

Extract from page 209 of "Mclans Highlanders at Home OR Celtic Gatherings" by James Logan and first published in 1848 by David Bryce & Son, Glasgow.

Among the Highlanders, are racing, leaping, the running leap, much practised for its usefulness, wrestling, club and foot ball, tossing the caber, throwing the hammer, putting or throwing the stone, lifting a heavy stone, contests in swimming and many other feats of sheer strength and agility. The weight of the stone, called clach-neart or the stone of strength, which was to be lifted from the ground, was sometimes very great, and it was frequently placed near the church and sometimes in the Kirkyard, that the men might exercise their "vis inertia" after the conclusion of religious service. One of this sort, named the Puterach, remains near the Kirk of Balquhider in Perthshire, which the strongest may boast having raised from the ground, breast high, which is the trial, and he is accounted a muscular man who can do so. Clach-cuid-fir was a stone of two hundred pounds weight and upwards, which was to be lifted from the ground and placed on another four feet high at least, and the youth who could perform this feat was forthwith reckoned a man.

It is judicious in several respects to encourage national sports and pastimes, especially when they are of a manly and invigorating character.

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Extract from page 84 of "Notes on Blaquhider" by James Hamilton Gow contained within "Proceedings of the Society of Antiquaries of Scotland 1886 – 1887" and published in Edinburgh by Neil & Co.

Overlooking this haugh and the stone circle there is a knoll named "Tom Aonghais " (Angus's Hillock). Further east, and on the same side of the road, overlooking the strath, there is another knoll, which in later times was the gallows hill of the district, and is still known as " Tom na Croich." On the level ground below this knoll there is a prominent monolith, standing about 4 1/2 feet above ground, quite flat, on the top. It is shaped like a wedge, with the edge to the east, and is famous in Balquhider as the place where trials of strength took place. A large round water-worn boulder, named, after the district, "Puderag," and weighing between two and three hundredweight, was the testing stone, which had to be lifted and placed on the top of the standing stone.

There used to be a step about 18 inches from the top, on the east side of the stone, on which the lifting stone rested in its progress to the top. This step or ledge was broken off about thirty' years ago, as told to me by the person who actually did it, and the breadth of the stone was thereby reduced about 8 inches. This particular mode of developing and testing the strength of the young men of the district has now fallen into disuse, and the lifting-stone game is a thing of the past. A former minister of the parish pronounced it a dangerous pastime. Many persons were permanently injured by their efforts to raise the stone, and it is said that he caused it to be thrown into the river, but others said it was built into the manse dyke, where it still remains. There' were similar stones at Monachyle, at Strathyre, and at Callander, and no doubt in every district round about, but the man who could lift " Puderag " was a strong man and a champion.

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Extract from notes on page 177 of "History of Clan Gregor" by Amelia Georgina Murray MacGregor published in 1898 by William Brown, 26 Princess St, Edinburgh.

2 The term Puderache was applied to inhabitants of Balquhidder, and a stone near the church is still extant under this name. It was a test of strength for young men, who had to lift it on to another stone.