

MR. MUSCLE OF SOUTH LONDON.

Tony Carroll, a British champ, has a go at lifting 240 pounds to beat the British Press Record which he holds already. Tony manages the job alright, but then its found that the bar is light by exactly one pound. So, bad luck, its no record. Now for a spot of snatching. Winner in the fourteen stone class is Mr. Acramen. That's 300 pounds he's pushing around.

The display, which is held at the Redriff Community Weight-lifting Club at the Surrey Docks, includes this intriguing performance, given by a gentleman named, believe it or not, Spencer Churchill. Now meet Mr. Downs, one of the contestants after the title "Mr. South London". Ten boys of the bicep brigade are taking part in this competition, but there's little doubt that the most muscular merchant of them all is the mighty Mr. Downs.

Make your bed and lie on it is the motto of Ken Shaw. A stone slab and a ten pound hammer complete his bedding equipment. Wonder what he takes for night starvation? Molten lead?