

The Perfect Distance Overt And Coe The Record Breaking Rivalry

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New Ed by Butcher, Pat (ISBN: 9780753819005) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

The Perfect Distance: Overt and Coe: The Record Breaking
The Perfect Distance is both a detailed re-creation and a fitting celebration of the greatest era of British athletics. --This text refers to an out of print or unavailable edition of this title.
Book Description

The Perfect Distance: Overt and Coe: The Record Breaking
The Perfect Distance book. Read 12 reviews from the world's largest community for readers. Steve Ovett and Sebastian Coe presided over the golden era of ...

The Perfect Distance: Overt & Coe: The Record Breaking
The Perfect Distance: Overt & Coe -- The Record-Breaking Rivalry by Pat Butcher
There 's a poignant moment at the end of the (excellent) film Rush , where Formula 1 racer Niki Lauda admits to his arch-enemy James Hunt that their bitter enmity on the racetrack made them both better drivers and champions: " A wise man gets more from his enemies than a fool from his friends. "

The Perfect Distance: Overt & Coe
The Record Breaking
The Perfect Distance: Overt and Coe: The Record Breaking Rivalry . By Pat Butcher. Abstract. teve Ovett and Sebastian Coe presided over the golden era of British athletics. Between them they won three Olympic gold medals, two silvers, one bronze, and broke a total of twelve middle-distance records. As far apart as possible in terms of class and ...

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The book delves into the roots/family influences of the two very talented middle distance runners including Ovett's very influential mother and Coe's father and coach. The author captures the excitement of breaking world records, running in the Olympic games and the expectations associated with being athletes at their prime.

The Perfect Distance—Overt and Coe: The Record Breaking
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The Perfect Distance: Overt and Coe: The Record Breaking
This is a very detailed and rich biography not only of Ovett and Coe but of history of the mile particularly from the British view point. As the author notes, the emergency of Ovett and Coe strides right into British middle distance runners dominating the world scene in the late 70s and early 80s with Cram, Elliott and Moorcroft.

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Buy The Perfect Distance: Overt and Coe: The Record
Stephen Michael James Ovett OBE (/ o v t /; born 9 October 1955) is a retired British track athlete. A middle-distance runner, he was the gold medalist in the 800 metres at the 1980 Olympic Games in Moscow, and set several world records for 1500 metres and the mile run and a world best at two miles .

Steve Ovett—Wikipedia
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The definitive, fully authorised story of the record-breaking rivalry between London Olympics organiser Sebastian Coe and Steve Ovett. Steve Ovett and Sebastian Coe presided over the golden era of British athletics. Between them they won three Olympic gold medals, two silvers, one bronze and broke a total of twelve middle-distance records. They were part of the landscape of the late seventies and early eighties -- both household names, their exploits were watched by millions. As far apart as possible in terms of class and upbringing -- Ovett is the art student, the long-haired son of a market-trader from Brighton, a natural athlete; Coe's formative years were spent under the rigorous training routine of Peter Coe, a self-taught trainer who referred to his son as 'my athlete' -- their rivalry burned as intense on the track as away from it. The pendulum swung between the pair of them -- each breaking the other's records, and, memorably, triumphing in each other's events in Moscow in 1980 -- for the best part of a decade, until the final showdown at the Los Angeles Olympics in 1984 . . . The Perfect Distance is both a detailed re-creation and a fitting celebration of the greatest era of British athletics.

This is the story of two of the world's greatest ever milers, Seb Coe and Steve Ovett. Before the Moscow Olympics, Coe and Ovett had barely raced each other. They had, however, established impressive race credentials and traded world records. So when the

Breaking records and challenging the limits of human ability are central to much of our understanding of athletic track and field sports, with a world record title arguably as valued as an Olympic gold medal. Some particular limits and records take on greater significance, however, as in the case of the Four-Minute Mile which was roundly believed to be impossible until Roger Bannister shattered the illusion with half a second to spare in May 1954. These essays look at the background of Bannister ' s achievement and the meaning that was ascribed to it by the media and the public at large, drawing on an array of interdisciplinary and international influences to unpick the legend surrounding an historic moment in our social and sporting past.

Sonia O'Sullivan is one of the greatest sporting figures Ireland has ever produced. In a career which saw her competing at the highest international levels for over a decade, she turned in world-class times in events ranging from the 1,500 metres to the marathon, capped by World Championship gold in the 5,000 metres in 1995 and Olympic silver in the same event in 2000. But her performances on the track are only part of the story of this passionate, sometimes fragile, and always compelling athlete.Now, Sonia tells the full story of her life for the first time - from her childhood in Cobh, Co. Cork, through her early successes on the track, to the highs of 1995 and 2000 and the low of the 1996 Olympics. Whether in triumph or in tears, Sonia has always been a uniquely fascinating - and mysterious - figure. This frank autobiography takes us behind the scenes of international athletics and behind the mask of a brilliant, vulnerable sportswoman. 'As a story of dedication and perseverance finally rewarded, it's inspirational' Sunday Business Post 'A cocktail of thrills, spills, heartache, near-things, personal tumult, and devastation. This is a book written from the heart' Irish Catholic 'The candid nature of the book alone makes it a must-read for any Irish sports buff' Belfast News Letter

This multivolume set is much more than a collection of essays on sports and sporting cultures from around the world: it also details how and why sports are played wherever they exist, and examines key charismatic athletes from around the world who have transcended their sports.
• Nearly 900 entries cover most aspects of sport from around the world
• Contributions from more than 200 distinguished scholars, such as Mark Dyreson, Henning Eichberg, Malcolm MacLean, S.W. Pope, and Rob Ruck
• Entries on players, stadiums, arenas, famous games and matches, major scandals, and disasters
• Lists of Olympic medalists for all events since 1896 as well as lists of winners of major events such as the FIFA World Cup and MLB World Series
• Further reading selections provide direction for in-depth analysis of each event, sport, personality, or issue discussed

A groundbreaking and timely book about how evolutionary biology can explain our black-and-white brains, and a lesson in how we can escape the pitfalls of binary thinking. Several million years ago, natural selection equipped us with binary, black-and-white brains. Though the world was arguably simpler back then, it was in many ways much more dangerous. Not coincidentally, the binary brain was highly adept at detecting risk; the ability to analyze threats and respond to changes in the sensory environment—a drop in temperature, the crack of a branch—was essential to our survival as a species. Since then, the world has evolved—but we, for the most part, haven' t. Confronted with a panoply of shades of gray, our brains have a tendency to " force quit: " to sort the things we see, hear, and experience into manageable but simplistic categories. We stereotype, pigeon-hole, and, above all, draw lines where in reality there are none. In our modern, interconnected world, it might seem like we are ill-equipped to deal with the challenges we face—that living with a binary brain is like trying to navigate a teeming city center with a map that shows only highways. In Black-and-White Thinking, the renowned psychologist Kevin Dutton pulls back the curtains of the mind to reveal a new way of thinking about a problem as old as humanity itself. While our instinct for categorization often leads us astray, encouraging polarization, rigid thinking, and sometimes outright denialism, it is an essential component of the mental machinery we use to make sense of the world. Simply put, unless we perceived our environment as a chessboard, our brains wouldn' t be able to play the game. Using the latest advances in psychology, neuroscience, and evolutionary biology, Dutton shows how we can optimize our tendency to categorize and fine-tune our minds to avoid the pitfalls of too little, and too much, complexity. He reveals the enduring importance of three " super categories "—fight or flight, us versus them, and right or wrong—and argues that they remain essential to not only convincing others to change their minds but to changing the world for the better. Black-and-White Thinking is a scientifically informed wake-up call for an era of increasing extremism and a thought-provoking, uplifting guide to training our gray matter to see that gray really does matter.

In The Winning Mindset, Professor Damian Hughes, the acclaimed author of Liquid Thinking and How to Think Like Sir Alex Ferguson, draws on both his lifetime experience and academic background within sport, organization and change psychology to reveal the best ways to create a winning mindset in both personal and professional life. Having worked with some of the top teams in the UK, and watched some of the best coaches in the country at work, Hughes distils the five keys principles that separate the best coaches and teams from the rest: Simplicity; Tripwires; Emotions; Practical; Stories: STEPS. The role of a sports-team leader is fascinating, complex and tough. Fantasy football leagues may convince us that success is all about buying players and selecting a team. In reality, it is about creating winning environments – recruiting, developing and nurturing talent, effectively communicating a shared vision with a diverse collection of individuals, delivering on enormous expectations from a range of stakeholders, overcoming significant challenges, handling pressure and staying focused throughout: a set of challenges familiar to leaders in all sectors.

For one brilliant season in 1983 the sport of fell running was dominated by the two huge talents of John Wild and Kenny Stuart. Wild was an incomer to the sport from road running and track. Stuart was born to the fells, but an outcast because of his move from amateur to professional and back again. Together they destroyed the record book, only determining who was top by a few seconds in the last race of the season. Running Hard is the story of that season, and an inside, intimate look at the two men by the author of It ' s a Hill, Get Over It and The Round.

Imagine training with the best distance runners and running coaches of our time, learning their favorite and most effective workouts, and discovering their hard-earned secrets to success. With Running Tough you'll find yourself running side by side with such world-class runners as Bill Rodgers, Libbie Hickman, Frank Shorter, Arthur Lydiard, Ron Clarke, Emil Zatopek, and Adam Goucher, tasting their unwavering dedication and determination, and viewing firsthand their training runs. Written by prolific running journalist Michael Sandrock, Running Tough organizes the workouts by training goals to create a user-friendly handbook. This allows you to develop a customized training plan using the most appropriate workouts for training and racing. You'll find chapters dedicated to - long runs, to help develop aerobic endurance - off-road training, to build and strengthen the legs - fartlek training or the "speedplay," to discover variety; - interval workouts, to increase speed; - hill workouts, to build strength and stamina; - tempo runs, to push anaerobic thresholds; - recovery fun runs, to heal muscles while emphasizing the enjoyment of the sport; and - building a program, to prepare for competition. With Running Tough, you'll have the tools to create enhanced training programs, discover new plateaus in your workout regimes, and meet the challenges of world-class competition. You'll find that whether you're looking for increased strength and endurance, improved aerobic or anaerobic capacity, or just a competitive edge, Running Tough will help you train with more efficiency, more enthusiasm, and more variety.

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