

if possible, run over your gates and stiles in preference to vaulting or jumping them. This will want some practice, but is well worth getting into the knack of doing. Run right up, plant your front foot on the middle bar, step clean over the other, jump down and go on. This method may not sound as speedy a method of progression as a jump or vault, but it very frequently saves a lot of time; for in many instances the obstacle may present itself just after a ploughed field or stretch of very heavy ground, which has taken it out of you badly, and so will not improbably cause you to badly mull your early attempts to vault or jump.

In fact, you will notice that every practical cross-country runner runs over his obstacles. It is only when he gets a bit pumped that he "vaults," or gets over as best he can.

Cross-bars and other incidentals may occasionally assist or hamper this "running over" business, and of course from many other reasons it is always advisable to indulge in plenty of jumping practice.

This can be obtained wherever opportunity presents itself, but, failing a decent supply of hedges, gates, etc., in the near neighborhood of your training quarters, as a substitute it is not a bad plan to set up a number of hurdles in any adjacent field, and to steadily practise jumping these one after the other.

You may not impossibly be a hurdler, or possibly may possess undreamt-of qualities at that sport, which this cross-country running and training will introduce to you.

The Americans are, as a rule, better hurdle racers than we are, so that you may be sure of gratitude if you discover that you can develop yourself into one. Your advent as a champion, or as a prospective one, would be very warmly welcomed.

Therefore, for this reason, as well as on account of your cross-country chances and general all-round agility,