



THROWING THE HAMMER

SPORTS OF THE WORLD

SERIES OF 50 SUBJECTS

28

THROWING THE HAMMER.
Throwing the hammer is practised with two kinds of missile or projectile; one kind has a solid ash shaft, with a cast iron head, and the other has a flexible steel wire shaft, as used in the University Sports, the weight in each case being 16 lbs. The object of the contest is to throw the hammer to the greatest possible distance.

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