

Not only are the bare figures given, but the records are set into a context consisting of the time of day, the intermediate times of the races, and the athletes who were beaten by Nurmi.

This abundance of information allows a more intelligent comparison of world records which at first glance seem to be divided by whole worlds. By being led to the heart of the matter, the reader is better able to assess and classify the performances correctly.

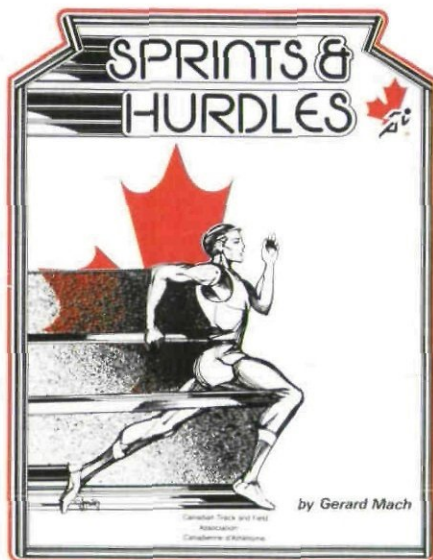
"Progression of World Best Performances and IAAF Approved World Records" is a sequel to Ekkehard zur Megede's earlier book "Die Entwicklung der Leichtathletik-Weltrekorde" ("The Development of World Records in Track and Field Athletics"), which was published 14 years ago by the publishing house Bartels & Wernitz (West Berlin). It contains a wealth of newly researched historical material and has, of course, also been brought right up to date.

The publication of this new book has been supported by the International Athletic Foundation (IAF).

Ekkehard zur Megede's book is a real treasury of useful information and can be recommended without reservation to everyone interested in the history of track and field athletics.

Jürgen Schiffer

SPRINTS & HURDLES



The book written by Gerard Mach, Head Coach of the Canadian Track and Field Federation, is not very recent, since it was published in 1980.

It is, however, an extremely topical book, not only because Canadian sprinters (both males and females) have repeatedly been on the international scene during the last years, but also because of its practical way of approaching the complex organization of the training of sprinters and hurdlers.

The book starts with a chapter devoted to the terminology of sprint and hurdles events.

A list of words and key expressions of modern training methodologies is then presented and illustrated (including a number of drawings).

This is followed by the description of sprint techniques, of hurdle races and

relays, where the most important moments of the learning process are clearly illustrated.

The last part, devoted to designing and training programmes, consists of working diagrams which, although quite useful from a practical viewpoint, to orient the coach, are far from being exhaustive and do not fully cover the multifactorial complexity of training programmes.

To conclude, it is a book where both the beginner and the advanced coach may find useful information, along with suggestions and clues for their daily routine work.

Pasquale Bellotti