

# Wrestling



**Wrestling was the first non-running event at the ancient Olympics and replicated close combat man to man**

***Milon of Kroton***, six-time champion, staked his fitness on 20-lbs (9kg) of bread, 20-lbs of wheat and 18 pints (10 litres) of wine – all per day. A separate, and particularly vicious, event combined wrestling with boxing in the no-holds-barred ***Pankration***. One competitor in 564BC raised his right hand to surrender in pain but had already strangled his opponent to death. The corpse was judged the winner as the living entrant had withdrawn