center grip. John Marx was wonderfully strong. He weighed about 17 st, and had the most extra-

ordinary shaped body. The waist was larger than the chest and barrel shaped. But you could not say he was fat. In fact he was far from being obese. His feats consisted of smashing a chain by striking it. His 'Tomb smashing of Hercules,' wherein all weights were supported, was wonderful, but greatest of all his feats was his famous harness lift.

"Standing over the heads of 25 men, who were standing on a moveable platform, he would (with the straps over his shoulders) set himself, and, with a mighty heave, lift the entire crowd clear of the floor. Big, genial John! He has since gone the way of others whose work is done."

May 13, 1933 p 553 World of Weights- Lowry
barbell? Thomas Inch's Challenge and Mystery Barbell (sic)

"Mr. Inch intends to run a competition at Leeds, open to registered members of the Association, and to award prizes to the best performers on his mystery bell. It should be noted that it is definitely NOT the Inch challenge dumb-bell with which I once saw even Edward Aston fail at the London Weight-lifting Club in pre-war days. The weight of the bell is not known by the competitors, but prizes are awarded for the best performances among the amateurs competing.

"It says much for Mr. Inch these days that even at 51 years of age he can introduce a feat which has not yet been duplicated by any of the present day strong men. It may, of course, be duplicated before long, but even to date some of the strongest amateurs have failed to lift it in the same manner as Thomas Inch.

" It is Mr. Inch's idea to run a series of such competitions at various displays at which he will be attending in order to provide material for comparing lifters of the Southern and Northern areas. This idea is his own, not the Association's; but, however, none the less welcome because of that.

"Any club affiliated to the Association which can guarantee an audience of not less than 100, is cordially invited to write to me with regard to a proposal for Mr. Inch to lecture and give his strong man display, including, of course, the competition

of his mystery bell. I am assured that only expenses incurred by travelling are required by Mr. Inch, and these will be kept down to the absolute minimum. I understand that the famous Bovril medals (gold and silver) are also on offer to the best performances over a period of some months."

H&S May 20, 1933 p 572 at the Pembroke Athletic Club Apr 27, 1933

"Mr. Inch gave an excellent lecture, and also ran a NEW barbell? competition on his new mystery barbell (sic). Amazingly enough, Wm. Newman, of the Bethnal Green W.L.C. and a British record holder, won the special medal offered, and not G. Chowles.

"Mr. Inch, I am informed intends to offer a solid silver cup to the one who ultimately succeeds in lifting the bell in the same manner as the method employed by him. The competition will probably run for at least a year, in order to encourage lifters from all parts of the country to participate."

p 572 on May 6, 1933 TI lectured at Bethnal Green WLC

Jun 3, 1933 p 629 The Inch Dumb-Bell Competition

"The first test of this interesting competition, 'South versus North', took place at the Pembroke Club April 27, 1933

"Some splendid lifting was seen. Mr. Newman, of the Bethnal Green Club, running out a winner with seven repetition jerks.

"By arrangement with Mr. Lowry, of the B.A.W.L.A., Mr. Inch will appear with his dumb-bell at various important weight-lifting clubs, and eventually the final will be run off in London.

"Two special gold medals were won by Mr. Chowles, of the Pembroke Club, and Mr. Spacey, of the Greenwich Club, for special feats with the dumb-bell in an endeavor to follow Mr. Inch's example of lifting off the belt? the bell all the way single-handed off the belt.

"Once again Mr. Inch wishes to impress upon everyone interested that it is not the famous Inch Challenge Dumb-bell (retired two years ago). It is a competition bell which can be lifted as Messes.

H&S Newman, Chowles and Spacey have proved."

[so 172 was retired in 1931...same year as Pathe Frere film was made]

Jun 17, 1933 Aston in referring to the Harwood match on

Jun 6, 1908, Edward Aston writes:

"Thomas Inch was to be there in all the newfound glory of his increased weight and measurements, the result of a challenge, and he had brought with him his famous challenge dumb-bell, and a medal for the winner of the match."

Jun 24, 1933 p 716 Doomed to be a cripple- by Aston some words about Inch's challenge to him.

Jul 8, 1933 p 39 The quick route to strength- TI

Jul 15, 1933 p 64 You lucky young people of 1933- TI pho of db article concerns social changes in last 30 years

Aug 5, 1933 p 181 My Challenge to Britain's Strongest Man- a recap by EDWARD ASTON on his match with TI was arranged; this after Aston defeated Maxick.

p 181 "I had achieved success at last. I had with one stroke become the world's middle-weight champion, after only a few months. Can you wonder that P.C. circles were agog?

Was this Can you imagine my feelings? Can you read Inch's thoughts

Jun 3, 1911? and others? Maxick had been overcome by practically an unknown, and what of the menace, a new menace to Inch. Maxick had been the menace, now there was another-myself. Inch should never have let me go. It was the one mistake he made at that time, and as things turned out afterwards he made another tactical mistake- one which was to cost him his proud title of Britain's Strongest Man!

"I had been approached by Monte Saldo, greatest of all trainers, and we came to an understanding as to the near future of my exploits, Saldo pointed out to me that I could be made to add considerable to my match-winning successes, and he told me how. A result was a direct challenge to Inch for a match for the titles which he held- Heavy-weight weight-lifting champion and Britain's Strongest Man. I told Saldo that I had had that idea in my head, but that I thought at that stage it was too audacious.

?? "He that that it was audacious, but with a bit of level-headed thinking, careful planning, and a scheme of working on a total of poundage and not records, it could be done.

"We discussed pros and cons, conjectured the total Inch

could make, and the total I could make. Always, of course, allowing for a margin of gain or loss, on either side due to conditions which always unexpectedly arise in actual combat. Even on my then form, Saldo pointed me out a winner, not by a big margin, mind you, but a winner all the same. It depended on temperament- the public, the platform- the lighting arrangements, and other things like one's form on the day, the weather, and how it would affect each lifter individually, and so forth.

"Match-winning Factors"

p 181 "All this was being discussed at Monte's beautiful house at Finchley. We were 'conferring' on the lawn. Maxick was there, and in between the discussion of various points, we performed all manner of hand-balancing feats, wrestling and general feats of strength. Of course, the lawn suffered, but Monte said it would be worth it!

"I pointed out to Monte that Inch had been a good pal to me, and that it seemed hardly fair to challenge him so soon. After I had recovered from a hefty slap at the back of the neck from Monte, he said, 'Look here! You are no longer with Inch, and you have to look after yourself. I'll back you with L100, and, as all things are fair in love and war or lifting, let the best man win!' I saw Saldo's logic, for although he never pointed it out to me, he certainly stood to lose his L100, and also his prestige.

"Well, the thing was settled. The defi went forth, and was published in 'Health and Strength.' Back came the answer through the same popular medium. And what do you think it was? Inch definitely refused to meet me because, as he said, I was not in the same class. In other words, not quite good enough yet to contend for his title. Granted, he was a very busy man and could ill afford to give time to lengthy training. We countered this by saying that the shorter the period of training the better, and as he was fit (he had recently won the title), it should suit both parties.

"Having worked with Inch, he also added that he knew my form, and that I was no match for him. This, of course, got my Yorkshire blood up, and I there and then determined to force Inch into a match. Nothing wrong in that, is there?

"Several strong letters passed through 'Health and Strength' from both parties, and we got no further.

"Monte, ever agile of mind as well as body, said: "All right, don't worry! The match must take place, and the only way to accomplish this feat is to prove that you are good enough. There can be no excuse as to your capabilities, and so it was arranged. But what do you think the scheme was? I will tell you.

"It is remembered that the Aston-Maxick match had ended incomplected, although I was returned the winner.

"Why not another Aston-Maxick match- a match which serves a double purpose (1) to elucidate who was really the best in a second test; (2) to prove incidentally that I was Inch's equal in the matter of lifting.

"And so it was agreed upon in a friendly spirit, and the match was made. It took place at the Holborn Music Hall. Jack Callagan, the big boxing promoter, ran the show. Everybody who was anybody was there, and we lifted in the afternoon as a special matinee.

"The Lifts"

"The lifts, all-comprehensive, in order to give each man a fair deal, were:-

One Hand Snatch, mine

One Hand Jerk, Maxick's

One Hand ANyhow, mine

Two Hands Military Press, Maxick's

Two Hands Push, Maxick's

Two Hands Clean, mine

Two Hands Anyhow, neutral

One Hand Bent Press

Now although these seven lifts were equally fair to both Max (sic) and myself, they included the very lifts on which Inch had based his success. It was up to me to do my best on those vital lifts, since, if I proved a better man than Inch's performance on them, the query as to my fitness to qualify for Inch's title would be answered. And answered it was!"

"Let me give you the results:- Aston: Maxick

One Hand Snatch 160-3/4 135-3/4

One Hand Clean 220 172

Two Hands Military Press 220-1/2 211-1/2

Two Hands Clean
[missing test here }

256-1/2 261-1/2"

-----"But my lifting proved one thing, and that one item was worth all in the world to me. I had exceeded Inch's championship total by 35lb., and that in a match of no less than eight lifts, though I could not attempt two of them."

(the next week Aug 12, 1933 the story continues, but I do not have that issue in my collection...)

Oct 7, 1933 # article by Valentine mentions dumbbell

Oct 21, 1933 p 500 # letter to editor from TI about competition db:

"Sir: In the Oct 7 issue, in Mr. Valentine's article, reference is made to my performance at Leeds. Lest there be any misapprehension regarding what he described was a challenge dumb-bell, I wish to make it clear that I was using my competition dumb-bell and not the challenge dumb-bell, which for 30 years has withstood every effort of challengers to lift it from the ground. [30 yrs? so 1903? for challenge bell]
(see HS 3-31-1934 supplement where bell is 'about' 140 lbs)

"So far, three men have lifted the competition bell off the ground, and their names are: Messrs: Fairbrother, Spacey, and Chowles. Mr. Valentine has interested many readers, no doubt, by his reference to grip and dumb-bell lifting, and if he will arrange for either the 10st or the 9st 7 lb lifter he refers to in his article to make an attempt, I promise a really splendid trophy for merely raising the dumb-bell to the knees single handed.

Yours very truly, Thomas Inch "

[Roark: would this be George Chowles, who was Ron Walker's up and coming competition as outlined in The Superman Jun 1933? Chowles in 1933 was age 21, so probably born 1912, weighed 5 stone (210 lbs) "...and his frame is modelled on such massive lines (he has an eight inch wrist) that it will probably take another stone without overloading" .-Irving Clark
But, when finalists are listed for the Mar 17, 1934 competition with the Inch Competition bell, a 'C. Charles' is listed????

H&S Jan 27, 1934 p 87 At 6th H&S Display on Mar 24, 1934 (later Mar 17, 1934 changed to Mar 17, 1934) the finals of the Inch Dumbbell competition. Entrants: Inch was MC
W. Newman C. Chowles T. Fairbrother G. Spacey

Feb 3, 1934 p 115 TI is MC at Mar 17, 1934 H&S Display
p 115 ad for Mar 17, 1934 H&S Display for finals of
Inch Dumbell competition, competitors:
W. Newman, C. Chowles, T. Fairbrother, G. Spacey
Mar 10, 1934 p 270 How to raise your strength ambitions- TI
Mar 31, 1934 p [in a supplement]; W. Newman...has lifted the
Thomas Inch dumbell-(single handed jerk from the shoulders)
7 times in succession. Not the TI Challenge bell but weighed
140 bell about 140. On Mar 17, 1934 T. Fairbrother lifted it 6 reps
Apr 28, 1934 p 490 Impressions of my visit to Bepwas- TI
May 12, 1934 p 537 # says W.L.Carquest, A. Saxon, Edward Aston, and
Baxter, all had brown eyes
Jun 23, 1934 p 705 New methods for full fitness [boxing]
Jul 21, 1934 p 87 Let Brain Guide Brawn- TI
p 87 ad INCH'S ACHIEVEMENTS part of this ad:
"Pupils Trained: Many famous World's and British
Champions have been Inch trained, total pupils
over 100,000 and include nobility and Medical men."
Aug 11, 1934 as part of W.J. Lowry schedule: Wed. Aug 15, 1934
"I shall visit the Long Eaton W.-L. Club, the principal
of which is T.J. Fairbrother, one of Mr. Inch's famous
pupils." address 7, Derwent Street, Long Eaton, Notts.
Sep 8, 1934 details of Aug 15 visit given

Jul 18, 1936 p 102 Not too old at 40- TI & two current pho
"Sir, - In connection with my writings for a Sunday
newspaper I was surprised to find that, in spite of
the enormous amount of propaganda work done by 'H.&S.,'
the official organ of British weight-lifting and the
British Amateur Weight-lifters' Association, there are
still many people who believe (1) that weight-lifters
die young, and (2) that weight-lifting ruins the heart.

"Anyone who wishes to be thoroughly convinced that both
these beliefs are untrue could not possibly do better
than obtain a copy of 'H.&S.' for June 8, 1935, and read
a splendid article, 'Weight-lifting and the Heart,' by
John F. Barrs, which refers to my own experiment, 'Weak
Hearts Made Strong,' conducted as far back as 1908.

"With regard to the idea that 'Strong men die young,' may
I point out that at the age of 48 I lifted two dumb-bells
weighing 276 lb. overhead, while Mr. Lawrence Levy, one
of the very first British champions, was well over 70,
and still hale and hearty.

"One could continue to give instances of the longevity of strong men. The outstanding point is that there is no other branch of sport and no game where participants continue to make records at such an old age.

"In cases like this I firmly believe in taking 'the bull by the horns,' and have made a suggestion that a public display be given demonstrating exercises with a light barbell calculated to suit the needs of middle-aged men.

"I have reason to believe that really influential people will attend such demonstration, and that the result will be all to the good of the 'iron game.' Further, there is a distinct possibility that the movements will be filmed.

"If this goes through I cannot help but feel that it will be the final nail in the coffin of erroneous beliefs regarding weight-lifting, which has too long been a maligned and misunderstood sport.

"I find that sedentary workers, men about 40 or over, are astounded when they are told that they could use a light barbell without the least danger of strain, and that it would (1) improve their health and bodily carriage, (2) help them in their pet games of tennis or golf. The use of miniature weights gives better muscular control, better development, while the improved deltoid and wrist and forearm strength and increased stamina power cannot help but assist in other games, such as golf etc.

"Readers may be interested to know of my own efforts in this direction. At 55 years of age I am arranging to tour well-known clubs and attend displays for my usual lecture, competitions and demonstrations of health and development systems.

"I shall take a trophy, a handsome award which will go to each and every weightlifter who can repeat after me a well-known feat of strength, i.e., a weight-lifting feat.

"I feel that a challenge of this kind will cause interest, and some keen competitions between myself and leading lights of the weight-lifting world should result. No one will be barred, and the fact that I am pitting myself against the younger generation should satisfy everyone that weight-lifting keeps one fit beyond any other means,

Age 51

that it certainly does NOT strain the heart, and, finally, that strong men do NOT die young.

"I would be glad if any club secretary anxious to arrange terms with me will communicate with me either direct or through 'H. & S.' To make my visits easy to arrange, a modest sum toward expenses is all that I ask. I may say that a substantial portion of my lecture will deal with 'The psychology of weight-lifting,' and this new and up-to-date information for the benefit of weight-lifters will, I feel, be of great assistance to the average lifter, especially those who fail to reproduce their best form in public.

"Too often lifters find that they acquit themselves to better purpose in the privacy of their den compared with performances in public.

"Psychology is the only cure for this trouble which, of course, attacks other athletes besides the weight-lifter." Yours, etc., THOMAS INCH
p 103 his new book "THE BAR-BELL AS A CURATIVE AGENT"

HEALTH & STRENGTH: INCH, THOMAS by Joe Roark
Jul 31, 1937 p 197 Inch "... lifted many hundreds of times a overhead? thick-handled challenge dumbbell, which up to the time of writing has never been moved from off the ground by any other strongman."
p Strongmen don't die young, # 3 - TI
Mar 4, 1939 p 346 Nerves in athletics- TI
p 347 ad: I Cure Weak Nerves
Jun 17, 1939 p 904 Inch-Aston rivalry (let to ed from Dan Kennedy)
Jun 24, 1939 p 938 # book on neurasthenia has been reprinted
p 949 Weights better than strands for all-round strength test- TI
Jul 29, 1939 p 147 letter to ed about Inch-Aston
Aug 12, 1939 p 216 Training for strength, part 1- TI
Aug 19, 1939 p 254 Training for strength, part 2- TI
Sep 2, 1939 p 334 Training for strength, part 3- TI conclu
Sep 30, 1939 p 460 Physical culture in war-time- TI
Jan 27, 1940 p 108 Mental efficiency & fitness- TI
Apr 13, 1940 p 406 Tommy Goodwin-cyclist- TI
Dec 14, 1940 p 556 How the Saxons really trained- TI
p 582 ad for Inch courses

Mar 15, 1941 p 267 # lifts in a Guildford factory Mar 6, 1941

Mar 22, 1941 p 267 # Mar 6, 1941 lifted at a Guildford Factory

"... and after his usual lecture and demonstration

Mar 6, 1941 arranged a weight-lifting competition. Although one or two workers were exceptionally able performers, Inch, after 45 years active participation in the Iron Game showed them- in defeating them- that 'Strong men don't die young.' The Consolation Prize was won by Lgr. T. Wright."

H&S Aug 2, 1941 p 17 # TOMMY INCH GOING STRONG

"Readers are always interested in what well-known leaguers and advertisers are doing in the war.

age 59 "Thomas Inch, besides being down for special work at Military Hospitals, attends large factories giving lectures and displays. He demonstrates the Hovis system of exercise and, after over 40 years weight lifting, still issues his challenge with bell Unretired valuable prizes to anyone who can lift his challenge dumb-bell.

"Up to the time of writing no one has yet succeeded and he tells us that, as factory workers, he often meets famous lifters and record holders. His address, all pupils should note is, 'Whitecot,' Avenue Road, Cobham, Surrey."

Oct 1946 p 398 TI doing a double biceps pose to endorse BOVRIL

-during the war "I gave many shows at the large factories, lecturing, demonstrating P.T., boxing with the works' best boxers, finally performing some of my old-time feats with offers up to L100 to any member of the audience to repeat certain tests...this included my world record grip machine 525 lbs pressure." He used Bovril for his training.

Nov 1946 p 459 FPP as Muscular Maestro #7, photo taken when he claimed the World's Middlewt title.

H&S 1951 which issue? p 42 letter to editor from D.A. Green excerpt referring to Lowry's article in the Sep/Oct 1951 H&S where Lowry stated: "There has been an allegation about a constructional peculiarity of Inch's Challenge Dumbell, which made it impossible for others to lift it." Mr. Green continues:

"I have communicated this to Mr. Inch, who gives his word that it is an ordinary solid dumbbell with a thick handle, and the only obstacle to lifting it is the combined weight of the handle and bell. In fairness to Mr. Inch, who is naturally proud of his success with the bell against all comers, I think this letter should be published."

Jun 26, 1952 ad for his book: A NEW LEASE ON LIFE

H&S Jul 10, 1952 p 24 The Famous 'Inch' dumbbell- WAP

"Thomas Inch was originally destined for the law, but as early as 16 years of age had made such a name for himself in Yorkshire as a junior 'strong man' performer. that he decided to choose this field instead in which to make a career. He opined he could best do this by leaving his native Scarborough and coming to London. It was a hunch that he backed and subsequent events were to prove it had been a right one.

"Before he left Scarborough, however, he did something which was destined to exercise a considerable influence on the career of the future which he successfully hoped to make. He commissioned a local foundry to cast him a solid thick-handled dumbbell, giving his own specifications as to size and weight. In due course he was informed that the job was done and invited to come and see it. He went and was chagrined to find that he couldn't lift it. It had run out quite a bit heavier than anticipated, Which, with the thickness of the grip, made it impossible to lift with one hand even one inch from the ground.

"Inch suggested that, by some method or another, the balls should be reduced in size to make it lighter, but was told that this couldn't very well be done. He was then in turn advised to have the diameter of the grip reduced to get over the difficulty that way, but to this he was not agreeable, as it was exactly the thickness he wanted. The foreman of the foundry (who knew Tom well) told him to take it away home and keep trying till he could lift it. It didn't sound such good advice to the budding strong man at the time, but he acted on it, all the same. He brought this dumbbell with him when he came to London. He had had it some months then- and it was still unliftable! By Inch, anyway! Its weight was about 140lb.

"The more he failed, however, instead of becoming disheartened,

the more determined he got. Until at last one day he found his grip had developed to the extent where he could shift the bell a little. That naturally encouraged him to persevere with even greater zest. In about a year from the time of starting, he had his reward. By then he could raise the bell in one straight pick up to 'end on' rest at top of the thigh, From where, to take it to the shoulder was easy, to put it then overhead, easier still.

HS Jul 10, 1952 con't

"This was the first of the subsequently famous Inch 'challenge' dumbbells, of which, altogether, there were three, each an appreciable increase in weight upon its predecessor, each seeing the circumference of grip swell a little. Men from all over the world have come here in their time to try to lift one or other of these dumbbells and the various sums of money offered for a successful essay, £200- if my memory serves me right- being the most. This was naturally in connection with the heaviest of the three- to all intents and purposes, THE Inch 'Challenge' dumbbell ! No one ever proved successful. According to Inch, even the great Arthur Saxon tried repeatedly and failed."

The article goes on to tell of Reg Park failing to lift the bell and then Inch himself successfully demonstrated all three of his programme challenge feats. The performances were reported in the Evening Standard of 27/10/1949 and the Daily Mail of the next morning. It was mentioned that he had done these remarkable feats at the age of 68. But the caption with the photo at the beginning of the article says he last lifted it at age 64 ???

Also TI's one hand anyhow and his two hands anyhow were 304.5 and 356.5. The 304.5 was still the record at the writing of this article (1952).

Nov 12, 1953 p 14 Mammouths of the iron game- TI

Feb 4, 1954 p 24 # he suggests a 250 lb limit as a super-heavy class

Sep 30, 1954 p 24 letter to editor from TI asking for clearer language when H&S reports on the legal battles among the various factions in WL.

Nov 22, 1956 p 40 Show report for NABBA North Scotland and Miss Scotland. by George Kirkley

172 lb bell "One of the highlights of the show was a challenge to lift the famous Inch dumbbell which is reputed not to

have been lifted even off the floor, except by the famous Thomas Inch, for some fifty years. Three Scots lifted it off the floor, and John Gray (who carried the Dinnie Stone in a former show for some twenty yards with one hand), not only lifted the dumbbell easily without any preliminaries but carried it away! He did not, however, attempt to lift it overhead."

H&S Dec 20, 1956 p 24 TI's letter to H&S about his dumbbell

"I was very surprised to see in H&S dated November 22 that four physical culturists had lifted my challenge dumbbell single handed from the floor and that H. Gray not only lifted it but carried it away.

"I was not aware that my dumbbell was to be attempted at the show.

"May I say that not long ago I had a letter from J. Gray to the effect that he had visited Reg Park, to whose care I had sent the dumbbell, and that neither he nor Park could do anything whatever with the bell!

"During the long period when I personally challenged with the bell no one ever moved it single handed, and that includes such strong men as the late Arthur Saxon, the Cossack giant wrestler and strong man Padoubny, and a host of others.

"I have a statement from someone present at the Aberdeen display stating that no one lifted it knee high save a Mr Henry Gray and that Gray did NOT carry the bell away.

"As stated in your report he did NOT attempt to lift it overhead.

"The full feat, of course, is one hand to the shoulder and then put the bell overhead."
(signed Thomas Inch, Avenue Road, Cobham, Surrey)

Comment from Oscar Heidenstam:

"I was at this show and reported it in the Nov 22 issue. I repeat that three Scots lifted this dumbbell and that the fourth, Henry Gray, did so without any preliminaries, and with ease, to the tremendous cheers of a huge audience. John Gallagher also lifted it knee high off the floor, but I am not prepared to say whether the other two

lifted it knee high."

H&S

?? Mar 1957 p 32 # pho Henry Gray 6'4" carrying the smaller (340 lbs) Dinnie stone. Chalked hand, hook grip. Also:
172 lb bell "...recently very easily picked up and walked with the famous Thomas Inch Challenge Dumbell..."
Also mentions "On this occasion, though, four men were able to lift it- some of them workmen who had never touched a barbell or dumbell before."-DPW

Jun 6, 1957 p 23 letter to editor about TI dumbell- TI
[parts of his letter:]

"Recently I have received quite a few letters from physical culturists who are under the impression that at long last the famous "Inch Challenge Dumbell" has been lifted after defying all efforts to do so for about half a century. I desire to correct that impression, it being a very wrong one.

"This dumbell is probably the best known weight in lifting (as I think W.A. Pullum would himself agree). It has been photographed many times, been filmed, and articles written about it in various physical culture magazines and other periodicals. Strong men have come from all over the world at different times in its history in endeavours to lift this weight and win from me the L200 which was promised to anyone who could do so. No one ever succeeded!

"Reports have appeared, though, which would lead people to believe to the contrary. It has been stated that it has actually been lifted by three different people recently on the same occasion. It may have been lifted off the floor with one hand(a quite good performance); it may even have been lifted and carried a distance with one hand (an exceptionally good performance). But it has NOT BEEN LIFTED FROM THE FLOOR TO THE SHOULDER WITH ONE HAND AND THEN PUT OVERHEAD. That was the 'challenge' performance which I used to do with it- and no one else ever succeeded in duplicating the feat."
signed Thomas Inch, Cobham, Surrey
[there is more to this letter but this covers the essence]

H&S Jun 20, 1957 p 8 Physical culture plus # 1- TI

Jul 4, 1957 p 6 Physical culture plus # 2- TI
Jul 31, 1957 p 10 Physical culture plus # 3- TI
Aug 14, 1957 p 10 Physical culture plus # 4- TI

p 23 letter from Thomas Fenton, owner of the Inch
140/153? "middleweight" challenge dumbbell
"A Very Young Lady Has Designs On The Inch Challenge Dumbell"

"Enclosed please find remittance to enrol my daughter in the
Health and Strength League. Would you kindly enrol her from
the 6th of July, as this date is her first birthday.

"I am sending you a photo of her with Mr Thomas Inch's 'mid-
dleweight Challenge Dumbell, of which I am now the owner.

"Whenever she goes into my room, she always makes straight for
the bell, almost making me think she has designs on it.

"My wife and I are already keen Leaguers."

Thomas Fenton, Cathays, Cardiff

p 42 pho Fenton's one year old daughter;caption:
"This young lady leaguer- one year old daughter of Tom Fenton
(Cardiff)- just loves the Thomas Inch 'middleweight' challenge
dumbell." [girl, un-named was born July 6, 1956]
(so the daughter would be age 45 in 2001?
does she know the whereabouts of the TI
middleweight bell?)

H&S Sep 11, 1957 p 10 Physical culture plus- TI

Oct 9, 1957 p 10 Free exercise or apparatus- which is better ?- TI

Nov 6, 1957 p 14 The old versus the new- TI

Nov 20, 1957 p 9 # about the TI dumbell at the NABBA

Universe Oct 19, 1957 when John Lees won
amateur and Arthur Robin won pro U

"Back into the past we went, to the massive
strongmen of yesteryear, for on an agility
mat was a ponderous-looking thick grip dumbell.

[was 75] And here also was seventy-six-year-old Thomas Inch
himself to tell a few of its secrets. This
great old timer who has trod the pages of
strongmanism for many years got a lot of
praise and a good deal of laughter from the
appreciative audience. Scottish lifter John
Gallacher got the prize for the best attempt."

Dec 4, 1957 p 16 Muscle building- the secret of size- TI

Dec 19, 1957 p 26 letter about "SOCIETY OF AMATEUR WEIGHTLIFTERS"

Sep 11, 1958 p 9 some #- WAP

Apr 23, 1959 p 20 letter from Tom Fenton regarding Reg Park and the Inch dumbbell:

"I write hoping you will correct a wrong statement in a recent issue.

"A reader stated that during a contest between Thomas Inch and Reg Park for a set of prizes, Park succeeded with all tests save the Inch challenge dumbbell, actually repeating three of the tests feats.

"The letter specially referred to Park succeeding with the famous Inch challenge grip machine.

"As set out in a special article in H&S dated July 10th, 1952, and written by that stickler for accuracy W.A. Pullum, Reg only succeeded with one feat, the chest expander.

"He certainly did not close the Inch grip and in view of the fact that Inch was contesting and record breaking at age 68, I am sure you will wish to correct this error in fairness to an old favourite."
Tom Fenton, Cathays, Cardiff

Mar 10, 1960 p 12 Make the most of your subconscious mind- TI
Apr 7, 1960 p 19 Entertain at your own physical culture show- TI

HEALTH & STRENGTH: INCH, THOMAS by Joe Roark
Apr 21, 1960 p 5 # Stop Press !-

"Mr. THOMAS INCH

H&S President World-renowned Physical Culturist and Bodybuilding Instructor, has been appointed President of the Health & Strength League"

May 5, 1960 p 34 A magnificent show!- TI [30 th anniversary H&S League Display]

May 19, 1960 p 6 The mighty Inch- Gilbert Odd [intros TI as new president of H&S League]

p. 6 "Today, when well into the seventies, he can show a physique and perform feats of strength that arouse envy and admiration."

p. 6 "His love of bodily development and athletics is inherent.
1890 At the age of nine he first acquired the PC bug and was observed digging large deep holes, stopping every now and then to measure his biceps.

p. 7 "He saw such forgotten stars as Apollo, Atlas & Vulcana,

Ajax, Lionel and Milo (later known as Brinn). He made friends of them, picked up their secrets and took their advice.

"At Bradford, when he was 15 [1897], he won an open expander-pulling contest; a year later [1898] he was giving a strength at a circus that visited his home town.

1897? "Not long afterwards there appeared the first Inch Challenge Dumbbell. It formed part of his strength act first bell and was the forerunner of the now famous dumbbells that have appeared on many a PC programme throughout the country." [was this 140 ?]

p.7 "At one time he offered a total of over L500 in prize money to any who could duplicate his six set feats of strength, including the Challenge Dumb Bell, Gripper, resisting eight men pushing on a bar, huge expander with two 66 lb weights and two 13 st men at the same time etc.

"It is his proud boast that he never had to pay out a penny."

p.7 "It has been a lifetime of PC activity in all phases and spheres, culmination in a final appearance at the age of 70 [1951?], when he met famous Reg Park in a trial of four feats. The younger man failed, but only because the stunts were completely foreign to him."

p. 18 "And if you ask him to tell you the secret of his lengthy and outstanding career, he will shift responsibility on to the shoulders of his dear wife to whom he is greatly indebted and without whose care, cooking and company, the name of Inch might never have been so well known."

p 46 pho of TI addressing H&S League audience

H&S Jun 2, 1960 p 6 My biggest triceps booster- TI
p 44 Hello Leaguers !- TI

Jun 30, 1960 p 4 Why the front squat was invented- TI
p 44 letter of praise about TI from P. Lloyd
p 46 H&S League- a message from the President

Jul 14, 1960 p 8 How Verge built massive biceps- TI
p 44 PC works wonders for women- TI

Jul 28, 1960 p 44 H&S League- message from the president- TI

Aug 11, 1960 p 46 H&S League- message from the president- TI
Aug 25, 1960 p 46 H&S League- message from the president- TI
Sep 8, 1960 p 46 H&S League

Oct 6, 1960 p 44 H&S League- message from the president- TI

Nov 3, 1960 p 45 H&S League- message from the president- TI

Nov 17, 1960 p 18 Folly of tension- value of repose- TI

Dec 27, 1962 p 11 Ambitions of the Scarborough Hercules- WAP
(Inch called his system 'Miniature Weightlifting')

p 12 "Inch started his career as a postal teacher of
physical culture in a necessarily small way, his
wife acting as his secretary."

Jan 10, 1963 p 12 Inch's middleweight challenge- WAP
regarding 1906:

"There was no clearly recognized champion of the
[middle] weight at the time; there was not even
common agreement as to what poundage limit should
constitute that weight! In boxing, it was accepted
as 11 st. 4 lb., in wrestling, at 11 st. 7 lb."
(so 11 st. 7 lb. was accepted i.e. 161 lbs)

p 13 "Inch issued his challenge through the SPORTING LIFE,
HEALTH and STRENGTH, and various other PC periodicals
and sporting journals, of them all H&S manifesting the
most interest in the declaration."

p 13 "Although steps had of course been taken to see Inch's
challenge to the world had circulated on the Continent,
no one there seemed anxious to accept it, a fact that
rather surprised the challenger."

HS:

Jan 24, 1963 p 13 Inch's middleweight challenge- WAP
W.P. Caswell former British Lightweight Amateur Champ
accepted Inch's challenge. After realizing that
Caswell's former, lighter, days had changed: "This
put a different complexion on matters altogether. The
Mitcham man now loomed up as a most formidable op-
ponent; one whom it would not only be impossible to
ignore, but most unwise to treat lightly. Inch and

Mar 1907 Caswell signed papers in March to meet Apr 20, 1907.
Just after signing Maurice Deriaz showed up from France
to accept Inch's offer, but he was too late.

p 14 "Bad luck hit Caswell, however, just before the match

in the shape of an injury to his left leg; so bad that it compelled his retirement after completing only four lifts [of six], these being 194 lb. One Hand Clean, 194 lb. Anyhow, 201 lb. Bent Press and 240 lb TH Clean. Inch countered these with 203-1/2 lb., 213 lb., 235 lb., and 252 lb. respectively, doing 148 lb. on the OH Snatch, 160 lb. on the Swing, the last lift establishing a new record."

Feb 21, 1963 p 8 Inch becomes Britain's strongest man- WAP

"For like many others after him were to find, Inch discovered that the long arduous preparations of 'making weight' had resulted in a sequel he never expected, this being a rise in bodyweight much above what had been his lot before. This not only convinced him that he would never be able to make middleweight again; it opened his eyes also more than anything else might have done at the time to his

p 9 own possibilities for further bodily development.

Ever the good business man, he decided to 'cash in' on this pointer and make himself into a real heavy-weight; showing what, in the bodybuilding line, his own methods could do."

"Naturally, as a man who knew his business, heavy weightlifting did not figure in Inch's programme planned to this end, all his work with weights being confined to 'light stuff'. In other words, the basic principle of his training scheme was exactly the same as he advocated for other people who admitted to a similar objective: namely, 'miniature weight lifting'. Or, as I chose to describe the method afterwards weight training- the description which has stuck to it ever since!"

"Inch's efforts in this direction were outstandingly
In 1909 successful, for by 1909 he had built himself up to about
TI weighed the 15st. mark, all this addition well distributed so
210 lbs as to still give him a good shape. The H. & S. took a
hand again in the fashioning and part fulfilment of
Inch's destiny. So much interest in weightlifting being
shown by its readers- so many sensational claims being
made by heavy performers in this line- this journal
decided to promote a Heavyweight Weightlifting Champion-
ship of Gt. Britain. And realizing what a draw Inch would
be if he would compete for this Championship, the pro-

prietor personally invited him to enter."

p 9 "Inch gave this proposal quite some thought before giving an answer on way or the other, as he found himself on the horns of a dilemma. For he had made a further discovery, the revelation being naturally kept secret to himself. This was that all the extra weight he had put on by virtue of his specialized bodybuilding programme, was not the slightest use for lifting."

p 10 "Instead of making possible much bigger poundages than he had accomplished as a middleweight he found his
Jun 11, 1910 performance in the main had deteriorated to an extent where they had gone down quite a bit below that standard. Hence the necessity for putting on his thinking cap- a keep wearing it for some time!"

[Inch signed a contract which gave him enough time to lose 2 st. and be ready to compete in the summer of 1910. Inch had his tutorial courses going on and wanted H&S to declare the heavyweight winner also 'Britain Strongest Man'.]

L50 was at stake and an "...additional prize should take the form of a solid gold cup. This whetted Inch's interest considerably! With the confidence he possessed as to the ultimate outcome, he could already see that gold cup gracing his sideboard!"

Jun 11, 1910 "The publicity given to the coming event by H. & S. every week (this magazine was then a weekly publication) built up an already enthusiastic interest to fever heat, the result being that an even bigger crowd than had attended the Inch-Caswell match turned up to witness this Gold Cup Tournament (one of the ways it was describe in the announcements.) Many dis-

p 11 tinguished personages were noted in the gathering, both socially and athletically. As regards the former, it amounted to an echo of the days when Sandow was taking London by storm."

-six competitors: TI, Fred Hall, Wilfred Harwood, Teviotdale (Scotland), James Evans (Maccledfield), Tom Cressey (Holbeck)

Placings: Inch first, Hall second, Harwood third:

OH Clean TH Clean OH Snatch OH Anyhow
Inch 213-7/8 250-1/8 132 230-1/2

Hall 210-1/8 252-1/8 136 182-1/2
Harwood 201-1/4 231-7/8 139-1/2 206-7/8

p 10 photo of challenge dumbbell
"The famous Inch
4 bells challenge" dumbbell. At one time there were three
of these weights, but this was the "ace". No one
ever succeeded in lifting it single handed al-
though the strongest men in the world tried.

"Inch performed the feat whenever required, even
when he was well past 60. Its weight was never
publicly announced. Inch simply said when questioned
"It heavy enough, I think"

[Inch turned 60 on Dec 27, 1941 but said elsewhere
that he had retired the 172 pounder in 1931]

p 11 a photo of the trophy: "The imposing trophy pre-
sented to the winner of the 'B.S.M.' Gold Cup
Tournament by the readers of 'Health & Strength'.
This historic contest was fought out at the German Gym,
St. Pancras, on Saturday, June 11, 1910. Some
competitors lifted in the afternoon, others in
the evening. Inch made his bid in the latter period."

H&S Mar 7, 1963 p 8 Aston's victories over Max Sick & Inch- WAP
June 6, 1908 at Drill Hall, Haworth, Yorkshire at
the match between Edward Aston and Wildred Harwood, to
decide the champion of the north of England, TI went
to observe:

Jun 6, 1908 "To trace this pattern from the start of its construction
it is necessary to go back to the year 1908. On the 6th
of June of that year, a W/L contest was held at the Drill
Hall, Haworth, Yorkshire, between Wilfred Harwood and
Aston, won by the former after a protracted struggle by
the narrow margin of 11-1/2 lb. on six lifts. This con-
test was for the Championship of the North of England,
and Inch travelled to witness it, giving both contes-
tants the benefit of some well appreciated advice. It

No, cf was at this particular event that Inch first produced
Apr 20, 1907 his 'challenge' dumbbell, offering Harwood L50 &
HS May 24 Aston L100 if they could lift it after their match. Both
1930 p 566 tried, but could make little impression on it."

"In the dressing room afterwards, Aston disclosed that an ambition he
p 9 held was one day to take Inch's middleweight title from him. Whereupon the latter (who was present) made Aston a sporting offer. 'Beat within one year from now,' said he, 'all the lifts I put up in my match with Caswell and I'll not only give you L100 but transfer the title to you. The only stipulation I make,' he continued, 'is that, in such event, you contract to meet me within 4 months from that date with the title at stake again and put up a substantial side bet on the outcome'. 'Right,' said Aston, 'I'm your man' and they shook hands on the deal.

When was "That was. it will be remembered, June 1908, and on May
Aston in 22 the following year [May 22, 1909] Aston came to London
TI's employ? to make his bid both for the promised L100 and the title.
end of 1909 He failed, but only narrowly, beating every one of Inch's
performances in the Caswell match with the exception of
One Hand Anyhow. At that stage of his career he had not
mastered the mode of taking the bell to the shoulder in
the particular style associated with this lift. Later, he
was to become very adept at the method. More than once
(when he was training here with me at Camberwell) I have
seen him take 350 lb. to the shoulder with the right hand.
With the left, he was not so good, 300 lb. being his
limit with this hand. That was still much more, however,
than anyone else could do!

"Aston's surprising display quite easily enabled a man
of Inch's acute perception to see two things. First, that
given proper help and encouragement, Aston very shortly
should prove capable of beating any middleweight lifter
in the world: second, that if he gave Aston that help
and encouragement, the latter well would serve as 'a lion
in the path' to any hunters who might come gunning on the
championship trail. He therefore took Aston under his wing,
under his employment as well; and having done this, got
back once more to the job that was now demanding the whole
of his attention- the running of his butorial (sic)
business!"

now Tromp Van Diggelen met TI at the H&S offices to arrange a
match, but TVD would not agree to Inch's terms. So on Oct 26, 1909
Max Sick and TI got together in the H&S offices and, but again
would not agree to TI's terms. So TI, as was his plan, offered
Aston up to meet Max Sick. Agreed. (for Aug 4, 1910)

p 10 "By the beginning of 1910 the cards had been reshuffled and fresh hands dealt to the players. Saldo had presented Sick at the Apollo-Saldo school (then functioning near Leicester Square), the Bavarian's display positively staggering everyone who saw it; Inch, looking the facts squarely in the face (and still being his own best advisor) had resigned his world middle-weight title in Aston's favour: the latter (trained now and backed by Inch) was defiantly inviting Sick to try to take the title from him.

"Although sorely disappointed at not being able to meet Inch, Sick was not at all averse to getting into the ring Aston v Maxick with Aston, and after a little preliminary skirmishing, Aug 4, 1910 the men met in contest on August 4 [1910] at the Granville Music Hall, Walham Green, for L100 a side and a magnificent trophy put up by the proprietors of the hall. The 'pull' of this match was such that it packed the hall and some exciting performances were witnessed, those by Aston making him the winner. The result might have been otherwise, however, had not Sick badly wrenched his right deltoid, this eventually compelling his retirement.

"Although Aston's victory was naturally a very popular one, Sick showed himself a good sportsman in defeat when he challenged Aston to a return contest, the feeling generally was that it was only playing fair to give him what he was requesting. Aston himself agreed to meet Sick again before Dec 14, 1910 the end of the year. The men met for the second time at the Holborn Empire on the 14th of December [1910]. It was an unsatisfactory affair, the number of lifts (8) made it impossible to finish within that limit. At the time of closure Sick was leading by 188-1/2 lb., but Aston had attempts on two lifts still in hand, his opponent one only.

climas?? "The anti-climas character of this event was offset by the sensational development that followed, this being a challenge to Inch from Aston for the title of 'Britain's Strongest Man' - a challenge which Inch accepted, only to taste the bitters of defeat when the issue was put Jun 3, 1911 to the test. The men met in June of 1911 at the Aston v Inch International School of Physical Culture, Tottenham Court Road, Aston winning with a total of 1,215 lb., 1 oz. against Inch's 1,167 lb. 11 oz. The lifts were the

single-handed Snatch or Swing (optional), O.H. Clean and Anyhow, T.H. Clean and Anyhow, this being official championship set chosen by the British Professional W/L Association which had come into existence by this time.

"Eclipsed though he was by a better man on the day, Inch refused to knuckle down, and in time went on to put overhead with one hand and with two greater poundages than had been raised by any other Britisher. On the strength of this he still reckoned himself Britain's Strongest Man."

Nov 24, 1966 p 30

(Lightfoot owned a dumbbell with 11" circumference handle)

" H.S. Lightfoot, now aged 62, of Harrow, a former strong man and stage performer whose speciality was lifting a dumbbell with an 11in. circumference handle, tells me that he has recently purchased from Reg Park, senior, one of the late Thomas Inch's "unliftable" (except by Tom) dumbbells. This is a 170 lb. dumbbell with a 7-1/2 in. handle circumference.

"I believe this is the one we had as a challenge at one of the Universe contests and no one was able to lift it overhead.

several "Thomas Inch had several of these dumbbells at various
bells that weights which he along could lift."
only he p 32 Show report ??
could lift? p 34 Northern notes ??

Mar 14, 1968 p 31 # David Prowse took the Inch dumbbell to the
Feb 10, 1968 S.E. Britain show on Feb 10, 1968 at the Poplar
Civic Theatre. "David Prowse brought along the famous
Thomas Inch "unliftable" dumbbell. It certainly proved
to be unliftable that night, as nine or ten very
strong men failed to shift it off the floor."-Ken Drury

Feb 1969 p 6 Dumbbell to be on hand Apr 12-13, 1969 at Glasgow and
at Aberdeen

H&S Apr 1969 p 8 # Inch dumbbell and Tarzan Jacobs at one of the
Universe contests:

"This was the occasion on which one of the famous Inch Dumbbells was also on display as a challenge, and although Jacobus was unable to lift it on the stage, I was told that backstage he manages(sic) to get it overhead one handed though not in the orthodox way. I gather he lay down in some way and got up with it."
OH & Ash Kallos

Notes from HENGLER'S GRAND CIRQUE by Sean McCarthy
ISBN 0 906474 21 3

Albert Henry Hengler Aug 10, 1862 to Jun 30, 1937

Some openings or reopenings of Hengler's locations:

Edinburgh Mar 7, 1863

Liverpool Nov 13, 1876

Dublin May 19, 1879

London Jan 14, 1885 reopen architect C. J. Phipps*

Glasgow Nov 9, 1885 reopen

p 10 Hengler: "He took a lease of the Palais Royal in Argyll Street, London, (now the London Palladium), got Robinson to convert it to the Cirque Hengler, and opened his doors in the autumn of 1871 for the London public to receive 'all the Henglers and Powells, male and female, whose praises had been sounded by the provincial press all over the kingdom."

* p 15 "On 14th. January, 1885, a new circus had opened in London, to the designs of the architect C.J. Phipps. The Argyll Street site had been auctioned in the summer of 1883, when Hengler's lease came to an end. Bids for the whole property reached L50,000, but the auctioneer announced that his reserve was L65,000 and the property was withdrawn. Hengler managed to secure a new lease for his part of the site for a term of thirty years at an annual rental of L1,300. At auction, a value of L1,800 had been put on his lease, so he arrived at satisfactory terms, sufficient for him to contemplate building a new circus."

p 19 "Within the next few years, Hengler more than halved his circus business. Family interests in the London building were sold in 1895. Hull was relinquished in 1896; and the Dublin circus was eventually demolished in 1898.

Hengler's miraculous water spectacle had failed to save the whole concern."

Bryan,

I decided to determine WHEN Inch began claiming that Arthur could not lift the dumbbell. To my knowledge, no one else ever claimed to have seen Arthur fail with the bell, so Inch's timing is interesting... It could be that Inch made this claim in an earlier issue of H&S that I do not own, but my gut says no...

some notes on Arthur Saxon Failing to Lift the Inch Dumbell:
by Joe Roark:

Who said Saxon failed to lift the bell?
Inch said so. When did Inch say so? ONLY AFTER Saxon had died in 1921...

Writing in H&S Nov 26, 1921

Inch says, comparing John Gruhn Marx and Saxon:

"But, on the other hand, Saxon was even stronger than Marx, and had a huge hand and was also used to lifting thick bars; and, as he could do nothing with my dumbbell, I fail to see where Marx's chance came in."

The above was written three months after Arthur died.

Further, in H&S Jan 21, 1922 Inch wrote"

"It was Arthur Saxon's great ambition to lift the bell, but though he often practised with it he never succeeded."

Further, in H&S Dec 20, 1956, Inch wrote:

"During the long period when I personally challenged with the bell no one ever moved it single handed, and that includes such strong men as the late Arthur Saxon..."

An article by Miller in S&H Apr 1936 offers:

"...and even his friend, Arthur Saxon, was impressed with the difficulty in handling the heavy dumbbell."

Inch writing in S&H May 1939:

"For about 15 years the late Arthur Saxon practiced with my bell whenever he came to my place and that was pretty frequently. Also his two brothers, Herman and Kurt.

"But none of them lifted the bell although they were accustomed to thick handles and once had a bell made after the style of my own and went round making their offers to anyone to lift their thick handled dumbell.

"When they returned to my gymnasium after their tour they one and all called for my dumbell to be brought out, with many winks and expressions in German as to what they would do with it now that they had had a little practice. But again they failed and it was rather amusing to watch their downcast faces after their failures."

[notes: Arthur was a master at the weights; if he had a bell made similar to Inch's, it was based on measurements he took, and why would any resultant dumbell differ so much in poundage that he could master it (as did apparently his brothers) but Tom's bell stopped them? This is insulting, to the Saxons' memories and to our intelligence!

Also, 'now that they had had a little practice' indicates they had the bell made early on before they spent much time trying Inch's bell.

Inch wrote in THE SUPERMAN (a wonderful mag, Bryan) May 1941:

"Aston and Saxon had unique opportunities to gratify their ambition because they had access to the bell for years. Aston, in fact, often practised with the bell for days on end, and this at a time when he was at his physical best. But he never once moved it off the ground, neither did Arthur Saxon, although both had enormous hands, splendid forearms and great gripping strength."

[How, do you 'practise' with an immovable object? Isometrics?]

Diamond writing in Muscle Power 1947:

"I understand that most of the strong men who visited London

have tried it- Sandow, Arthur Saxon, Aston, Hackenschmidt, and a host of others."

[where did Wilfred Diamond get this understanding? No doubt from Inch's writings]

Willoughby in The Super Athletes reasons that the reason Saxon failed was that his hand was too big to fit between the spheres, then he adds:

"That's Saxon's gripping strength was inferior to Inch's in unthinkable."

[Saxon's hand was 4.7 x 9 inches; same as Apollon's]

Leo Gaudreau in Anvils, Horseshoes, and Canons:

"Before producing this one as a challenge dumbbell, he tested it with Arthur Saxon, who failed to grip lift it."

[this must have been circa 1907?? Had Saxon tried the other, lighter bells, and succeeded? Two possibilities: He tried them and failed; not believable here in St. Joseph; or he tried them and succeeded, but the 172 stopped him. Again, why would Arthur be stopped by something Inch could do? Also notice the language, 'before producing this one as a challenge dumbbell'- does that not imply that he had been offering the lighter ones as challenge bells as well? Further, the text does not say that Inch could lift the bell, just that Arthur could not. Perhaps it took Inch a while to master dead-lifting it also?]

THOMAS INCH InchB.txt

for H&S notes on Inch see Inch.txt file

SKILL: INCH, THOMAS by Joe Roark
date? p 11 Mighty men of yore, TI- Diamond

HEALTH & EFFICIENCY:

Mar 1923 p 92 full page ad Inch Prize Scheme for 1923
p 108 The development of personality # Hints
from successful people

May 1933 p 154 Memoirs of a great old timer- Diamond

STRENGTH & HEALTH: INCH, THOMAS

by Joe Roark

Nov 1934 p 14 Modern Mighty Men- Hackwood

intro: "Mr. Hackwood, now one of the physical directors at the Hartford Y.M.C.A....and one of the few men in America to know personally that great strongman and physical Culturist, Thomas Inch."
[TI produced and manufactured plate loading barbells and made them popular]
opened his School of Physical Culture at age 15 (1896)
now age 53;

"I know of no man who has done so much as Thomas Inch to support and make popular the sport of weight-lifting during the last 35 years...As a token of their appreciation of the fine work he did for weight-lifting and weight-lifters the B.A.W.L.A. presented him with an illuminated address."

"He has frequently toured England, lecturing and giving demonstrations of practical physical culture abd weightlifting, running prize schemes, not challenge bell, the competition bell which no other man has ever lifted in the way Inch does it. He would also bent press a dumbbell with huge spheres out of which would pop the heads of his two pretty daughters;"

p 28 Aston-Inch match Jun 3, 1911 lifts listed- TI had met the Saxons when they appeared in London:

Aston 161 lbs Inch 194 lbs

One hand clean and bent press: 233 lbs 10 oz 210 lbs 10 oz*

Two hand C&J: 271 lbs 6 oz 264 lbs 4 oz

One hand snatch: 178 lbs 3 oz 149 lbs

Two hands anyhow: 293 lbs 8 oz 304 lbs 7 oz

One hand anyhow: 238 lbs 6 oz 239 lbs 6 oz

Total: 1,215 lbs 10 oz 1,167 lbs 11 oz

p 28 TI would bent press a huge dumbbell out of which his two daughters would pop their heads!

Titles TI won: World's Jr, Champ

British Heavyweight Champ

Britian's Strongest Man

*this 210 was only 38 lbs more than the 172 dumbbell, so at this time could TI have LIFTED the 172????

S&H Apr 1936 p 11 3 #- Miller note: (this article is an example of why ANYTHING written by Norman Miller MUST be doublechecked) to wit:

250 lbs "Then there is Thomas Inch, great English strongman, who had a very neat little dumbbell of 250 (sic) pounds or so, with a handle so thick it was well nigh impossible to lift, that is, for anyone but Inch. At the time of this occurrence, the bent press was at the height of its popularity and Thomas performed that lift with this awkward bell regularly and even his friend, Arthur Saxon, was impressed with the difficulty in handling the heavy dumbbell.

"With Hengler's Circus, the famous Continental show when was that was visiting London at the time, was Ivan Padoubny, Padoubny giant Polish wrestler and weight lifter, whom Inch at Hengler's challenged to lift his dumbbell. Padoubny accepted and 1908? suggested that the Englishman leave it at the circus for him to practice with, to which Inch readily agreed.

same day? "Later in the evening Inch and Saxon went back to the cf HS circus to see how Ivan had made out with the unwielding Feb 22, 1908 apparatus. In truth Ivan hadn't fared so well, in fact he couldn't even lift it off the ground, so thick was the handle. 'Well', said Inch, "a match isn't a match unless things are nearly even,' so he stooped over, picked up the obstinate dumbbell with one hand, and walked out. Needless to say Ivan was a bit surprised and indeed so was Saxon."

(why was Saxon surprised? Had he not been trying to lift the bell and then watched as TI lifted it in front of him??)

STRENGTH & HEALTH: INCH, THOMAS by Joe Roark
May 1939 p 31 The Unliftable Dumbbell- Inch
NOTE: the photo on page 31 IS NOT as indicated, Inch's challenge dumbbell!!!!

"Readers of STRENGTH & HEALTH may have heard of my 40 years? famous challenge dumbbell and, bearing in mind that for a period of 40 years [1899?] it has never yet been moved an inch from off the ground, save by myself, they may appreciate a few details about it.

"For obvious reasons, seeing that my challenge was an offer of L200 (1000 dollars) to anyone who could lift it, and that when I was touring the music halls with my own company, I often offered L5 or even L10 an inch, for a lift off the ground, I have never yet disclosed the exact weight and measurements of the bell. [not accurate, he openly told Deriaz how much it weighed cf. HS Jan 21, 1922 p 55]

Dumbbells have been made which other strong men thought t
he says were identical with my own, but they always differed in
elsewhere essential details and, at any rate, up to the time of
there was writing no one has raised the bell single handed even a
no trick solitary inch.

"I can state right away that it is a combination of weight and a thick handle which, acting together, present an almost insurmountable difficulty to the thousands? lifters, and many thousands have made the attempt."

----- "My own forearm, measured straight, not bent in the least, was round about 15 inches as a rule, and I developed 'will power' and the ability to put forth a terrific effort just for the moment, to an unusual degree."
[how then could TI have stood holding the bell while he chatted, or carry it around a 150' garden; was it only the clean that required a terrific effort?]

(note Arthur Saxon died Aug 6, 1921; had planned to retire in 1914, so when was this 15 year period? Was Saxon in England after 1913? Inch announced that he was moving back to Scarborough as of Aug 16, 1913 p 165)

"For about 15 years the late Arthur Saxon practiced with my bell whenever he came to my place and that was pretty frequently. Also his two brothers, Herman (sic) and Kurt.

S&H May 1939

"But none of them lifted the bell although they were accustomed to thick handles and once had a bell made after the style of my own and went round making their offers for anyone to lift their thick handled dumbbell.

which tour? "When they returned to my gymnasium after their tour they one and all called for my dumbbell to be brought out, with many winks and expressions in German as to what they would do with it now they had had a little practice. But again they failed and it was rather amusing

to watch their downcast faces after their failures."

"Maurice Deriaz, famous French lifter and wrestler came all the way from France just after he had done
Mar/Apr some very fine lifts which I believe included a one
1907 hand clean and jerk of 240 lbs. He had no luck and expressed his desire to see me lift the bell myself after he had retired defeated.

S&H May 1939:
practice "I had a practice bell a little lighter for my left bell, 80 lb. hand and picked by BOTH bells carrying them around a large garden one in each hand; ever after Maurice [Deriaz] always gave me a very good word for grip strength." (so Inch had the 80 lb bell when Deriaz tried, which we know was right after TI and W.P. Caswell had signed papers to meet in a match on Apr 20, 1907. So Deriaz tried in the spring of 1907. Maurice was born Apr 14, 1885, so he tried the bell near to his 22nd birthday) IMPORTANT that Inch had the 75 pounder this early! and compare this account to the account where Inch mentions only one bell being carried around the garden. SH 5-39 p 11

Strongfort from Denmark (not Max Unger): "However, although I feared this strong man more than anyone I had met up to that time, he did not move the bell, and was amazed when I turned it in to the shoulder single handed and first pressed it and then jerked it easily enough."

----- "Practically every strong man who visited England tried to be first to lift the famous dumbbell. Edward Aston practiced regularly with it when in my employ. He had an unique opportunity to master the bell, but at many venues he came out from the audience for my L200 but never shifted the bell a fraction."

----- "I do not know what would have happened if famous Appollon (sic), the great French strong man, had tried. He was reputed to have 16 inch forearm and do wonderful things with thick handled bells so perhaps I was lucky not to run across him. I actually did meet Appollon (sic) once but he had then long passed his best so it was not fair to him to try. Another giant who might have

proved dangerous was Carnera. I met him several times but the dumbbell unfortunately was never handy."

S&H May 1939

----- "Upon the occasion when I made a two hands anyhow lift of
Mar 30, 1912 326-1/2 lbs. at the London W.L. Club one of my supporters
LWLC ran excitedly into the dressing room and called out, 'Mr.
Inch, come quickly, the money's gone.

"I had handed L200 in fresh bank of England notes to the M.C. and rushed out thinking that someone had robbed him as my dumbbell was still with me in the dressing room. Outside were MaxSick(sic) Monte Saldo, Edward Aston, Harold Wood and scores of others all waiting their turn at the bell.

"The cause of the excitement was a huge Hindoo wrestler standing over 6 ft. 6 inches in height with a large turban upon his head making him look gigantic. He was over 24 st weight and had a chest well in excess of 60 inches. Neck and upper arm 22 inches, thigh over 30, and to cheer me up a little someone said he was the only man in the world who could swing a pair of Indian clubs weighing 100 lbs. each.

"I certainly thought my money was as good as lost, but to my relief the wrestler's strength did NOT lie in his hands and he made but a poor attempt and after that I felt somewhat secure, because he really was a surprisingly large man, the biggest I have ever seen in my life.

"The bell was once left at Hengler's circus when they had a troupe of continental wrestlers there. The troupe included Padoubny, the giant Russian wrestler who continually challenged Hackenschmidt. They were such a large body of men that the one known as 'baby' being the lightest performing, weighed over 2 cwt. (224 lbs).

another "I did not go near the place for two weeks when I
version says visited again with my friend Arthur Saxon, whose idea
two weeks it was, and we asked who wanted the L200.
passed
cf: HS Feb 10, 1908

"With one accord they said no one could lift the d--d thing and invited me to try, which I did, carrying the bell out of the arena to a waiting hansom cab

outside.

----- "So you will see that I have had some fun with my bell, made entirely by accident when I was a boy. I had got to 140 lbs. single handed lift and asked for a much heavier bell.

(another place says when he got to 100 lbs the other bell was made)

"The foreman at the iron foundry worked things out for 50 lbs more himself. The 140 lbs. bell had a handle about one inch* =190 ? thick, so he thought that a heavier bell should have a cf Muscleman handle in proportion. That was how the Inch challenge Aug 1953 p 16 dumbbell came into being and it was very many years before I could lift the bell myself. I often thought it was going to prove impossible."

* does Inch mean that the 100 or the 140 had a 1" handle, surely he means the 100. cf MUSCLEMAN Aug 1953 p 16

"This has led to a film being made by Pathe Pictures film was which is about to be issued here in England showing me about to be lifting the dumbbell and bringing up another to make a issued, 8 yrs two dumbbells anyhow of 276 lbs." p 43 after being (this CANNOT be a combo of any two of his challenge bells; made? 276-172= 104, and he did not have a 104 lb challenge bell. Or, did he? Or was it a regular dumbbell?

----- p 43 "Recently we had over here in England that famous strong man Manger, from Germany. He appeared at a display, one Manger's night only, somewhere in the midlands, about 220 miles 1953 strength from here. For a time I felt strongly inclined to take level? my bell and appear unexpectedly with a friendly challenge to Manger to try to lift it." but Inch decided against the trip.

----- "If ever the bell is lifted I shall be happy to shake the victor by the hand and I really can't quite understand as I write how it is that so many strong men who actually had access to my bell and practised with it and were such fine lifters could never shift it."

S&H

Dec 1941 # facts 5'10" 200 lbs C 48 A 18 F 14 T 25 C 16

Jun 1957 p 45 # about 3 men who 'lifted' them - author?

"For years the Inch Challenge Dumbbell defied the efforts of hundreds of strongmen, except the famous old time British champion Thomas Inch, who owned this ponderous thick handled weight. No one else has even succeeded in lifting it off the floor with one hand.

Inch, who was the British heavyweight champion Overhead? for years, was able to hoist it overhead even when really? It past the 60 mark. [64] The almost invincible prestige gave him of this famous dumbbell was shattered at a sports trouble at 50 revue program staged at Aberdeen, Scotland. On this cf Superman occasion last October no less than three brawny Scots 5-41 p 200 hoisted the Inch Challenge Dumbbell off the floor.

Henry Gray, a 6'4" strongman, pulled it up so high to chest level that he could have cleaned it with a turn of the bar."

Oct 1959 p 21 pho # lifting dumbbells

Aug 1963 p 56 "Years ago Thomas Inch was in the spotlight as Briain's strongest man. lately, this 81 year old iron game notable has been publicized in TODAY, a popular British weekly magazine, as the possessor of unusual talents of clairvoyance."

MUSCLEMAN: INCH, THOMAS by Joe Roark
Mar 1953 p 16 Bodybuilding and weight training: old time methods vs new- TI

Aug 1953 p 16 My memories- over 50 years as athlete & literateur- TI
-since age 8 (1889) felt the urge to become strong
-at the local circus the "Crouestes" he saw Apollo, Milo, Atlas & Vulcana
-saw Sandow perform Yorkshire, Leeds, and Hull

"By the time I reached the age of 13 [1894] I had got together a few light iron dumb-bells, a pair of 56 lb. dumb-bells, a home made chest expander and had joined the Scarborough Rowing Club.

"I was not particularly interested in rowing but at the club there were one or two dumb-bells and a full set of 70 lb gymnastic apparatus. I was putting up their 70 lb. dumb-bell at age 14 [1895] and also could get my two 56 lb. bells overhead"

"... by the time I reached the age of 16...I only weighed about 136 lbs."

"I did a bent press of 140 lbs., tore two packs of cards in two, laid down and stood up again with a dumb-bell about 112 lbs. weight, and pulled out a strong expander which resisted four men pulling, two at each end."

MUSCLEMAN

"At age 16, [1897], by sheer accident, I became first thick possessed of a dumb-bell with a thick handle bell LED to which led to weight lifting history and was the 172 ! responsible for the famous Inch challenge dumb-bell, known as the 'unliftable'".

[note: this would have been the 140 or 153 lb bell, not the later 172]

"An iron factory made me a 100 lb. dumb-bell with a one inch handle. When I ordered another to weigh about 50 lbs. more the foreman, without consulting me, put in a very thick handle. I quickly found that no one could lift it and it took me from age 16 to age 21 [1897 to 1902] to lift it myself from the ground overhead and when I succeeded, after having a lot of fun with the bell, I still only weighed 140 lbs." [this was the 153 lb bell]

(so he weighed 136 in 1897 and 140 five years later?)

"Naturally as I grew heavier and stronger, I had other bells* made of much greater weight so that I could challenge the world which I did, offering L200 to anyone to lift the heaviest of my thick handled bells.

* [note: other bells of much greater weight? Plural, weighing more than 153? So there was at least a bell between 153 and 172, or a bell MORE than 172?] and the 172 was manufactured between 1902 and 1907?

"Thus the bell grew famous because after appearing for 1907-1931 over a quarter of a century on the halls and at Britain's biggest physical culture and weight lifting displays no one even moved the bell one inch single handed off the floor never mind over head and when I lifted it (usually twice nightly) I generally stooped down and brought up another the twin dumb-bell weighing 75 lbs. with the left hand, a good two dumb-bells anyhow."

[note: this paragraph is switching gears to the 172; is he admitting that he in fact lifted the 153 pretending to the audience it was the 172 ?]

"When I had difficulty getting members of the

audience to come out to try the bell, and if I did not think them too dangerous, I very often offered L5 per inch so that a lift to the knees only would have been worth about L100.

retired ... "The dumb-bell is now retired, undefeated."

bell 1931 article goes on with more detail about who tried

MUSCLEMAN

Sep 1953 p 10 My memories- over 50 years as athlete & literateur- TI

-gives the order of performance for his strength show:

Posing

1. clean two 56 lb weights, sit in chair, press overhead with right hand L25 offer
2. Pull 40 strand expander while holding on little fingers a 56 lb ring weight. After pressing expander out, two 182 lb men swung from his extended arms. L100 offer
3. Lifting challenge dumbbell overhead L200 offer
4. bent pressing two girls in a basket barbell, and bringing up ring weight other hand for at least 336 lbs L100 offer
5. Gripping world challenge grip tester L50
6. Pulling two men in audience with one finger
7. Resisting 12 men pushing on a long bar L100 offer
8. other odds and ends

(this was the basic show that TI presented for about 30 years)

"Personally I have never come across anyone like Reg Park and when I went to the Walthamstow Weight-lifting club at age 69 [1950] to issue my challenge of L100 of prizes if anyone could repeat three of my feats I was rather taken aback when among others, out came Reg Park to try his luck"

"So after trying the Inch challenge dumb-bell he retired and I felt relieved, as the large silver cup really belonged to a cricket club and, not knowing such a giant as Reg would appear, I had given my word I wouldn't lose the cup. I might easily have done so though."

MUSCLEMAN

Oct 1953 p 12 My memories- over 50 years as athlete & literateur- TI

page 12 shows TI at ages 16 and 60

Measures at his best: 5'10" 210 lbs

C 50 A 19 F 15 straight T 27 C 17

"There have naturally been some very humorous happenings during my long athletic life.

the twin "Besides the challenge dumb-bell there was sometimes
75 lbs a very light replica which could not be
MM 10-53 p 12 told apart save by myself and assistants. This was to
be brought up in the left hand after raising the
actual challenge dumb-bell when the total weight
would be announced. One evening a strong young fellow
jumped upon the stage and accepted the challenge.
Muscleman Oct 1953:

75 "He was rather excited and ignoring my instructions
stooped down and seized the light hollow bell (less
than 80 lbs. weight). Hoisting this overhead he
shouted out in amazement, 'I don't know my own
strength.' (I had just told the story of the bell and
that it had never been lifted).

"Whilst still holding it aloft a young lady in the
stalls stood up and excitedly shouted out, 'He's
done it, give him the money,' in real Wilfred Pickles'
style."

so the two hands lifts was 172 plus 75? Why did the young man
assume the light bell was the challenge bell? The bells looked
identical, so did the audience assume each weighed 124 lb?

REG PARK JOURNAL: INCH, THOMAS by Joe Roark
Jan 1957 p 30 Inch dumbbell lifted 3 times at Aberdeen- Scottish
reporter

"It was decided to offer L30 for anyone duplicating
Inch's feat, L15 to anyone getting the weight to the
shoulder with one hand and L5 to the first to get it
past knee height. Of course the amateurs would get
trophies to this value if successful."

(More than twenty men tried, three succeeded to
knee height)

"Here was John Gallagher, the lad who lifted the big
Dinnie Stone with one hand although this awkward
boulder weighed over 400lb. He has many other feats
to his credit and was one of the favourites to lift
the dumb-bell. Quietly he rubbed his hands and bent
down to grasp the bell. The tension was terrific.
Would he make it? Slowly he bent his knees and the
strain was on. Yes, the strain was on and the weight
was going up! Up! Clean off the floor, then CRASH, it
tilted rapidly and thudded down to the stage. But

what an ovation. A cheer broke from over 1,000 throats and acclaimed the first one ever to lift the Inch Dumb-bell clear of the floor. I should think it was a good foot off the stage before it tilted and fell.

Good show John. The remainder of the competitors took their turn and all failed until the last one, a very

RPJ Jan 1957 powerful looking well-dressed gentleman, Douglas Cameron from Kintore. The commentator spoke to Cameron but he was quite oblivious to everything, his mind was on lifting the dumb-bell and lift it he did. Without any messing he grasped the weight and to everyone's astonishment it came right up like a bullet and dropped just as fast. For a second the crowd were struck dumb then again vociferous applause. The judges were consulted and Alex Thomson declared it was doubtful if it was knee high but he was prepared to give him the benefit of the doubt. Frank Blair however said that the handle was not knee high although the balls were. But wait, the announcer was making an appeal. He was asking for Henry Gray, known to the locals to be one of the most powerful men in the world having actually RUN 18 yards with the 3cwt. Dinnie Stone held by the left hand. Could he lift the dumb-bell? This direct challenge had the desired effect and a 6 ft. 4 in. giant of a man bashfully mounted the stage. Grinning to his friends he casually encircled the handle with his shovel like hand and hey presto! as easy as winking he performed a SINGLE ARM PULL UP FROM THE FLOOR. The dumb-bell was at least chest high and all he had to do was to turn in the bar and he had it cleaned!"

REG PARK JOURNAL

Jul 1957 p 7 pho near age 60

Oct 1957 p 41 "It was nice to see big Henry Gray (of Dinnie Stone and Inch D/B fame) while the Spartans were appearing at Dufftown Highland Games."

Dec 1957 p 7 1957 Mr. U show- Eds (Oct 19, 1957)

Oct 19, 1957 "The Inch middleweight dumb-bell [153 lbs] was then brought on and only two men, John Gallacher[John Gallagher?] and Jacobus Jacobs, succeeding in lifting it off the floor- John lifting as high as the thighs. Later, backstage however, Jacobs lay on the floor, pulled it on to his chest, stood up and then hoisted it overhead."

Apr 1958 p 35 details of the Inch middleweight dumbbell:

155 lb "It weighs 155 lb. and has a handle 2-1/4 ins. in diameter.

"The heavyweight Inch dumb-bell is now in our warehouse for all to attempt."

[i.e. in Reg Park's warehouse] (note DPW says
153 lb the middleweight bell weighed 153 lbs with 2-1/2" handle IM 9-76 p 25)

IRON MAN: INCH, THOMAS by Joe Roark
Jan 1956 p 26 bent press 304.25 lbs #
Mar 1957 p 32 of Henry Gray:

"...He recently very easily picked up and walked with the famous Thomas Inch Challenge Dumbell which supposedly no one but Thomas Inch had ever lifted before. On this occasion, though, four men were able to lift it- some of them workmen who had never touched a barbell or dumbell before" which of the bells? what occasion?

Sep 1958 p 24 # Jacobus Jacobs in Capetown, South Africa, claims he lifted the dumbell Oct 19, 1957 in London.

Oct 19, 1957 "Flash!...A special air mail letter just reached me from Capetown, South Africa, informing me that Jacobus Jacobs of that town is contradicting all rumors concerning the famous Thomas Inch dumbell never having been lifted by anyone but Tom Inch himself. Jacobs states that he lifted the bell in London, England, on October 19th, 1957 and in the Coliseum where the Mr. Universe show was held. Witnesses to this achievement were Gene Bohaty and Reub Martin, plus numerous others. Jacobus Jacobs was in the contest also and was narrowly beaten by John Lees for the Mr. Universe title. This muscular strong man, Jacobs, stands 6 ft. 2 inches and weighs 230 lbs. and with a 51-1/2 chest and 19 inch arms. He also holds the title of Mr. South Africa for 1956 and 1957. Now you readers can pick it up from here, as that's all I know; and if Thomas Inch can tell me of further facts, I'll be glad to get them"
[Jacobs lifted the 153 not the 172]

IRONMAN

[cf RPJ Dec 1957 p 7/this was midwt db 153 lbs]

Sep 1972 p 89 Norman Thompson refers to Inch:

"Using this kind of weight enabled Thomas Inch
6" wrists ? (with only six-inch wrists and hands upon which
he could wear a woman's ring on any finger) to
develop a 15-inch forearm and the strongest grip
George Jowett 'ever saw".

(Roark: a 6" wrist and 15" forearms; hogwash; see YP Feb 1945 below)

Sep 1976 p 25 dimensions of the Inch dumbbell # and
scale drawing of it.

DPW mentions Apollon's 226 lb barbell with 2.36"
diameter handle, which Apollon, and Leon See and
E. Vandernocke had lifted. So the Inch dumbbell
would NOT have stopped them!

"In connection with thick-handled bells, mention should
perhaps be made of an 'unliftable' dumbbell long owned
by the English physical culture instructor and weight-
lifter, Thomas Inch. This dumbbell, the proportions of
which are shown in Fig 17, weighed 172 pounds and had
a handle 2.47 inches in diameter. Each sphere was 8-1/2
inches in diameter. However, the distance between the
spheres was only 4 inches, and this made it difficult
or impossible for a man having really large hands (say,
more than 4-1/4 inches in width) to get a proper grip
on the bar. Perhaps this was why neither Arthur Saxon
nor Edward Aston was able to lift the dumbbell (and so
pocket the \$1000 award that Inch offered). Inch attri-
buted his own ability to lift this weight to a strong
grip and to 'mental concentration'. He admitted, though,
that he had to practice a long time before he became
able to lift it. In any case, apparently no one other
than Inch succeeded in lifting the bell between the

Oct 26, 1956 years 1904 and 1956. In the latter year the weight
passed out of his possession and was brought onto a
stage in Aberdeen, Scotland, for all and sundry to have
a try at. Only then was the poundage of the bell and
its dimensions (as just given) made public, since
evidently Inch had chosen to keep this information a
secret! I recall that sometime in the early 1920s I had
written and asked him how much his 'Challenge Dumbbell',
as he called it, weighed and measured, and that he de-
clined to give me the figures. Be that as it may, at the
show in Aberdeen three contestants each lifted Inch's
dumbbell. One of these contenders was the well-known

Scottish Games athlete Henry Gray, who stood 6 feet 4 inches and weighed 252 pounds. On his first attempt, Gray pulled the bell chest high! At another show in London in 1957, two competitors lifted what turned out to be a second 'Challenge Dumbbell' that had been owned by Inch. This bell, however, which had a handle 2-1/2 inches in diameter, weighed only 153 pounds.

IRONMAN SEP 1976

"To have picked up Inch's 172-pound dumbbell, by its handle 2.47 inches thick, would have been equivalent to lifting a 2-inch bar weighing about 212-1/2 pounds. Therefore, if Inch had taken his 'unliftable' dumbbell over to France about the time he first offered a prize to anyone else who could lift it, he would soon have been relieved of his award money! The middleweight 'grip-men' Leon See (65.75 in., 155 lbs.) and E. Vandenoocke (66 in., 165 lbs.), each of whom had lifted Apollon's 226-pound barbell with its 2.36-inch diameter handle, would doubtless have found Inch's bell easy pickings; while John Marx, provided he could get his large hand around the handle of the weight, would- as the English amateur weightlifting champion of those days, Tom Pevier, opined- 'probably have swung it'.

DPW goes on to say John Y. Smith of Boston could probably have picked up about 260 pounds on a 2 inch bar.

Jul 1977 p 25 Unliftable dumbbell 172 lbs handle 2.47" diameter.
Between spheres was 4". Saxon and Aston failed to lift it.
Another of Inch's dumbbells weighed 153.
Length 20", sphere diameter 8.5 on Oct 26, 1956 at Aberdeen,
Scotland, 3 men lifted it off the floor:
John Gallagher, Douglas Cameron, and Henry Gray

VITALITY & HEALTH CULTURE: INCH, THOMAS by Joe Roark
Feb 1905 p 218 full page ad for his book: SCIENTIFIC WEIGHTLIFTING
and pho of its cover
Apr 1905 p 281 Weightlifting- advice for beginners- TI
May 1905 p 332 first ad in V&HC for: INCH'S NEW PATTERN WEIGHTS,
see this ref for more details

VITALITY and MENTAL & PHYSICAL VIGOUR:

Mar 1907 vol 9:6 p 333 On selecting a system- TI

"One of the great secrets of increasing strength and muscle is gradual progression, which reduces to a minimum the danger of strain. The idea must be to increase the weight by degrees, as one's strength and aptitude for the exercises increases."

Jul 1907 vol 10:1 p 4 full page ad for his Advanced System

p 7 half page ad for second edition of his book SCIENTIFIC WEIGHT LIFTING

p 49 full page ad for his system; he won Apr 20, 1907 World MidWt WL Chps, and shows the gold medal he won then

Aug 1907 vol 10:2 p 69 full page ad Advanced System

by now the title is simply: VITALITY:

Christmas 1907 vol 10:6 p 384 " " " and free book A QUICK ROUTE TO STRENGTH with purchase of course

"I immediately set to work, and, although a busy man and one who had hitherto claimed no records at weight-lifting, Apr 20, 1907 I, on 20th April, 1907, made a World's Record at the German Gymnasium by swinging with one hand only from the floor over head a dumb-bell weighing 160 lbs., my weight only 161 lbs.

"This proves the worth of my system. It is the method by which Hackenschmidt, Arthur Saxon, Maspoli, Bonnes, Lurich, and Sandow have trained. It is the method by which I train and by this method many pupils have also established World's Records."

Aug 1908 vol 12:2 p 73 ad for Strength Secrets

p 79 full page ad about when you are tired mentions his free book HEALTH at HOME

Sep 1908 vol 12:3 p 133 ad for Strength Secrets

Oct 1908 vol 12:4 p 236 A Challenge to Professor Inch- W.A. Purvis (suggest they meet to determine the stronger on the four championship lifts. William Allen Purvis is age 29; TI was 26) Purvis had won the John Marx and Atilla Brothers competitions and the Sampson prize. measures and photo

Nov 1908 vol??

THE SUPERMAN: INCH, THOMAS by Joe Roark
Dec 1931 p 10 Twenty Years After the Aston-Inch Match
-by Alfred Monte-Saldo

Maxick/Aston -about Maxick arriving in England, Tuesday Oct 26, 1909
Match Maxick/Aston match Aug 4, 1910, when Maxick retired
Aug 4, 1910 due to an injury to his shoulder: "This was the result of

a high single-handed pull-in of 212-1.2 lb. (he did not use the elbow on thigh position at the time). With such ease did he accomplish the pull-in that he threw the bell several inches into the air and caught it in the back-hang, so necessary for fixing the jerk. This terminated the contest as far as he was concerned, for his shoulder was wrenched and became useless for fixing weights overhead. There is, however, a fuller history of this match which I have told elsewhere. In the meantime, Aston, under the control of, and trained by Inch for this match, had secured in twelve attempts a total of 477 lb. 2 oz., being 215 lb. 14 oz. on the one-hand clean, and 261 lb. 4 oz. on the two-hands clean. It was due to my careful observation of Aston at this match that I was able to arrange the conditions that made certain his later victory over Inch. The first thing that impressed me was the fact that Aston had no liking for this match, especially when Maxick weighed-in under the light-weight limit. He did not pull down the scale at 10 st. 7 lb in costume. Aston was a sportsman, and to set all the conditions against an opponent was against his British sportsmanship, and his famous gesture- made immediately after severing his connection with Inch, when he published a challenge to Maxick to re-contest a title match, each man selecting a similar number of lifts (total to count) established Aston as a great sportsman and gentleman as well as a great lifter. It is hardly necessary to say that Maxick accepted the challenge, and that the match took place. But the match was still unfinished when the stage was claimed by the manager of the Holborn Empire (which was the venue of the contest) for the evening programme. By his lifts at this match Aston had established a right to a contest for the title of Britain's Strongest Man with Inch, who in addition to apparently possessing the right to set lifts for a world's championship, also claimed that any man who wanted to meet him for the title, should beat

the total of lifts he set up at the German Gymnasium- a smaller set of lifts let it be stated than that which Inch used when he claimed to have won the Middle-weight Cham- [p 11] pionship of the World, by defeating the veteran light-weight lifter W.P. Caswell. And now to the match for the title of Britain's Strongest Man.

HOW THE BIG MATCH WAS MADE.

Strong Man "The following is an extract from the well-known Physical
p 11 Culture Weekly, Health and Strength, issue dated February
25, 1911: 'The Professional Committee of the British
Weight-Lifters' Association met at the offices of Health
Feb 13, 1911 and Strength, on February 13. There were present Messrs.
W. St. Clair Phillips (chairman), Thomas Inch (Hon.
Treasurer), Edwrad Aston (Hon. Sec.), H. Deykin, A. Danks,
Monte-Saldo, S.H. Croft, and W.L. Carquest. Mr. Edward
Aston announced that Mr. Monte-Saldo had agreed to find
the L100 backing necessary to ratify a match for the
British Heavy-Weight Weight-Lifting Championship with
Mr. Thomas Inch, and that the match should be made at
Health and Strength offices. Mr. Inch having accepted
these terms, he, Mr. Aston, and Mr. Monte-Saldo retired
to the Editorial Offices, along with the Editor of Health
and Strength, to draw up the agreement.

papers Feb 13, 1911 for match Jun 3, 1911

"It is interesting here to note the date of the drawing up of the agreement [Feb 13, 1911] and the date of the match, which took place on June 3, 1911. The almost incredible delay was insisted on by Inch to give him time to train. Now various reports of this match have appeared from time to time, and much has been said by those obviously unacquainted with the inner history of the match or of the training. Many bouquets have been thrown at Aston and myself concerning the strategy of the match, and many reasons have been put forward by Inch and his supporters in extenuation of his defeat. Few of these will stand inspection if the reports of Inch's training at the time of the match as issued by himself are true, especially as we allowed him four months in which to train. And since Inch claims to have lifted over 300 lb. single-handed over head (after a dozen failures with 350, the weight having been stated to weigh 30 lb heavier than intended by mistake and Inch being so strong that he did not know the difference between 350 and 300), and later claimed a lift of 356 lb. two-hands anyhow, it is remarkable that he never attempted to regain the title from Aston, more especially as even as late as 1921, I was prepared to back Aston again, despite the loss of the index and

second finger of the left hand through War service. And to prove Aston's fitness in 1920, I trained him against Inch at the swing, Aston succeeding in winning this wager with a neat and easily (sic) performed 170 lb. in Inch's presence. The whole truth of the thing is that Inch lost his title to a better lifter and a stronger man. All the training and strategy were adjuncts to make victory certain, and when the stage was set on that memorable night, it was lifter against lifter and strong man against strong man, with strategy and training to decide the issue.

HOW ASTON WAS TRAINED. (Aston May 3 went to Saldo's to train?)

"Four weeks previous to the match Aston came to stay with me at Eton House Finchley, and remained with me until the night of the contest.

We did not devote the first week to actual training, but to the selection and preparation of suitable bars and discs, and to digestion tests. Three weeks is quite long enough to train a man for such a severe test, for longer training leads to staleness. With the exception of the bar used in the single-handed clean lift, special bars were made for every lift.

"The bars used for the snatch and the double-handed clean lift, were fitted with patent revolving sleeves, so much admired to-day in England, but which had been in use on the Continent- mainly
1901 Germany, for nearly ten years before that period. A special platform was built, special wrist straps, a special belt and even special boots were made. Further the whole of the material was twice taken to the venue of the contest, and rehearsals car-
p 12 ried out [p 12] under the actual conditions that would prevail at the match, even a dummy opponent being employed, who did everything in his power to distract Aston, but without avail. Of course these preparations involved heavy expense, and incidentally, I gave up the whole of my time to Aston's training, paid the whole of the costs in connection therewith, and after the match presented Aston with L50, and the whole of the purse. You may wonder why I did this for a business rival, and I will tell you. It was simply to show what a wonderful athlete could accomplish if intelligently trained. As he eclipsed all his previous records on the lifts used at the match, it would not be difficult to imagine what he would have accomplished on any one life (sic) had he specialized."

"It was not a task to train Aston, but a pleasure. Firstly, because he was really excellent company, and secondly,, being a wonderfully scientific lifter there was nothing to do in the way of altering styles. We concentrated mainly on the preparation of bars that would respond to his styles of lifting in the various feats, and provided him with the most suitable boots,

straps, belt, etc. as previously explained.

"The lifts that decided the match were those selected as the official professional championship lifts, and were:- (1) One-hand snatch or swing, (2) One-hand clean to shoulder, and from thence to arm's length above head. (3) Two-hands clean to chest, and from thence to arm's length above the head. (4) One-hand anyhow to shoulder and from thence to arm's length above head.

"All the single-handed lifts were not to be accomplished with the same hand, and a single bar-bell or a bar and kettle-bell, could be used for the two-hands anyhow.

"The match took place at the International Athletic School 34, Windmill Street, Tottenha Court Road, London, on June 3, 1911, for the title of Britain's Strongest Man, the stakes being L100 aside and the purse put up by Professor Klein.

THE OFFICIALS:

"The stake holder was Mr. W.E. Berry, now Lord Camrose. The M.C. was Mr. Harold Numm. The referee was Mr. Tom Pevier. Inch's seconds were his brother and the brothers Carquest.

Seconds for Aston were myslef, my brother and David Blazer, Rules while Maxick kept two bright, brown eyes on the scales. Punt-
Jun 3, ually at five minutes before 8 p.m. on the appointed evening
1911 the contestants appeared in the ring, to the surprise of everybody who had expected the usual delays. A clause in the articles was responsible for this, and it made Aston certain of victory. The first condition was that a coin should be tossed by the referee to decide who should lift first, the winner of the toss having the right to decide whether he or his opponent should open the match. The one destined to do so should open the contest on or before the stroke of eight or forfeit the stake. This had the effect of opening the match promptly to begin with, and as I had trained Aston to life(sic) on top form from 8 p.m. to 8:50 p.m., no more need to said in explanation of that point. A further clause made it compulsory for the opponents to lift within five minutes of one of the other or forfeit the lift and the attempt. This compelled Inch to lift within five minutes of Aston or forfeit the attempt, when Aston would have the right to a further attempt. Consequently I was able to get sufficient attempts concentrated in the fifty minutes to complete the desired total for Aston. As it was, he had completed the winning total well within the time allotted for the purpose. Inch, however, continued to lift for a long time afterwards, vainly trying to beat Aston's total. He finally retired with a few attempts still in hand.

"The stage was set. In addition to the officials already mentioned, a number of other celebrities were present. Mr. Tom Pevier, the referee, tossed a coin and Inch called 'Head,' and 'Head' it was. This gave Inch the right to decide who should open the match, and he naturally decided that his opponent should do so, in the hope of gaining a clue to his condition.

THE FIRST BLOW

"I placed in position on the floor a long bar, loaded with lead cylinders six inches in diameter. The bar was the full length allowed and was of double-shear steel (the metal that I was first to introduce into the iron-game). This was placed by myself in a certain position, whereby the lifter had merely to place his feet in another definitely indicated position; grip the bell in the only accessible place, with the sure knowledge that the bell would travel to the most favourable position for fixing, without any movement of the feet being necessary. And to

p 13 obviate [p 13] any apprehension on Aston's part, I first cleared this (and every other bell) from the ground in his view, in exactly the same manner and with the identical grip that he would use. This showed him that the balance was perfect, and the position true. In the free hand I held a clean dry handkerchief, and on replacing the bell to the ground, I wiped the grip dry. Aston was meanwhile seated in a comfortable chair where he could view these proceedings at ease until the stage was cleared for his unimpeded action. The preliminaries were carried out in a matter of seconds. I signalled the 'all clear' to Aston, and he with the grace of a panther, walked round to the pre-arranged position, softly wrapped that mighty right hand around the grip of the bell, and with the utmost ease, swept it to arm's length over head and brought his heels together. 'One,'-'Two,' called the referee. 'Passed as a correct snatch.' At the termination of the word 'two,' the bell was taken off Aston's hand and placed upon the scale. 'What's the weight?' somebody asked. 'That is for the scales to show,' was my reply. And the weighing of that bell was one of the most interesting experiences of my life. But I lost some of the comedy here, as I was watching the psychological effect on Inch. Whatever may be said to the contrary, when the weight of the bell (173-1/2 lb.) was announced, and several outsiders had tried it, Inch was rattled and worried. Inch responded with a had swing of 129 lb., subsequently increasing this to 149 lb., after swung one failure with that weight. Three lifts or attempts against 160 on Aston's one attempt; with a loss of 24-1/2 lb. off his total!

Apr 25, A staggering set-back at the beginning of a match! Contrary to 1907 common belief, Aston did not follow that record snatch with the 178 lb. 3 oz. It has been stated that he did so, and this has been considered good strategy. To attempt such a lift merely for

the sake of gaining a few pounds on the total would have been an utterly foolish proceeding. It might well have taken that number of pounds off each of his successive lifts. Meanwhile Aston proceeded with the one-hand clean and the two-hands clean and followed his wonderful snatch with 233 lb. 10 oz. on the single-handed lift and 271 lb. 6 oz. in the double-handed clean lift; being 505 lb. on these two lifts under my training (in addition to three other records he put up) against the 477 lb. 2 oz in twelve attempts on those two identical lifts when trained by Inch. It was at triumph of brain over brawn, science over force, and energy-conservation over energy-expenditure. But more was to come. Having completed what was obviously a safe total and having no further need to conserve his energy, Aston gave Inch and his supporters another shock by beating his own snatch record made at the beginning of the match, by a beautifully executed 178 lb. 3 oz.

"Exactly what Inch's course of procedure was I do not remember. As a matter of policy we did not concern ourselves with him, but looked after ourselves. We had the whole thing mapped out to schedule, and never departed from it.

SOUND TACTICS

"Our tactics were approximately the following:- The lightest lift was to be performed first, a poundage being used which was just comfortably inside Aston's capabilities, not only on the first but on every other lift. Such a lift acted as a warming-up lift to the next heaviest lift, and so on, instead of wasting energy by using preliminary lifts in every style, as seems to be so popular with the experts, who apparently understand nothing of the laws of fatigue. Should a failure be made at any lift, the bell would be reduced to a poundage about which there would be no doubt of success, and then we would proceed to the next feat.

"The merit of Aston's performance was greatly enhanced by the fact that he did his one-hand clean in the right hand and his one-hand anyhow in the left hand. Further, his two-hands anyhow was performed in a double-handed jerk, an equivalent to performing 325 lb. in the bar-bell and kettle-bell lift.

"Aston and I had another card to play had there been any necessity, and anybody who takes the trouble to work it out will find that Aston by passing 250 lb. into one hand from the jerk, and picking up a paltry 60 lb. with the left hand, could have beaten Inch's two-hand anyhow. This could have been done instead of the snatch, and as he was fresh enough to create this snatch record, and was as strong in the left hand as in the right, nobody will doubt his ability to have beaten Inch handsomely on the trick lift as well. We were ready for any eventuality, and the bells were actually in readiness. The

great surprise that Inch was going to spring on us was the 'two-hands anyhow' of 320 lb. which was to demoralize Aston and win the match. There were, however, several slight matters that appear to have escaped notice. The first being that the combined bells used in the lift were only 317-1/2 lb. in weight. the second being that he failed with this lift, and also with the 312-1/2 lb. and the 309-1/2 lb. In any case, had he succeeded with the 317-1/2 lb. he would still have been considerably behind our estimate, and would consequently not have demoralized us and would still have required a further 30 lb. to equal Aston's total."

summary: 1,215 lb 1 oz Inch 1,167 lb 11 oz Aston's margin 47 lb. 6 oz

The Superman Jan 1932 p ?

"Mr. Thomas Inch

"In an article appearing in our last issue entitled 'Twenty Years After' certain statements were made with reference to Mr. Thomas Inch, the well known Physical Culturist and ex-British Weight Lifting Champion, which may have been misunderstood as questioning the authenticity of some of his feats, and as casting aspersions on his conduct and integrity. We are most anxious to take the earliest opportunity of stating that there is no foundation whatever for any suggestion or imputation, and we are deeply grieved that words capable of either construction should ever have appeared in our columns. We beg to apologise to Mr. Inch for having printed and published any statements which may possibly have conveyed any such impression, and to express our sincere regret for any pain or annoyance which the publication may have caused him."

Jan 1933 p 41 Book review: THOMAS INCH ON 'STRENGTH'

"Quite the most interesting and instructive book it has been our privilege to read is 'Thomas Inch on Strength' (Athletic Publications. Lts., London, 3s 6d.), a title that describes the work admirably, for if there is one man fully qualified to write upon strength in all its branches it is the world-famous Thomas Inch.

"Apart from the excellent printing, the book is exceedingly well illustrated, both by photographs and drawings, whilst it contains fifteen absorbing chapters dealing with everything appertaining to strength, from 'Strong Men- Ancient and Modern' to instruction upon how to perform thirteen recognised B.A.W.L.A. lifts and strong man feats."

p 44 ad 'Nerves" For The Superman' with free book
titled 'Life's Greatest Handicap'

May 1933 p 6 Who is Britain's Strongest Man?- Clark

Jun 11, 1910 "We are told that the title originated in 1910, when
Thomas Inch, then Middleweight Champions weight-
lifter of the World became its first possessor by
vanquishing all other contenders in a British Heavy-
weight Championship; that because of Inch's increased
bodyweight and the perfectly valid and proved claims
of Edward Aston, the title of World's Middleweight
Champion passed to the latter; and that finally, on

Jun 3, 1911 June 3, 1911, Aston added to his laurels, in contest
this time, the title of 'Britain's Strongest Man'.

"The whole romance of British Weightlifting seems to
hve been weaved around this title. Mr. W.A. Pullum
tells us that an Inch-Caswell contest, which, as far
as I can perceive, germinated the idea of the Britain's
Strongest Man competition, launched modern weightlifting;
it marked the break between the old and new styles, old
and new appliances; and that this contest and the first
Britain's Strongest Man Gold Cup Tournament conceived
the present Association under the name of the 'British
Weight Lifters' Association."

p 6 regarding Jun 3, 1911: "Over twenty years later, not-
withstanding a wonderful increase in the general standard
of lifting, we have no 12-stoner capable of Snatching
anything like Aston's finishing lift of 178-1.2lb. Which
12-stone amateur can Clean and Bent Press 234-lb in
competition? Have we a man who could even pull that weight
in to the shoulders, then follow it by a left hand Anyhow
of close on 240-lb? Mr. Pullum says that the result
'...shook the weightlifting world to its very foundations-
it was totally unexpected and so invested with dramatic
atmosphere...' and since then there had not been a title
contest."

p 12 Eating for strength- TI

p 40 story of Edward Aston winning The Superman's readers
voting poll for "World's Ideal Physical Culturist"

2,900 Edward Aston

1,830 Sig Klein

1,450 Lionel Strongfort

1,440 Tony Sansone

p 44 Ad for TI's "A Quick Route to Strength" course

Jun 1933 p 14 George Chowles or Ronald Walker ?- TI

p 20 Famous strongmen I have met: part 1:Sandow- TI
"I suppose I may take a little credit to myself for popularising the disc bell, as I stocked them and supplied them well over a quarter of a century ago, and remember that famous middle-weight lifter, Edward Aston, would never lift with any other kind from the time he came to London to surprise us all with his remarkable lifting ability."

p 21 "I want to make the point quite clear that it is almost impossible to become a real strong man by means of light work alone." TI was to lecture May 27, 1933 at Leeds Town Hall, using his 36 years experience [1897]

Jul 1933 p 22 Famous strongmen I have met: part 2: Arthur Saxon- TI

"I can safely claim that no one in Britain was more Inch moved closely associated with Saxon than myself; we met very to London shortly after I arrived in London from the North of in 1902 at England, 31 years ago, and our friendship lasted right age 21 to the day of Saxon's death. No other strong man ever made such an impression upon me as did Saxon, and when one can say that, after seeing him almost daily for long periods, and knowing his form to the ounce, I can pay no higher compliment."

p 22 "Saxon was the only strong man I ever knew who deliberately under-stated his poundages."

Aug 1933 p 33 The Arthur Saxon Strength System- TI

Sep 1933 p 28 Aston-Inch -Maxick battles- TI (very complimentary to Aston)

Nov 1933 p 93 @ regarding Nov 18, 1933 when the new Hackney P.C. Club will run its annual show:

"Thos. Inch the popular and famous P.C. expert is attending the Saturday performance and it is hoped barbell? will M.C, the evening and possibly run his barbell competition."

Jan 1934 Strongmen, ancient & modern- TI

p 163 2 @ The Berg Hantel- Mercer

"The Berg hantel is in effect a seven foot long steel rod of 1-1/10 diameter, with two inch sleeving fitted at each end to carry discs. The distance between the two inside discs is four feet and the bar is slightly knurled in three places to provide grips for single and double handed lifting. Two enormous clamps with wing nuts hold the discs in position and finally a threaded metal cylinder can be screwed back against the discs to prevent any possibility of rattle. (A bar of this description has been used, and sold, in this country by Thomas Inch, by the way). The whole affair weighs 55 lb, and in the course of lifting it is the bar which rotates inside the sleeving carrying the discs, and not the sleeving over the rod as in the 'Bawla' bar.

"The Berg seemed a very 'dead' affair to me after the British bar but Nossier assured me it whipped very nicely once the 300 lb. mark was reached."

SUPERMAN

March 1934 p 269 Britain's Strongest Man- The First!- Inch [regarding his Jun 11, 1910 win at Britain's Strongest Man]

"The Press at the time were somewhat reluctant to give space to weight-lifting matters as a general rule, but as it was considered that everyone would like to know who was the strongest man in the British Isles, due publicity was given to the event and weight-lifting was put on the map in a way it has never been before. The public immediately took great interest in the whole affair and I have always felt that this tournament was the turning point in the history of British weight-lifting.

"Contestants entered from all parts of the country and no one was barred; the lifts were chosen by an impartial body and everyone had an equal chance.

"I had already won the title of 'Middle-weight Champion Lifter world? of the World,' but could no longer hope to scale as low as 11 st. 7 lbs. With increasing weight I was lifting very higher poundages, and never even questioned the result of the competition. To my mind I was a certain winner which, you will admit, is the only spirit in which an athlete should approach a forthcoming contest.

"I was, however, to meet with an accident at the very lasy moment which nearly robbed me of my chance to win the coveted title. During my training I invented a system of car-

rying out moderately heavy work every day with dumb-bells and a light barbell which I termed 'miniature weight-lifting.'

"I used certain lifts which would at one and the same time help development and tune me up and also assist me thoroughly to master the scientific positions of such lifts. Thus two birds were killed with one stone, and with about two heavy practises a week, and an occasional 'try out' when I went all out on the lifts to be used in the tournament. I considered I had a perfect training scheme, and nothing which I have come across since has led me to alter my opinion.

"It is true that I included other aids to fitness such as cycling. This exercise has always attracted me and I rode hundreds of miles, benefiting by the fresh air and tuning up the leg muscles- for the legs have to play a most important part of every lift you can name, except those performed when reclining flat upon the back.

"I indulged in self-massage daily, and have never employed the aid of a professional masseur, always feeling I am able to keep more supple, and free from stiffness and staleness, with the aid of from five to ten minutes rubbing after exercising.

p 270 "I did a little ball punching and boxing to improve speed and provide variety in my work, I also employed for occasional pulls a giant expander such as I used in my stage performances, this I found most useful in my 'Bent Press' lifting. My diary was an interesting affair because it showed my progress day by day, and week by week, from the time I went into training up to the eventful day itself.

"Then came an unfortunate occurrence. Immediately before the competition and when I had practically finished my training, I met with an accident and severely injured several ribs. After a few days' rest I found it possible to perform most of the lifts, but not the 'Snatch,' which for the purposes of this special competition, was a Single-handed 'Snatch.' To 'Snatch' a mere 100 lbs. was agonisingly painful and seemed to tear the ribs right out of place every time. So I was forced to leave lifting alone and had to be content with keeping my muscles in trim, and, in fact, take a chance when it came to the actual competition.

"I had hoped there would not be any surprising performers among the competitors, but it was difficult to retain my confidence

in face of my injury and the fact that about 90 lbs. was my mark one the One-hand 'Snatch.' The injury was kept a secret from everyone, so that interest in the competition would not be spoilt, as I was a distinct favourite for the event.

"The competitors selected were: Ref Hall of London; Wilfred Harwood of Yorkshire, heavy weight champion of the North of England; Tom Cressey of Leeds; Teviotdale, Champion of Scotland; J. Evans of Macclesfield and myself. Hall, whose ability was little known turned out to be an accomplished lifter, and just missed raising 265 lbs. with a Two-hands 'Clean,' whilst he did some excellent lifting all round to finish second, with W. Harwood third.

" I did my best in all the lifts, managing to perform fairly well with the 'Bent Press,' but when I came to the 'Snatch' my limit was 132 lbs. and even then I had to take hold of the bell and just stand up with it and hope for the best. It was obvious that the audience and the experts present were surprised and disappointed at my low poundage on this lift and to this day I have hardly lived the matter down, although I have explained many times what really happened to handicap me.

"However, my One-hand 'Clean' of 213 lbs. 14 ozs. and One-hand 'All-the-way Anyhow' of 239 lbs. 8 ozs., got me through alright and I felt a proud man as I stood with the handsome 'H. & S.' gold cup in my hands, receiving congratulations from such people as Mr. W. Berry, now Lord Comrose, the late Eugene Corrie, the representatives of sporting newspapers and many other celebrities in the world of sport."

Jan 1941 Hints from a veteran strongman- TI
SUPERMAN

May 1941 p 200 The famous Inch Challenge dumbbell- TI story of lifting it in his 50s for Pathe Frere Film Co.

"Aston and Saxon had unique opportunities to gratify their ambition because they had access to the bell for years. Aston, in fact, often practised with the bell for days on end, and this at a time when he was at his physical best. But he never once moved it off the ground, neither did Arthur Saxon, although both had enormous hands, splendid forearms and great gripping strength." [so Inch who acquired the bell as a young man, after years of trying, mastered it; but Saxon after years of trying could not? Don't think so]

so 1901 ? "During a period of over forty years* it has never once been lifted an inch from off the ground, except by myself, and I may say that I had it some years before I moved it, and often despaired of ever succeeding. I made an open offer of L200 in cash, should anyone succeed in lifting it, and seeing that the bell was only scores taken by me all over England, was produced at scores of displays of displays and championship matches, music hall shows, thousands etc., you may guess there were many famous aspirants failed? to be the first to lift the bell."

* forty years back from 1941 would be 1901. He had the 172 bell that early ? No ! circa 1906

"I was always keen on grip strength; my Inch Challenge Grip Machine had a long run before anyone lifted the silver cup I offered and strangely enough after 10,000 strong men failed with the grip machine, it was Len Harvey, a boxer, not a weight-lifter, who first gripped it and carried off both the grip-machine and cup. But Len has tried my challenge bell and failed, so the bell evidently provides much the harder test of the two."

----p 200 "Hermann and Kurt Saxon tried scores of times, in fact, every strong man of note during my time has tried and I am confident that no one will lift it."
[not every noted strong man tried. Apollon would have toyed with it; also not trying were: Carnera, Manger, Marx, See, Pedley, Vandernocke]

"Only a few years back, when well over fifty years of age, TI turned I went into training and lifted it for the Pathe Frere age 50 in Film Company. I made a supreme effort, got it up after 1931 warning the operator that he must make no mistake as I used to would never lift it a second time, then put it down lift it with a bang. Judge my consternation when I heard him say, twice 'Sorry, Mr. Inch, I was terribly interested, I forgot to nightly turn the handle.' I used some language, and it took me several hours before I could get it up again, in fact, I would never have done so if it had not been for Wally May's help with massage, at which he is a past master. [Inch turned 50 in 1931, same year of movie]
[Roark: S&H May 1939 says the film is about to be released- does Inch mean that it was released eight years after being shot?]

"Then I had fun going into Cinemas and listening to remarks. One dear old lady sitting next to me turned and said, 'Oh, I can't bear to look at it. He is more like an elephant than a man. Why does he lift it; he's only got to put it down again.'"

"One of my most treasured trophies is the medal Bovril Ltd. gave me for defying all strong men with this dumbbell. Yet I have always been willing to hand it over to anyone who could take it away by equalling my feat."

SUPERMAN

Aug 2, 1941 p 17 ad for free book

p 17 # [use this !] mentions "after 40 years * bell was weightlifting, still issues his challenge with retired in valuable prizes to anyone who can lift his challenge 1931 dumbbell" "Up to the time of writing no one has yet succeeded."

* forty years, so 1901?

Oct 1946 p 398 photo, ad for BOVRIL; his various challenges

Nov 1946 p 459 full page photo as Muscular Maestro # 7

Sep 11, 1958 p 8 How he trained- WAP ??????H&S??????

BAWB: INCH, THOMAS by Joe Roark

Jan 1949 p 20 The professional era in British WL: Inch- Lowry

"This growth of interest in weight-lifting may, I suggest, be traced to the activity of certain professionals, and credit should, I venture to assert, be given principally to one THOMAS INCH, known so early in 1905, as the 'Scarborough Hercules'- a reputation he had gained by means of local displays and exhibitions of strength considered then as extraordinary for one so young."

"In 1902 we find him claiming the title of 'World's Strongest Youth' at the then age [p 21] of 19 years."

"Inch, too, created another precedent. Most athletes branch out professionally AFTER winning certain amateur championships. They usually win championships before they commence to teach others how to do likewise."

"Inch on the contrary, commenced to teach professionally without winning any National Title except, perhaps, that of acquiring the title of 'World's Strongest Junior' because nobody disputed his right to that acquisition.

"Had there been a British Amateur Weight-lifters' Association at that time, with the prestige now enjoyed by the present governing body, doubtless arrangements would have been made to organize a 'British Strongest Youth Contest' on the lines made popular by the B.A.W.L.A. between the two great wars, and Inch, in all probability, would have been awarded the title by the Governing Body. Thus would official encouragement have provided the spur to greater and official achievements.

BAWB 1-49 "However, it is useless blaming Inch for claiming titles when there was no official governing body- either amateur or professional- to provide an alternative course of action. In those days, one had to 'claim' titles in order to compel the public to take any notice. So many precedents had been established by Cyclops, Sampson, Sandow, Saxon, and others that a later arrival in the professional physical culture world perforce did likewise- and, as history proves, he persuaded the 'World of Weights' to accept his claims.

"Inch undoubtedly popularized weight-lifting by means of his physical culture courses- taught by postal means. He also popularized the disc barbell and assisted in placing the old fashioned shot-loading appliance in the discard. For this alone he deserves credit and a belated tribute.

"Fortunately disc barbells were made and sold cheaply by Inch in those days- iron and steel both then were cheap commodities. An example can be seen from an old advertisement in the 1907 when Inch advertised his 'Advanced System' and a 'Quick Route to Strength' and presented free of charge to those who enrolled as his pupils a set of disc weights, value 30/- (THIRTY SHILLINGS). One can see how the economic system has changed since those days when a weekly wage of 30/- was considered good.

"Inch taught strength development by means of the use of weights. Sandow, despite the indisputable fact that he Charles Atlas had gained his immense strength through the use of heavy

also denied weights, nevertheless made every effort to popularize weights the use of grip dumb-bell appliances and chest and wall developers. Inch, to give him credit, never, throughout his long and successful career as a professional strong man, affected to despise the means whereby he gained his reputation but stuck loyally to the use of weights for all purposes.

BAWB 1-49 "Inch, of course, as was the popular style in those days, became an expert on the 'Bent Press'- how he beat Sandow's record of 269 lbs. on this lift will be told later. In this respect, however, he was but following customs inculcated by the two rival amateur weight-lifters' associations and, indeed, the precedents set by two distinguished foreign predecessors, viz:- Sandow and Saxon.

"This must be said in defence(sic) of Inch at this stage. It became popular with foreign rivals to affect to despise the bent press as an unfair English method of lifting, and attempts were constantly made to compel the abandonment of this style of lifting in favour of the Jerk which was more popular in Continental circles.

"The plea that Bent Pressing is an English style foisted upon foreigners cannot be justified in view of the fact that Sandow and Saxon were experts on this style of lifting BEFORE they set foot in Gt. Britain. Neither can it be said that comparatively few foreigners practised this lift when records of the magnitude of Sandow's and Saxon's were accomplished. Records do not climb when practised solo, and extraordinary poundages usually require the spur provided by frequent competition. Later in this series, I shall quote Bent Press records accomplished abroad over quite a lengthy period of years as proof of the above.

"Some of Inch's feats accomplished when he was claiming the title of 'World's Strongest Youth' were as follows:-
Raising two 56 lbs. plain weights above

p 24 his head with one hand- this feat requiring great strength
BAWB 1-49 of grip.

could he "One Hand Clean & Bent Press 130 lbs. followed by Right clean 172? and Left Hand Snatch.

"Pull Over to the Press on Back position 244 lbs. then placed on knees; another bell of 176 lbs. held over head

with two men seated thereon- making a total of 700 lbs.
"Jumping over a chair with 120 lbs.
"Bent Press with Right Hand 204 lbs.
"Tearing pack of cards into halves, etc.

"It is unfortunate, as I have so often stated, that a professional organization did not exist in those days. It may have made all the difference to Thomas Inch. Such an association would have provided an official check on claims made by rivals and would also have provided officials for performances and contests in which Inch, himself, was interested, and thus provided posterity with official records of unimpeachable value.

"In view of the lack of such an organization, Inch, as a man of enterprise (as he was certainly that throughout his active career), was impelled to make his own arrangements, to seek out his own avenues of publicity, to arrange his own advertisements, to make his own claims and, moreover, to find his own opponents.

BAWB 1-49 "It is true, of course, that there was no lack of music hall strong men. Experience had, however, already taught Inch the futility of attempting to arrange contests with the majority of such athletes. Each music hall strong man had his own pet feats (usually practised exclusively for many years and then sprung upon the Strength world; and also hastily withdrawn when it became apparent that others had also devoted some time to their practice), and each was intent upon securing as many lucrative engagements as possible rather than wasting time in contests less likely to produce monetary reward immediately.

"Inch, on the other hand, took a long view. He knew that money could not be made directly by competing in weight-lifting contests. In fact, each contest in which Inch engaged probably cost him considerable sums of money. As a professional teacher however, and as an advertiser, he knew the value of a title acquired in open championship fight against another of similar calibre.

"Inch, again following precedent, had accepted the bestowal of the title of Professor. This may sound curious in these days but it became quite a vogue for popular public celebrities in many fields of sport to prefix their names with the title of Professor.

"One thing history teaches: considering how numerous were music hall strong men in those days, it is astonishing how few actual competitive championships were held between professionals who remained content to claim titles. Yet those contests that were staged certainly made history and influenced the subsequent trend of weight-lifting.

BAWB 1-49 p 24 "In view of the reluctance of music hall strong men to risk their lucrative engagements for the pleasure of Popularising weight-lifting, Inch proceeded to propound his own ideas of what should constitute championships, and how they should be arranged. He did not wait for history to be made professionally- he created it!

"Having acquired the title of 'World's Strongest Youth' without a claimant arising to dispute his right to it, Inch planned for greater honours. This was no less than the title of 'World's Professional Middle-Weight Champion.' Such a title was, in his opinion, commensurate with his rapidly growing strength, and would assist in establishing him more firmly than ever as a recognized teacher of weight-lifting and physical culture.

"It should be noted that 'Scientific Weight-Lifting' had been published in 1905 from the pen of Inch, and this book was accepted as something unusual and authoritative. Many, apparently, had practised weight-lifting but very few indeed had attempted a written description.

"To do Inch justice, he was not content to claim the title of 'World's Middle-Weight Champion' on this occasion. He deliberately and calculatingly, sought out an opponent, and he chose, as the method of placing the acquisition of a greater title above criticism, the "SPORTING LIFE,' a journal with an international reputation, to announce his intention to the world. His challenge, of course, was inserted in other periodicals, 'Health & Strength' and 'Apollo's Magazine' included. Moreover, he repeated his challenge several times as follows:-

"Health & Strength- Christmas issue 1906.
A World's Challenge:

"THOMAS INCH will meet any man in the world for the

Middle-Weight Weight-Lifting Championship. ALL-ROUND LIFTING, NOT LESS THAN SIX DIFFERENT LIFTS, for L100 (one hundred pounds) a-side. L25 (twenty-five pounds) deposited with the 'Sporting Life.' No notice taken of any reply unless accompanied by deposit."

"A further example:

"APOLLO'S MAGAZINE.

"I submit to the world an offer to meet any man for the Middle-Weight (11 st. 7 lbs.) weight-lifting championship of the world. The lifts will be all-round lifts, and not fewer than six different kinds. The stakes will be L 100 a-side, of which I have deposited L25 with the Editor of the SPORTING LIFE. I shall take no notice of any reply unless it is accompanied by a deposit. The 'Sporting Life' must be stake holder and appoint the referee."

BAWB 1-49

p 26 "Undoubtedly Inch would have liked a match with an International flavour. Consequently, the natural and anticipatory opponent for him appeared to be the 1904 Twelve Stone British Amateur Championship Winner, Leon See Leon SEE, who was also champion of France.

"It seems evident to me, however, that See did not fancy a contest which would undoubtedly include the Bent Press-probably more than one.

"In this connection, however, it also seems obvious that Inch, in order to make the contest attractive, would have agreed to a compromise by permitting a choice of styles, e.g., the 'One Hand Clean...' to be either 'Bent Press' or 'Jerk'. This concession would have given ample scope to any competitively minded Continental to compete against a recognised celebrity, to acquire a title and, incidentally, to 'lift' no less than L100, which was a considerable sum in the year 1906.

* * *

"At this stage it is interesting to watch class weight developments abroad because, before 1905, weight-lifting championships for any but HEAVIES were not known. Consequently, weight-lifting standards for any but very big men had not been tabulated on the Continent; hence the fact that poundages lifted by Pevier and Caswell seemed unusually high compared with, say heavy weights on one handed lifts.

middleweight class "In 1905, however, in Berlin, was staged World's Champion-
ships, and, for the first time so far as can be ascertained
began 1905 from known records, the Middleweight class was added.

"The lifts that decided these championships were:-
R.H. Snatch, L.H. Sn., T.H.C. & Press and T.H. Clean &
Jerk. Unfortunately poundages are not recorded on each
lift but merely totals quoted. Thus, Steinbach, of
Vienna, won the Heavyweight Class with a total of 916
lbs. The Middleweight Class was won by O. Wahler, of
Leipzig, with a total of 783-1/2 lbs. and, it should
be noted, a Lightweight Championship was also added,
and this was won by Nicholas Winkler, of Bamberg, Ger-
many, with a total of 722 lbs."

(more to this article in regard to WL chps, but not relevant here)

BAWB Feb 1949 p 18 How TI won the 1907 World's Pro. Mid-wt title- Lowry

"It cannot be said, therefore that the world was
ignorant of Inch's challenge; what the world lacked
was accurate knowledge of Inch's real weight-lifting
abilities."

p 19 "So, in March of 1907, [William Penton] Caswell and
Mar 1907 Inch met at the offices of the 'Sporting Life,' and
signed articles to meet in contest for the title of
Professional Middleweight Championship of the World.
The venue was agreed as The German Gymnasium, Pancras
Road, London, and the date that of the 'Health &
Strength' Display due to be held there on Saturday,
Apr 20, 1907 the 20th April, 1907."

1. One hand barbell clean from ground to shoulder
and then overhead
 2. One hand barbell or dumbbell brought up anyhow from
ground to overhead
 3. Bent press from shoulder- two hands to shoulder
 4. Two hand C&J with barbell
 5. One hand snatch
 6. One hand swing
- Six attempts each lift; contestants to lift alternately
Caswell 829 on four lifts; Inch 1,211.5 lbs six lifts

p 19 "Caswell's published measurements at the time were:-

Height 5' 4-1/2", Chest 44" (expanded), Neck 16",
Biceps 15", Forearm 13-1/2", Wrist 7", Thigh 22" and
Calf 15". His age was 35 years! [TI was age 25]

p 30 photo and advertisement: "World Beater at 65...

"At the age of 65 Mr. Thomas Inch- Physical Culture
Expert and Ex-World Champion Weight Lifter- performed
a single-handed grip feat of 556 lbs. which he claims
as a world record.

"Famous heavy-weight boxers whom he has met in this grip
test returned the following results:-

Gus Lesnevich - 500 lbs.

Joe Baksi - 425 lbs.

Don McCorkindale - 420 lbs

Billy Conn (who fought Joe Louis)- 380 lbs.

Freddie Mills - 360 lbs.

"While Mr. Inch wishes to emphasize that, except for
Lesnevich, the grip test was new to all these men- who
would, of course, do better with a little practice-
nonetheless this record is a most remarkable tribute to
his astonishing high standard of fitness at 65 years of
age. It is a matter of interest to record that during the
past 50 years Mr. Inch has always eaten Hovis at every
meal. He says 'You won't get the best out of yourself
without it.'

"HOVIS
THE BETTER-BALANCED BREAD"

p 32 "It is unfortunate that Caswell had sustained an injury
to his left leg prior to the date of the meeting which
compelled his retirement before the conclusion of the
lifting."

p 32 "On the fourth of these feats, the M.C. was asked to
announce that Caswell's left leg had given way, and
that he was unable to continue- a wise decision."

BAWB

Mar 1949 p 19 "Precept is usually followed by emulation and the
great Thomas Inch was not permitted to reign undisputed
for many years to follow. His example and the prece-
dents he established in connection with the 1907

World's Professional Middleweight Title aroused the spirit of emulation to an unusual degree; unusual because, although there seemed to be none in the offing likely to give him cause for professional anxiety, nevertheless, in the village of Yeadon, nr. Leeds, lived a man named Edward Aston, later to become Heavyweight British Champion, and to provide cause for prolonged and bitter controversy for more than a decade.

Jun 6, 1908 "Good as Aston ultimately became, even he was not able to reign without attempts to emulate and surpass; this is shown the value of example in all walks of life.

(Inch traveled to watch a match at the Drill Hall, Haworth, Yorkshire.) June 6, 1908 Harwood vs Aston

BAWB 3-49

p 32 "Following the championship came the declaration of the result with the award of the title to Harwood of Heavyweight Champion of the North of England, and then was bell debut produced, for the first time at an important gathering, the Inch Challenge Dumb-bell. This was a dumb-bell not accident- specially made by Tommy Inch for show purposes and built tally made? in a way calculated to defy the efforts of the very strongest- as was evidenced in subsequent years. The most awkward part of this appliance was the unusual thickness of the grip which, in view of the comparatively small hand for such a big man possessed by Inch, gave cause for amazement and perplexity to all those who endeavored to lift it in the manner which Inch made look so easy.

"Inch made an offer of L50 to Harwood and L100 to Aston if they could lift it in the way demonstrated by him, but despite all their efforts, neither man lifted it very far from the ground."

[very far from the ground- so it did leave the ground?]

"Now mark the sequel to the Championship and the Challenge Dumb-bell episode! In the dressing room where the principles (sic) and supporters gathered, 'Jimmy' Aston (later to become affectionately known as 'Jimmy'), disclosed that his real ambition was not so much to gain the Hy-wt. title then held by Harwood but to annex something much more important- at least to his own way of thinking. This was nothing less than that of 'World's

Middleweight Champion'- the title still held by Inch.

"Whereupon Inch made a gesture characteristic of him- to give Aston L100 if he could beat in one year each of the poundages registered to Inch's credit in the World's Championship contest in 1907. In the event of Aston failing to beat all the lifts, he would award him a gold medal providing the total itself were exceeded irrespective of the poundage of the poundages constituting that total."

BAWB

May 1949 p 20 "EDWARD ASTON'S BID FOR THE WORLD'S MIDDLEWEIGHT PROFESSIONAL TITLE

"Now to return to London which, if not the home of weight-lifting, was certainly the venue for most of the important championships which that made history- commencing with the historic Sandow vs Cyclops and Samsons contests.

Jun 6, 1908 "It will be recalled that in June of 1908, following the contest held between Aston and Harwood, Inch, so impressed with Aston's possibilities, made him an offer, viz: L100 if, within one year from that date of the offer, Aston had succeeded in duplicating each and every one of the feats which gained for Inch the title of World's Middleweight Professional Champion.

"Aston, although practically a newcomer to the 'World of Weights' in 1908, nevertheless indicated extraordinary weight-lifting ability which was later to amaze the professional world. His lifts at the low bodyweight of 11 st. 7 lbs. in his contest were even then extraordinary:-

could he clean the 172 DB? Right Hand Clean and Bent Press 174-1/5 lbs; Right Hand Bent Press 208-1/2 lbs.; Two Hands Clean and Jerk with Dumb-bells 197-1/2 lbs.; Two Hands Continental Jerk with Dumb-bells 207-1/2 lbs. Two Hands Clean and Jerk with Barbell 214 lbs. TOTAL 1,171-1/2 lbs.

"Inch further promised Aston that if he succeeded, not only would he make him the award of L100, but would also transfer to him the title of World's Middleweight Professional Champion still regarded by him as his own property.

"Whilst it is true that Inch made a further stipulation that Aston would also be required to meet him in actual contest not more than four months after his winning the title in accordance with Inch's terms, and to stake L75 of his winnings against another L100 of Inch's, he must have realized that never again would he be able to make the Middleweight limit of 11 st. 7 lbs., even under the conditions of the Inch-Caswell contest.

BAWB 5-49 "Inch, you see, had grown tremendously; his huge upper
p 20 arms and chest provided proof that he was very much a real Heavyweight and there was little hope of reducing such measurements.. However, the offer deferred the possible loss of the title for another year, and other aspirants could be told to await the result of Aston's efforts.

"Aston, whatever his ideas on the subject of a possible contest against Inch may have been, did not neglect the opportunity thus proffered but trained well and arduously. In March of 1909 his recorded measurements were:

"Body-weight 11 st. 7 lbs., chest (expanded) 46 in., upper arms 16 in., thighs 24 in., calves 16 in., waist 34 in., neck 16 in. His age was then 24- an ideal age for real competitive work.

p 20 "Aston's attempt to 'lift' the L100 offered by Inch was
May 22, 1909 made on Saturday, the 22nd May, 1909, at The Agricultural Hall, Islington, London, N.

"His performances definitely surprised Inch. He failed on only one lift, and his poundages on the remained gave Inch cause for serious reflection. So much that, I venture to assert, he decided that the bugbear of reducing body-weight from his heavyweight torso would not only be very uncomfortable but positively inimical to his professional interests. In other words, he had all to lose by undergoing such an ordeal and absolutely nothing to gain- except the knowledge that he would remain at the middleweight just as long as necessary for the weighing-in ceremony and never again.

p 21 "In addition, of course, he faced the serious consequence of loss of strength that would inevitably follow.

"Two feats performed by Aston gave Inch serious cause for reflection. He saw in Aston an instrument for use in pitting against possible challengers rather than devoting his own time in struggles to resume the Middleweight limit. Two feats in particular gave Inch an idea of the potentialities of Aston. These were: Right Hand Clean and Bent Press 204 lbs. (1/2 lb. in excess of Inch's feat when he won the Middleweight Title) and 161-1/2 lbs. Right Hand Swing (1-1/2 lbs. in excess of Inch's claimed World's Record). Further, in the case of the 'Right Hand Swing,' this poundage was 3/4 lb. in excess of Aston's bodyweight at the time of the performance, a feat never previously duplicated in this country at any weight.

"This near failure on the part of Aston, however, did not mean the end of his ambition to gain a title- it merely deflected his aims from the Middleweight to the Heavyweight (although, of course, he filled the stage for a time in the lighter division), and Inch had cause later to regret Aston's failure to gain something which Inch could so easily afford to lose, viz.: the Middleweight Title which, in any case, he was too heavy to retain.

"However, Aston's acquisition, later in the year, of the Middleweight Championship of Britain, the advent of Max Sick, of Bavaria, who came to this country to contest against Inch and would not be satisfied with any lesser fry- all these are stories yet to be told, and will follow in this series."

BAWB Dec 1949 Tuesday Oct 25, 1910, Inch was among those
p 22 present to start the formation of the British
Oct 25, 1910 Weight-Lifters' Assoc. He was elected as
 Chairman of the Pro division, while Tom Pevier
 was Chairman for the Amateurs. The following
 official lifts were adopted for 1911 and 1912:
 Amateurs:
 RH Clean (bent press or jerk allowed from shoulder)
 LH Clean (" " ")
 TH C&J with barbell
(this article explains the pro/amateur split and how
the the names evolved.)

On Jan 17, 1911 (3 mos after other meeting) the

Pros elected TI "...to the position of Hon. Treasurer- a tribute to his integrity and to his well known generosity."

BAWB

Feb 1950 p 20 Inch was on the elected Committee for the 1911 formation of the British Weight-Lifters' Association. S.H. Croft, Edward Aston, TI (treasurer), H. Deykin, Monte Saldo, W.L. Carquest, Alfred Danks, W. St. Clair Phillips. Inch paid for the "... cost of the medals for the first of the British Amateur Championships of 1911. Inch, too, was free very often with other efforts- a tribute both to his generosity and to the obvious success of his professional business."

Mar 1950 p 20 TI's defeat by Aston in 1911- Lowry Jun 3, 1911

p 20 "Consequently, the pressure of events ultimately impelled Inch to agree to the long-asked-for and Jun 3, 1911 expected clash against Aston. Inch felt confident that he could teach Aston a lesson- the master proving greater than the pupil- whilst Aston felt p 21 certain that he could teach Inch the facts of evolutionary progress. Thus, to the great delight of all weight-lifting fans (both amateur and professional) the newly formed 'BAWLA' proved successful in securing acceptance by each of the diputants to contest under definite rules, with an Association's duly appointed officials, and each man prepared to accept the official verdict without dispute or subsequent recrimination."

Contest at The International Athletic School, 34, Windmill Street, Tottenham Court Road, London, W.1, on Whit-Saturday, June 3, 1911. The Saxon brothers were there to cheer on Inch; other watching were Max Sick, Launceston Elliott. Aston defeated Inch but "Despite his defeat INCH made history by becoming the first Britisher to exceed 300 lbs. in any overhead lift- single or double handed." this was via his 304 lbs THA using barbell and ring weight. Aston 1,215 lbs 1 oz; Inch 1,167 lbs 11 ozs. So Aston won by 47 lbs, 6 ozs.

p 25 "Saxon's opinion, following the match, was that Aston's feats did not surprise him but that Inch proved himself a real strong man. Continuing, said

Saxon...'it is not what he lifted but how he lifted.
He wasted enough energy to lift an elephant.'

BAWB

May 1950 p 22 On March 30, 1912 at the London Weight-lifting
Club set new record in the THA of 326.75 lbs

Mar 30, 1912 after failing twice with 312.75 then making it on
the third attempt. Then made 326.75 on first
try and Aston (whose record was just smashed)
was applauding the loudest!

Jun 1950 p 20 Inch and Pullum Honoured in 1912- Lowry
Honored

Inch honored as publ in H&S Mar 9, 1912: by BAWLA:
"We, the members of the British Amateur Weight-Lifters'
Association, desire to place on record our sincere
appreciation to the great services you have rendered
to the cause of Physical Culture in general, and es-
pecially to Weight-lifting.

"Unflagging in your energy, enterprising in making use
of every opportunity, resourceful in emergency, and
undisturbed amid the vicissitudes which are a part of
the work you have undertaken and carry through with
such remarkable success, you have never spared yourself
in promoting Physical Culture by such means as have,
from time to time, presented themselves.

"In the early days, when Weight-lifting was looked
upon with suspicion, if not with actual disapproval,
you clearly saw its possibilities as an effective
means to a worthy end, and took a foremost part in
pioneering and popularising it.

"From its inception you have taken a deep and generous
interest in the progress of our Association, its ra-
pid growth and increasing influence being largely
due to the public-spirited manner in which you have
supported it.

BAWB

"If our Association achieves its objects- that of
raising Weight-lifting from a state of chais into a
place among well-regulated and honourably conducted
sports, its success will be due, in no small measure,
to your continual help, your many acts of generosity,
and the kindly and sportsmanlike spirit which has

conceived them.

"We feel quite unable adequately to express our gratitude, and must content ourselves by saying that there is no Physical Culturist, and especially none who enters into its most strenuous form- that of Weight-lifting- but is under a heavy debt to you for your conspicuous services, which have been, at once, signal, sustained, and effective."

"Signed, on behalf of the Association:

E. Stewart Smith, President; Harold B. Nunn, Cahirman;
Chas. Coster, W.D. Ford, Ben Gray, Frederick G. Horton,
Walter House, Frederick Mogford, Thomas Edward Pevier,
Charles F. Savory, E.J. Wollaston, A.B. Gunnel, Hon. Sec."

BAWB Aston on Dec 5, 1912 at the Camberwell Weight-
lifting Club THA 332 lbs. (5.25 lbs ahead of TI)

Jul 1950 p 18 1912: Inch vs Aston wager- Lowry

p 19 "Aston issues another challenge to Inch"

"To clear up a point in dispute as to who
challenged whoo in the Inch v. Aston wager,

p 20 let me place it on record that it was Aston
who issued the challenge as can be seen in
issue of H & S of the 13th April, 1912.

"The pith of Aston's challenge was that, in
order to remove for all time the doubt fos-
tered by Inch's supporters (and their name
was legion) as to who really was the stronger
of the two- he who had won the proud title
of 'Britian's Strongest Man' or he who held the
two records on the 'power' lifts, Aston was
willing to have a contest with Inch on the
'Two Hands Anyhow with Barbell and Ring-weight'
only- all other lifts excluded. This, of
course, in view of Inch's specialised train-
ing was really a sporting offer.

"Inch, on first thoughts, declined the challenge-
issue of H & S dated April 27, 1912.

BAWB 7-50 "A stage further was reached in June when Inch,
without actually accepting or issuing a chal-
lenge, stated in a letter to H & S (issue June
29, 1912) that, in his opinion, he, Inch, would
hold two records at the end of twelve months.

He did not propose to concern himself about the smaller poundage lifts- such as the Snatch, Swing or the Two Hands Clean, etc., but on the two power lifts, 'One Hand Anyhow' and the 'Two Hands Anyhow with Barbell and Ring-weight,' he would be the possessor of the two British Records at the expiration of the period he had set himself. In other words, he proposed to place these records beyond Aston's reach by that time.

"Correspondence passed and ultimately Inch accepted the challenge subsequently issued by Aston- issue of H & S 3rd August, 1912, when Aston, replying to Inch's letter, challenged Inch on both lifts instead of the double handed lift as previously.

Jun 18, 1912 "At this juncture, Inch held both the records with poundages of 326-3/4 lb. and 254-1/2 lb. on the double and single handed lifts respectively. The latter record was created by him on June the 18th, at the London Weight-lifting Club and, indeed, had a narrow failure with 255 lb. on that occasion. Consequently, it is to be presumed that Inch had reasonable grounds for believing that, improve as Aston might, even then he could not hope to continue to establish records on the lifts where bodyweight was so very important.

BAWB 7-50

Dec 5, 1912 "Aston was the first to break the spell when, on Thursday night, the 5th December, at the Camberwell Weight-lifting Club he exceeded Inch's records on the 'Two Hands Anyhow...' with a new one of 332 lb., 5-1/3 lb. in excess of Tommy's figure.

"This feat as recorded in H & S of 14th Dec., 1912, was accomplished at a time when over 8 months of the period stipulated in the wager was yet to expire. In between time, of course, many records were created and many contests were held. Consequently, I must leave the story of the Inch v. Aston Wager- with honours held practically even between them on the two lifts in dispute. I

shall return to this wager at a later date without fearing that interest therein will have waned because of the delay in recounting the story."

BAWB Sep/Oct 1950 p 18 1913- A Year of Great Activity

Many New British Records- W.J. Lowry

THE INCH CHALLENGE DUMB-BELL

"Controversy has often raged regarding the secret of Inch's Challenge Dumb-bell which Inch alone, of all the people who attempted it, was ever able to lift it exactly as demonstrated by him.

"I have seen lifters attempting it on several occasions but have never considered that I was justified in taking up time in the programme by making an effort personally to rush in where others better equipped had failed. I recall one particular incident on February 28, 1913, at the London Weightlifting Club, North Street, Kennington Road, London, S.E. 1, when Inch produced his dumb-bell for the benefit of Edward Aston, who was present, with the declared intention of trying what so many others had failed to accomplish. Aston made his effort amidst a silence which could be felt. His supporters expected him to lift it easily and were stupefied when it defied his mightiest efforts.

"Aston was distinctly and obviously annoyed, and made no secret of the fact. So much so that he declared that it was not the original challenge dumb-bell but one specially prepared by Inch for the particular occasion. That, of course, may have been so- the fact remains, however, that Aston and many others failed to make any kind of impression upon it. It refused to leave the floor although, as soon as Inch made his onslaught, it seemed to obey his slightest behest.

"It has been alleged over the years that there was some constructional peculiarity about the bell which made it impossible for another to lift it without knowing and being able to provide for that peculiarity. The secret, if there be a secret, still lies with Thomas Inch who, alive today at the age of 67 may, I hope, be persuaded to bequeath it to posterity or, better still, directly to me as the weightlifting historian! Inch"

BAWB

Dec 1950 p 22 Inch vs Aston wger 1913- Lowry

p 23 "December 13, 1913, marks the culmination of
Inch's achievement on the Right Hand Bent

Dec 13, 1913 Press- with Arthur Saxon's example always in
his mind. On that date Inch, who had travelled
specially to Scarborough, Yorkshire, N.R., to
make the attempt, appeared at the display
specially arranged- partly to provide Inch
with the opportunity to achieve his ambition,
and partly to give Northerners an opportunity
of witnessing breathtaking feats normally
denied to them."

p 23 "Inch evidently had plans for a truly terrific
feat, and, therefore, one can understand his
disappointment when his first few attempts on
a poundage considerably in excess of 300 lb. went
astray. No less than eleven times did he
straighten his right arm under the colossal
poundage only to lose it when attempting to rise
preparatory for the referee's count of 'One-Two.'
After one or two failures he had the weight
reduced but still without success. Following this,
he further reduced the weight (subordinating
ambition to practical realities) until, ul-
timately, he was trying the British Heavyweight
Record of 304-1/2 lb. With this weight he
proved successful on the eleventh Bent Press
attempt, and received an ovation which, to
quote the common but fortunately untrue phrase,
'brought down the house.'

BAWB 7-50

"Despite his gruelling experiences on the British
record, he gave his usual exhibition following a
brief rest, and lifted his giant barbell- which
consisted of a bar with two very gigantic look-
ing baskets decorating the ends. After bent
pressing this unpredictable poundage, it trans-
pired that each basket contained a charming
young lady. They stepped out after the bell had
been lowered back to the lifting platform. This
feat, which I witnessed on more than one occasion
in the days prior to the first Great World War,
never failed to attract admiration and always
created astonishment among those watching the
feat for the first time."

pre WW I

after straightening his arm 11 times in the bent press but failing to rise, TI reduced the weight to 304.5 lbs (the hvywt record) and succeeded on the 11th try!

Sep 1954 p 10 TI's mid-wt challenge & his impressive victory over W.P. Caswell- WAP

Oct 1954 p 6 TI becomes Britain's strongest man- WAP

YOUR PHYSIQUE: INCH, THOMAS by Joe Roark

Feb 1945 p 39 Measurements- DPW:

Thomas Inch measures at diff bodyweights: height 5'10"

1907: when? 1908:

189 200 240 fat

Age: 25 26

Neck: 16 16.8 18.3

R. biceps: 16.5 17 19.1

L. biceps: 16 16.5 18.5

R. forearm: 13.2 13.5 14.2

L. forearm: 12.9 13.2 13.9

R. wrist: 7.2 7.3 7.6

L. wrist: 7.1 7.2 7.5

Chest: 44 45.5 50

Waist: 33 34 38

Hips: 39.5 40.7 45

Thighs: 24.3 25 27.5

Knees: 15.2 15.5 16.5

Calves: 15.4 15.8 17.5

Ankles: 8.9 9 9.4

"Note: Thomas Inch after apparently reaching full development deliberately increased his measurements to the greatest possible size. In doing so, however, he added considerable superfluous fat in gaining from 189 to 240 pounds. The measurements of Inch at 200 pounds represent an estimate of the largest measurements he would have had in muscular condition, with no superfluous fat."- DPW

MUSCLE POWER: INCH. THOMAS by Joe Roark

Sep 1947 p 14 TI & the strongmen he knew- Diamond

-TI knew all the strongmen and they knew him, he was the link in England that Sig Klein represented in America.

"One of the real strong men who visited Inch's gymnasium

was John Gruhn Marx of Germany, six feet of solid bone and muscle- a natural strong man. His real name was John Gruhn. A German strong man, Aloysius Marx, happened to visit a liquor warehouse in St. Louis, and while there he was greatly impressed with the ease with which a workman was handling heavy liquor containers. That workman was John Gruhn. Aloysius Marx prevailed upon John to join his troupe of athletes, trained him, and added the 'Marx' to his name, which then became John Gruhn Marx, a name that will live forever in the annals of strong men."

of John Gruhn Marx, Diamond writes:

Marx DB "He had a dumb-bell with a very thick bar on which it was difficult to secure a grip, and after offering that sum to anyone who could lift the weight, he [Marx] would show how easy it was done. As far as I know, no-one except Marx ever lifted and pressed the dumb-bell, although Leon See, a French amateur middleweight succeeded in lifting it off the floor.

"There is usually something tricky about these 'unliftable' dumb-bells and barbells. Inch has a dumb-bell that no one but himself has lifted. I Diamond saw him lift it. I tried it myself but couldn't witnessed do anything with it. I understand that most of TI lift which the strong men who visited London have tried it- one really ? Sandow, Arthur Saxon, Aston, Hackenschmidt, and a host of others."

[note Diamond tends toward hyperbole or simply repeating the bleating of others]

Jan 1948 p 24 TI & the strongmen he knew- Diamond Edward Aston, Apollo,

p 25 "Anyway, by this time Aston had developed a remarkable physique, and it was while associated with Inch that he began to concentrate on weight-lifting and started his upward climb to the heights of strong-man fame."

[Aston had tried boxing and wrestling previously]

p 40 regarding the title strongest man :Aston himself, after I had taken him through the Barrow Hematite Steel Works, and he had seen men pushing wheelbarrows full of iron ore up a steep incline to be

dumped into the furnaces, decided that he had no right to the title- he could not do what he saw these laborers do."

p 40 "Aston was essentially a weightlifter. He did a little muscular posing on special occasions and was by no mean exponent of the art (sic). He advocated a thick bar for training purposes because it develops the power of the hands and forearm. His association with men of tremendous gripping powers, Samson and Vansittart, confirmed this belief. He used a 2-1/2 inch bar himself, and he had a powerful grip. On one occasion, in Paris, he was invited to see if he could lift a weight of about 500 lbs. from the floor- a weight that had been lifted only by three Frenchmen, and they were heavyweights. Aston lifted it at the first attempt, and not the easy way with a reverse grip, but with both palms facing the same way."

[Aston lost a couple of fingers off same hand in WW I
Feb 1948 p 20 TI & the strongmen he knew- Diamond
(more about Edward Aston)
of Aston: "He had the distinction of having his portrait statue exhibited at the Royal Academy, London, in 1912."

Oct 1948 p 26 Training for strength with the giant expander - TI

Nov 1948 p 20 Favorite lifts of old timers: bent press- TI

Apr 1949 p 22 My friend Arthur Saxon- TI

when did TI weigh 140 year: "Saxon was my friend. Practicing with him certainly helped me with my bent press, and right from the days when I weighed a mere 140 lbs., Saxon always told me that one day I would lift 300 lbs. from the shoulder with the right hand. I liked this but couldn't believe it because up to that time I hadn't gone over 200 lbs."

Jun 1949 p 28 Lifts of old timers: Two dumbbells anyhow- TI

He defines the Sandow Style of T.H.Anyhow as:
"...to bent press a heavy dumb bell then stoop down and pick up a light one in the left hand."

"Here is the full routine, using the bent press style.
Place the light left hand bell out in front, not too far away, so that you may step up to it and reach it exactly without loss of time in the stooping attitude and where it won't interfere with you on the bent press.
"Place the heavy right hand bell between the feet and

take hold near the front discs, placing the left hand beneath the right hand. Pick up lightly swinging a little to the front and about knee high. Let the bell swing back between the legs and rather low. Now give a heave aided by leg action, if necessary stepping back with the right foot. Give the bell a distinct toss up with the two hands on the rod to help turn the bell over to the shoulder.

"When the bell gets really heavy (this applies only to super pressers who can actually press so much that they have trouble getting the bell to the shoulders in the clean style) you may adopt just the same style as above but land the bell just above your belt, then bend the legs, and with the left hand transferred quickly to the lower end of the dumb bell rod toss the bell right on to the shoulder.

"I have turned in a 300 lb. dumb bell many a time this way. Until shown, even the strongest men can do nothing whatever with it. A 300 lb. dumb bell is a different matter to a 300 lb. barbell, as you will realize."

there is more description that I have not included here...

STRENGTH: INCH, THOMAS by Joe Roark
Jun 1925 p 61 # story of TI's brother George Inch lifting the dumbbell by means of a hidden wire and hook, and when he lifted the bell off the floor, the wire tightened around his neck (around which it was looped) and nearly strangled him.

IRON GAME:p 41 INCH, THOMAS by Joe Roark
Apr 20, 1907 match at German Gymnasium in London. Bodywt limit 161, six lifts, 200 Pounds(money)- which was several years salary for many of the 2000 in the audience.

Apr 20, 1907		
Inch	lift	Caswell
203.5	one hand clean & jerk	194
213	rha & bp	194
235	rh bp	201
252	clean & jerk	240
148	rh snatch	-
140	rh swing	-

(used plates) (used globe weights)
at this display, TI introduced for the first time to a London audience, the famed Challenge Dumbell
[other refs to this HS May 24, 1930 p 566 ;Jan 24, 1963 p 13]

TAWL: INCH, THOMAS by Joe Roark
66 one arm straight support 500 lbs (barbell and two men)

BIH: 35 his version of Sandow's death
45# 47-48 plate barbell story 55# 63

SA: 143 is mentioned in regard to the bent press; no details

SA: 162-164 "Thomas Inch's 'Unliftable' Dumbbell

SA "Thomas Inch (70 in. 210 pounds) was an English pro
p 163 fessional strongman, born in 1881. For some years,
 with offices in London, he conducted a widespread
 business in health and muscular development by cor-
 respondence. For this, he recommended what is known
 today as 'weight-training'. Inch once held British
 professional records in the Right Hand Bent Press
 from Shoulder, with 304-1/2 pounds, and the Two Hands
 Anyhow (change-over style), with 356-1/2 pounds. The
 Bent Press record was performed in 1913, at Scarborough,
 England (on the 13th attempt!). The Two Hands Anyhow was
 done some years later. Inch also did a Right Hand Mili-
 tary Press of 112 pounds, and a 'Side Press' of 201
 pounds. The latter lift is essentially a Bent Press
 performed with straight legs, and with the lifting arm
 kept free of the body.

SA "But Inch's main claim to fame was in his strength of
 grip, which he had developed over a period of years by
 special exercises and lifts. By these means he became
 capable of of doing a One Hand Dead Lift of 402 pounds
 on a 1-1/2-inch straight bar.* However, his interest
 had been stimulated in grip-strength long before he
 made the latter lift, by the following circumstance.
153 Quite by chance, he had come into possession of a heavy,
 unwieldy, cast-iron dumbbell having a short and thick
 handle. At first, Inch could not lift this bell off
 the ground with one hand; but after long, daily practice,
 he became able to do so. Finding, then, that no one else
 could lift the bell, he offered increasingly higher
 amounts, up finally to L200 (then nearly \$1000) to anyone
 who could do so. For over fifty years, it would seem, no
 one appeared who could lift Inch's 'Challenge Dumbbell',
 as he called it. Finally, Inch himself, passing into
 his 60s, became unable to lift it.

*But probably with a hooked grip, although such essential
information is hardly ever added.

[Roark: Willoughby was under the belief that this was the 172,

when it was in fact either the 140 or 153, because the bell that Inch got accidentally from the foundry 'led to weight lifting history and was responsible for the famous Inch challenge dumb-bell, known as the 'unliftable'." and, we are further told that the 172 was 'specially made' by Inch accord to BAWB Mar 1949 p 32

SA p 163 "In 1956, at the annual Aberdeen (Scotland) Sports Revue, the Thomas Inch Challenge Dumbbell was brought onto the stage for all and sundry to have a go at. The bell was then owned by the Reg Park Barbell Company, Ltd. As long as Inch himself had possessed the bell, he had kept all information to himself. (I know, because I once inquired of him concerning it.) But now, the dumbbell was on public view, and upon being measured its dimensions proved as follows: weight, 172 pounds; overall length, 20 inches; diameter of each sphere 8-1/2 inches; circumference of

incorrect handle 7-3/4 inches (which would make the diameter 2.47
7.5 / 2.38 inches); length of handle between spheres, 4 inches. The last-mentioned factor would alone suffice to stop any really large-handed lifter from picking up the bell, since anyone having a hand much wider than 4-1/4 inches could not get his fingers to fully encircle the handle.

As Inch often mentioned that Edward Aston, and even Arthur Saxon, had failed to lift the bell, undoubtedly this was the reason- since both men, according to Inch, had 'enormous' hands. Actually, Saxon's hands were
SA p 164 nearly 4-3/4 inches wide; so it can be seen why he was 'unable' to lift Inch's Challenge Dumbbell. That Saxon's gripping strength was inferior to Inch's is unthinkable.

Oct 26, 1956 "On the aforementioned occasion, at Aberden (October 26, 1956), not one, but three contestants each lifted Inch's dumbbell! The first was John Gallagher, a 165-pound weightlifter from Glasgow. Gallagher lifted the 172-pound bell with his right hand almost to knee height. The second man to succeed was a powerful heavyweight from Kintore, named Douglas Cameron. He, like Gallagher, raised the bell approximately to knee height, when it slipped from his grasp and crashed to the floor. Next, the well-known Scottish Games athlete, Henry Gray, was called out from the audience and asked to make a try. Gray, a big, rangy fellow standing 6 ft. 4 in. and weighing 252 pounds, was already somewhat of a celebrity from having lifted and carried the famous Dinnie stones (see below). Grasping the handle of the Inch dumbbell,

Gray pulled it chest high! If only he had known how to turn the bell over, he could have 'cleaned' it. But whether he could then have gotten the bell from the shoulder to arm's length overhead is a question. Gray was known also as one of the two or three men ever to toss the famous Braemar caber, which was 19 ft. in length and weighed close to 120 pounds.

when did Fenton buy? "During the course of bringing the aforementioned dumbbell into the limelight, it developed that there was a second Inch dumbbell, somewhat smaller than the 'number one,' and weighing 153 pounds. It also had a 2-1/2-inch handle. This dumbbell is said to be (or to have been, in 1956) owned by a Welsh amateur lifter named Tom Fenton, who was formerly a pupil of Inch's. *

*The statistics on the two Inch dumbbells, and on the competition held at Aberdeen, were kindly furnished to me by David Webster, of Glasgow, who was M.C. at the show.

date? "On a later occasion, at the 'Mr. Universe' competition in London in 1957, the 153-pound Inch Challenge Dumbbell no. 2 was successfully lifted knee-high both by John Gallagher of Scotland, and Jacobus Jacobs (6 ft. 2 in., 230 pounds) of Capetown, South Africa. It was then announced that this 52 years? dumbbell had previously been lifted only by Thomas Inch so 1905 for during the past 52 years. Another lifter (not at the the 153? 'Mr. Universe' show) who was able to lift Inch's 153-pound bell knee-high was Hubert Thomas, of Wales."

*this dumbbell had not been lifted by anyone else, this 153?

SA: 184 TI writes about Apollo's flour sack
244 writes about Saxon's finger pulling matches

IG: 41, 42, 43 (story of June 11, 1910 Britain's Strongest Man contest which TI won)
45 (at age 68 could deadlift 540 lbs) 61, 62,
69 (was present to re-form the British Wl'ers Assoc on Oct 25, 1910).
113, 131 ?

MMOO: 17

SOS 35 5'10.5" 210 lbs C 50 A 18 F 14 T 27 C 17
In 1907 won the British Middleweight Championship (165 lb), and Britain's Strongest Man.

"His last important performance was at the age of 70.

Inch was made Health & Strength League President
died in 1960 and died soon afterwards but his wife asked

Dec 12, 1963 magazine editors not to publish obituaries."

Anvils, Horseshoes and Cannons by Leo Gaudreau
Vol 2 p 103-107 (publ 1975?)

p 103 "When I first read of the challenge dumbbell years ago, I did not take it too seriously because, I reasoned to myself, Tom Inch's sense of humor is at work and it is probably a big hoax and Inch will explain it some day, and have a hearty laugh at the expense of strength fans all over the world. But no such situation ever happened- rather powerful handed men continued to have a try at it and, also, stories circulated around in magazines that there was more than one dumbbell and a whole mystique gradually was woven into the Inch Challenge Dumbbell. Tom Inch was probably sitting back and getting a tremendous amount of enjoyment out of all of this and not bothering too much with explanations."

p 105 "Remember now, this dumbbell (or dumbbells as we shall learn) had been in evidence for 40 years or more with substantial cash prizes offered by Inch...Edward Aston tried (many times) and failed. One night, irked by his failure, he shouted out to Inch: Which dumbbell is it Mr. Inch, number one, number two, or number 3?"
"Inch quickly replied: 'It's the one I am lifting tonight.'
A reply which gave him much pleasure over the years."

---- AHC

p 105 "As I was writing this, my dear friend, John Valentine (Leeds, England) wrote me: 'When the dumbbell was on stage in Leeds, around 1933 (or so), I had been told that it [the 140?] weighed about 135 pounds with a 2-1/2" grip. I practiced for some time with a bell of that weight and same thickness of grip at a local club of which I was an honorary member. All that was required was that it be lifted to the shoulder with two hands and then jerk or bent press it with one hand. On the fateful evening, I took it over to the shoulder, but when I got it there it seemed a lot was 172 ? heavier than the 140 pounds I had been previously informed it weighed. I just could not manage it. Of course, Tommy Inch had three such affairs of different weight and one was never sure which dumbbell he was trying to lift.'"

[Roark: this is interesting, 1933, two years after the Challenge bell was retired, and Tom brings it out here? This must have been the 172, because if Valentine had been practising on the 135 he thought it weighed, then surely 153 (18 pounds more would not have stopped his success, but 172, 37 lbs more than he anticipated, or 25% more, would have. Old Tommy was pulling a fast one! For verification this was the 172, see below on page 106, paragraph beginning 'In later years...']

-----AHC

p 106 "Tom Fairbrother passed away in 1973. Tom was Inch's favorite pupil and was featured in Inch's lectures and shows around Britain. He was a big lad, as tall as Inch, and weighing about 180 pounds, with hefty legs. Fairbrother was a capable performer with the Inch dumbbell-but which one? Tom Fairbrother was on the platform when John Valentine attempted to lift one of the Inch dumbbells and although they were good friends, and had been for years, John wrote me: 'Poor Tom Fairbrother was never very gossipy on the subject- maybe he was kept mystified by his mentor, Inch.'"

"In later years, the dumbbell John Valentine had attempted to lift was traced by him in the possession of a weight lifter named Prowse. John wrote me: "This fellow, very big, at about 6'5" or even more, and at one time a British champion lifter, told me that he didn't believe the bell had ever been lifted even by Inch.

lift 140 "According to the late Thomas Inch, in 1896, at the by 1902? age of 15 years he felt that he had outgrown his or the 153? heaviest dumbbell (100 pounds with a 1" handle) and, consequently he ordered a heavier weight from the local foundry. When it was delivered it weighed 'Scarborough' 140 pounds and had a thicker handle; it was explained to him that a heavier weight required a thicker handle.

"Inch practiced with this dumbbell and before his 21st birthday [1902], and at 140 pounds bodyweight, he could not only grip-lift it but could also lift it overhead with one hand.

p 106 "Intrigued by the idea of a challenge dumbbell, Inch had a second one made, which was heavier- but, of undisclosed Apr 20, 1907 poundage. At the German Gym, London, in connection with

153? the Inch-Caswell match for the world middleweight weight-lifting championship, Inch was offering it as a challenge with a prize of One Hundred Pounds cash. [this was 153?]

172 "As Inch became heavier and stronger he ordered a heavier dumbbell. This one (also of undisclosed poundage) was offered as a challenge with a prize- now of Two Hundred Pounds cash. Before producing this one as a challenge dumbbell, he tested it with Arthur Saxon, who failed to grip-lift it. Inch felt he was on safe ground. This was the real Inch challenge dumbbell that withstood the onslaughts of the world's strongest men. Apparently there was no secrets, no tricks- poundage and thickness of the handle were factors to be overcome by the application of physical power. [172]

AHC p 106

"At times when Inch believed the competition to be of insufficient importance he would use the lighter Scarborough dumbbell. His discernment was such that he never lost any challenge money by so doing. Inch used to call this his 'practice bell'* and he could play with it.

* was practice bell the 80 or the 140, that he could 'play' with?

"On the night that Edward Aston failed to lift the dumbbell, Max Sick (Maxick) was rubbing resin into his hands preparatory to having a try at the dumbbell. When Aston failed and shouted his question at Inch (Which dumbbell 140, 153,172 is it Mr. Inch, number one, number two, or number three?) the Bavarian strong man did not even attempt to lift the dumbbell.

Oct 26, 1949 "Inch must have felt that his dumbbell might be conquered on the night of October 26, 1949, when Reg Park toyed with Inch's challenge super-expander, and made the very best attempt at closing Inch's challenge grip machine than anyone else had done in the past. The third challenge feat was the Inch challenge dumbbell and even the mighty Reg Park had to bow before the superiority of the challenge dumbbell. Thomas Inch, aged 68, next demonstrated that he could perform the three feats- the super-expander, the grip machine, overhead? and lifting the challenge dumbbell. Inch's performance was reported in the DAILY MAIL and the EVENING STANDARD of October 27, 1949.

"I do not recall that the French strong man Louis Uni (Apollon) ever attempted to lift the Inch dumbbell. His huge hands might have been a handicap because the length of the grip (Space between the spheres) was short. It has been reported (rather vaguely) that Sandow failed to lift the Inch dumbbell. I wonder what would have happened if Jim Pedley (an employee of Sandow) had attempted the dumbbell- Pedley was reputed to have one of the strongest grips in the world. What about John Gruhn and Vansittart? And then there were Leon See, Charles Batta, and Florent Marchand, French strong men. All p 107 AHC of the men mentioned were strong men of phenomenal grip power. There was also Louis Cyr, the Canadian strong man, whose grip-power was as fantastic as his arm and back power. If I am correct in my assumption that these men did not have a chance to lift the dumbbell, methinks Mr. Inch was most fortunate.

AHC p 107 "Returning to the Inch challenge dumbbell, Inch credited the Dane, Strongfort, as having made the very best attempt at lifting the dumbbell. Just what Inch meant by that he never explained."

Pathe Pictures made a movie short to be issued in England showing TI lifting his dumbbell and another to make a 2 dumbbells anyhow of 276 lbs was Challenge Dumbbell: there was an 80 replica :a very light replica 75 lb which could not be told apart save by myself and assistants."

INCH, THOMAS

by Joe Roark

Inch Chronology:

1889 age 8 "felt urge to become strong & well-developed"

1893 age 12 his mother bought him a copy of Sandow's PHYSICAL CULTURE

[Sandow claimed to have trained TI in America. Went to court
TI won]

1894 age 13 joined Scarborough Rowing Club

1895 age 14 could put up 70 lb dumbbell, or 2-56 lb weights

1897 acquired the Inch dumbbell of 140 lbs- could not lift it "...it took me from age 16 to age 21 to lift it myself from the ground overhead" bodywt 140
[age 16 to 21 would be from 1997 to 1902]
appeared in Scarborough Circus body wt 136; bent press 140, and was known as The Scarborough Hercules
1902 finally able to lift the 140 dumbbell
as he grew heavier, "I had bells made of much greater weight so that I could challenge the world, which I did offering 200 Pounds to anyone to lift the heaviest of my thick handled bells" NO ONE lifted it "for over a quarter of a century".
? The 153 or 172 on April 20, 1907 ?
when The 172 was the one Inch tested on Saxon, so it becomes critical if Arthur ever tried the lighter ones or TI waited until the 172 was made, but WHEN was it made???
1953 "The dumbbell is now retired, undefeated" the 172 was retired in 1931.

MILO INCH DUMBELL

Jun 1999 p 68 The TI DB- still a challenge in 1999- Gentle
-says TI could deadlift 450 lbs one hand on thick bar
-says Jun 6, 1908 was first occasion when TI presented a challenge bell to be lifted, offering Aston L100 if he could; he failed.
-says was manufactured by Appleby and Brogdens Iron Works, Scarborough.
-chain of ownership: from TI to Reg Park to Bert Lightfoot to David Prowse
-says TI last lifted it at age 68 (1949?)
-says Prowse says in FITNESS is FUN that Inch had three dumbbells: 130, 153 each with 2" handle, and the 172 with a handle as thick as a milk bottle.
[this is the first I ever heard of a 130???-Roark]
[why then did TI have so much trouble in 1931 lifting it for Pathe Frere Films?]
Sep 1999 p 3 Letters to editor from Brian Harvey and Mike Brown
Jun 2000 p 76 Bldg forearms strong enough to lift TI DB-Radley

MUSCLESEARCH:

issue #23 The Thomas Inch Dumbell
issue #25 June/July 1989 page 1 Update on the bell, a quote from a letter from David Prowse to Joe Roark of Apr 17, 1989:
"Thomas Inch, as I understand, was not all that big a man and a lot of my own feats by far excelled his. I understand that he had

quite small hands and to be perfectly honest, I am very sceptical (sic) as to whether Inch ever lifted the dumbbell successfully himself. I say this because Edward Aston, who worked for him, told me when Inch was challenged to lift the dumbbell he always substituted one of the lighter ones, as they all looked similar."

THE ILLUSTRATED HISTORY OF PHYSICAL CULTURE,
Volumne 1, The Muscular Ideal- by Alan Radley

p 64 "One of the major sources of Inch's fame today is the apparatus known as the 'Inch Challenge Dumbbell'. This dumbbell probably has more history behind it than any other that has ever been made. Let us here its story
1897? no 1906 from Inch himself, 'It was at the age of fifteen that I came into possession of what came to be known as the 'Inch Challenge Dumbbell'. I had ordered a 100 lb. bell from the local ironworks, and lifted this so easily that I ordered another one considerably heavier. The bell duly arrived, and instead of the inch diameter handle, which the hundred pounds had, I found an enormous thick grip, which made it impossible to lift the bell off the floor. I hurried round to the ironworks to see the manager and protest, but all I could get out of him was 'Your common sense ought to tell you that if a 100 lb. bell has a handle one inch thick a heavier bell must have a handle in proportion.' I could see the homourous side, but I consoled myself with thinking that perhaps one day I would lift the bell and know that no one else
1903 to would be able to do so! It was six solid years before
lift 140 I saw the bell rise off the floor to my intense satisfaction."

Commentary from Joe Roark

questions: Because TI was born four days before 1882 (Dec 27, 1881) when he says age 15 we may suppose, may we not, that the year he got the thick bell was 1897 ? From that date it was six years, or 1903 (age 21), before, as I interpret the text, he could deadlift it. Certainly he had to be able

to deadlift it before he could clean it. So if deadlift success came in 1903 (age 21), in what year did the ability to clean the bell come? Keep in mind we are discussing the 140 lb. bell NOT the 172.

So, after he mastered the overhead lift with the 140 (if in fact he did) then when was the 172 manufactured?

Even more confusion arises, because sometimes when TI recounted the story, he was lifting a 100 lb dumbbell and then ordered one about 50 pounds heavier (hence the 153 pound thick handled bell). Other times he recalls that he was lifting a 140 pound dumbbell with one inch diameter handle before he ordered a heavier bell which came with a thick handle, and he implies the heavier bell was the 172.

Keeping in mind that in MUSCLEMAN Aug 1953 he said something that must cause us to think that the first thick handled bell was the 140: "Naturally as I grew heavier and stronger, I had other bells made of much greater weight so that I could challenge the world which I did, offering L200 to anyone to lift the heaviest of my thick handled bells".

So, if the 172 lb bell is the heaviest that we know of, then certainly it could not be the one which first arrived with a thick handle, and following which, other HEAVIER BELLS (plural) were made. So, perhaps the first thick handled bell was the 140? Followed by 153 and 172, which would allow TI to accurately say that as he grew heavier and stronger he had other bells made (that is, after he conquered the 140, he had the 153 and 172 made).

At some point he had a 75 lb replica manufactured which was identical to his other thick handled dumbbells, and it surely is this one that is referred to when mentioning that TI could 'toy' with it.

So, if TI acquired the 140 in 1897 and required six years of practice to see it rise from the floor (deadlift) which puts us at 1903, how much longer did he need to clean and press the 140? Which bell was presented to the London audience April 20, 1907, which was four years after he deadlifted the 140? Had he by now ordered the 153 or the 172? Or was the 140 the bell presented in

1907?

INCH DUMBELL is now being reproduced by John Staver Box 959 Virginia, MN 55792 phone 218 741 4122 \$250 Roark called Staver (born Nov 20, 1926 in Virginia, MN) on June 20, 2001 and chatted from 2:25 to 2:43. The first Inch replica was manufactured in the summer of 2000. There is one 160 lb replica (or 162 lb) and that belongs to Joe Kenny/Kenney. Mr. Staver liked my idea of making an 80 lb bell the same size as the 172- I told him Inch's 80 pounder was hollow, which Staver said would be more difficult to manufacture so he was thinking about making one from aluminum to see how heavy that would be- said he will work on some plans and dimensions.

I told him I will be going to the York Barbell Hall of Fame and measuring the Cyr bell, and I will send him the measurements when I return.

He said fewer than 100 of the Inch replicas have been sold.

INCH DUMBELL purchased by Kim Wood from David Prowse for \$10,000 in 2000; yes, this is true, Kim paid \$10,000 plus shipping. Roark visited Wood May 27, 2001 and spent about three hours in his home. Measured the original TI bell and traded Kim a Jackson 1-A set for an Inch replica dumbell.

[On the telephone to David Webster June 10, 2001 at about 2:30 pm he told me that in his opinion Thomas Inch never lifted the 172 pound bell overhead; but that he, Webster, knew Inch could deadlift it.

David also told me that when Inch died, he inquired about Inch's collection and never got a response, so he drove to the Inch house which was vacant, and a neighbor told him that all the Inch possessions- large framed photos of the Saxons etc. were all tossed into the trash, and that what was helping hold up the neighbor's door was a couple of rubber expanders which had been retrieved! One wonders if among the items tossed into the trash were the other Inch dumbells, and the grippers. David Gentle told me he heard a rumor the bells had been melted down.

A similar situation happened when David inquired about good friend

Al Murray's collection. Al had died when David was gone; all that was left were some books, the rest had been thrown out!]

David also disputed the Ironman Sep 1972 p 89 piece where Norman Thompson says Inch had six inch wrists and could wear a woman's ring on any finger.

I told him I hope he lives to be 120 years old; he said he hoped he lasted long enough to finish some projects including three upcoming books.

Challenge dumbbell: Those who tried but failed:	These Never tried
Saxons 9 x 4.7	Apollon
Maurice Deriaz	Primo Carnera
Strongfort from Denmark (not Max Unger)	Manger
Edward Aston	John Gruhn Marx
Harold Wood	Leon See
Max Sick	Jim Pedley
Monte Saldo	Louis Cyr
a huge Hindoo wrestler 6'6" 24 st	Vansittart
Padoubny	Batta
Sandow ? (according to Diamond)	Marchand????
Diamond	
Hack?	

Those who never tried the challenge bell:

Hands:
Apollon 9 x 4.7
Batta
Primo Carnera 9 x 5
Louis Cyr 7.75 x 4.24
Hermann Goerner 8.25 x 4.4
Manger
Marchand????
John Gruhn Marx
Jim Pedley
Leon See
Vansittart

HOW TO DEVELOP A POWERFUL GRIP by Edward Aston: publ 1946
(Roark: regarding John Gruhn Marx's two dumbbells had handles 2.75" dia)
p 2 "John Grunn(sic) Marx was a German of colossal stature, with a pair of hands the size of small shovels and needless to add, he

made good use of them. With this favorable equipment of Nature, his specialty was the lifting of dumbbells with extra thick handles. No competitor was ever able to elevate his pet dumbbells and the reason is simple to explain. First of all he was a heavy-weight and possessed the extra strength natural to that class, then he had long powerful hands and massive forearms with plenty of leverage and finally the advantage of using a unique type of weight. These were solid dumbbells with loose sleeves running over the center bar. The average lifter attempting to raise the dumbbell would find that the sleeve revolved, because even if he possessed the strength to raise the dumbbell he would fail in getting his hand completely round the thick bar to prevent the sleeve from turning in his hand. Only a man with exceptionally sized hands could duplicate the feat, but Marx had hands that would go completely round the sleeve and moreover by constant practice he had unured his grip to the eccentricities of this novel method of grasping the bar."

p 12 "Thomas Inch was also famed for his powers of gripping and his specialties were dual. He possessed a thick handled dumbbell- in fact, he had two- which he challenged all comers to lift and he had also a grip machine of the nut-cracker type. Many of my readers, will remember that Len Harvey the boxer, conquered the latter and achieved a certain amount of fame in doing so. But allow me first of all to deal with the dummbells. One weighed 130 lbs. and the other was 180 lbs. The diameter of the handle of each was about 2-1/4" and unlike the sleeve used by Marx it was fixed and not loose.. The handle was hollow and had in its center a hole of about 1/4" diameter, but what this was for no one discerned. The dumbbell was evenly balanced and was quite nice to handle, provided that one have suitable hands. To life a thick-handled, heavy dumbbell, one must not only have long hands but they must be fairly soft. A man used to hard manual labor, with the callused hands that this type of work unduces would Have little chance of elevating this type of bar. He might be able to gripthe bar, but he would not lift it. For this reason. To be able to exert full power, one has to apply as great a surface of the fingers and thumb to the bar as possible. If the hands happen to be hard and knobby, there will be gaps in the surface applied to the bar and consequently the clinging effect is reduced. Other things being equal, the sedentary worker is best suited to the accomplishment of a feat of this kind."

p 1 Aston mentions that he could deadlift 500 lbs in the French style on a bar approx 2-1/4" diamter. That would be 250 lbs per hand on a bar approx the size of the Inch bell

handle, so why would 172 lbs (or 78 lbs less) of the Inch
bell stop him???