

Straining after records is extremely hurtful, for the strain that is forced is likely to result in either permanent or temporary injury. Rupture has wrecked the life of many a man, and there is no more common complaint among athletes. Study of the system will avoid that and every other ailment that follows after too eager desire for excessive accomplishment. Therefore, as I have said, let not your first thought be for record-making, which is history making. As has been said we cannot all be champions, for if we were, paradoxical as it may appear, there would be none, for there would be no singlement.

Let the young athlete be temperate in all things, and it will follow as night the day that he will achieve success. He may not even then secure those mystic figures opposite his name that mean records—only one in a thousand gets as far as that—but he will have the supreme satisfaction

THE FOLLOWING ARE THE TIMES MADE BY ME IN MY 10 MILE RACE
IN WHICH I SET UP THE WORLD'S RECORD:

Miles	Min.	Secs.	Miles	Min.	Secs.	Miles	Min.	Secs.
1 1	4	14 5	4 4-4	21	7 1-5	8 4-4	41	34 2-5
1 2	2	11 1-5	4 4-2	22	23 1-5	8 4-2	42	51 4-5
3 1	3	28 2-5	4 3-4	23	39 2-5	8 3-4	41	8 3-5
1	1	11 1-5	5	21	55 4-5	9	15	27 3-5
1 1-4	5	58 1-5	5 1-4	26	41 4-5	9 1-4	46	48 2-5
1 1-2	7	42 3-5	5 1-2	27	27 1-5	9 1-2	48	5 1-5
1 3-1	8	28 3-5	5 3-1	28	48 1-5	9 3-1	49	25 2-5
2	9	41 1-5	6	29	50 2-5	10	50	40 3-5
2 1-4	10	59 4-5	6 1-4	31	14 1-5	10 4-4	52	5 3-5
2 1-2	12	11 3-5	6 1-2	32	30 4-5	10 1-2	53	30 3-5
2 3-1	13	30 3-5	6 3-1	33	48	40 3-1	51	56 3-5
3	11	15 1-5	7	35	13 3-5	41	56	23 3-5
3 1-4	15	13 3-5	7 1-4	36	22 1-5	41 1-1	57	18 3-5
3 1-2	17	16 3-5	7 1-2	37	39 2-5	41 1-2	59	10 1-5
3 3-1	18	33 1-5	7 3-1	38	57 2-5	41 3-4	60	32 1-5
4	19	50 3-5	8	40	16			