

FRED MEADOWS



FRED MEADOWS was born at Rockwood, near Guelph, Ontario, in 1882. As a boy he worked in Guelph, where he won his first race in an annual 5-mile road race open to local factory employees. He won a number of races in that vicinity, and in 1906 went to Toronto, where he won many good races at 2, 4, and 5 miles. He was third to Tom Longboat in the Ward National Marathon. Meadows was on the Canadian Olympic team to England in 1908 and it was after this that he began to show his best form. On his return he was the best long distance amateur in the Dominion. He turned professional soon afterward but was defeated in his first professional race by Dorando in a 12-mile race. He defeated Alfred Shrubbs later on in a 10-mile race; but his best races were run in a 15-mile in Toronto, where he defeated Ljunstrom in world's record time, and again in New York, where he again lowered the record.

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