

Track and Field+Athletics= Легкая атлетика

Составитель Н.А.ШНАЙДЕР

*Учебно-методическое пособие для студентов ВУЗов физической культуры,
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Учебно-методическое пособие «Track and Field Athletics. Легкая атлетика» подготовлено составителем по курсу дисциплины «Иностранный язык» (английский).

В пособии подобран материал по спортивной тематике на примере легкой атлетики. Студентам предлагается ряд текстов, послетекстовых лексических упражнений, имеющих целью обогащение профессионального словаря и формирование устных разговорных навыков по теме.

Учебно-методическое пособие предназначено для студентов вузов и факультетов физической культуры.

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ВВЕДЕНИЕ

В пособии подобран материал по теме «Track and Field Athletics. Легкая атлетика».

Цель пособия – подготовить студентов к самостоятельному чтению и переводу литературы по спортивной тематике и сформировать у них навыки устной речи в ситуациях профессионального общения.

Учебно-методическое пособие включает в себя оригинальные и адаптированные тексты на английском языке, связанные с легкой атлетикой, ряд послетекстовых лексических и грамматических упражнений, имеющих целью обогащение профессионального словаря и формирование устных разговорных навыков. Каждый текст предназначен для чтения, перевода и пересказа.

Тексты написаны в публицистическом стиле, для которого характерно применение международной лексики, спортивной терминологии. Для грамматики текстов характерно употребление числительных, сравнительных конструкций прилагательных, инфинитивных оборотов, препозитивных атрибутивных конструкций. В связи с этим большая часть упражнений посвящена практике работы над этими лексическими и грамматическими явлениями.

Словарь помещен в конце пособия, что будет способствовать формированию навыков работы со словарными статьями и значительно сократит объем пособия.

В текстах соблюдается повторяемость терминологической лексики. Система упражнений способствует активному усвоению лексики с последующим выходом в речь. Лексика закрепляется путем диалогов, викторин, интервью.

Тексты пособия представляют интерес с познавательной точки зрения, что позволяет поддерживать высокий уровень мотивации при их изучении.

Следует обратить внимание на обилие терминов для обозначения понятия «легкая атлетика». Так, в Великобритании, в том числе в IAAF, принят термин «Athletics». В российских легкоатлетических федерациях также принят термин «Athletics». В США и практике проведения международных соревнований применяется термин «Track and Field». В учебной и справочной литературе России чаще встречается термин «Track and Field Athletics».

Тексты, в основном, взяты с сайтов:

<http://www.rusathletics.com>

<http://ru.wikipedia.org/wiki/>

<http://www.iaaf.org/>

[funtrivia.com>quizzes/sports...track__field.html](http://funtrivia.com/quizzes/sports...track__field.html)

TEMA 1. WHAT IS TRACK AND FIELD ATHLETICS

TRACK AND FIELD ATHLETICS

https://en.wikipedia.org/wiki/Track_and_field

Прочитайте и переведите текст:

Track and field athletics is a world-wide sport that has grown in popularity since the days of the Greeks. Records of organized competitions in track events date back from the first Olympic Games in 776 B. C. It is a sport in which techniques constantly change as stronger athletes taught by better coaches break through new record barriers. Because of its popularity track and field athletics is often called the “Queen of Sport”.

Track and field is a sport which combines various athletic contests based on the skills of running, jumping, and throwing. The name is derived from the sport’s typical venue: a stadium with an oval running track enclosing a grass field where the throwing and jumping events take place.

The running events, which include sprints, middle and long-distance events, and hurdles, are won by the athlete with the fastest time.

The jumping and throwing events are won by the athlete who achieves the greatest distance or height. Regular jumping events include long jump, triple jump, high jump and pole vault, while the most common throwing events are shot put, javelin, discus and hammer.

There are also “combined events”, such as heptathlon and decathlon, in which athletes compete in a number of the above events. Most track and field events are individual sports with a single victor, but a number are relay races. Events are almost exclusively divided by gender, although both the men’s and women’s competitions are usually held at the same venue.

Track and field events take place in a sports stadium, either on the running track, or on the field inside the running track.

At the international level, the two most prestigious international track and field competitions are athletics competition at the Olympic Games and the IAAF World Championships in Athletics. The International Association of Athletics Federations is the international governing body.

Records are kept of the best performances in specific events, at world and national levels, right down to a personal level. However, if athletes are deemed to have violated the event’s rules or regulations, they are disqualified from the competition and their marks are erased.

The majority of athletes tend to specialize in just one event (or event type)

with the aim of perfecting their performances, although the aim of combined events athletes is to become proficient in a number of disciplines.

Track and field events are divided into three broad categories:

Track events; Field events; Combined events.

Other athletics events that are **NOT *track and field***, include cross country running, road running, marathon, and race walking – these events take place outside a sports stadium.

TRACK EVENTS

Track events involve running on a track over a specified distances and, in the case of the hurdles and steeplechase, obstacles may be placed on the track. There are also relay races in which teams of athletes run and pass on a baton to their team member at the end of a certain distance.

FIELD EVENTS

There are two types of field events: jumps, and throws.

In jumping competitions, athletes are judged on either the length or height of their jumps. The performances of jumping events for distance are measured from a board or marker, and any athlete overstepping this mark is judged to have fouled. In the jumps for height, an athlete must clear his or her body over a crossbar without knocking the bar off the supporting standards. The majority of jumping events are unaided, although athletes propel themselves vertically with purpose-built sticks in the pole vault.

The **throwing events** involve hurling an implement (such as a heavy weight, javelin or discus) from a set point, with athletes being judged on the distance that the object is thrown.

COMBINED EVENTS

Combined or multi-discipline events are competitions in which athletes participate in a number of track and field events, earning points for their performance in each event, which adds to a total points score.

The Ancient Olympic pentathlon, comprising long jump, javelin, discus, the stadion race, which was literally a race from one end of the stadium to the other, and wrestling, was a precursor to the track and field combined events and this ancient event was restored at the 1906 Summer Olympics. A men's decathlon was held at the 1904 Summer Olympics.

Упражнение 1. Ответьте на вопросы:

1. Is track and field athletics a world-wide sport?
2. What activities did it derive from?
3. When and where did the first competitions in track and field take place?

4. Name the main track and field events.
5. Name running events.
6. Name jumping events.
7. Name throwing events.
8. Name combined events.

Упражнение 2. Образуйте существительные от глаголов при помощи суффиксов –ing (процесс) и –er (исполнитель) и переведите их на русский язык:

to run		
to throw		
to jump		
to walk		
to wrestle		
to box		
to skate		
to ski		
to swim		

ТЕМА 2. TRACK EVENTS. RUNNING

Прочитайте и переведите текст:

Running is both a competition and a type of training for sports that have running or endurance components. As a sport, it is split into events divided by distance and sometimes includes permutations such as the obstacles in steeplechase and hurdles. Running races are contests to determine which of the competitors is able to run a certain distance in the shortest time. Today, competitive running events make up the core of the sport of athletics. Events are usually grouped into several classes, each requiring substantially different athletic strengths and involving different tactics, training methods, and types of competitors.

SPRINTS

Races over short distances, or sprints, are among the oldest running competitions. Sprinting events are focused around athletes reaching and sustaining their quickest possible running speed. Three sprinting events are currently held at the Olympics and outdoor World Championships: the 100 metres, 200 metres, and 400 metres.

At the professional level, sprinters begin the race by assuming a crouching position in the starting blocks before leaning forward and gradually moving into an upright position as the race progresses and momentum is gained. Athletes remain in the same lane on the running track throughout all sprinting events, with the sole exception of the 400m indoors. Races up to 100m are largely focused upon acceleration to an athlete's maximum speed. All sprints beyond this distance increasingly incorporate an element of endurance. Human physiology dictates that a runner's near-top speed cannot be maintained for more than thirty seconds or so because lactic acid builds up once leg muscles begin to suffer oxygen deprivation. Top speed can only be maintained for up to 20 metres.

100 METRES

<http://www.iaaf.org/>

How it works

Runners race for 100m down the home straight of a 400m track. They start from blocks and run in lanes.

A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and runners will be recalled, and the responsible athlete disqualified.

History

The 'stade' (192m race) was part of the Ancient Olympics. In more modern times, the 100 yards (91.44m) was adopted as the foremost sprint – it was part of the Commonwealth Games until 1966 – but the classic 100m distance, the Blue Riband event, has been part of the Olympics since 1896.

Did you know

Sprinters will typically reach their peak speed between 50m and 60m.

Gold standard

Of the 28 Olympic finals to date, US men have won more than half of them with 17. But Jamaica has taken the four most recent Olympic golds with Usain Bolt and Shelly-Ann Fraser-Pryce achieving back-to-back wins in 2008 and 2012.

Icons

Jesse Owens

The phenomenal US athlete humiliated Adolf Hitler, who intended to use the 1936 Olympic Games in Berlin as a showcase for 'Aryan superiority', by winning gold in the 100m, 200m, long jump and 4x100m.

Gail Devers

This US sprinter bounced back from Graves' disease, a thyroid disorder, to win back-to-back Olympic 100m titles in Barcelona (1992) and Atlanta (1996). She also landed three world 100m hurdles titles in a long and prolific career.

Комментарий

Commonwealth Games – Игры Содружества

Blue Riband event – главный забег соревнований, победитель которого награждается голубой шелковой лентой (ордена Подвязки)

Aryan superiority – арийское превосходство

Упражнение 3. Переведите предложения со словами-заместителями. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. Most championship competitions involve six jumps per competitor, although usually a number of them, **those** with the shorter marks, are often eliminated after three jumps.

2. Stride length is reduced, so to achieve competitive speeds, race walkers must attain cadence rates comparable to **those** achieved by Olympic 800-metre runners and they must do so for hours at a time since the Olympic events are the 20 km race walk (men and women) and 50 km race walk (men only).

3. Full-size indoor arenas (i.e. **those** fully equipped to host all events for the World Indoor Championships) bear similarities with their outdoor equivalents.

Упражнение 4. Переведите предложения, содержащие степени сравнения прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. A walker can move along the distance **faster** than anyone else and not get to the finish line.

2. The only difference between then and now is that in 1896 Burke of the USA made the victory run in 12 seconds flat whereas nowadays the winner runs at least two seconds **faster**.

3. That makes him to become the 9th **fastest** man in history over this distance.

4. The running events, which include sprints, middle and long-distance events, and hurdles, are won by the athlete with the **fastest** time.

5. He also boasts the second-**fastest** relay split in history with his 42.93 from the 2007 World Championships.

200 METRES

<http://www.iaaf.org/>

How it works

Runners race for 100m around a bend and 100m down the home straight. They start from blocks and run in lanes.

A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and runners will be recalled, and the responsible athlete disqualified. A runner can also be disqualified if he or she steps out of their designated lane.

History

A slightly shorter race than the current 200m (192m, one length of the stadium) was part of the Ancient Olympics. The 200m (for men) was added to the Olympic programme in 1900 and has been part of all subsequent Games, except 1906.

Women have contested the distance in every Olympics since 1948.

Did you know

The second half of a 200m race is often quicker than the first half, as athletes approach the final 100m at full speed. When Usain Bolt set his 19.19 world record, he covered the final 100m in 9.27 seconds.

Gold standard

US men have won 17 Olympic titles, one more than their tally of 100m gold medals. There has been at least one Jamaican medalist in each of the past nine women's Olympic finals.

Icons

Usain Bolt

The Jamaican superstar is dominant in both the 100m and 200m, but it's the latter where he first made his name, winning world youth and world junior titles several years before his first Olympic triumph and world record in 2008.

Gwen Torrence

The US sprinter won a cluster of medals during a lengthy career. She was a two-time world champion but enjoyed her greatest moment when she won Olympic gold in 1992. She would have won a world title in 1995, too, but was disqualified for running out of her lane.

Упражнение 5. Найдите в тексте эквиваленты следующих слов и выражений:

вплоть до; финишная прямая; по отдельным дорожкам; на сегодняшний день; один за другим/подряд; восстановиться; по повороту/по виражу; на одно (один) больше; по крайней мере; завоевать известность

*Упражнение 6. Переведите предложения с парными союзами **both ... and**. В случае затруднений обратитесь к грамматическому справочнику в конце книги.*

1. Running is **both** a competition **and** a type of training for sports that have running or endurance components.

2. Knees are brought high on every stride with the elbows at 90° angle on **both** the foreswing **and** the backswing.

3. **Both** the passer **and** the receiver should have arms extended to their fullest.

4. This continued until the 1906 Intercalated Games in Athens, which featured **both** the ancient style **and** the increasingly popular modern style of turning and throwing.

5. Events are almost exclusively divided by gender, although **both** the men's **and** women's competitions are usually held at the same venue.

6. Cross country is **both** an individual **and** team sport.

7. Races, for **both** teams **and** individuals, are run on either grass or woodland courses.

8. He won five consecutive double victories between 2002 and 2006 in **both** the long course **and** now-discontinued short course races.

9. **Both** men and women contest the shorter of the two international championship distances for race walking.

10. Russia and China are currently the dominant nations in **both** the men's **and** women's 20km events.

Упражнение 7. Переведите препозитивные атрибутивные сочетания. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

one – lap runner; last-minute addition; track and cross country career; 1991 junior women's title; now-discontinued short course; unprecedented sixth senior men's long course victory; baton-changing rules; charity races; fire service; 400m lap; list of official world records; world governing body; key member; Olympic hammer title; women's global crown; 2009 IAAF World Championships; world all-time list; metal-tipped javelin; women's ultimate all-round test; overall winner

400 METRES

<http://www.iaaf.org/>

How it works

Competitors run once around a 400m track. They start from blocks set in staggered positions and run in lanes.

A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and runners will be recalled, and the responsible athlete disqualified. A runner can also be disqualified if he or she steps out of their designated lane.

History

One of the original events at the Ancient Olympics was the ‘diaulos’, a race around two marks on a course roughly equivalent to the current 400m.

The 400m for men has been in every Olympic Games since 1896. Women first contested the distance at the 1964 Tokyo Games.

Did you know

When Cathy Freeman won Olympic gold in the 400m at her home Games in Sydney 2000, it drew record TV audiences in Australia of around 7 million viewers.

Gold standard

This is arguably the strongest event for American men, having won 20 of the 27 Olympic titles to date. But their female counterparts have won just two Olympic golds.

Icons

Michael Johnson

The first man to win the Olympic 400m twice (and the only man to win the 400m and 200m at the same Games), Johnson is the greatest one-lap runner. The Texan took gold in the Atlanta (1996) and Sydney (2000) Games. He also won four World titles, and in 1999 set a world record – 43.18 – that still stands today.

Marie-Jose Perec

France’s Perec was the first runner of either gender to win Olympic gold twice, crushing the opposition at the 1992 Barcelona and 1996 Atlanta Games – where, like Johnson, she performed a double by snatching 200m glory, too. Long-legged and graceful, she also won two World titles.

Упражнение 8. Найдите в тексте эквиваленты следующих слов и выражений:

колотки; расположенные уступами; по отдельным дорожкам; около 7 миллионов зрителей; женская копия; единственный человек; приблизительно равный; бегун одного круга; сохраниться до настоящего времени

Упражнение 9. Прочитайте и переведите текст “Instructions: “Get Set”– Position”. На основе текста составьте диалог “тренер -спортсмен”, где тренер инструктирует спортсмена, а спортсмен уточняет детали:

Instructions: “Get Set”– Position

There are two main positions in sprinting: “get set”– position and “go”– position.

The hips move upward to the same level of the head, and the back is straight and about parallel to the ground. The eyes fixed at a point approximately 1 m 20 cm ahead on the ground. It is essential to distribute weight between the arms and the legs. There must be enough weight resting on the rear leg so that the runner can get good push off this leg at the start.

Упражнение 10. Прочитайте и переведите текст “Instructions. “Go”– Position”. На основе текста составьте диалог “тренер -спортсмен”, где тренер инструктирует спортсмена, а спортсмен уточняет детали:

Instructions: “Go”– Position”

In this position arms and legs operate in the following order:

- 1) Left arm out and up.
- 2) Right arm back.
- 3) Right leg drives forward about 75 cm.
- 4) Left leg forward about 1 m.

All four of the above motions should follow each other within a half second or less. There should be a vigorous pumping of the arms. The body takes the erect position gradually in the first three or four strides. Knees are brought high on every stride with the elbows at 90° angle on both the foreswing and the backswing.

Упражнение 11. Переведите предложения с парными союзами **either ... or**. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. Races, for both teams and individuals, are run on **either** grass **or** woodland courses and might also include stretches of gravel paths, road and hills.

2. Track and field events take place in a sports stadium, **either** on the running track, **or** on the field inside the running track.

3. In jumping competitions, athletes are judged on **either** the length **or** height of their jumps.

4. High jumpers typically cleared the bar feet first in the late 19th century, using **either** the Scissors, Eastern cut-off **or** Western roll technique.

MIDDLE-DISTANCE RUNNING EVENTS

https://en.wikipedia.org/wiki/Track_and_field

Прочитайте и переведите текст:

Middle-distance running events are track races longer than sprints. The standard middle distances are the 800 metres, 1500 metres and mile run.

Runners start the race from a standing position along a curved starting line and after hearing the starter's pistol they head towards the innermost track to follow the quickest route to the finish.

In 800 m races athletes begin at a staggered starting point before the turn in the track and they must remain in their lanes for the first 100 m of the race. This rule was introduced to reduce the amount of physical jostling between runners in the early stages of the race. Physiologically, these middle-distance events demand that athletes have good aerobic and anaerobic energy producing systems, and also that they have strong speed endurance.

1500 metres also known as the metric mile, this is a premier middle-distance race, covering three and three-quarter laps around a standard Olympic-sized track. In recent years, races over this distance have become more of a prolonged sprint, with each lap averaging 55 seconds for the world record performance by Hicham El Guerrouj of Morocco (1998, Rome). Thus, speed is necessary, and it seems that the more aerobic conditioning, the better. This is a difficult distance at which to compete mentally, in addition to being one of the more tactical middle-distance track events. The distance is often witness to some of the most tactical, physical races in the sport, as many championship races are won in the final few metres.

Упражнение 12. Переведите предложения со словами – заместителями. В случае затруднений обратитесь к грамматическому справочнику в конце книги:

1. All competitors have three attempts per height, although they can elect to 'pass', i.e. advance to a greater height despite not having cleared the current **one**.
2. On Wednesday or Thursday I usually have one practice, and instead of the second **one** I go to a banya.
3. The athletes would take a short run up and jump into an area of dug up earth, with the winner being the **one** who jumped farthest.
4. A 3200 metre run over 5 barriers (**one** landing in water) every 400 metres.
5. This is a difficult distance at which to compete mentally, in addition to being **one** of the more tactical middle-distance track events.

6. The result was just 0.2 seconds off the world champion Donald Lippincot's **one** from the USA and was equal to the result of the winner of the 1912 Olympics in Stockholm.

***Упражнение 13.** Переведите на английский язык препозитивные атрибутивные сочетания. В случае затруднений обратитесь к грамматическому справочнику в конце книги.*

Всемирные студенческие игры; история чемпионатов мира под эгидой ИААФ; соревнования в многоборье; сезон 2012 года; Олимпийские игры 2004 г.; прыгун в высоту мирового уровня; Зал Славы IAAF; завершающее всестороннее испытание для мужчин; соревнования в 10 видах; победитель во всех видах многоборья; виды спорта второго дня соревнований; постоянно улучшающиеся возможности спортсменов; изменения в оборудовании; 13я золотая медаль в десятиборье; олимпийская медаль в десятиборье; звание Олимпийского чемпиона в десятиборье

800 METRES

<http://www.iaaf.org/>

How it works

The shortest middle-distance event is run over two laps of a 400m track. Athletes make standing starts from staggered positions and run in lanes until the end of the first bend, which is when they can break for the inside.

History

Races over the 'middle distances' took place in the Ancient Olympic Games and were revived in the middle of the 19th century. A men's 800m has been held at every Olympic Games since 1896. Women first contested it at the 1928 Games, but so many of them finished in a distressed condition that it was dropped from the roster and not reinstated until 1960.

Did you know

Cuba's Alberto Juantorena, aka White Lightning, is the only man to win the Olympic 400m and 800m titles at the same Games, doing so at Montreal in 1976.

Gold standard

European and African male athletes have shared success at the major championships of the past 20 years, although Kenyan athletes have won gold at the past two Olympics. African and Russian athletes have predominated in the women's 800m.

Icons

Wilson Kipketer

The ice-cool Kenyan-born Dane won three world titles and broke Seb Coe's 16-year-old world record in 1997, running 1:41.24 in Zurich. Later that year, in Cologne, he lowered the mark to 1:41.11.

Maria Mutola

In an international career that spanned 20 years, the Mozambican athlete won three world titles and took Olympic gold (Mozambique's first) in 2000.

Упражнение 14. Найдите в тексте эквиваленты следующих слов и выражений:

до конца первого поворота; вот тогда; перейти на общую дорожку;
также известный под именем (или кличкой); делить успех; спокойный

Упражнение 15. Переведите предложения, содержащие степени сравнения прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. It is a sport in which techniques constantly change as **stronger** athletes taught by **better** coaches break through new record.

2. Surprisingly USA's women have never won Olympic gold but they remain one of the **stronger** nations, along with Russia and Jamaica.

3. Russia and Kenya are the **strongest** nations in the fledgling women's event.

4. Even distinguished athletes, such as Wilson Kipketer for example, the World record holder, the **strongest** athlete in the world in the 800m, was second in Sydney in 2000, though he could easily win.

5. He was the **strongest**, in my opinion, in Athens but psychologically he was not ready.

6. This is arguably the **strongest** event for American men, having won 20 of the 27 Olympic titles to date.

1500 METRES

<http://www.iaaf.org/>

How it works

Runners compete over three-and-three-quarter laps of a 400m track. They make a bunched standing start and can break immediately for the inside.

History

In the USA and Great Britain, the mile (1609m) was a common middle-distance race. But the metric 1500m has been contested by men at every Olympic

Games since 1896. It wasn't until the 1972 Games in Munich, however, that women raced over this distance.

Did you know

When Hicham El Guerrouj set his world record of 3:26.00 in Rome in 1998 he ran less than 55 seconds for each lap.

Gold standard

North African and Kenyan male athletes have dominated in recent times. But Great Britain and the USA also have strong traditions. Among the women, Russia takes the fight to the North African nations.

Icons

Hicham El Guerrouj

The Moroccan won four consecutive world titles (1997 to 2003) and finally secured that elusive Olympic gold in 2004. He is also the current World record-holder for the mile: 3:43.13.

Svetlana Masterkova

The Russian was originally an 800m runner, but she achieved far more at 1500m. At the 1996 Olympic Games she became the second woman to land the 800m/1500m gold double. She later won the European (1998) and World (1999) 1500m titles. She currently holds the World record for the mile: 4:12.56.

Упражнение 16. Найдите в тексте эквиваленты следующих слов и выражений:

забеги на три и три четверти 400-метровой беговой дорожки (3 полных круга плюс 300м); высокий старт и общая стартовая позиция; составлять конкуренцию; значительно больше; добиться/ поймать удачу

Упражнение 17. Переведите предложения, содержащие сравнительные конструкции прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. The receiver's hand should be extended, palm up, fingers slightly spread **as steady as possible**.
2. The women's event was introduced **as recently as** 2008.
3. Competitors sprint along a runway and jump **as far as possible** into a sandpit from a wooden take-off board.
4. The aim is to put it **as far as possible** from a 7ft-diameter (2.135m) circle that has a curved 10cm-high toe-board.
5. Athletes throw a metal disc weighing 2kg for men, 1kg for women, that is

22cm in diameter for men, and 18cm for women, **as far as** possible while remaining inside a 2.5m-diameter circle.

6. Using one arm, a metal-tipped javelin is thrown **as far as** possible.

7. Running, throwing and jumping are **as natural** to youngsters **as** eating, drinking and breathing.

***Упражнение 18.** Переведите преозитивные атрибутивные сочетания. В случае затруднений обратитесь к грамматическому справочнику в конце книги.*

US house of representatives; half-mile race; 10-event ‘All-Around Championship’; 1928 Amsterdam Games; the 20km race walk; sub-90-minute performance; his nation’s first Olympic medal; Olympic relay gold; main course loop; cross country race; the IAAF World Cross Country Championships;

LONG – DISTANCE RUNNING EVENTS

Прочитайте и переведите текст:

There are three common long – distance running events in track and field competitions: 3000 metres, 5000 metres and 10 000 metres. The Summer Olympics features three long-distance running events: the 5000 metres, 10 000m and marathon (42.195 kilometres, or 26 miles and 385 yards), while the 3000m is held at the IAAF World Indoor Championships. 3000 metres race requires decent speed, but a lack of natural quickness can be made up for with superior aerobic conditioning and supporting race tactics.

In terms of competition rules and physical demands, long – distance track races have much in common with middle-distance races, except that pacing, stamina, and race tactics become much greater factors in performances.

Physiologically, it is largely aerobic in nature and requires stamina as well as mental strength.

5000 METRES

<http://www.iaaf.org/>

How it works

Runners compete over 12-and-a-half laps of a 400m track. They make bunched standing starts and can break immediately for the inside.

History

The Ancient Greeks organized a number of events akin to today’s long-distance races. During the mid -19th century, match races for betting purposes became very popular in Great Britain and the USA. Every Olympic Games since 1912 has included a men’s 5000m.

Did you know

It wasn't until 1996 that a women's version of the 5000m featured at the Olympic Games, replacing the 3000m.

Gold standard

Unquestionably this is the realm of the East Africans, with Kenya and Ethiopia dominating; Tanzania and Uganda are strong, too. North Africans from Morocco and Algeria have also enjoyed success.

Icons

Said Aouita

The versatile Moroccan dominated throughout the mid-to-late 1980s. He won Olympic gold in 1984 and took the World title three years later. He was also the first man to break 13 minutes for the distance.

Gabriela Szabo

The fast-finishing Romanian landed successive world titles (1997 and 1999) before enjoying Olympic glory in Sydney in 2000.

Упражнение 19. Найдите в тексте эквиваленты следующих слов и выражений:

12 с половиной кругов; высокий старт и общая стартовая позиция; с середины до конца 80-х годов; первый, кто разменял 13 минут на этой дистанции

Упражнение 20. Переведите предложения, содержащие сравнительные конструкции прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. It was unusual an athlete to win an event **more than** once and even **rarer** for an athlete to win two different events.

2. You have to distribute your effort over three races, it is **more science than** psychology.

3. Human physiology dictates that a runner's near-top speed cannot be maintained for **more than** thirty seconds or so because lactic acid builds up once leg muscles begin to suffer oxygen deprivation.

4. Of the 28 Olympic finals to date, US men have won **more than** half of them with 17.

5. US men have won 17 Olympic titles, one **more than** their tally of 100m gold medals.

6. The only man to win **more than** once at the IAAF World Championships is Jonathan Edwards, who was victorious in 1995 and 2001.

7. The Soviet jumper set six world records in the event in the space of little **more than** two years between 1961 and 1963 before winning the gold medal at the 1964 Olympic Games.

8. In 1956, the US thrower was the first athlete for **more than** 40 years to retain his Olympic title.

9. Ashton Eaton's victory at the 2012 Olympics was the 13th decathlon gold medal for the USA, who have been the most dominant nation in the event by a long way as no other country has won **more than** two gold medals.

10. **More than** 500 marathons are held throughout the world each year.

11. In terms of technique, women seem to be **more** at home in walking **than** men.

12. Vyacheslav Yevstratov, who has **more than** 50 years of coaching experience

13. He may have beaten him in Athens four years ago, but Borzakovski still looks to Kipketer, whose 1:41.11 World record has stood for **more than** a decade, as his idol.

14. Due to this Kipketer lost to me at the finish **more than** once.

10000 METRES

<http://www.iaaf.org/>

How it works

Runners compete over 25 laps of a 400m track. They make bunched standing starts and can break immediately for the inside.

History

The Ancient Greeks organised a number of events akin to today's long-distance races. During the mid-19th century, races for betting purposes were very popular in Great Britain and America.

Every Olympics since 1912 has included a men's 10 000m, but it wasn't until 1988 that a women's version featured at the Games.

Did you know

When Kenenisa Bekele won the men's Olympic 10 000m title in 2004, he ran the final lap in 53.02sec – a time quick enough to have won bronze in the women's 400m at the 1964 Games.

Gold standard

Ethiopians and Kenyans dominate the male version, while China and Ethiopia have a strong tradition in the women's event.

Icons

Lasse Viren

The Finn with the knack of peaking for the big occasion is the only man to claim successive Olympic 5000m and 10 000m doubles at the Olympics, in 1972 and 1976 – and that's despite a fall in the 1972 10 000m final.

Derartu Tulu

The pioneer of Ethiopian women's endurance running, Tulu was the first woman to win two Olympic 10 000m golds, winning in 1992 and 2000. Her niece Tirunesh Dibaba went on to achieve the same feat, winning in 2008 and 2012.

Упражнение 21. Найдите в тексте эквиваленты следующих слов и выражений:

время, достойное бронзы; бег на выносливость;

Только Лассе Вирен победил сразу на двух дистанциях 5000м и 10000 м на двух Олимпиадах подряд в 1972 и 1976 гг.

Упражнение 22. Переведите предложения, содержащие сравнительные конструкции прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. A reaction time – measured by sensors in the starting pistol and on the blocks – of **less than** 0.1 is deemed a falsestart and runners will be recalled.

2. When Hicham El Guerrouj set his world record of 3:26.00 in Rome in 1998 he ran **less than** 55 seconds for each lap.

3. Winning five times in her seven outings at the IAAF World Cross Country Championships, and finishing third on the other two occasions she competed, the average margin of her victories was no **less than** 24.6 seconds.

4. Following his disqualification **less than** five kilometres from the finish at the 1992 Olympics when lying second, the Pole then made history by becoming the only man to win three successive race walking Olympic titles, winning in 1996, 2000 and 2004.

RELAY RACES

https://en.wikipedia.org/wiki/Track_and_field

Прочитайте и переведите текст:

Relay races are the only track and field event in which a team of runners directly compete against other teams. Typically, a team is made up of four runners of the same sex. Each runner completes their specified distance (a leg) before handing over a baton to a team – mate, who then begins their leg upon receiving the baton.

There is usually a designated area where athletes must exchange the baton. Teams may be disqualified if they fail to complete the change within the area, or if the baton is dropped during the race. A team may also be disqualified if its runners are deemed to have willfully impeded other competitors.

The 4x100m event is run strictly within the same lane on the track, meaning that the team collectively runs one complete circuit of the track. Teams in a 4x400m event remain in their own lane until the runner of the second leg passes the first bend, at which point runners can leave their lanes and head towards the innermost part of the circuit. For the second and third baton changeovers, team – mates must align themselves in respect of their team position – leading teams take the inner lanes while team – mates of the slower teams must await the baton on outer lanes.

RELAYS

<http://www.iaaf.org/>

4X100 METRES RELAY

How it works

Four sprinters, in the same designated lane, each run 100m to complete a lap of the track. During their individual legs they have to carry a baton that must be passed to the next runner within a 20m changeover box that's situated 10m before and 10m after the start of each subsequent leg. The outgoing runner usually runs at full speed with an arm stretched out behind in order to receive the baton. Failure to adhere to the baton-changing rules results in a team's disqualification. Slick handovers can compensate for a lack of basic speed – but dropping the baton is a regular occurrence.

The first team across the finish line, baton in hand, wins.

History

Though the concept can be traced to Ancient Greece, where a 'message stick' was delivered via a series of couriers, modern relays emulate the charity races organised by the New York fire service in the 1880s, in which red pennants were handed over every 300 yards.

The first Olympic relay took place in 1908 – but was split into two legs of 200m, followed by one of 400m and another of 800m. The first Olympic 4x100m relay for men was held in 1912; the first for women was held in 1928.

Did you know

When Usain Bolt ran the final leg for Jamaica at the 2012 Olympics, his final 100m – with a rolling start – was timed at 8.70 seconds.

Gold standard

The USA has traditionally dominated the men's event. Between 1920 and 1976 American men won all but one Olympic title – an impressive record for an event where mistakes are common. USA also holds the women's world record at 40.82. But on the men's side in recent years it is Jamaica who has rewritten the record books, becoming the first team in history to break 37 seconds.

Icons

Carl Lewis

The legendary sprinter ran the anchor leg on five US squads that broke the World record between 1983 and 1992.

Evelyn Ashford

The American ran on three consecutive Olympic gold medal-winning teams between 1984 and 1992, the latter coming when she was 35 years old.

Упражнение 23. Найдите в тексте эквиваленты следующих слов и выражений:

на одной и той же беговой дорожке; 20-метровый коридор для передачи эстафеты; последующий (следующий) этап; бегун, принимающий эстафетную палочку; на полной скорости; принимать/получать; правила передачи эстафеты; умелая передача; отсутствие начальной скорости; частый случай

Упражнение 24. Переведите предложения, содержащие эмфатические конструкции. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. It is Jamaica who has rewritten the record books.
2. It's the latter distance where he first made his name.
3. It was this contest where women made a debut.
4. It wasn't until the 1972 Games in Munich, however, that women raced over this distance.
5. It wasn't until 1988 that a women's version featured at the Games.
6. I can't see anyone, though I **do have** two sons.
7. He **did go** on to compete in four Olympic Games.

Упражнение 25. Найдите в правой колонке русские эквиваленты слов и выражений из левой колонки:

via a series of couriers	последний этап эстафеты
charity races	через серию курьеров

fire service	благотворительные гонки
final leg	пожарная служба
rolling start	финальный этап
all but one	старт в движении
on the men's side	все, кроме одного
anchor leg	со стороны мужчин

Упражнение 26. Переведите предложения, содержащие сравнительные конструкции прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. Thus, speed is necessary, and it seems that the **more** aerobic conditioning, the **better**.
2. The **more** difficult it is the **more** enjoyable it proves.

4X400 METRES RELAY

<http://www.iaaf.org/>

How it works

Four athletes each complete one 400m lap. The first lap is run in designated lanes, as is the second – until the beginning of the back straight. Thereafter runners usually battle to hold the inside line. Each runner must carry a baton during his or her leg and hand it to the subsequent runner within the changeover zone, which is sited 10m either side of what will be finish line.

History

Though the concept can be traced to Ancient Greece, where a ‘message stick’ was delivered via a series of couriers, modern relays emulate the charity races organised by the New York fire service in the 1880s, in which red pennants were handed over every 300 yards. The first Olympic relay took place in 1908 – but was split into two legs of 200m, followed by one of 400m and another of 800m. The first Olympic 4x400m relay for men took place in 1912; the first for women was in 1972.

Did you know

Michael Johnson ran a staggering split of 42.91 to anchor the USA to gold at the 1993 World Championships.

Gold standard

The USA has dominated the men's scene, winning 17 of the 21 Olympic titles. American women, meanwhile, have won four of the nine Olympic golds. Jamaica,

the Bahamas and Great Britain (among the men) and Russia and Jamaica (among the women) are the other major forces.

Icons

Jeremy Wariner

The two-time World 400m champion was a key member of the USA 4x400m squad in the 2000s, picking up two Olympic relay golds and three World titles. He also boasts the second-fastest relay split in history with his 42.93 from the 2007 World Championships.

Sandie Richards

The Jamaican featured in five successive Olympic 4x400m finals, picking up a silver in 2000 and bronze in 2004. She also contested three World Championship finals, winning medals in all three – her best being gold in 2001.

Упражнение 27. Найдите в тексте эквиваленты следующих слов и выражений:

противоположная прямая; держаться внутренней стороны дорожки;
располагаться; разбивать на 2 этапа; главный участник;
американская команда в эстафете 4x400 м

Упражнение 28. Переведите предложения, содержащие степени сравнения прилагательных с помощью слов-усилителей. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. The men's hammer throwing became an Olympic event in 1900 but the women's event – using a 4 kg weight – was not widely competed until **much later**, finally featuring on the women's Olympic programme a century later.

2. When I was young, we had a completely different life-style, we were **much more active**, now all people think of their computers.

3. If he leaned forward a bit, the push could be **much stronger**, and he could run even **faster**.

4. The barriers are similar to a hurdle, but **much larger** in size and made out of wood.

5. In terms of competition rules and physical demands, long – distance track races have much in common with middle-distance races, except that pacing, stamina, and race tactics become **much greater** factors in performances.

6. The Russian was originally an 800m runner, but she achieved **far more at** 1500m.

Упражнение 29. Прочитайте и переведите текст: "Baton Pass". На основе текста и словаря к тексту составьте диалог "тренер-спортсмен",

где тренер объясняет правила передачи эстафетной палочки”, а спортсмен изучает детали.

Baton Pass

The two runners should be about two metres apart. If the passer gives with his left hand, the receiver receives the baton with his right hand. Both the passer and the receiver should have arms extended to their fullest. The burden of the pass is on the receiver. He should not start too soon but wait in the passing zone for his time to run. The receiver’s hand should be extended, palm up, fingers slightly spread as steady as possible. The passer with a firm grip on the back end of the baton, slips the baton into the receiver’s fingers. The receiver slips the baton out of the passer’s hand firmly, turns, and puts on full speed, as the passer breaks stride.

Упражнение 30. Переведите на английский язык. Используйте термины, данные в рамке:

outrun; hand over; a baton; lane; innermost part of the circuit bend; changeover; a designated area;

1. Команда из 4 спортсменов должна, передавая эстафетную палочку, пробежать 400 метров и опередить на финише соперников.
2. Дистанция состоит из четырёх этапов.
3. Передача палочки следующему участнику должна осуществляться в коридоре длиной 20 метров на специально отмеченных дорожках.

STEEPLECHASE

Прочитайте и переведите текст:

The steeplechase race is track and field event with obstacles.

The 3000 metre steeplechase is a distance event requiring greater strength, stamina, and agility than the flat 3000 metre event. This is because athletes are required to jump over five barriers per lap, after a flat first 200m to allow for settling in. One barrier per lap is placed in front of a water pit, meaning that runners are also forced to deal with the chafing of wet shoes as they race.

3000 METRES STEEPLECHASE

<http://www.iaaf.org/>

How it works

Runners make bunched standing starts and can break immediately for the inside. The number of laps depends on the position of the water jump – inside

or outside the track's second bend – but competitors must always clear 28 fixed barriers and seven water jumps during a race's duration.

The men's barriers are 36in (91.4cm) high, the women's 30in (76.2cm). The water jump's landing area is 12ft (3.66m) long and 70cm at its deepest.

History

This event has its origins in Britain; runners would race from one town's steeple to the next, jumping obstacles such as streams and low walls. The current event can be traced to the two-mile steeplechases run at Oxford University in the mid-19th century. It was made a track event, with barriers, at the 1879 English Championships.

The current format has been contested by men – initially over varying distances – in every Olympic Games since 1900. The women's event was introduced as recently as 2008.

Did you know

When Amos Biwott became the first Kenyan to win the Olympic gold, in 1968, he did so by leaping over the water jump without putting his foot on top of the barrier.

Gold standard

Kenya is the dominant nation, winning the last six men's Olympic titles and taking 13 of the 18 medals on offer in those races. Qatar and Bahrain are also strong, although their success is chiefly obtained via Kenyan-born athletes.

Russia and Kenya are the strongest nations in the fledgling women's event.

Icons

Moses Kiptanui

He never won Olympic gold but he's remembered as the 'daddy' of the event. He was the world's leading steeplechaser between 1991 and 1995, broke the world record and landed three world titles: 1991, 1993 and 1995.

Gulnara Galkina

After exploding on to the scene in 2003 with a world record, the Russian improved on it in 2004 before taking Olympic gold in Beijing in 2008, becoming the first woman in history to break nine minutes.

Упражнение 31. Найдите в тексте эквиваленты следующих слов и выражений:

прыжок в воду; внутри или снаружи от второго поворота круговой дорожки; яма с водой; площадь приземления; в самом глубоком месте; бег с препятствиями на 2 мили; текущий формат; не далее чем; перепрыгнуть; завоевав 13 медалей из 18 доступных;

Упражнение 32. Переведите на английский язык. Используйте термины, данные в рамке:

jump over; barrier; per lap; flat 200 m; water pit;

преодолеть пять барьеров на каждом круге	
после гладкого бега на 200 м	
один барьер на круг помещается перед ямой с водой	
дистанция включает в себя преодоление 35 препятствий, включая 7 ям с водой, по 5 на каждом круге	

Упражнение 33. Ответьте на вопросы:

1. What are the main distance divisions in running?
2. What running contests determine?
3. What athletic qualities are necessary for runners?
4. What is the name of races over short distances?
5. Name sprint distances.
6. Name middle-distance running events.
7. Name long-distance running events.
8. Name relay race events.
9. What is steeplechase race?

Упражнение 34. Образуйте новые слова с помощью префикса **un-**, обозначающего отсутствие качества. Переведите эти слова на русский язык:

Модель: **successful-unsuccessful**

sensational	
colourful	
defeated	
competitive	
experienced	
practical	
changed	
specific	

HURDLES

100 METRES HURDLES

<http://www.iaaf.org/>

How it works

Women start from blocks and negotiate ten 2ft 9in (83.8cm) hurdles spread over a 100m straight. A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and runners will be recalled, and the responsible athlete disqualified.

Once the race is under way there are 13m to the first hurdle, 8.5m between hurdles thereafter, and 10.5m from the final hurdle to the finish. The hurdles are knocked down easily if touched, which allows the athlete to continue the race even if she collides with them. But a runner can be disqualified if she steps out of her designated lane.

History

The event evolved from wooden barriers being placed along a 100 yard stretch, in England during the 1830s. The inaugural Women's World Games of 1922 featured the 100m hurdles, and a slightly truncated event made its first Olympic appearance – at 80m – in 1932. The distance was increased to 100m at the 1972 Olympics.

Did you know

Until 1935, athletes were disqualified for knocking over three hurdles or more and records were only registered if an athlete cleanly negotiated all the hurdles.

Gold standard

It's a sprint, so the USA sets the benchmark. Germany, Bulgaria, Russia, Sweden, Canada and Jamaica are also strong.

Icons

Yordanka Donkova

The brilliant Bulgarian set four world records and struck Olympic gold in 1988. Her final mark – 12.21, also in 1988 – still stands today.

Упражнение 35. Найдите в тексте эквиваленты следующих слов и выражений:

Время реакции ниже 0.1 считается фальстартом; в движении/полным ходом; опрокидывать, сбивать; выйти из;

Упражнение 36. Переведите препозитивные атрибутивные сочетания, учитывая, что английском языке компоненты сочетания употребляется **только в единственном числе**, хотя в русском языке им соответствует **множественное число**. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

4m-long horizontal bar; curved 10cm-high toe-board;
designated 35-degree sector; two-mile steeplechase run;
two-time world champion; three-and-three-quarter laps;
800m/1500m gold double; 10-event 'All-Around Championship';
20km race walk; sub-90-minute performance;
459km pilgrimage; 50km race walk; 20m changeover box;
400m lap; two-time World 400m champion; USA 4x400m squad;
five successive Olympic 4x400m finals; three-and-three-quarter laps;
800m/1500m gold double; two-mile steeplechase run; 4m-long horizontal bar;
curved 10cm-high toe-board; one-and-a-half spins; half-mile race

110 METRE HURDLES

<http://www.iaaf.org/>

How it works

Men start from blocks and negotiate ten 3ft 6in (107cm) hurdles spread over a 110m straight.

A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and runners will be recalled, and the responsible athlete disqualified.

Once the race is underway there are 13.72m to the first hurdle, 9.14m between hurdles thereafter, and 14.02m from the final hurdle to the finish.

The hurdles are knocked down easily if touched, which allows the athlete to continue the race even if he collides with them. But a runner can be disqualified if he steps out of his designated lane.

History

Wooden barriers were placed along a stretch of 100 yards in England during the 1830s. Oxford and Cambridge universities developed the event, increasing its distance to 120 yards (109.7m), which in turn was rounded up to 110m by the French in 1888.

Did you know

USA's Alvin Kraenzlein, the 1900 Olympic champion, was the first to use the current running style, i.e. taking the first hurdle on the run with the upper body lowered, and taking three steps between hurdles.

Gold standard

US athletes have won no fewer than 19 of the Olympic titles. Cuba and Great Britain also boast strong overall records, while China is an emerging nation.

Icons

Allen Johnson

Only the World record eluded the American during a career that included four World titles, three World indoor titles, and an Olympic gold. He dipped under 13 seconds on 11 occasions across a span of 11 years.

*Упражнение 37. Переведите на английский язык предложения с парными союзами **both ... and**. В случае затруднений обратитесь к грамматическому справочнику в конце книги.*

1. Как бег, так и прыжки являются элементами занятий по физкультуре (Physical Training) в школе.

2. Россия и Китай в настоящее время являются господствующими странами как в мужских, так и женских соревнованиях в спортивной ходьбе на дистанции 20 км.

3. Ямайская суперзвезда господствует как на 100м, так и на 200м.

4. Как мужчины, так и женщины состязаются в более коротких дистанциях международного чемпионата по спортивной ходьбе.

5. Забеги, как для команд, так и для отдельных представителей устраиваются или на травяных или на лесистых трассах.

6. Он был победителем в пяти забегах подряд в период с 2002 по 2006 гг. как на длинных дистанциях, так и на коротких дистанциях, которые в настоящее время отменены.

400 METRE HURDLES

<http://www.iaaf.org/>

How it works

Competitors run once around a 400m track and clear ten evenly-spaced hurdles in the process. They start from blocks placed in staggered positions and run in lanes.

A reaction time – measured by sensors in the starting pistol and on the blocks – of less than 0.1 is deemed a false start and all the runners are recalled. After one false start anyone responsible for a subsequent false start is disqualified immediately. A runner can also be disqualified if he or she steps out of their designated lane.

Men jump hurdles that are 36in (91.4cm) high; women negotiate 30in (76.2cm) barriers. The hurdles are knocked down easily if touched, which allows the athlete to continue even if he or she collides with them.

History

The first 440-yard hurdles race was staged in Oxford, England, circa 1860. Competitors had to tackle 12 huge (100cm) wooden barriers that were sunk into the ground.

The 400m hurdles became a standard discipline for men at the 1900 Olympics. Eighty-four years later, women contested the event at the Games in Los Angeles.

Did you know

When Nawal El Moutawakel of Morocco won the inaugural women's title in 1984, she became the first African female Olympic champion, as well as the first champion from an Islamic nation.

Gold standard

The USA has racked up 18 Olympic titles in the men's event. The Caribbean nations also pose a strong threat. Surprisingly USA's women have never won Olympic gold but they remain one of the stronger nations, along with Russia and Jamaica.

Icons

Edwin Moses

Unbeaten for 122 races between 1977 and 1987, the long-striding US athlete is the greatest 400m hurdler. He landed Olympic gold in 1976 and 1984 and won two world titles (1983 and 1987).

Sally Gunnell

The Brit is the only woman to simultaneously hold Olympic, world, European and Commonwealth titles. She dominated the event between 1992 and 1994.

Упражнение 38. Найдите в тексте эквиваленты следующих слов и выражений:

на протяжении; в свою очередь; округлять в большую сторону; не меньше чем; равноотстоящий; расположенный с равными интервалами;
старт уступами; вкопанные в землю; выиграть, заработать очки; записывать на свой счет

Упражнение 39. Переведите на русский язык предложения, где представлены английские меры длины:

1. The men's barriers are **36in** (91.4cm) high.
2. The water jump's landing area is **12ft** (3.66m) long and 70cm at its deepest.
3. He broke the world record for the high jump six times from 1961 to 1963, from 2.23 metres (**7 ft 4 in**) to 2.28 metres (**7 ft 6 in**).

4. Women start from blocks and negotiate ten **2ft 9in** (83.8cm) hurdles spread over a 100m straight.
5. The marathon is a long-distance running event with an official distance of 42.195 kilometres (**26 miles and 385 yards**), usually run as a road race. His mission completed, he promptly died of exhaustion after having apparently also run **150 miles** back from Sparta the day before.
6. In the USA and Great Britain, the **mile** (1609m) was a common middle-distance race.
7. The event evolved from wooden barriers being placed along a **100 yard** stretch, in England during the 1830s.
8. Wooden barriers were placed along a stretch of **100 yards** in England during the 1830s. Oxford and Cambridge universities developed the event, increasing its distance to **120 yards** (109.7m), which in turn was rounded up to 110m by the French in 1888.
9. The first **440-yard** hurdles race was staged in Oxford, England, circa 1860.
10. Athletes throw a metal ball (**16lb/7.26kg** for men, 4kg for women) for distance that's attached to a grip by a steel wire no longer than 1.22m while remaining inside a **7-ft** (2.135m) diameter circle.

TEMA 3. FIELD EVENTS. JUMPS

LONG JUMP

Прочитайте и переведите текст:

The long jump is one of the oldest track and field events, having its roots as one of the events within the ancient Greek pentathlon contest. The athletes would take a short run up and jump into an area of dug up earth, with the winner being the one who jumped farthest. The modern long jump, standardized in England and the United States around 1860, bears resemblance to the ancient event although no weights are used. Athletes sprint along a length of track that leads to a jumping board and a sandpit. The athletes must jump before a marked line and their achieved distance is measured from the nearest point of sand disturbed by the athlete's body.

The athletics competition at the first Olympics featured a men's long jump competition and a women's competition was introduced at the 1948 Summer Olympics. Professional long jumpers typically have strong acceleration and sprinting abilities. However, athletes must also have a consistent stride to allow them to take off near the board while still maintaining their maximum speed.

LONG JUMP

<http://www.iaaf.org/>

How it works

Competitors sprint along a runway and jump as far as possible into a sandpit from a wooden take-off board. The distance travelled, from the edge of the board to the closest indentation in the sand to it, is then measured.

A foul is committed – and the jump is not measured – if an athlete steps beyond the board.

Most championship competitions involve six jumps per competitor, although usually a number of them, those with the shorter marks, are often eliminated after three jumps. If competitors are tied, the athlete with the next best distance is declared the winner.

History

The origins of the long jump can be traced to the Olympics in Ancient Greece, when athletes carried weights in each hand. These were swung forward on take-off and released in the middle of the jump in a bid to increase momentum.

The long jump, as we know it today, has been part of the Olympics since the first Games in 1896. The men's event has seen some long-standing World records by American jumpers. Jesse Owens jumped 8.13m in 1935, a distance that was not exceeded until 1960, and Bob Beamon flew out to 8.90m in the rarefied air of Mexico City at the 1968 Olympic Games. The latter mark stood until Mike Powell beat it with a leap of 8.95m at the 1991 World Championships.

Did you know

The standing long jump was also on the Olympic programme from 1900 to 1912 and the American jumper Raymond Ewry won four times, from 1900 to 1908, including at the 1906 Intercalated Games.

Gold standard

USA has dominated the men's event at the Olympic Games, with all but six winners since 1896. US long jumper Dwight Phillips, the 2004 Olympic champion, has won at four of the last five IAAF World Championships.

On the women's side, another American, Brittney Reese has been the top athlete in the event in recent years, winning at the last two IAAF World Championships and World Indoor Championships as well as at the 2012 Olympic Games.

Icons

Carl Lewis

The American superstar scooped four successive Olympic gold medals between 1984 and 1996, one of only two athletes in any sport to win an individual

event at four consecutive Games, and he won at two World Championships. The World indoor record of 8.79m he set in 1984 still stands.

Heike Drechsler

The German won two Olympic, two World and four consecutive European titles during a top-class career that lasted almost two decades. She also set two World records and finished her career with a best of 7.48m, which makes her the third best women ever.

Упражнение 40. Найдите в тексте эквиваленты следующих слов и выражений:

разбегаться по дорожке; по (мере) возможности; деревянный брусок отталкивания; после выполнения разбега от края бруска до ближайшего следа в песке; если допущена ошибка; за пределами бруска; на одного участника; с низшими отметками; прыжок с места, из положения стоя

Упражнение 41. Переведите предложения, содержащие степени сравнения прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. The longest running race on the Olympic programme, the marathon, covers 26 miles 385 yards (42.195km).

2. The 10 and 50 kilometres have been the **longest** “survivors” on the Olympic program.

3. The **longer** of the two Olympic race walking distances – and the **longest** athletics event on the Olympic programme – is the only athletics event at major championships still contested by men only.

4. It is also fundamental that we fully understand that athletics is no **longer** just about high performance, gold medals and records, but also about “sport for all” and about ensuring that the maximum number of citizens are able to participate in athletics.

5. Middle-distance running events are track races **longer** than sprints.

6. Athletes throw a metal ball (16lb/7.26kg for men, 4kg for women) for distance that’s attached to a grip by a steel wire no **longer** than 1.22m while remaining inside a 7-ft (2.135m) diameter circle.

TRIPLE JUMP

Прочитайте и переведите текст:

Similar to the long jump, the triple jump takes place on a track heading towards a sandpit. Originally, athletes would hop on the same leg twice before jumping into the pit, but this was changed to the current “hop, step and jump” pattern from 1900 onwards.

The men's triple jump competition has been ever-present at the modern Olympics, but it was not until 1993 that a women's version gained World Championship status and went on to have its first Olympic appearance three years later.

TRIPLE JUMP

<http://www.iaaf.org/>

How it works

Competitors sprint along a runway before taking off from a wooden board. The take-off foot absorbs the first landing, the hop. The next phase, the step, is finished on the opposite foot and then followed by a jump into a sandpit. The distance travelled, from the edge of the board to the closest indentation in the sand to it, is then measured.

A foul is committed – and the jump is not measured – if an athlete steps beyond the board.

Most championship competitions involve six jumps per competitor, although usually a number of them, those with the shorter marks, are often eliminated after three jumps. If competitors are tied, the athlete with the next best distance is declared the winner.

History

At the inaugural modern Olympic Games in 1896, the event consisted of two hops and a jump but the format of a hop, a skip, a jump – hence its alternative name which was still in common usage until recently – was standardised in 1908.

Did you know

When Great Britain's Jonathan Edwards set the current World record of 18.29m to win at the 1995 IAAF World Championships, he jumped a distance in excess of the width of a football penalty box.

Gold standard

Soviet jumper Viktor Saneyev, from Georgia, won three consecutive Olympic Games gold medals from 1968 to 1976. The only man to win more than once at the IAAF World Championships is Jonathan Edwards, who was victorious in 1995 and 2001.

The best ever women's competition came at the 2008 Olympic Games when Cameroon's Françoise Mbango defended her title from four years before with 15.39m, the second best distance ever, and six women went over 15 metres.

Icons

Jonathan Edwards

The Briton with the wonderfully poised technique set the current World record of 18.29m when winning the first of his two world titles in 1995, the second came in 2001. He also took the 2000 Olympic Games gold medal and won at the 1998 European Championships and 2002 Commonwealth Games.

Tatyana Lebedeva

The Russian, who regularly sports brightly coloured hair styles, was the IAAF World Championships winner in 2001 and 2003. She also won at the 2004 World Indoor Championships when she bounded out to three World indoor records during the course of the competition. She produced a summer of stunning consistency in 2005, when she was the sole winner of the IAAF's \$1m Golden League Jackpot. Lebedeva also won the Long Jump at the 2004 Olympic Games and 2007 IAAF World Championships.

Упражнение 42. Найдите в тексте эквиваленты следующих слов и выражений:

толчковая нога; тройной прыжок; если (когда) дистанция преодолена; если допущена ошибка; общепотребительно до недавнего времени; превышая; штрафная площадь; уравновешенный; в ходе/в процессе; потрясающее постоянство;

Упражнение 43. Переведите на английский язык:

1. Технически тройной прыжок состоит из трёх элементов: скачок, шаг, прыжок.
2. Практически возможны два способа выполнения прыжка: с правой ноги – «правая, правая, левая» и с левой ноги – «левая, левая, правая».
3. Прыгун разбегаётся по специальному сектору или дорожке до бруска для отталкивания. Этот брусок является началом прыжка.
4. От этой метки начинается выполнение прыжка.
5. Прыгун приземляется в яму с песком.

Упражнение 44. Переведите препозитивные атрибутивные сочетания, учитывая, что на английском языке компоненты сочетания употребляется **только в единственном** числе, хотя в русском языке им соответствует **множественное** число. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

двукратный чемпион мира; путешествие в 459 км; спортивная ходьба на 50 км; 20-метровый коридор для передачи эстафеты; ходьба на 20 км; результат ниже 90 минут; двукратный чемпион мира в беге на 400м; американская

команда в эстафете 4x400 м; круг в 400 м; горизонтальный брусok 4 метров в длину; соревнования в 7 видах; соревнования в 10 видах; рубеж в 7 тысяч очков; пять последовательных Олимпийских финалов эстафеты 4 x 400 м; дугообразный низкий ограждающий борт высотой 10 см; вращение в 1.5 оборота

HIGH JUMP

Прочитайте и переведите текст:

Further competitions were organized in 1840 in England and in 1865 the basic rules of the modern event were standardized there. Athletes have a short run up and then take off from one foot to jump over a horizontal bar and fall back onto a cushioned landing area. The men's high jump was included in the 1896 Olympics and a women's competition followed in 1928.

Jumping technique has played a significant part in the history of the event. High jumpers typically cleared the bar feet first in the late 19th century, using either the Scissors, Eastern cut-off or Western roll technique. The straddle technique became prominent in the mid-20th century, but Dick Fosbury overturned tradition by pioneering a backwards and head-first technique in the late 1960s – the Fosbury Flop – which won him the gold at the 1968 Olympics. This technique has become the overwhelming standard for the sport from the 1980s onwards.

HIGH JUMP

<http://www.iaaf.org/>

How it works

Competitors jump unaided and take off from one foot over a 4m-long horizontal bar. They seek to clear the greatest height without knocking the bar to the ground.

All competitors have three attempts per height, although they can elect to 'pass', i.e. advance to a greater height despite not having cleared the current one. Three consecutive failures at the same height, or combination of heights, cause a competitor's elimination.

If competitors are tied on the same height, the winner will have had the fewest failures at that height. If competitors are still tied, the winner will have had the fewest failures across the entire competition. Thereafter, a jump-off will decide the winner.

History

High jump contests were popular in Scotland in the early 19th century, and the event was incorporated into the first modern Olympics Games in 1896.

Of the field events, the high jump has perhaps undergone the most radical changes of technique. The Eastern Cut-off, Western Roll and Straddle are methods that have been previously used by the world's elite. However, the Fosbury Flop, which involves going over with the jumper's back to the bar and became possible with the introduction of foam landing beds in the early 1960s and popularised by the 1968 Olympic champion Dick Fosbury, is now pre-eminent.

Did you know

Built up shoes were used by many top jumpers in 1956 and 1957, with soles of up to 5cm. Yuriy Stepanov, from the Soviet Union, cleared what was then a world record height of 2.16m in 1957 using such footwear but the IAAF banned these shoes the following year.

Gold standard

Russia has supplied three of the past four Olympic Games women's gold medalists and the past two Olympic men's champions, Andrey Silnov and Ivan Ukhov.

Icons

Valeriy Brumel

The Soviet jumper set six world records in the event in the space of little more than two years between 1961 and 1963 before winning the gold medal at the 1964 Olympic Games.

Iolanda Balas

The Romanian won 150 consecutive competitions between 1957 and 1967 and set an unprecedented 14 world records with a variant of the outmoded scissors technique. She also won Olympic gold medals in 1960 and 1964, in Rome and Tokyo respectively, and was inducted into the IAAF Hall of Fame in 2012.

Упражнение 45. Найдите в тексте эквиваленты следующих слов и выражений:

без (посторонней) помощи; отталкиваться; четырехметровый горизонтальный брусок; перейти к большей высоте, не преодолев заявленной высоты; три неудачных попытки подряд; вести к исключению участника; показать одинаковый по высоте результат; прохождение над планкой; поролоновые маты; «нарощенные»/ с увеличенной подошвой; подошва; перепрыжка, повторный прыжок

Упражнение 46. Найдите в правой колонке эквиваленты терминов, обозначающих название техник прыжка:

eastern cut – off	прыжок в высоту способом «ножницы»
western roll	прыжок в высоту способом «волна»
straddle	прыжок в высоту перекатом
Fosbury Flop	прыжок в высоту способом «перекидной»
scissors technique	прыжок в высоту способом «фосбюри флоп»

Упражнение 47. Переведите на русский язык:

1. The high jump is a track and field event in which competitors must jump over a horizontal bar placed at measured heights without the aid of certain devices.
2. The development of a Western roll style in which the lead foot precedes the head in crossing the bar.
3. Before Fosbury, most elite jumpers used the straddle technique, Western Roll, Eastern cut-off or even scissors jump to clear the bar.

POLE VAULT

Прочитайте и переведите текст:

In terms of sport, the use of poles for vaulting distances was recorded in Fierljeppen contests in the Frisian area of Europe, and vaulting for height was seen at gymnastics competitions in Germany in the 1770s. One of the earliest recorded pole vault competitions was in Cumbria, England in 1843. The basic rules and technique of the event originated in the United States. The rules required that athletes do not move their hands along the pole and athletes began clearing the bar with their feet first and twisting so that the stomach faces the bar. Bamboo poles were introduced in the 20th century and a metal box in the runway for planting the pole became standard. Landing mattresses were introduced in the mid-20th century to protect the athletes who were clearing increasingly greater heights.

The modern event sees athletes run down a strip of track, plant the pole in the metal box, and vault over the horizontal bar before letting go of the pole and falling backwards onto the landing mattress. While earlier versions used wooden, metal or bamboo, modern poles are generally made from artificial materials such as fibreglass or carbon fibre. The pole vault has been an Olympic event since 1896 for men, but it was over 100 years later that the first women's world championship competition was held at the 1997 IAAF World Indoor Championship. The first women's Olympic pole vaulting competition occurred in 2000.

POLE VAULT

<http://www.iaaf.org/>

How it works

Competitors vault over a 4.5m-long horizontal bar by sprinting along a runway and jamming a pole against a ‘stop board’ at the back of a recessed metal ‘box’ sited centrally at the base of the uprights. They seek to clear the greatest height without knocking the bar to the ground.

All competitors have three attempts per height, although they can elect to ‘pass’, i.e. advance to a greater height despite not having cleared the current one. Three consecutive failures at the same height, or combination of heights, cause a competitor’s elimination.

If competitors are tied on the same height, the winner will have had the fewest failures at that height. If competitors are still tied, the winner will have had the fewest failures across the entire competition. Thereafter, a jump-off will decide the winner.

History

Pole vaulting, originally for distance, dates back to at least the 16th century and there is also evidence it was even practised in Ancient Greece. The origins of modern vaulting can be traced back to Germany in the 1850s, when the sport was adopted by a gymnastic association, and in the Lake District region of England, where contests were held with ash or hickory poles with iron spikes in the end.

The first recorded use of bamboo poles was in 1857. The top vaulters started using steel poles in the 1940s and flexible fibreglass, and later carbon fibre, poles started to be widely used in the late 1950s.

Did you know

Tom Ray, a Cumbrian vaulter who was the ‘world champion’ in 1887, used to gain several feet by climbing the pole when it was upright. This method has now been outlawed: if an athlete’s grip moves above the top hand after take-off, the vault is declared foul.

Gold standard

USA racked up an incredible sequence by winning every men’s Olympic title from 1896 to 1968 (if the 1906 Intercalated Games are discounted), a sequence that was broken by East Germany’s Wolfgang Nordwig in 1972. Ukraine’s Sergey Bubka won six consecutive gold medals at the IAAF World Championships from 1983 to 1997.

The women’s pole vault came on to the IAAF World Championships programme in 1999 and first appeared at the Olympic Games in 2000. Both contests were won by the US vaulter Stacy Dragila.

The Ukrainian not only won six consecutive World titles between 1983 and 1997 but also set 35 World records, outdoors and indoors. However, he won only one Olympic gold medal, in 1988. In 2012, he became one of the 24 inaugural members of the IAAF Hall of Fame.

Icons

Sergey Bubka

The Ukrainian not only won six consecutive World titles between 1983 and 1997 but also set 35 World records, outdoors and indoors. However, he won only one Olympic gold medal, in 1988. In 2012, he became one of the 24 inaugural members of the IAAF Hall of Fame.

Yelena Isinbayeva

Isinbayeva won the 2004 and 2008 Olympic titles and also gold medals at 2005 and 2007 IAAF World Championships. She has also won at the IAAF World Indoor Championships on four occasions and was the female Athlete of the Year in 2004, 2005 and 2008.

Комментарий

Cumbrian – 1) Камберленд (бывшее графство Англии; с 1974 г. – в составе графства Камбрия); 2) Камберленд (название ряда городов США: в штатах Айова, Кентукки, Мэриленд и др.)

1906 Intercalated Games – дополнительные Олимпийские игры
in the late 1950s – в конце 50-х
in the mid-20th century – в середине 20 века

Упражнение 48. Найдите в тексте эквиваленты следующих слов и выражений:

прыгать (с шестом); перекладина; разбегаться по дорожке; сжимать шест; в глубине; металлическая коробочка с выемкой/ углублением; у основания; на дальность; зарегистрированное использование; углеродное волокно; все мужские олимпийские звания;

Упражнение 49. Переведите на английский язык:

1. Спортсмену нужно пройти над планкой, не опрокинув её, используя легкоатлетический шест.

2. Соревнования по прыжку с шестом происходят в секторе для прыжка с шестом, оборудованном планкой на держателях и местом для приземления

3. Прыгун с шестом должен быстро бегать, хорошо прыгать в длину и высоту, а также иметь отличную гимнастическую подготовку и обладать смелостью.

Упражнение 50. Ответьте на вопросы:

1. What are the main jumping events?
2. Say some words about the development of high jump during the 20-th century.
3. What are the main jumping techniques?
4. How was a pole developed during the 20-th century?

Упражнение 51. Преобразуйте данные глаголы в существительные без помощи суффиксов:

to match	
to win	
to increase	
to record	
to award	
to run	
to meet	
to start	
to form	
to throw	
to advance	

ТЕМА 4. FIELD EVENTS. THROWS

Прочитайте и переведите текст:

SHOT PUT

The genesis of the shot put can be traced to prehistoric competitions with rocks: in the Middle ages the stone put was known in Scotland and the steintossen was recorded in Switzerland. In the 17th century, cannonball throwing competitions within the English military provided a precursor to the modern sport. The modern rules were first laid out in 1860 and required that competitors take legal throws within a square throwing area of seven feet (2.13m) on each side. This was amended to an area with a seven foot diametre in 1906, and the weight of the shot was standardized to 16 pounds (7.26kg). Throwing technique was also refined over this period, with bent arm throws being banned as they were deemed too dangerous and the side-

step and throwing technique arising in the United States in 1876. Shot putters are generally the largest and most explosive athletes on a team.

The shot put has been an Olympic sport for men since 1896 and a women's competition using a 4kg shot was added in 1948. Further throwing techniques have arisen since the post-war era: in the 1950s Parry O'Brien popularized the 180 degree turn and throwing technique commonly known as the "glide", breaking the world record 17 times along the way, while Aleksander Baryshnikov and Brian Oldfield introduced the "spin" or rotational technique in 1976.

SHOT PUT

<http://www.iaaf.org/>

How it works

The shot, a metal ball (7.26kg/16lb for men, 4kg for women), is put – not thrown– with one hand. The aim is to put it as far as possible from a 7ft-diameter (2.135m) circle that has a curved 10cm-high toe-board.

In order for the put to be measured, the shot must not drop below the line of the athlete's shoulders at any stage of the put and must land inside a designated 35-degree sector. The athlete, meanwhile, must not touch the top of the toe-board during their put or leave the circle before the ball has landed, and then only from the rear half of the circle.

Athletes will commonly throw four or six times per competition. In the event of a tie, the winner will be the athlete with the next best effort.

History

The Ancient Greeks threw stones as a sport and soldiers are recorded as throwing cannon balls in the Middle Ages but a version of the modern form of the discipline can be traced to the Highland Games in Scotland during the 19th century where competitors threw a rounded cube, stone or metal weight from behind a line.

The men's Shot Put has been part of every modern Olympics since 1896, but women putters had to wait until 1948 before they could compete at the Games.

Did you know

The rotational technique now also used by many of the world's top throwers was first popularised by Soviet thrower Aleksandr Baryshnikov in the early 1970s after being invented by his coach Viktor Alexeyev. Baryshnikov went on to set a World record of 22.00m in 1976.

Gold standard

Three men have won back-to-back Olympic titles: Ralph Rose (USA) in 1904 and 1908, Parry O'Brien (USA) in 1952 and 1956 and Poland's current Olympic champion Tomasz Majewski in 2008 and 2012.

In 2011, New Zealand's Valerie Adams equalled the record of Germany's Astrid Kumbernuss by winning her third consecutive gold medal at the IAAF World Championships. Kumbernuss triumphed in 1995, 1997 and 1999.

Icons

Parry O'Brien

In 1956, the US thrower was the first athlete for more than 40 years to retain his Olympic title. He also won a silver medal in 1960 and is credited with developing the glide technique, sometimes known as the O'Brien technique, which involves the putter facing backwards at the rear of the ring and then rotating through 180 degrees before releasing the shot.

Astrid Kumbernuss

The popular and charismatic German was the dominant shot putter throughout the 1990s and early 2000s. She won successive world titles in 1995, 1997 and 1999 and landed the Olympic gold medal in 1996.

Упражнение 52. Найдите в тексте эквиваленты следующих слов и выражений:

дугообразный низкий ограждающий борт высотой в 10 см; чтобы толкание засчитали; вершина ограждающего борта; задняя (тыльная) половина круга; в случае равного результата; техника вращения; в начале 1970х;

Ему приписывается разработка техники известной как «glide» или «хлест туловищем».

Метатель принимает исходное положение спиной к направлению толкания и кружится на 180 градусов, прежде чем выпустить ядро.

DISCUS THROW

Прочитайте и переведите текст:

As one of the events within the ancient pentathlon, the history of the discus throw dates back to 708 BC. In ancient times a heavy circular disc was thrown from a set standing position on a small pedestal, and it was this style that was revived for the 1896 Olympics. This continued until the 1906 Intercalated Games in Athens, which featured both the ancient style and the increasingly popular modern style of turning and throwing. The Intercalated Olympic Games were to be a series of International Olympic Games half-way between what is now known as the Games of the Olympiad. This proposed series of games, intercalated in the Olympic Games cycle, was to always be held in Athens, and were to have equal

status with the international games. However, the only such games were held in 1906. By the 1912 Olympics, the ancient standing throw style had fallen into disuse and contests starting within a 2.5m squared throwing area became the standard. The discus implement was standardized to 2kg in weight and 22cm in diameter in 1907. The women's discus was among the first women's events on the Olympic programme, being introduced in 1928.

DISCUS THROW
<http://www.iaaf.org/>

How it works

Athletes throw a metal disc weighing 2kg for men, 1kg for women, that is 22cm in diameter for men, and 18cm for women, as far as possible while remaining inside a 2.5m-diameter circle.

In order for the throw to be measured, the discus must land inside a marked sector and the athlete must not leave the circle before it has landed, and then only from the rear half of the circle.

The thrower typically takes one-and-a-half spins before releasing the discus. Athletes will commonly throw four or six times per competition. In the event of a tie, the winner will be the athlete with the next-best effort.

History

Greek poet Homer made reference to the event in The Iliad's description of the funeral games for Patroclus around 800BC. The discus was introduced as part of the pentathlon in the Ancient Olympics of 708BC (the first Olympics were held in 776BC). The enduring image of the Greek discus thrower comes from the iconic 5th century BC statue by the great sculptor Myron.

The men's discus has been part of every modern Olympics. It was also one of the five disciplines contested when women's athletics made its debut at the 1928 Olympic Games in Amsterdam.

Did you know

Discus is the only track and field event in which a world record has never been set at an Olympic Games or IAAF World Championships.

Gold standard

US thrower Al Oerter is one of only two athletes to win the same individual event at four consecutive Olympic Games, from 1956 to 1968. Germany's Lars Riedel won five times at the IAAF World Championships, from 1991 to 1997, and then again in 2001 after finishing third in 1999.

Belarus' 2001 IAAF World Championships gold medalist Elena Zvereva is the oldest world champion, and medalist, in any discipline after winning her title

at the age of 40 years and 268 days. She became the oldest competitor ever at the IAAF World Championships when she appeared at the 2009 World Championships in Berlin at nearly 49 years of age.

Icons

Al Oerter

The New Yorker discovered his talent when he hurled a discus that had fallen at his feet on the running track. He became the first man in any sport to win four successive Olympic golds in the same event, triumphing in 1956, 1960, 1964 and 1968 with an Olympic record on each occasion. He also set four world records between 1962 and 1964.

Franka Dietzsch

The German competed at 10 IAAF World Championships from 1991 to 2009 and won on three occasions, in 1999, 2005 and 2007. She also won the 1998 European title and since her retirement at the end of the 2009 season she has become a coach and mentor to Germany's new generation of discus throwers.

Комментарий

Илиада – “Илиада” (одна из двух эпических поэм Гомера)

800 BC – 800 г. до новой эры (до Рождества Христова)

iconic 5th century BC statue – культовая статуя, относящаяся к 5 веку до н.э.

Упражнение 53. *Найдите в тексте эквиваленты следующих слов и выражений:*

чтобы метание засчитали; внутри ограниченного сектора; вращение в 1.5 оборота; дебютировать; один из двух атлетов, кто одержал победу; беговая дорожка; чемпионаты мира под эгидой ИААФ; ссылаться/упоминать

JAVELIN THROW

Прочитайте и переведите текст:

Along with the discus, the javelin was the second throwing event in the ancient Olympic pentathlon. Records from 708 BC show two javelin competition types co-existing: throwing at a target and throwing the javelin for distance. It was the latter type from which the modern event derives.

The modern event features a short run up on a track and then the thrower releases the javelin before the foul line. In the 1950s, former athlete Bud Held introduced a hollow javelin, then a metal javelin, both of which increased throwers

performances. Another former athlete, Miklys Németh invented the rough-tailed javelin and throws reached in excess of 100m – edging towards the limits of stadia. The distances and the increasing number of horizontal landings led the IAAF to redesign the men’s javelin to reduce distance and increase the implement’s downward pitching moment to allow for easier measurement. Rough-tailed designs were banned in 1991 and all marks achieved with such javelins were removed from the record books. The women’s javelin underwent a similar redesign in 1999. The current javelin specifications are 2.6 to 2.7m in length and 800 grams in weight for men, and between 2.2 to 2.3m and 600g for women.

JAVELIN THROW

<http://www.iaaf.org/>

How it works

Using one arm, a metal-tipped javelin is thrown as far as possible. The athlete must hold the javelin by its corded grip with his or her little finger closest to the tip of the implement.

The men’s javelin must weigh at least 800g and be 2.6m-2.7m long while the women’s javelin must weigh 600g and be 2.2m-2.3m long.

For the throw to be measured the athlete must not turn his or her back to the landing area at any stage during their approach and throw; they must throw the javelin over the upper part of their throwing arm; and they must not cross the foul line, aka scratch line, at any time. The javelin must also land tip first and within the marked 29-degree sector.

If the tip touches the ground first the throw is measured from this point. Athletes will commonly throw four or six times per competition. In the event of a tie, the winner will be the athlete with the next best effort.

History

Throwing the javelin as sport evolved from the everyday use of the spear in hunting and warfare. It was widely practised in Ancient Greece. And incorporated into the Olympic Games in 708BC as part of the pentathlon. It has been part of the modern Olympic Games programme since 1908 for men, and 1932 for women.

Did you know

In 1986 the men’s javelin was redesigned: its centre of gravity was moved forward by 4cm. This shortened throwing distances by approximately 10 per cent by bringing its nose down earlier and more steeply. This was done because the men, following a World record of 104.80m by East Germany’s Uwe Hohn in 1984, were in danger of throwing the javelin beyond the space available in normal stadiums. In 1999, the women’s javelin was similarly redesigned.

Gold standard

European athletes have historically dominated the men's event, particularly from the Scandinavian countries, but Trinidad junior Keshorn Walcott caused a sensation at the London 2012 Olympic Games when he became the first man from outside Europe to win an Olympic medal since 1972 and only the second non-European Olympic champion.

Icons

Jan Zelezny

The Czech thrower is the only man to win three successive Olympic gold medals in the javelin, triumphing in 1992, 1996 and 2000; he also took the silver in 1988 and won world titles in 1993, 1995 and 2001. Zelezny still has the best five throws ever, culminating in his still-standing 1996 world record of 98.48m.

Trine Hattestad

The Norwegian achieved everything in the sport. She set two world records, won twice at the IAAF World Championships in 1993 and 1997 as well as getting the 1994 European Championships gold medal. But her crowning glory was when she won at the Olympic Games in 2000.

Упражнение 54. Найдите в тексте эквиваленты следующих слов и выражений:

копье с металлическим наконечником; обмотка; не должен поворачиваться спиной к сектору приземления на любой фазе; во время подхода и метания; пересекать штрафную линию; линия отсчёта результатов в метаниях; сначала наконечником; ограниченный сектор в 29 градусов; измеряется с этой точки; ежедневное использование копья на охоте и на войне; центр тяжести; сдвинут вперед на 4 см; путем опускания носа снаряда; неизменный;

HAMMER THROW

Прочитайте и переведите текст:

The earliest recorded precursors to the modern hammer throwing stem from the Tailteann Games around 1800 BC, which featured events such as throwing either a weight attached to a rope, a large rock on a wooden handle, or even a chariot wheel on a wooden axle. Other ancient competitions included throwing a cast iron ball attached to a wooden handle – the root of the term “hammer throw” due to their resemblance to the tools. In 16th century England, contests involving the throwing of actual blacksmith's sledgehammers were recorded. The hammer implement was standardized in 1887 and the competitions began to resemble the modern event. The

weight of the metal ball was set at 7.26kg while the attached wire had to measure between 1.175m and 1.215m.

The men's hammer throwing became an Olympic event in 1900 but the women's event – using a 4kg weight – was not widely competed until much later, finally featuring on the women's Olympic programme a century later. The distance thrown by male athletes became greater from the 1950s onwards as a result of improved equipment using the denser metals, a switch to concrete throwing areas, and more advanced training techniques. Professional hammer throwers are historically large, strong, sturdy athletes. However, qualities such as refined technique, speed and flexibility have become increasingly important in the modern era as the legal throwing area has been reduced from 90 to 34.92 degrees and throwing technique involves three to four controlled rotations.

HAMMER THROW

<http://www.iaaf.org/>

How it works

Athletes throw a metal ball (16lb/7.26kg for men, 4kg for women) for distance that's attached to a grip by a steel wire no longer than 1.22m while remaining inside a 7-ft (2.135m) diameter circle.

In order for the throw to be measured, the ball must land inside a marked 35-degree sector and the athlete must not leave the circle before it has landed, and then only from the rear half of the circle.

The thrower usually makes three or four spins before releasing the ball. Athletes will commonly throw four or six times per competition. In the event of a tie, the winner will be the athlete with the next-best effort.

History

Legend traces the concept of the hammer throw to approximately 2000BC and the Tailteann Games in Tara, Ireland, where the Celtic warrior Culchulainn gripped a chariot wheel by its axle, whirled it around his head and threw it a huge distance.

The wheel was later replaced by a boulder attached to a wooden handle and the use of a sledgehammer is considered to have originated in England and Scotland during the Middle Ages. A 16th century drawing shows the English king Henry VIII throwing a blacksmith's hammer.

The hammer was first contested by men at the 1900 Olympic Games in Paris but the first global competition for women was the 1999 IAAF World Championships.

Did you know

When Germany's Karl-Hans Riehm set a world record of 78.50m at a meeting in the German town of Rehlingen on May 19, 1975, all six of his throws were better than the previous world record of 76.66m.

Gold standard

US thrower John Flanagan is the only man to win the Olympic hammer title on three occasions, taking the gold medal on the first three occasions it was contested in 1900, 1904 and 1908.

The only time a world record has been set to win a women's global crown was when Poland's Anita Wlodarczyk won at the 2009 IAAF World Championships with a throw of 77.96m.

Icons

Yuriy Sedykh

The Russian, competing for the Soviet Union, won two Olympic gold medals in 1976 and 1980. He then had to wait another 11 years before winning the 1991 world title at the age of 36. He also won at three successive European Championships in 1978, 1982 and 1986. Sedykh set six world records and his 1986 mark of 86.74m still stands on top of the world all-time list.

Yipsi Moreno

Since the introduction of the women's hammer at major championships just over a decade ago, few can match the record of the powerful Cuban. She won world titles in 2001, 2003 and 2005 and won Olympic silver medals in 2004 and 2008.

Упражнение 55. Найдите в тексте эквиваленты следующих слов и выражений:

металлический шар; стальная проволока; кельтский воин; колесо колесницы; прикрепленный к деревянной рукоятке; считается, что зародился в Англии и Шотландии; рисунок 16 века; кузнечный молот; чемпионаты мира 1999 г. под эгидой ИААФ; титул олимпийского чемпиона по метанию молота; мировая женская корона; список рекордов мира

Упражнение 56. Ответьте на вопросы:

1. What are the main kinds of throws?
2. How was shot put technique developed in the course of time?
3. How was discus style developed in the course of time?
4. How was javelin design developed in the course of time?
5. How was the design of the implement developed?

Упражнение 57. Переведите на русский язык предложение, содержащее субъективный инфинитивный оборот. В случае затруднений обратитесь к грамматическому справочнику в конце книги

The wheel was later replaced by a boulder attached to a wooden handle and the use of a **sledgehammer is considered to have originated** in England and Scotland during the Middle Ages.

Упражнение 58. Переведите предложения, содержащие степени сравнения прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. When Germany's Karl-Hans Riehm set a world record of 78.50m at a meeting in the German town of Rehlingen on May 19, 1975, all six of his throws were **better** than the previous world record of 76.66m.

2. She has the six **best** heptathlon marks of all time including the world record of 7291, set when winning her first Olympic title in Seoul.

3. On both occasions he clocked world **best** times.

4. Records are kept of the **best** performances in specific events, at world and national levels, right down to a personal level.

5. She also contested three World Championship finals, winning medals in all three – her **best** being gold in 2001.

6. If competitors are tied, the athlete with the next **best** distance is declared the winner.

7. She also set two World records and finished her career with a best of 7.48m, which makes her the third **best** women ever.

Упражнение 59. Преобразуйте данные прилагательные или глаголы в существительные при помощи суффикса *-ence* и *-ance*

confident	
persistent	
instant	
distant	
relevant	
resemble	
appear	

Упражнение 60. Переведите на английский язык, используя **инфинитивный оборот с предлогом for**. В случае затруднений обратитесь к грамматическому справочнику в конце книги

чтобы толкание засчитали	
чтобы метание засчитали	
чтобы прыжок засчитали	
чтобы попытку засчитали	

ТЕМА 5. COMBINED EVENTS

Прочитайте и переведите текст:

Combined or multi-discipline events are competitions in which athletes participate in a number of track and field events, earning points for their performance in each event, which adds to a total points score.

The most common combined events are decathlon and heptathlon.

DECATHLON

The decathlon (for men only) involves ten events (100 m dash, long jump, shot put, high jump, 400m run, 110m hurdles, discus throw, pole vault, javelin throw, 1500m run).

DECATHLON

<http://www.iaaf.org/>

How it works

This is the men's ultimate all-round test, a 10-event contest covering the whole range of athletics disciplines spread over two days.

Competitors earn points for their performance in each discipline and the overall winner is the man who accrues the most points.

The first day consists of (in order): 100m, long jump, shot put, high jump and 400m. The second day's events are 110m hurdles, discus, pole vault, javelin and 1500m.

History

The forerunner of the modern decathlon was the pentathlon, a regular feature of the Ancient Olympics that comprised the long jump, discus, javelin, sprint and wrestling.

Various versions of the event re-emerged in the 19th century to determine all-around prowess and a combined events competition was held at the 1904 Olympic Games. But the first decathlon that resembles the current format was held in 1911, with the inaugural Olympic Games decathlon – famously won by the legendary Jim Thorpe – taking place a year later in Stockholm.

There is also an official world record for the women's decathlon but this is not contested at major championships.

Did you know

The scoring tables that determine how many points a performance is worth have actually been adjusted six times since they were established in 1912, because

of athletes' ever-improving abilities, equipment changes and to equate the events more accurately. The changes happened in 1920, 1934, 1950, 1962, 1977 (to take account of the growing use of electronic timing) and, most recently, 1985.

Gold standard

Ashton Eaton's victory at the 2012 Olympics was the 13th decathlon gold medal for the USA, who have been the most dominant nation in the event by a long way as no other country has won more than two gold medals. In similar fashion, the USA has been the most successful nation at the IAAF World Championships with nine gold medals in 15 editions.

Icons

Bob Mathias

Mathias was just 17 when he won the Olympic title in 1948, and he still remains the youngest ever winner of an Olympic decathlon medal.

Four years later in Helsinki, after setting his first world record in 1950, he won by the astonishing margin of 912 points with a world record tally of 7887 to become the first man to successfully defend an Olympic decathlon title.

Later in life, he became a successful politician and served eight years as a congressman in the US House of Representatives. He died in 2006 at the age of 75.

Упражнение 61. Найдите в тексте эквиваленты следующих слов и выражений:

завершающее (окончательное) всестороннее испытание для мужчин; соревнования в 10 видах; победитель во всех видах многоборья; виды спорта второго дня соревнований; предшественник; постоянный участник; таблица подсчета очков; быть достойным/заслуживать; изменения в оборудовании; учитывать; ни одна другая страна; подобным образом; поразительный перевес в 912 очка; с мировым рекордным счетом в 7887 очков; успешный политик; палата представителей США (нижняя палата конгресса США)

Упражнение 62. Переведите предложения, содержащие степени сравнения прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. The wheel was **later** replaced by a boulder attached to a wooden handle and the use of a sledgehammer is considered to have originated in England and Scotland during the Middle Ages.

2. But the first decathlon that resembles the current format was held in 1911, with the inaugural Olympic Games decathlon – famously won by the legendary Jim Thorpe – taking place a year **later** in Stockholm.

3. Four years **later** in Helsinki, after setting his first world record in 1950, he won by the astonishing margin of 912 points with a world record tally of 7887 to become the first man to successfully defend an Olympic decathlon title.

4. This format was **later** replaced by the heptathlon, with the addition of the javelin and 800m.

5. The first International Cross Country Championships (the forerunner to the IAAF World Cross Country Championships) was held five years **later** at Hamilton Park Racecourse in Scotland.

6. The first sub-90-minute performance on the road came just six weeks **later** when Josef Dolezal from Czechoslovakia clocked 1:29:59.8 in Prague.

7. She **later** won the European (1998) and World (1999) 1500m titles.

8. Eighty-four years **later**, women contested the event at the Games in Los Angeles.

HEPTATHLON

The heptathlon (for women only) consists of seven events (100m hurdles, shot put, high jump, 200m run, long jump, javelin throw, 800m run).

Due to stadium limitations, indoor combined events competitions have a reduced number of events, resulting in the men's heptathlon and the women's pentathlon. The points are allocated to the athletes based on an international standard points scoring system, such as the decathlon scoring table.

HEPTATHLON

<http://www.iaaf.org/>

How it works

This is the women's ultimate all-round test, a seven-event contest covering the whole range of athletics disciplines and spread over two days.

Competitors earn points for their performance in each discipline and the overall winner is the athlete who accrues the most points.

The first day consists of (in order): 100m hurdles, high jump, shot put and 200m. Day two comprises the long jump, javelin and 800m.

History

Women first competed in the pentathlon – five disciplines – at the 1964 Olympic Games in Tokyo. This format was later replaced by the heptathlon, with the addition of the javelin and 800m. The enlarged event was first contested at the 1983 IAAF World Championships and then the 1984 Olympic Games in Los Angeles.

Did you know

The 7000-point barrier has only been breached on nine occasions, and by just three women. Six of those marks came from the US star Jackie Joyner-Kersey. The heptathlon came on to the programme of major events in 1981, at the likes of the Asian Championships and World Student Games.

Gold standard

Sweden's Carolina Klüft is the most successful heptathlete in IAAF World Championships history, winning consecutive gold medals in 2003, 2005 and 2007. In fact, Klüft was unbeaten in 22 combined events competitions from March 2002 until her international retirement at the end of the 2012 season, a streak which included winning at the 2004 Olympic Games.

Icons

Jackie Joyner-Kersey

After taking the silver medal at the 1984 Olympic Games in front of her family and friends in Los Angeles, USA's Jackie Joyner-Kersey enjoyed an unprecedented period of success.

In the heptathlon alone, as she was also a world-class long jumper, she won successive Olympic gold medals in 1988 and 1992, and had victories at the 1987 and 1993 IAAF World Championships.

She has the six best heptathlon marks of all time including the world record of 7291, set when winning her first Olympic title in Seoul. She was inducted into the IAAF Hall of Fame in 2012.

Упражнение 63. Найдите в тексте эквиваленты следующих слов и выражений:

многоборье; соревнование в 7 видах; всесторонний; огромный диапазон; зарабатывать очки; победитель во всех видах многоборья; по порядку; расширенный; рубеж в 7 тысяч очков; нарушать/ преодолевать; появляться; то же самое/подобное; Зал Славы IAAF

Упражнение 64. Ответьте на вопросы:

1. What is decathlon? Name the disciplines.
2. What is heptathlon? Name the disciplines.
3. What is pentathlon?
4. How are the points allocated to athletes in these events?

ТЕМА 6. OTHER ATHLETIC EVENTS

Прочитайте и переведите текст:

Other athletics events that are not track and field, include cross country running, road running, marathon running, and race walking – these events take place outside a sports stadium.

CROSS COUNTRY RUNNING

Cross country running is the most natural form of long-distance running in athletics. During cross country, competition takes place on open-air courses over surfaces such as grass, woodland trails, earth or mountains. In contrast to the relatively flat courses in track and road races, cross country usually incorporates obstacles such as muddy sections, logs and mounds of earth. As a result of these factors, weather can play an integral role in the racing conditions. Cross country is both an individual and team sport, as runners are judged on an individual basis and a points scoring method is used for teams. Competitions are typically races of 4 km or more which are usually held in autumn and winter. Cross country's most successful athletes often compete in long-distance track and road events as well.

CROSS COUNTRY RUNNING

<http://www.iaaf.org/>

How it works

Races, for both teams and individuals, are run on either grass or woodland courses and might also include stretches of gravel paths, road and hills. Races usually take place in the winter months, outside the usual track and field season.

The IAAF recommend for international competitions that there is a main course loop of between 1750m and 2000m with natural obstacles used where possible, and the likes of deep ditches, dangerous ascents and descents as well as thick undergrowth should be avoided.

History

The first international cross country race was staged in 1898 at Ville d'Avray, France. The first International Cross Country Championships (the forerunner to the IAAF World Cross Country Championships) was held five years later at Hamilton Park Racecourse in Scotland. The inaugural IAAF World Cross Country Championships took place on 17 March, 1973, in the Belgian town of Waregem. Men's cross country races have also taken place at three summer Olympics, in 1912, 1920 and 1924.

Did you know

The oldest gold medalist at the IAAF World Cross Country Championships is Jack Foster, who was part of New Zealand's triumphant 1975 team at 42 years and 297 days. Portugal's Carlos Lopes is the oldest individual winner when he won the third of his trio of titles in 1985 when he was 38 years and 34 days. At the other end of the spectrum, the youngest individual winner is Kenya's Lydia Cheromei, who took the 1991 junior women's title when she was just 13 years and 317 days.

Gold standard

Ethiopia's Kenenisa Bekele has won 16 gold medals at the IAAF World Cross Country Championships, 12 individual and four team wins. He won five consecutive double victories between 2002 and 2006 in both the long course and now-discontinued short course races. In addition, he got an unprecedented sixth senior men's long course victory in 2008 and also won the 2001 junior title.

Icons

Paul Tergat

Although Kenenisa Bekele has gone on to win more gold medals, between 1995 and 1999 the affable and erudite Kenyan reigned utterly supreme and became the first man to win five consecutive IAAF World Cross Country Championships titles. His victories came in wildly varying conditions and on some very different courses. Arguably Tergat's most impressive and memorable win was in 1996, when Cape Town was the host venue, when he won by 12 seconds after going through 10km in a stunning 27:57.

Grete Waitz

She, perhaps, found more international fame as a marathon runner during the early years of the boom in this event but the Norwegian was also a dominant figure at cross country running. Winning five times in her seven outings at the IAAF World Cross Country Championships, and finishing third on the other two occasions she competed, the average margin of her victories was no less than 24.6 seconds. Waitz has the largest margin of victory in any race in the history of the Championships when she came home 44 seconds ahead of her nearest rival in 1980.

***Упражнение 65.** Найдите в тексте эквиваленты следующих слов и выражений:*

галечная тропа; за рамками привычного легкоатлетического сезона; петля основной трассы; естественные препятствия; что-то похожее на; глубокая канава; опасные подъемы и спуски; густой подлесок; бег по пересечённой местности; беговая дорожка Гамильтон Парк; на другом конце спектра; в

чрезвычайно меняющихся условиях; на очень разных трассах; страна-хозяин; международная известность; главная фигура; участие спортсмена в состязаниях; средняя граница; прийти к финишу на 44 секунды раньше ближайшего соперника

Упражнение 66. *Ответьте на вопросы:*

1. Where does cross country running take place?
2. What kinds of surfaces can be used in cross country?
3. Is it an individual or team sport?
4. What is the typical distance in cross country?

Упражнение 67. *Переведите на английский язык. Используйте термины, данные в рамке:*

on open-air courses; over grass or earth surfaces; are held in autumn and winter

1. Соревнования проходят на открытом воздухе на травяных или земляных покрытиях
2. Соревнования обычно проводятся осенью и зимой.
3. Кросс может проходить в таких погодных условиях, как дождь, ветер, мокрый снег.

ROAD RUNNING

Прочитайте и переведите текст:

Long-distance road running competitions are mainly conducted on courses of paved or tarmac roads, although major events often finish on the track of a main stadium. In addition to being a common recreational sport, the elite level of the sport is one of the most popular aspects of athletics. Road racing events can be of virtually any distance, but the most common and well known are the marathon, half marathon and 10km run.

The sport of road running finds its roots in the activities of footmen: male servants who ran alongside the carriages of aristocrats around the 18th century, and who also ran errands over distances for their masters. Foot racing competitions evolved from wagers between aristocrats, who pitted their footman against that of another aristocrat in order to determine a winner. The sport became professionalized as footmen were hired specifically on their athletic ability and began to devote their lives to training for the gambling events. The amateur sports movement in the late 19th century marginalized competitions based on the professional, gambling model. The 1896 Summer Olympics saw the birth of the modern marathon and the

event led to the growth of road running competitions through annual public events such as the Boston Marathon (first held in 1897) and the Lake Biwa Marathon and Fukuoka Marathons, which were established in the 1940s. The 1970s running boom in the United States made road running a common pastime and also increased its popularity at the elite level.

MARATHON RUNNING

Прочитайте и переведите текст:

The marathon is a long-distance running event with an official distance of 42.195 kilometres (26 miles and 385 yards), usually run as a road race. The name Marathon comes from the legend of Pheidippides, a Greek messenger. The legend states that he was sent from the battlefield of Marathon to Athens to announce that the Persians had been defeated in the Battle of Marathon (in which he had just fought), which took place in August or September, 490 BC. It is said that he ran the entire distance without stopping and burst into the assembly, exclaiming "Niki!" ("We have won"), before collapsing and dying.

The marathon was one of the original modern Olympic events in 1896, though the distance did not become standardized until 1921. More than 500 marathons are held throughout the world each year, with the vast majority of competitors being recreational athletes as larger marathons can have tens of thousands of participants.

The marathon is the only road running event featured at the IAAF World Championships in Athletics and the Summer Olympics, although there is also the IAAF World Half Marathon Championship held every two years. The marathon is also the only road running event featured at the IPC Athletics World Championships and the Summer Paralympics. The World Marathon Majors series includes the six most prestigious marathon competitions at the elite level – the Berlin, Boston, Chicago, London, Tokyo, and New York City marathons. The Tokyo Marathon was most recently added to the World Marathon Majors in 2012.

MARATHON

<http://www.iaaf.org/>

How it works

The longest running race on the Olympic programme, the marathon covers 26 miles 385 yards (42.195km). A road race, at major events it has historically finished inside the main stadium, although there have been city centre finishes at several recent international championships.

History

The event is named after the legendary 26-mile run made by a Greek soldier called Philippedes (also known as Pheidippides) from the scene of the battle of Marathon to Athens, where he announced the defeat of the invading Persians. His mission completed, he promptly died of exhaustion after having apparently also run 150 miles back from Sparta the day before.

The organisers of the first modern Olympic Games, held in Athens in 1896, devised the marathon race over 40km to celebrate the achievements of Ancient Greece.

The distance then was extended to the imperial measurement of 26 miles at the 1908 Olympics Games in London, and increased another 385 yards when the starting line was pulled back so it could be seen by the children in the Royal Nursery at Windsor and still finish in front of Queen Alexandra at the White City Stadium in west London. This distance was standardised at 26 miles 385 yards (42.195km) in 1921.

Did you know

It was discovered quickly that American Fred Lorz, who crossed the line first at the 1904 Olympics, had cheated by flagging down a car and riding 11 miles as a passenger. He was disqualified and the victory was awarded to his compatriot Thomas Hicks, who (narrowly) survived the rigours of a race run in temperatures reaching 39 degrees centigrade thanks to a combination of brandy and strychnine.

Gold standard

Kenya's Abel Kirui defended his World title at the 2011 IAAF World Championships to join the very select ranks of men who have won twice on the global stage: Ethiopia's Abebe Bikila (1960 & 1964 Olympic Games), East Germany's Waldemar Cierpinski (1976 & 1980 Olympic Games), Spain's Abel Anton (1997 & 1999 IAAF World Championships), Ethiopia's Gezahegn Abera (2000 Olympic Games & 2001 IAAF World Championships) and Morocco's Jaouad Gharib (2003 & 2005 IAAF World Championships).

Icons

Abebe Bikila

A member of the Imperial Bodyguard, Bekele was a last-minute addition to the Ethiopian team but caused a sensation by running barefoot through the streets of Rome and winning gold, the first sub-Saharan African to do so, at the 1960 Olympic Games. Four years later he retained the title, this time wearing shoes. On both occasions he clocked world best times. He was inducted into the IAAF Hall of Fame in 2012.

Paula Radcliffe

After a successful track and cross country career, the British runner moved up to the Marathon in 2002 and set a scintillating World record of 2:15:25 at the 2003 London Marathon. She also won the 2005 World title and triumphed in a number of other big city marathons in New York and Chicago. Only an Olympic medal has eluded her.

Комментарий

imperial measurement – имперские меры (стандартные единицы мер, принятые в Соединённом Королевстве)

Royal Nursery – королевская детская комната

White City Stadium – «Уайт Сити» – бывший стадион и выставочный зал в западной части Лондона. Построен в 1908 для франко-британской выставки.

39 degrees centigrade – 39 градусов по Цельсию

sub-Saharan African – африканец из субсахарской Африки (Черной Африки)

member of the Imperial Bodyguard – телохранитель в составе императорской личной охраны

Упражнение 68. Найдите в тексте эквиваленты следующих слов и выражений:

стартовая черта; восстановить; перед; голосовать машину; пережить суровые условия; присоединяться к очень избранному кругу людей; внесенное в последний момент изменение в состав команды; вызвать сенсацию

RACE WALKING

Прочитайте и переведите текст:

Race walking is a long-distance athletic event. Although it is a foot race, it is different from running in that one foot must appear to be in contact with the ground at all times. Stride length is reduced, so to achieve competitive speeds, race walkers must attain cadence rates comparable to those achieved by Olympic 800-metre runners and they must do so for hours at a time since the Olympic events are the 20km race walk (men and women) and 50km race walk (men only). 50 mile (80.5km) events are also held.

A walker can move along the distance faster than anyone else and not get to the finish line, or he can reach it first yet fail to become the winner. In a sense, walking is the opposite of running. In running events, with the probable exception of the sprint and the hurdle, technique is not of paramount importance. Your running may be awkward and shocking to biomechanics experts but you can win.

In walking, however, it is quite different. The walking regulations specify but two conditions.

First, the walker must constantly maintain contact with the ground, meaning that his supporting leg must not tear loose from the ground before the front foot touches it.

Second, with each step, the supporting leg must by all means straighten in the knee at least for an instant. These are the two principal criteria making it possible to judge whether the walker complies with the rules or not.

Walkers cannot boast large audiences, because they mostly compete outside stadiums. At the same time, walking enthusiasts would never give up this difficult sport for any other.

People go in for it nearly a hundred years. The first competitions in Russia were held in 1892 when they walked distances of 3 and 10 versts (1,067 km).

As an Olympic event, walking made its first appearance in 1908. Since then the distances have been repeatedly altered. The 10 and 50 kilometres have been the longest “survivors” on the Olympic program. The 1952 Olympics showed, however, that the 10km length was becoming too short, and in 1956 the event was doubled in length.

At present, 20 and 50 km for men and 5 and 10km for women are the most popular distances at the Olympics, and European and World championships.

In terms of technique, women seem to be more at home in walking than men. This is due to women’s constitution, their plasticity and softness of movement. It is not at all surprising that women are making rapid progress.

RACE WALKS

<http://www.iaaf.org/>

20 KILOMETRES RACE WALK

How it works

Both men and women contest the shorter of the two international championship distances for race walking.

Race walking differs from running because one foot must be in contact with the ground at all times. Failure to do so is known as ‘lifting’.

The rules also state that the advancing leg must straighten from the point of contact with the ground and remain straight until the body passes over it. Three violations of the rules during a race lead to disqualification.

The race is held on a road course. At major championships, walks often start and finish in the main stadium but sometimes races finish in places of historic or scenic interest.

History

Race walking dates from the 17th and 18th centuries. The first competitors were the footmen who would run and/or walk by the side of their masters' coaches. The aristocracy of the day began to stake wagers as to which of their footmen would win a race – some of which lasted for six days! – and the sport became an increasingly popular professional activity during the 19th century, when it was known as 'pedestrianism'.

Race walking first appeared at the Olympics in 1904 with a half-mile race that was part of the 10-event 'All-Around Championship', an early forerunner of the decathlon. Individual races, initially over shorter distances than are common today were introduced at the Intercalated Games of 1906 and, apart from the 1928 Amsterdam Games, have been a fixture at Olympic Games and IAAF World Championships ever since.

The 20km race walk has been contested by men at the Olympic Games since 1956. Women first competed in race walking at the 1992 Olympic Games, initially over 10km. They stepped up to 20km in 2000.

Did you know

The first man to cover the distance within 90 minutes was the Soviet race walker Leonid Spirin, who clocked 1:28:45.2 in Kiev on 13 June 1956. The first sub-90-minute performance on the road came just six weeks later when Josef Dolezal from Czechoslovakia clocked 1:29:59.8 in Prague.

Gold standard

Russia and China are currently the dominant nations in both the men's and women's 20km events. China's Chen Ding made history at the 2012 Olympics by not only setting an Olympic record of 1:18:59 by 13 seconds in the men's event but also by becoming the youngest ever race walk gold medalist, just one day short of his 20th birthday. The two countries took the top six places in the women's race in London.

Icons

Jefferson Perez

He is the most famous Ecuadorian athlete ever, and maybe the most famous person from his country in any sport. His first major success was a gold medal at the 1996 Olympic Games, his nation's first Olympic medal in any sport. Following his win, he embarked on a 459km pilgrimage, walking, jogging and running from Quito's cathedral to his home town of Cuenca. He scored a hat-trick of victories at the IAAF World Championships, winning in 2003, 2005 and 2007.

Liu Hong

The Chinese race walker owns a full set of medals from the IAAF World Championships. She took bronze in 2009 and silver in 2011. After another bronze in 2013, she finally mounted the top of the podium at the 2015 edition on home soil in Beijing, having set a world record for the 20km distance earlier in the year.

Комментарий

459km pilgrimage – путешествие в 459 км

Quito's cathedral – кафедральный собор Кито (столица Эквадора)

Suena – Куэнка (Эквадор)

hat-trick – хет-трик (три успеха подряд в определенном виде спорта)

Упражнение 69. Найдите в тексте эквиваленты следующих слов и выражений:

ходьба; известна как полет (безопорная фаза); опережающая нога; от точки контакта с землей; оставаться прямой; универсальные соревнования по десяти видам спорта; преодолеть дистанцию за 90 минут; показывать результат; результат ниже 90 минут; всего за один день до своего 20-летия; первая Олимпийская медаль в его стране; после/вслед за; полный набор медалей; восходить на вершину

Упражнение 70. Перевести на английский язык:

Более длинная из двух Олимпийских дистанций в спортивной ходьбе и самая длинная из дистанций Олимпийской программы – это единственный вид легкой атлетики на крупных соревнованиях, в котором состязаются только мужчины.

Россиянка первоначально была бегуньей на дистанции 800м, но достигла значительно больше на дистанции 1500м.

50 KILOMETRE RACE WALK

<http://www.iaaf.org/>

How it works

The longer of the two Olympic race walking distances – and the longest athletics event on the Olympic programme – is the only athletics event at major championships still contested by men only.

Race walking differs from running because one foot must be in contact with the ground at all times. Failure to do so is known as 'lifting'.

The rules also state that the advancing leg must straighten from the point of contact with the ground and remain straight until the body passes over it. Three violations of the rules during a race lead to disqualification.

The race is held on a road course. At major championships, race walks often start and finish in the main stadium but sometimes races finish in places of historic or scenic interest.

History

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Race walking first appeared at the Olympics in 1904 with a half-mile race that was part of the 10-event ‘All-Around Championship’, an early forerunner of the decathlon. Individual races, initially over shorter distances than are common today, were introduced at the Intercalated Games of 1906 and, apart from the 1928 Amsterdam Games, have been a fixture at Olympic Games and IAAF World Championships ever since.

The 50km race walk became part of the Olympic schedule in 1932, although it was not contested at the 1976 Olympic Games in Montreal.

Did you know

The first man to complete the distance within four hours was the Soviet race walker Gennadiy Agapov, who clocked 3:55:36 in Alma Ata on 17 October 1965.

Gold standard

Russia is the pre-eminent nation, but race walkers from Australia and China also regularly make an impact at major championships.

Historically, Germany, Italy and Mexico have great traditions in race walking and have won many medals on the global stage.

Icons

Robert Korzeniowski

Following his disqualification less than five kilometres from the finish at the 1992 Olympics when lying second, the Pole then made history by becoming the only man to win three successive race walking Olympic titles, winning in 1996, 2000 and 2004.

He was also the first race walker to do the 20km and 50km double at the Olympic Games, winning both titles in 2000. He also won at the IAAF World Championships in 1997, 2001 and 2003, and at the European Championships in 1998 and 2002.

Упражнение 71. Найдите в тексте эквиваленты следующих слов и выражений:

единственный вид легкой атлетики; программа; вносить импульс/ оказывать воздействие; мировая арена; после своей дисквалификации; оставаться вторым

Упражнение 72. Ответьте на вопросы:

1. What are the main characteristics of race walking?
2. What are walking distances for men?
3. What are walking distances for women?

ТЕМА 7. TRACK AND FIELD ATHLETICS. OUTDOOR

Прочитайте и переведите текст:

The term *track and field* is intertwined with the stadiums that first hosted such competitions. The two basic features of a track and field stadium are the outer oval-shaped running track and an area of turf within this track—the field. The IAAF standardized the length of stadium to 400 m and stated that the tracks must be split into six to eight running lanes. Precise widths for the lanes were established, as were regulations regarding the curvature of the track. Tracks made of flattened cinders were popular in the early 20th century but synthetic tracks became standard in the late 1960s. 3M's Tartan track (an all-weather running track of polyurethane) gained popularity after its use at the 1968 US Olympic Trials and the 1968 Summer Olympics and it began the process in which synthetic tracks became the standard for the sport. Many track and field stadiums are multi-purpose stadiums, with the running track surrounding a field built for other sports, such as the various types of football.

The field of the stadium combines a number of elements for use in the jumping and throwing events. The long jump and triple jump areas comprise a straight, narrow 40-metre running track with a sandpit at one or both ends. Jumps are measured from a take off board – typically a small strip of wood with a plasticine marker attached – which ensures athletes jump from behind the measurement line. The pole vault area is also a 40-metre running track and has an indentation in the ground (the box) where vaulters plant their poles to propel themselves over a crossbar before falling onto cushioned landing mats. The high jump is a stripped down version of this, with an open area of track or field that leads to a crossbar with a square area of landing mats behind it.

The four throwing events generally all begin on one side of the stadium. The javelin throw typically takes place on a piece of track that is central and parallel to

the straights of the main running track. The javelin throwing area is a sector shape frequently across the pitch (sports field) in the middle of the stadium, ensuring that the javelin has a minimal chance of causing damage or injury. The discus throwing and hammer throwing contests begin in straights usually situated in one of the corners of the field. The cage reduces the danger of implements being thrown out of the field of play and throws travel diagonally across the field in the centre of the stadium. The shot put features a circular throwing area with a toe board at one end. The throwing area is a sector. Some stadia also have a water jump area on one side of the field specifically for steeplechase races.

Упражнение 73. Переведите предложения, содержащие степени сравнения прилагательных. В случае затруднений обратитесь к грамматическому справочнику в конце книги.

1. Waitz has the **largest** margin of victory in any race in the history of the Championships when she came home 44 seconds ahead of her **nearest** rival in 1980.

2. The athletes must jump before a marked line and their achieved distance is measured from the **nearest** point of sand disturbed by the athlete's body.

3. The distances and the increasing number of horizontal landings led the IAAF to redesign the men's javelin to reduce distance and increase the implement's downward pitching moment to allow for **easier** measurement.

4. When I was **younger** I thought that he did not make any mistakes at all.

5. US athletes have won no **fewer** than 19 of the Olympic titles.

6. If competitors are tied on the same height, the winner will have had the **fewest** failures at that height.

Упражнение 74. Найдите в правой колонке русские эквиваленты выражений из левой колонки:

late summer	в середине 20 века
late eighties	всего за один день до своего 20-летия
mid-to-late 1980s	конец лета
in the late 1950s	конец 80-х годов
in the early 1970s	с середины до конца 80-х годов
just one day short of his 20th birthday	в конце 50-х
in the mid-20 th century	в начале 1970х

ТЕМА 8. TRACK AND FIELD ATHLETICS. INDOOR

Прочитайте и переведите текст:

Basic indoor venues may be adapted gymnasiums, which can easily accommodate high jump competitions and short track events. Full-size indoor arenas (i.e. those fully equipped to host all events for the World Indoor Championships) bear similarities with their outdoor equivalents. Typically, a central area is surrounded by a 200-metre oval track with four to eight lanes. The track can be banked at the turns to allow athletes to run around the radius more comfortably. There is also a second running track going straight across the field area, parallel to the straights of the main circuit. This track is used for the 60 metres and 60 metres hurdles events, which are held almost exclusively indoors.

All four of the common jumping events are held at indoor venues. The long and triple jump areas run alongside the central 60m track and are mostly identical in form to their outdoor counterparts. The pole vault track and landing area are also alongside the central running track. Shot put (or weight throw) is the only throwing event held indoors due to size restrictions. The throwing area is similar to the outdoor event, but the landing sector is a rectangular section surrounded by netting or a stop barrier.

Упражнение 75. Ответьте на вопросы:

1. What is the main difference between outdoor and indoor venues?
2. What are the basic features of a track and field stadium?
3. What is the progress of stadium's construction in the course of time?
4. What is indoor arena?
5. What is the construction of indoor arena?

Упражнение 76. Прочитайте и переведите интернациональные слова:

stadium, distance, sprint, record, second, metre, minute, kilometre, marathon, special, mark, reality, athlete, discus, combine

Упражнение 77. Из приведенных видов спорта выберите термины, связанные с легкой атлетикой:

sprint, Nordic combination, long-distance running, boxing, marathon, steeplechase, wrestling, relay, decathlon, heptathlon, tumbling, hurdles, tobogganing,

javelin throw, shot put, discus throw, hammer throw, skiing, skating, long jump, high jump, ski jumping, triple jump, pole vault

Упражнение 78. Переведите однокоренные слова:

compete – competition – competitor – competitive

perform – performer – performance

success – successful – unsuccessful

organize – organization – organizer

participate – participant – participation

contest – a contest – a contestant

represent – representative

ТЕМА 9. ABOUT THE IAAF

<http://www.iaaf.org/>

After 100 years of athletics excellence, the International Association of Athletics Federations is embarking on its second century with drive and determination.

Athletics, a sport that was founded in antiquity, has continued to adapt through the centuries, offering a dynamic, life-enhancing sport which is ready for the exciting challenges of the next 100 years.

On the 17 July 1912 in Stockholm, Sweden, following the closing ceremony of the Olympic Games in the Swedish capital, the International Amateur Athletic Federation (IAAF) was founded as the world governing body for the sport of track and field athletics.

During the 10 decades that followed, athletics underwent many changes which reflected the political and socio-economic evolution of the wider world. Even the IAAF's name changed, in 2001 becoming the 'International Association of Athletics Federations' to reflect the growth of a professional sporting world which did not exist in 1912.

The IAAF was founded to fulfill the need for a world governing authority, for a competition programme, for standardised technical equipment and for a list of official world records. All of these requirements remain today.

Yet in an ever-changing world, international sport federations such as the IAAF need to be pro-active when trying to reach new audiences and find new hosts for their events. It is also fundamental that we fully understand that athletics is no longer just about high performance, gold medals and records, but also about "sport for all" and about ensuring that the maximum number of citizens are able to participate in athletics.

This means, of course, the thriving world of road running, which is where the majority of people actually connect directly with the world of athletics, but it is also

athletics in schools, where the IAAF is keen to ensure that we reach the maximum number of children, all over the world, starting at the age of seven but also including youngsters in their teens, where the drop-off from sport is most acute.

Despite such inherent benefits, the IAAF recognises that athletics is competing for the public's attention in an ever more varied and complex media and entertainment-driven world but also that we properly embrace matters touching on social responsibility, the environment and all matters that help advance athletics as a force to change the world for good.

IAAF headquarters

The Principality of Monaco has been home to the International Association of Athletics Federations (IAAF) since October 1993. After more than 30 years in Sweden (1912-1946) and over 40 years in England (1946-1993), the IAAF moved to Southern Europe following a decision taken at the XXXIX Congress in August 1993 in Stuttgart.

The new headquarters were officially inaugurated on 10 June 1994. Many sporting personalities, including Juan Antonio Samaranch, President of the IOC, Carl Lewis, multiple World and Olympic champion, and Hereditary Prince Rainier III of Monaco, attended the opening ceremony and the President of the IAAF Dr. Primo Nebiolo, declared: "After 82 years, the IAAF has finally found its true home. Monaco has welcomed us with open arms and I hope that this city will become the city of Athletics for the whole international sporting community."

In Monaco, the IAAF is housed in two buildings. The Villa Miraflores is the executive offices of the President and is located on the Avenue St Michel in the centre of Monte Carlo. The operational headquarters are situated at 6-8, Quai Antoine 1er, which is Monaco's main port of Herculis.

The General Secretary and General Secretariat which co-ordinates and advises on the activities of the Association are based at the HQ along with seven other IAAF Departments: Broadcasting, Communications, Competitions, Development and Member Relations, Finance and Administration, Medical and Anti-Doping, and Technology & Information.

The IAAF has a staff of approximately 70 from over a dozen different nations.

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IAAF NEWSLETTER

<http://www.iaaf.org/home>

Комментарий

International Association of Athletics Federations – Международная ассоциация атлетических федераций

International Amateur Athletic Federation – Международная Любительская Атлетическая Федерация

The Principality of Monaco – княжество Монако
headquarters – штаб

Hereditary Prince Rainier III of Monaco – Наследный принц Монако Ренье III
executive offices of the President – управление делами Президента

operational headquarters – оперативный штаб

Monaco's main port of Hercules – порт Геркулеса, главный порт Монако

Department Broadcasting – Комиссия по радиовещанию

Department Communications – Комиссия по прессе

Department Competitions – Комиссия по соревнованиям

Department Development and Member Relations – Комиссия по развитию и связям с государствами-членами

Department Finance and Administration – Комиссия по финансам и администрированию

Department Medical and Anti-Doping – Комиссия по медицинским и антидопинговым вопросам

Department Technology & Information – Комиссия по технологиям и информации

Упражнение 79. *Найдите в тексте эквиваленты следующих слов и выражений:*

всемирный руководящий орган; оживляющий; волнующие вызовы; стандартизированное техническое оборудование; официальный список рекордов мира; постоянно меняющийся мир; завоевать новые аудитории и найти новых хозяев; спорт для всех; стремится гарантировать; привлечь максимальное количество детей; молодежь в подростковом возрасте; падение интереса к спорту; охватывать вопросы; социальная ответственность; изменить мир к лучшему; в штабе;

TEMA 10. THE HISTORY OF TRACK AND FIELD ATHLETICS

Прочитайте и переведите текст:

Running, throwing and jumping are as natural to youngsters as eating, drinking and breathing. That is why we like to think of track and field athletics as the “natural sport”.

Running, throwing and jumping are the oldest competitive sports in the world. Knowing how to run and jump properly one can become a bright star in basketball, football and so on. All these events are important in most of the outdoor games.

We like to run and jump for fun and pleasure. But running, jumping and throwing have also become a great sport.

They all started in Ancient Greece about 776 B.C. At the first Olympic there was only one event: a *stadion* race (a sprint for 192 metre running). For the first 13 Olympics this race was the only Olympic event. At that time athletes gathered every four years, ran naked in straight line sprint for one race that was over in *about* 30 seconds and the Olympic competition was over. They didn't race again until the next Olympics four years later. Even after other events were added the *stadion* race remained the prestige event. Coroebus of Elis, a baker, won the *stadion* race in 776 B.C. That means he's the first Olympic champion in recorded history. It is necessary to note that running races were not timed (the Greeks lacked stopwatches) and measurements were not made in metres. Records were kept however for the greatest number of victories in a particular event. It was unusual an athlete to win an event more than once and even rarer for an athlete to win two different events.

The marathon derives its name from the story of Pheidippides (490 B.C.), an Athenian herald, was sent to Sparta to request help when the Persians landed at Marathon, Greece. He ran 240 km (150 miles) in two days. He then ran the 40 km (26 miles) from the battlefield near the town of Marathon to Athens to announce the Greek victory over Persia in the Battle of Marathon (490 BC) with the words “Niki!” (“We have won”) and died on the spot.

Discus throw was part of the ancient Olympic Games and can be dated back to the ancient pentathlon, which goes back to 708 B.C. Though it has been confused as a weapon of war, the discus was never used as such. The discus throw was not related to any military service in the ancient Games. In the 5th century BC the sculptor Myron made a statue of a discus thrower (Discobolus), which is world-famous today.

In the standing long jump event athletes held lead or stone weights called *halteres* in their hands. Vase paintings from the 18th Olympics in 708 B.C. show athletes swinging the weights forward as they took off and swung them back

behind the body as they landed. In some circles, scholars have debated whether the weights were a help or a hindrance. The event was choreographed to music. The earliest athletic record of which there is evidence is a long jump of 7.05m in 656 B. C. by Chionis of Sparta.

Professional contests of speed and strength were popular at all times and many lands. But the widespread competition of amateur athletes in track and field athletics is a comparatively modern development. The first organized athletic meet took place in England. The students of the Rugby college competed in 2000 metre run. Soon the students of Cambridge, Oxford and other colleges organized competitive meets in sprint, throwing of weights, long jump and high jump. Year by year track and field athletics became very popular in England and in many other countries of the world. In 1913 the International Federation of Athletic Sports was founded and athletic sports began to be organized.

But the most important for the development of track and field athletics was the revival of the Olympic Games in 1896, which took place in Greece at Athens.

The Olympic Games, of course, is the world's number one sports spectacle. Track and field events remain the heart of the Games.

And it is a tradition to open the Olympics with the 100 metre preliminaries. The only difference between then and now is that in 1896 Burke of the USA made the victory run in 12 seconds flat whereas nowadays the winner runs at least two seconds faster.

Упражнение 80. Ответьте на вопросы к тексту:

1. Why do we like to think of track and field athletics as the “natural” sport?
2. When have running, jumping and throwing become a great sport?
3. When and where did the first organized athletic meet of ancient times take place?
4. Who took part in this competition?
5. What events of track and field athletics were included in the programme of that competition?
6. When and where did the first organized athletic meet of modern times take place?
7. Is it a tradition to open the Olympics with the 100 metre preliminaries?
8. What time did the winner clock in the 100 metre preliminaries in 1896?
9. What is the best time for 100 metre race nowadays?
10. Why is track and field athletics called the “Queen of Sport”?

Упражнение 81. Прочитайте текст, найдите в нем эквиваленты следующих выражений:

Бег, метание и прыжки так же естественны для юношей, как еда, питье и дыхание.	
Соревнования по легкой атлетике среди спортсменов-любителей стали проводиться сравнительно недавно.	
Единственная разница между тем временем и сегодняшним днем состоит в том, что в 1896 году Бурк из США одержал победу в беге на 100 м за 12 секунд, а в наши дни победитель пробегает эту дистанцию на три секунды быстрее.	

Упражнение 82. Дополните предложения словами из текста и переведите предложения на русский язык:

1. The first organized athletic meet included _____
2. The most important for the development of track and field athletics was _____
3. It is a tradition to open the Olympics with _____
4. _____ are as natural to youngsters as eating, drinking and breathing.
5. We like to think of track and field athletics as the _____
6. It is necessary to note that running races were not _____
7. In the 5th century BC the sculptor Myron made a statue of _____
8. In 1913 _____ was founded.

Ключ:

1. 2000m run
2. the revival of the Olympic Games in 1896.
3. the 100 metre preliminaries.
4. running, throwing and jumping
5. "natural sport".
6. timed
7. a discus thrower (Discobolus)
8. the International Federation of Athletic Sports

Упражнение 83. Найдите в тексте и впишите в пустые строки синонимы следующих слов. Проверьте себя по ключу:

athletics	легкая атлетика	
leap	прыгать	
race	забег	
triple jump	тройной прыжок	
begin	начинать	
pace	скорость	
power	сила	
contest	состязаться	
be held	проводиться, проходить (о соревнованиях)	
take part	принимать участие	

Ключ:

1. track and field athletics
2. jump
3. run
4. hop, step and jump
5. start
6. speed
7. strength
8. compete
9. take place
10. participate

Упражнение 84. Переведите следующие предложения на английский язык:

Мой друг занимается легкой атлетикой. Он занимается барьерным бегом.	
Я люблю прыжки в длину и тройной прыжок.	
Женщины занимается метанием копья, диска и толканием ядра.	

Наша команда выиграла эстафету 4 x 100.	
Легкоатлетическое семиборье состоит из семи видов: барьерный бег на 100 м, толкание ядра, прыжок в высоту, бег на 200 м, прыжок в длину, метание копья, бег на 800 м).	
В соревнованиях по семиборью принимают участие только женщины.	
Десятиборье включает десять видов легкой атлетики: бег на 100 м, прыжок в длину, толкание ядра, прыжок в высоту, бег на 400 м, барьерный бег на 110 м, метание диска, прыжок с шестом, метание копья, бег на 1500 м.	
В этом виде легкой атлетики соревнуются только мужчины.	

ТЕМА 11. THE HISTORY OF TRACK AND FIELD ATHLETICS IN RUSSIA

Прочитайте и переведите текст:

The beginning of track and field athletics was modest. The Hobby Group of Lovers of Sport emerged at Tyarlevo summer cottage settlement near Petersburg in 1888 with P.P.Moskvin as a leader. At first the members of it practiced only running but gradually they took up also jumping and throwing events. And the first competitive race was held.

Further development of track and field athletics is linked with Amateur Sport Club in Petersburg founded in 1889. And the first official competition was held in 1897. The programme of this meet included 300 feet run, long jump, pole vault, shot put.

The first championship of Russia was held in 1908 to celebrate the twentieth anniversary of the circle. The scarce information about the competitions of that time which were usually held on the loose tracks of the hippodromes is sometimes stunning. For instance, on the 2nd Russian Olympiad (Riga, 1914) Muscovite Vasily Arkhipov clocked 10.8 in the 100 metre race. The result was fantastic for competitions of such a level. It was a new national record. The result was just 0.2

seconds off the world champion Donald Lippincot's one from the USA and was equal to the result of the winner of the 1912 Olympics in Stockholm.

In 1912 47 athletes from Russia came to Stockholm and participated in the Olympic Games. But their performance was unsuccessful.

The first track and field championship of RSFSR was held in 1922 and about 200 sportsmen from 16 towns competed. It was this contest where women made a debut. The debut was a success. Next year the first international competition was organized with the representatives of the Sport Union of Finnish Workers. The greatest sport event in the country took place in 1928. It was the first All-Union Spartakiad. 1500 athletics came to Moscow to take part in the final competitions. Track and field athletics became very popular with people.

In the 2nd World War years a lot of our athletes were awarded for courage and heroism.

Soviet athletics made its international debut at the European championship in 1946 and at the Olympic Games in 1952 in Helsinki. The first Olympic medal in the history of the Soviet sport was presented to discus thrower Nina Romashkova (Ponomareva). Remarkable results were achieved by discus throwers. During the ceremony of presenting the awards, all three steps on the victory platform were occupied by women athletes from the USSR. Vladimir Kuts's gold medal was the first won by men. Soviet entries won 6 gold, 8 silver and 4 bronze medals.

Mass participation in track and field athletics and its popularity among the younger generation made it possible to focus attention on junior athletes aged 19-20. A special training and tournament scheme was drawn up for them in all sport clubs of the country. Scientifically grounded, methods of teaching and training were worked out by the Soviet leading scientists, coaches and doctors. Persistent efforts of athletes, coaches and sport organizations yielded good results. Soviet athletes were very successful at the Munich Olympic Games (1972) where they won 8 gold medals: V. Borzov in 100m and 200m run, U.Tarmak in high jump, V.Saneyev in hop-step-and-jump (triple jump), A.Bondarchuk in hammer throw, N.Avilov in decathlon, L.Bragina in 1500m run, N.Chizhova in shot put, F.Melnik in discus throw.

World and Olympic records fell like ninepins during the eight days of track and field competitions at the Moscow Olympics (1980). 1088 athletes from 73 countries competed for the most set of awards – 38. The track and field standards at the XXII Moscow Olympic Games were extremely high. Soviet athletes repeated their triumph. The heroes of the competitions were Nadezhda Olizarenko (800m run), Yury Sedykh (hammer throw), Viktor Markin (400m run), Tatyana Kazankina (1500m), the Soviet relay team (4 x100m).

Упражнение 85. Ответьте на вопросы к тексту:

1. When and where was the first competitive athletic race held in Russia?
2. What was the programme of the first athletic official competition in Russia?
3. How did Russian athletes perform in the 1912 Olympic Games?
4. When was the first RSFSR track and field championship held?
5. How many athletes took part in this championship?
6. When did the first All-Union Spartakiad take place?
7. When and where did the Soviet athletes make their international debut?
8. How did they perform?
9. What are the major landmarks in the development of track and field athletics in the USSR?
10. When did Soviet athletes begin to surpass the world records?
11. What were the results of the Olympic debut?
12. How did the Soviet athletes perform in the 1972 and 1980 Olympic Games?

Упражнение 86. Дополните предложения словами или выражениями из текста. Переведите предложения на русский язык. Проверьте себя по ключу:

1. The development of track and field athletics is linked with _____
_____.
2. The programme of the first official athletic competition included _____
_____.
3. 47 athletes participated in _____.
4. Their performance was _____.
5. For the first time women _____ in such kind of important _____
_____ in 1922.
6. Representatives of all Soviet republics _____ in the All-Union Spartakiad.
7. The persistent efforts of athletes, coaches and sport organizations _____
_____.

Ключ:

1. Amateur Sport Club in Petersburg, founded in 1889.
2. 500 feet run, long jump, pole vault, shot put.
3. in the 1912 Olympic Games in Stockholm.
4. unsuccessful.
5. participated, contest.
6. took part.
7. yielded good results.

Упражнение 87. Дайте возможные варианты перевода следующих слов:

соревнования	
принимать участие в соревнованиях	
участник соревнований	
победить (на соревнованиях)	
проходить (о соревнованиях)	
команда	
легкая атлетика	
тренер	
судья	
установить рекорд	

Упражнение 88. Переведите следующие предложения на русский язык:

The athletes are preparing for the new season.	
We watch them training very hard day-by-day.	
Soviet entries (women) hold 6 out of the 14 records in women's athletics: in the 800m, 1500m and 3000m running, in the 400m hurdles, in the long jump and pentathlon.	
Taking part in the international meet Russian athletes made also their contribution to the progressive raising of standard of performances in the World athletics.	
Russian athletes are performing in various competitions.	

Jumpers and throwers were competing for a whole day at the Dynamo stadium.	
Being trained by experienced coaches our athletes put on good performances at European and World championship, winning medals in running, speed walking, high jumping, javelin throwing.	
The Olympic village having been completed, many foreign guests visited it.	

Упражнение 89. *Переведите следующие предложения на английский язык:*

В прошлом сезоне легкоатлеты принимали участие в соревнованиях на Кубок Европы и Мира.	
Принимая участие в легкоатлетических соревнованиях в США, наши спортсмены были первыми в беге на 500 ярдов.	
Наши спортсмены успешно выступили в беге на 60 ярдов и беге на 60 ярдов с барьерами.	
Много новичков было включено в нашу команду.	

TEMA 12. YURY BORZAKOVSKIY

YURY BORZAKOVSKIY

<http://en.wikipedia.org/wiki>

Прочитайте и переведите текст:

Yury Borzakovskiy is a Russian middle – distance athlete, Olympic champion, World champion, three time European champion, specializing in the 800m – the only Russian champion in running disciplines. Yury Borzakovskiy is the graduate of Moscow State Academy of Physical Education. He was awarded with the Order of Druzhba (Friendship).

Yury Borzakovskiy was born at Kratovo, Moscow region. He was named after Russian astronaut Yuri Gagarin.

Borzakovskiy's first major international success was a victory at the 2000 European Indoor Championship when he was only 18 years old. At the 2000 Summer Olympics he reached the 800m final, in which he finished to be the sixth. In 2001 he won the World Indoor title in the 800 m distance but decided not to participate in the World Championship in Edmonton. On 24 August 2001, Borzakovskiy showed a time of 1:42.47 minutes. That makes him to become the 9th fastest man in history over this distance. In addition, Borzakovskiy was ranked No. 1 in the world that year. In 2002, Borzakovskiy ran the 400m at the European Championship in Munich but lost in the early stages. The following season he picked up a silver medal over 800m at the World Championship in Paris.

Yury Borzakovskiy's greatest achievement was his victory in the 800m race at the Athens Olympics in 2004. By this point, he was well known for sitting back until about the last 200m and then using a great kick to catch up and win. At the Olympics he employed the same strategy, using this "late charge" to come from behind in the last 150m to pass Wilson Kipketer, who was leading with only 20m to go, and take the victory.

In the 2005 World Championship he took silver in the 800m competition, overtaking everyone but Bahrain's Rashid Ramzi on the final straight. At the 2006 World Indoor Championship he won a bronze medal. Borzakovskiy won a bronze medal at the 2007 World Championship in Osaka. He ran the final at a very slow pace and was boxed in on the final lap which slowed down his sprint in the last 100 m.

In 2008 he made an impressive comeback by posting a time of 1:42.79 minutes, his first time under 1:43 since 2001. He made the Olympic team at the Beijing Olympics but unexpectedly failed to qualify for the 800m final, finishing only third in his semifinal heat.

In 2009 he won gold at the European Indoor Championship in 1:48.55. On

23 August he placed fourth at the final of the 12th IAAF World Championship in Berlin in 1:45.57. Most of his 2010 season was lost due to an injury.

In 2011, he achieved yet another podium finish with a bronze medal in the 800m at the 2011 IAAF World Outdoor Championship. In this race, Borzakovskiy ran most of the last lap in second place and was himself overtaken just before the finish line.

At the World Championship in Korean city of Daegu, despite seven years having elapsed since his triumph in Athens, Borzakovskiy showed that he was still a force to be reckoned with on the global stage when he won the bronze medal.

In 2012, he won the European Championship 800m gold medal in Helsinki.

Упражнение 90. Найдите в тексте эквиваленты следующих слов и выражений:

выпускник Московской государственной академии физической культуры; награжден Орденом Дружбы; назван в честь; чемпионат Европы в закрытых помещениях; на ранних этапах; обогнав всех, кроме; на финишной прямой; с очень низкой скоростью; последний круг; на последних 100 м; впечатляющее возвращение; время ниже 1:43; из-за травмы; трехкратный чемпион Европы

Упражнение 91. Вставьте пропущенные слова:

1. Yury Borzakovskiy is a Russian _____ athlete.
2. In 2001 he won the _____ title in the 800m distance.
3. That makes him to become the _____ man in history over this distance.
4. Borzakovskiy was ranked _____ in the world that year.
5. Yury Borzakovskiy's greatest _____ was his victory in the 800m race.
6. In the 2005 World Championship he took silver in the 800m competition, overtaking everyone _____ Bahrain's Rashid Ramzi.
7. Finishing only third in his semifinal _____
8. On 23 August he _____ fourth at the final of the 12th IAAF World Championship in Berlin.
9. Borzakovskiy ran most of the last _____ in second place.
10. Borzakovskiy showed that he was still a _____

Ключ:

1. Russian middle – distance;
2. World Indoor;
3. the 9th fastest;
4. No.1;
5. achievement;

6. but;
7. heat;
8. placed;
9. lap;
10. force

Упражнение 92. *Переведите на английский язык:*

основной дистанцией Борзаковского является 800 м	
его отличительная тактика – держаться первые 500 м позади группы	
он вырвался вперёд благодаря своим чрезвычайно сильным спринтерским качествам	
он занял четвертое место в финале	
он пробежал большую часть последнего забега вторым	
перед финишем	
выполнять большие нагрузки	
после зимнего перерыва	
оценивать физическое состояние	
в наилучшей форме	

YURY BORZAKOVSKIY'S INTERVIEW

<http://www.all-athletics.com/node/6830>

Прочитайте и переведите интервью с Юрием Борзаковским:

Interviewer: Yury, how did you celebrate your birthday?

Yury: My whole training group went out on a “celebratory” 16 km training run in the morning. We are now in a training camp in Kyrgyzstan doing a big workload and looking to increase endurance. After lunch, the guys went to walk in the mountains, made a lot of photos. In the evening, we eat kebabs; that was my birthday.

Interviewer: What are the conditions like there?

Yury: Excellent, 15-20 degrees. It's sunny. I've been running in shorts and t-shirts. It's not really cold. However, although it's not too chilly, I am taking care to avoid catching any colds and generally I've been very careful to monitor my health. I've also been doing a lot of stretching exercises so that, in spite of the hard training, I remain flexible. This means that I'm significantly reducing the risk of injury.

Interviewer: How would you rate your physical condition?

Yury: OK, nothing hurts. I gradually returned to training process after the winter break, which only lasted 10 days.

Interviewer: What are your plans for the summer?

Yury: My first competition of the season plan will be on 2 June, when I will compete at the Prefontaine Classic in the United States. From that point, the European Athletics Championships and Olympic Games are my targets. In Helsinki, I will not be in top shape, I'll be most likely at around 80 per cent. Before I leave for London, I'll again go to mountains. We did this before the World Championship in Daegu and it produced good results.

Упражнение 93. Найдите в тексте эквиваленты следующих слов и выражений:

тренировочный бег на 16 км; тренировочный лагерь; высокая рабочая нагрузка; повысить выносливость; контролировать здоровье; большой объем упражнений на растяжку; несмотря на тяжелые тренировки; оценивать физическое состояние; тренировочный процесс

Упражнение 94. Вставьте пропущенные слова:

1. We are now in a training _____ in Kyrgyzstan.
2. We are doing a big _____ and looking to increase _____.
3. I'm significantly reducing the _____ of injury.
4. I _____ returned to training process after the winter _____.
5. We did this _____ the World Championship in Daegu.
6. It _____ good results.

Ключ:

1. camp;
2. workload, endurance
3. risk;
4. gradually, break;
5. before;
6. produced

Упражнение 95. Переведите на русский язык:

After lunch, the guys went to walk in the mountains	
What are the conditions like there?	
I am taking care to avoid catching any colds.	
I've been very careful to monitor my health.	
The European Athletics Championships and Olympic Games are my targets.	
I will not be in top shape	
Before I leave for London, I'll again go to mountains.	
We did this before the World Championship	

OLYMPIC CHAMPION PLANNING HIS DEFENSE

<http://www.iaaf.org>

Прочитайте и переведите текст:

This is an interview with Yury Borzakovskiy of Russia. He is the current Olympic 800m champion, and the 800m event, for those with an interest in the track and field races at this year's Games, is probably the most open event in the whole thing. There are probably ten men who, on their day, could win Gold. Last year, at the World Championship, for example, the top three were: 1. Alfred Kirwa Yego; 2. Gary Reed; 3. Yury Borzakovskiy.

Only Borzakovskiy would have gone into the race a heavy favourite, though Yego and Reed are now realistic medal contenders in Beijing thanks to this result. But then so are about ten other men, including two young sensations: Abubaker Kaki Kamis of Sudan and David Rudisha of Kenya.

European champion Yury Borzakovskiy has been preparing for his fourth Olympic Games at his usual training base in Kislovodsk where he spoke to Sovietskiy Sport about his next big challenge.

Yu. B. “My last Olympics? Yes, I think so, too,” replied the Athens Olympic champion anticipating a question. “Which is why I will do my utmost to perform to the best of my ability.”

Just three weeks after lifting his first European title in Helsinki, the 31-year-old Russian has been putting in place the final touches to his training before he leaves for London. The man who has guided Russia’s most talented runner of the modern era is 82-year-old Yaroslav Makarovich Evstratov who has worked with his pupil for 15 years.

Yu. B. “Right now I feel quite tired because I am working right on the limit,” explained Borzakovskiy. “Otherwise, you won’t get results. It is something that has to be gone through. But soon the training load will be reduced and I will be able to breathe out and leave for London.”

So what are his targets in London?

Yu. B. “To get to the final and then fight for a medal,” replied Borzakovskiy who recognizes David Rudisha as the out and out favourite for the title, before advising caution. The fact is this, there is a difference between racing on the circuit where you only have to run once, but the World Championships and the Olympics, that’s quite another thing. You have to distribute your effort over three races, it is more science than psychology. Last year I was injured, which, thank God, is no longer a worry. Now I hope to reach my peak just in time for London.”

Borzakovskiy’s times this year have not been impressive, oscillating between 1:46 and the 1:48.61 he needed to seal victory in Helsinki. Was he aware they were not particularly impressive?

Yu. B. “I went to Helsinki with just one purpose, to win and be selected for the Olympics. I was ready to run 1:44, but in the official records times are not important. My main aim was to get through three races.”

Borzakovskiy has been winning major medals for Russia for eleven years, but is concerned for the future of sport in his country:

Yu. B. “I agree one hundred percent that sport is losing its appeal. When I was young, we had a completely different life-style, we were much more active, now all people think of their computers.”

Can he see anyone who will succeed him?

Yu. B. “No, I can’t see anyone, though I do have two sons and the elder, Yaroslav, is following in father’s footsteps. He is ten years old and he is already running 800 m. Now all my hope is on him.”

Упражнение 96. Найдите в тексте эквиваленты следующих слов и выражений:

серьезный фаворит; благодаря этому результату; вносить последние штрихи в свою тренировку; прямо на пределе; совершенно другое; распределить усилия на три забега; достичь вершины (пика); уже не повод для беспокойства; всецело иной стиль жизни; идти по стопам отца

Упражнение 97. Вставьте пропущенные слова:

1. Which is why I will do _____ to perform to the _____ of my ability.
2. Yego and Reed are now realistic medal _____ in Beijing.
3. Right now I feel quite _____ because I am working _____ on the limit.
4. But soon the training _____ will be reduced.
5. I went to Helsinki with just one _____ to win and be _____ for the Olympics.
6. My main aim was to get _____ three races.
7. He _____ for the future of sport in his country.

Ключ:

1. my utmost, best;
2. contenders;
3. tired, right on the limit;
4. load;
5. purpose, selected;
6. through;
7. is concerned

Упражнение 98. Переведите на английский язык:

сегодняшний олимпийский чемпион в беге на 800 м	
игры этого года	
включая две юных сенсации	
обычная тренировочная база	
очередной большой вызов	
предвидя вопрос	
я буду делать все возможное	
дойти до финала и затем бороться за медаль	
то, через что придется пройти	

BORZAKOVSKIY MAPS OLYMPIC 800M DEFENSE

*(Yelena Kurdyumova and Sergey Porada for the IAAF,
13 May 2008, General News Moscow, Russia)*

Прочитайте и переведите текст:

After a solid indoor campaign in which he won four of five 800m contests, reigning Olympic 800m champion Yury Borzakovskiy firmly set his sights on defending his Olympic title in Beijing.

The popular Russian, who turned 27 in April, skipped his usual one or two-month spring leave from training, and just two weeks after his 4x400m relay duties at the World Indoor Championship in Valencia, he began a month-long training stint in Cyprus.

Return to Cyprus for pre-season training

“I had one practice a day, sometimes two, which lasted 2 to 3 hours, recovering after the winter season,” Borzakovskiy said of his routine on the Mediterranean Island, where he put in between 90 and 100 kilometres per week.

“At first I lived about four kilometres from the sea, and then moved into the mountains. I lived and trained for three weeks at 1200-1900m altitude above the sea level. It’s not the first time I went there, and I like the training base very much. They have a good stadium but this time I did not use it, I ran cross instead.”

Besides a few basketball games with training partners, Borzakovskiy did little else, he said, besides “sleep and rest.”

Borzakovskiy returned to his home in Zhukovskiy, just outside of Moscow, to spend a few weeks with his wife Irina and their two sons, Yaroslav, six, and two-and-a-half year-old Lev. The visit was brief, as he then left for Kislovodsk, the resort in the Caucasus Mountains, for another three-week training session.

“This will be enough to lay the foundation for further training at home, in Zhukovskiy, in June,” Borzakovskiy said. “In Kislovodsk I continued running crosses and began some speed work, because the main endurance base was created in October and November.”

In July he is planning to spend 10 days in Kasan, training for the Russian Championship which will be held there. “After the national championship I shall return home for a couple of days maybe, and then leave for Irkutsk (Far East of Russia, close to China) for the last stage of training before Beijing. My coach plans a couple of weeks there to acclimate before the Olympics.”

At the moment, Borzakovskiy said, “I train twice a day, six days per week. With this I need 8 to 9 hours of sleep each night and one-and-a-half hours of sleep in the afternoon.”

He takes Sundays off, and incorporates Russian saunas – banyas—into his

regimen as well. “On Wednesday or Thursday I usually have one practice, and instead of the second one I go to a banya, and on Sunday I have banya too.”

Race plan taking shape

Besides the national championship in Kazan, Borzakovskiy is planning several competitive outings, but not a full slate.

“I can’t now tell which competitions I shall go, my coach usually determines this. As far as I know, for sure, it is Monte Carlo (29 July) and Stockholm (22 July). I can’t give the exact date now because I am usually told about it a week in advance when the tickets are delivered to me.”

His life as an athlete is very much a family affair, particularly in the kitchen where his wife Irina insists on running things.

“I like to cook and used to cook tasty food, but my wife does not let me now,” Borzakovskiy explained. “She says that it is the women’s job to cook, and everyone must do their job, and she does all cooking at home.”

“My favourite beverage is freshly made apple juice and my favourite dish is sauerkraut soup which my wife cooks and I like lamb most of all meats. I stick to a diet only during competitions, and in between only observe a strict meal regime – I eat three times a day, at the same time, and never late at night.”

In Beijing, no favourites, and nothing for granted

Analyzing his victory in Athens four years ago, along with a strong knowledge of what has and can transpire in an Olympic final, Borzakovskiy knows that absolutely nothing can be taken for granted as Beijing approaches. And certainly won’t go out on a limb to make any predictions.

“The Olympic Games is a competition in which any athlete can win quite unexpectedly,” he said. “And this is so because it takes place once in four years and it is hard to prepare from a psychological view point.”

“Even distinguished athletes, such as Wilson Kipketer for example, the World record holder, the strongest athlete in the world in the 800m, was second in Sydney in 2000, though he could easily win. He was the strongest, in my opinion, in Athens but psychologically he was not ready. He wanted to win there very much and started his finishing kick too early. That is why, I think, he lost. This was his tactical mistake.”

In Beijing, he believes there are a slew of contenders who will all be solid podium threats.

“I do not know exactly who will come to Beijing. But judging by the winter season results the main candidates for getting into the Olympic final are Wilfred Bungei, Mbulaeni Mulaudzi, the Athens silver medalist, Yusuf Saad Kamel, and Abubaker Kaki Khamis, the Valencia gold medalist. He is young, only 18, but has

got quite high result and good chances to get on the Olympic podium. But anything can happen. Take for example the World Championship in Helsinki, only one year after the Olympic Games in Athens. Mulaudzi was in excellent form, but did not even get into the final in Helsinki.”

Yevstratov, coach, teacher and mentor

Borzakovskiy is an experienced athlete, an Olympic champion, but he can't imagine his sporting life without his coach, Vyacheslav Yevstratov, who has more than 50 years of coaching experience and who has been training him for 11 years.

“The coach writes the plans and chooses competitions suggested by the manager,” Borzakovskiy explains. “For me, it is unreal to prepare for any season without my coach. He sees everything during practice: the techniques and tactics of running, the psychological condition, and gives useful advice, which is very important for me.”

“I don't need the help of psychologists like some other athletes. Once, when I got into a car accident a couple of years ago, my coach invited a psychologist. This is arguably the strongest event for American men, having won 20 of the 27 Olympic titles to date. Maybe they were stressed out because they were also students. I am in quite good psychological condition and have good control over myself. But all this is possible thanks to my coach, who teaches me this.”

Kipketer still the idol

He may have beaten him in Athens four years ago, but Borzakovskiy still looks to Kipketer, whose 1:41.11 World record has stood for more than a decade, as his idol.

“I think he is still the most ideal 800 metre runner. When I was younger I thought that he did not make any mistakes at all. But now I understand that there are some mistakes in his technique. When he runs his body is very straight, like a pair of compasses. If he leaned forward a bit, the push could be much stronger, and he could run even faster.”

“I, at least, use such running technique. If I keep my body straight, I will not get into my rhythm and the speed will be slow. When I lean forward a bit I get into my rhythm and my speed increases. Due to this Kipketer lost to me at the finish more than once.”

“Maybe Wilson is more comfortable with such technique. Michael Johnson, for example, ran with his hip forward and considered it the most ideal techniques. Everyone has their own, and Kipketer too, and it did not prevent him from becoming many times a World champion, European Champion, Olympic medalist and holder of several world records, of course. He is worth being taken for a model.”

One post-Olympic appointment – holiday in Egypt

Obviously the focus this year is on Beijing, but Borzakovski already has plans beyond his Olympic title defence bid: a return visit to Egypt. For a holiday, of course.

“After the summer season I am planning to go to Egypt for vacation with my family and friends. Last year I was there for the first time and I liked the Red Sea very much.”

In Hurgada, Borzakovski and family swam, enjoyed the sun, and caught some very big fish.

“I was lucky and caught a big fish, about 10 kilograms, called ‘Tiger’. Just a half hour later a very tasty fish soup was cooked for us. We also caught barracuda, which was fried, and very tasty too.”

“This year I would like to see the pyramids for which we did not have enough time during our previous visit.”

Упражнение 99. Найдите в тексте эквиваленты следующих слов и выражений:

обычный порядок/режим; предсезонный; Он выиграл 4 из 5 соревнований в беге на 800 м; защитив свой Олимпийский титул; двухмесячный весенний отпуск; У меня была одна тренировка в день; восстанавливаясь после зимнего сезона; на высоте 1200-1900 м над уровнем моря; полтора часа сна днем; придерживаться диеты

Упражнение 100. Вставьте пропущенные слова:

1. I can't now tell which _____ I shall go, my coach usually determines this.
2. The Olympic Games is a competition in which any _____ can win quite unexpectedly.
3. It takes place once in _____ years and it is hard to prepare from a _____ view point.
4. He was the strongest, in my _____, in Athens but psychologically he was not _____.
5. Mulaudzi was in _____ form, but did not even get into the _____ in Helsinki.
6. He can't imagine his sporting life _____ his coach.
7. He sees everything during practice: the techniques and tactics of running, the psychological condition, and gives _____ advice, which is very _____ for me.

Ключ:

1. competitions;
2. athlete;
3. four, psychological;
4. opinion, ready;
5. excellent, final;
6. without;
7. useful, important

Упражнение 101. *Переведите на английский язык:*

мне не нужна помощь психолога	
пару лет назад	
я хорошо владею собой	
его рекорд держится более десяти лет	
в его технике есть ошибки	
как циркуль	
скорость возрастает	
не один раз	

Упражнение 102 . *Проанализируйте особенности спортивной подготовки Юрия Борзаковского в подготовительный, соревновательный и переходный периоды; заполните таблицу:*

PERIOD	TRAINING FEATURES
Preparatory	

Competitive	
Transition	

- 1) Каковы особенности его тренировки?
- 2) Каковы особенности восстановления?
- 3) Каковы особенности его диеты?

РАЗГОВОРНАЯ ПРАКТИКА

ДИАЛОГ “TRACK AND FIELD ATHLETICS”

*Прочитайте диалог в парах.
Переведите диалог. Разыграйте диалог:*

Alice: I wonder that of all sports you've chosen track and field.

Jim: Why, it's the Queen of Sport! An athlete is fit to engage in weightlifting, skiing, skating, practically in anything.

Alice: I don't see much purpose in it, though. I rather think track and field athletics is tiring and not enjoyable. What with cross country race, marathon race or steeplechase. The athletes look so exhausted by the end of the event.

Jim: You are saying so because you have never tried to do it yourself. You just start with sprint, or relay race, or, say, hurdling and you'll never be able to drop it.

Alice: I think I should start with jumping. I've always admired pole vault and hop, step and jump.

Jim: If you enjoyed watching the jumpers you'll enjoy still more doing it yourself. And once you start you'll come to like every event of athletics. The more difficult it is the more enjoyable it proves.

Alice: I remember taking part in a speed race when I was a schoolgirl. I was fit to drop.

Jim: That was because you weren't used to it. Naturally, it exhausted you as you had had no proper training. Take my word for it, track and field athletics is worth your while.

Alice: Shall I take part in the relay race tomorrow?

Jim: You might as well begin with it and the coach will tell you what's best to start with. I may give you wrong advice.

Alice: All right. I'll talk with the coach then.

Jim: OK, I wish you good luck.

Упражнение 103. Работа в парах с собеседником:

1. ask him what “track and field athletics” means;
2. ask him what running distances he knows;
3. ask him what jumping events he knows ;
4. ask him what throwing events he knows;
5. ask him what relay race is;
6. ask him what combined events in track and field athletics he knows;

Упражнение 104. Работа в парах с собеседником:

1. ask him what sport facilities connected with track and field athletics he knows;

2. ask him what training exercises he knows;
3. ask him what subjects athletes throw;

Упражнение 105. Спросите собеседника, о ком идет речь:

1. Legendary Soviet athletes of the 30-es, brothers, long-distance runners, born in 1903 and in 1906 in Zelyonaya Sloboda, now Ramensky district, Moscow Region. Made a triumphant debut at the “Serp i Molot” factory competition for GTO tests in 1932 and in 1934 set 6 national records in 1500, 3000, 5000, 10000m distance. In the prewar years have achieved outstanding results in athletics. Merited Masters of Sport.

2. One of the most successful Olympic athletes of all time, who won 10 Olympic medals, including nine gold, and 10 World Championships medals, including eight gold. He qualified for the Olympics in 1980, but did not participate because of the U.S. boycott of the Moscow Games. He did go on to compete in four Olympic Games—1984 in Los Angeles, 1988 in Seoul, 1992 in Barcelona and 1996 in Atlanta. He was called “World Athlete of the Century” by the International Association of Athletics Federations and “Sportsman of the Century” by the International Olympic Committee, “Olympian of the Century” by Sports Illustrated and “Athlete of the Year” by Track & Field News in 1982, 1983, and 1984.

3. Legendary soldier who brought from a battlefield at the site of the town of Marathon, Greece, to Athens in 490 B.C., news of a Greek victory over the Persians. He delivered the momentous message “Niki!” (“Victory”), then collapsed and died, thereby setting a precedent for dramatic conclusions to the marathon.

4. The Soviet Olympic athlete. The 1964 Olympic champion in the Men’s High Jump, he is widely regarded as one of the greatest athletes ever to compete in the high jump. He broke the world record for the high jump six times from 1961 to 1963, from 2.23 metres (7ft 4in) to 2.28 metres (7ft 6in).

5. The Russian pole vaulter. She is a two-time Olympic gold medalist (2004 and 2008), a three-time World Champion (2005, 2007 and 2013), the current world record holder in the event, who is widely considered the greatest female pole-vaulter of all time. She became the first woman to clear the five-metre barrier in 2005.

6. He never won Olympic gold but he’s remembered as the “Daddy” of the event. He was the world’s leading steeplechaser between 1991 and 1995, broke the world record and landed three world titles: 1991, 1993 and 1995.

7. Cuban “White Lightning”, is the only man to win the Olympic 400m and 800m titles at the same Games, doing so at Montreal in 1976.

MY SPECIALITY

Прочитайте и переведите текст:

We are students of Academy of Physical Education. All the students of our Academy began to go in for different kinds of sport before entering the institution. At the Academy we get different sporting specialties: swimming, diving, rowing, sailing, skiing, skating, figure skating, football, basketball, volleyball, handball, tennis, wrestling, boxing, cycling, fencing, gymnastics, weightlifting, track and field athletics, and others. We dream of becoming first class sportsmen and therefore pay great attention to special training lessons in chosen kinds of sport. After graduating from the Academy we become coaches and teachers of physical education.

I've chosen track and field athletics. This sport is the most important in training athletes. Some millions of young men and women train in the athletics sections and take part in competitions. It is hard to find a town or a village in our country where people do not go in for track and field athletics.

Athletes practice on the stadiums, in sports halls, Palaces of Sports, etc. This kind of sport includes running, jumping, discus throwing, hammer throwing, javelin throwing, shot put, walking, pentathlon, decathlon, etc.

Упражнение 106. Ответьте на вопросы. На основе ответов на вопросы составьте рассказ о своей спортивной карьере:

1. When did you begin to go in for track and field athletics?
2. What events does it include?
3. What event do you practice?
4. What is your life record?
5. When did you start competing in this event?
6. What distances do you know in track and field athletics?
7. Are you a runner?
8. What distance do you run?
9. What is your favourite distance?
10. What kinds of jumps do you know?
11. Name the most effective jumpers (throwers, walkers, pentathletes, decathletes, etc.).
12. Can we say that track and field athletics is the leading sport in our country?

ВИКТОРИНЫ

QUIZ “DO YOU KNOW WORLD TRACK AND FIELD”

1. Who in 1988 broke the women’s 100m record with a time of 10.49 secs?
 - a) Florence Griffith Joyner
 - b) Chandra Sturup
 - c) Marion Jones
 - d) Joyce Maduaka

2. Who in 2002 broke the men’s 100m record with a time of 9.78 seconds?
 - a) Kim Collins
 - b) Maurice Greene
 - c) Tim Montgomery
 - d) Dwain Chambers

3. Who in 2002 broke the world record for the men’s 3000m steeplechase?
 - a) Paul Koech
 - b) Elesio Martin
 - c) Ezekiel Kemboi
 - d) Brahim Boulami

4. Who in 1993 broke the world record for the men’s high jump?
 - a) Mark Boswell
 - b) Stefan Holm
 - c) Javier Sotamayor
 - d) Jacques Freitag

5. Who in 2003 broke the world record for the women’s pole vault?
 - a) Stacy Dragila
 - b) Yelena Isinbayeva
 - c) Annika Becker
 - d) Svetlana Feofanova

6. Winning a gold medal in the 1968 Summer Olympics, American athlete Dick Fosbury was one of the most famous competitors in which event?
 - a) High jump
 - b) Hammer throw
 - c) 4x100m relay
 - d) 110 hurdles

7. Over the length of four Olympics this American won 9 gold and 1 silver medals in running and long jump events. Do you know who he is?

- a) Michael Marsh
- b) Carl Lewis
- c) Michael Johnson
- d) Michael Bates

8. Many of the early modern Olympic track and field winners were from Scandinavia. One of those athletes went undefeated in races over 800 metres long for 121 events. Who is the man who won 12 Olympic medals beginning shortly after World War I?

- a) Paavo Nurmi
- b) Harri Larva
- c) Erik Bylehn
- d) Ville Ritola

9. The women's version of the decathlon is the heptathlon, 7 events of running, jumping and throwing. Who won the Olympic heptathlon on her home turf in 2012?

- a) Christine Ohuruogu
- b) Denise Lewis
- c) Kelly Holmes
- d) Jessica Ennis-Hill

10. Besides winning the heptathlon at the 1988 Olympics in Seoul, Korea, this woman also won the individual long jump gold medal, then won the heptathlon again at Barcelona in 1992. Do you recall her name?

- a) Leslie Deniz
- b) Louise Ritter
- c) Kathy McMillan
- d) Jackie Joyner-Kersey

11. This man really got to rub Hitler's nose in it! The Nazis considered people of African descent to be inferior so this American won 4 gold medals at the 1936 Berlin Olympics. Who was he?

- a) Ralph Metcalf
- b) Foy Draper
- c) Frank Wykoff
- d) Jesse Owens

12. There is a one second time penalty for knocking over a hurdles in all hurdling events.

- a) True
- b) False

13. Which one of these is a field event that involves running a short distance?
- a) Javelin throw
 - b) Shot put
 - c) Discus
 - d) Fencing
14. Which of the following options is a modern day Olympic field event that involves hurling a steel ball attached to a wire?
- a) Chainsaw heave
 - b) Hammer throw
 - c) Wrench toss
 - d) Ratchet hurl
15. Which of the following men is an American track and field athlete that held the world record long jump from 1968-1991?
- a) Michael Phelps
 - b) Roger Bannister
 - c) Bob Beamon
 - d) Jesse Owens
16. What is the name of the object handed off from runner to runner in relay races?
- a) Baton
 - b) Cosh
 - c) Cudgel
 - d) Truncheon
17. The origins of the field event are a matter of historical debate. Which one of these countries is often put forward as the origin of shot put?
- a) Scotland
 - b) Peru
 - c) China
 - d) Australia
18. British track and field athlete Harold Abrahams won the Olympic gold medal in the 100m sprint. Which of the following 1981 movies was about this moment in track and field history?
- a) Cool Runnings
 - b) Chariots of Fire
 - c) Field of Dreams
 - d) Training Rules

Ключ:

1. a) Florence Griffith Joyner
2. c) Tim Montgomery
3. d) Brahim Boulami
4. c) Javier Sotomayor
5. b) Yelena Isinbayeva
6. a) High jump
7. b) Carl Lewis
8. a) Paavo Nurmi
9. d) Jessica Ennis-Hill
10. d) Jackie Joyner-Kersey
11. d) Jesse Owens
12. b) False
13. a) Javelin throw
14. b) Hammer throw
15. c) Bob Beamon
16. a) Baton
17. a) Scotland
18. b) Chariots of Fire

QUIZ WITH TIPS

Викторина с подсказками

DO YOU KNOW TRACK AND FIELD

Ответьте на вопросы викторины о легкой атлетике.

Впишите во второй столбец свой ответ. Сверьте ответы с ключом.

ВОПРОС	ВАШ ОТВЕТ
For hurdling, do you have to stay in your lane?	
In hurdling, can you interfere with another runner?	
For long jump, where are the measurements taken from?	
For high jump, how many feet do you take off of?	
For shot put where do you enter the throwing area?	

For shot put, what angle do you throw at?	
For relays can the baton be thrown?	
For relays can you wear gloves?	
Are you out if you drop the baton? if not can you pick it up?	
200 metre dash	
400 metre dash	
800 metre run	
1600 metre run	
3200 metre run	
What is steeplechase?	
What is javelin throw?	
What is hammer throw?	
What is weight throw?	
What is pole vault?	
What is a Decathlon?	
What is a Pentathlon?	
What is Heptathlon?	
What are two horizontal jumps?	
What are two vertical jumps?	

Ключ:

ВОПРОС	ВЕРНЫЙ ОТВЕТ
For hurdling, do you have to stay in your lane?	yes
In hurdling, can you interfere with another runner?	no
For long jump, where are the measurements taken from?	closest mark near the scratch line.

For high jump, how many feet do you take off of?	1
For shot put where do you enter the throwing area?	the rear
for shot put, what angle do you throw at?	45°
For relays can the baton be thrown?	must be handed.
For relays can you wear gloves?	no gloves
Are you out if you drop the baton? if not can you pick it up?	no. you can pick it up as long as it does not interfere with another player's performance.
200 metre dash	staggered start, stay in your assigned lane
400 metre dash	staggered start, runners stay in assigned lane
800 metre run	staggered start, runners cut in at break line
1600 metre run	start on curve, may move into first lane
3200 metre run	start on curve, may move into first lane
What is steeplechase?	A 3200 metre run over 5 barriers (one landing in water) every 400 metres. The barriers are similar to a hurdle, but much larger in size and made out of wood.
What is javalin throw?	A throwing event that involves throwing a lightweight spear. Only 4 states still allow high school javelin due to risk of injury.
What is hammer throw?	A weighted object that is attached to a handle is thrown in a spinning and turning motion. It takes place in an area similar to the discus throw.

What is weight throw?	Very similar to the hammer throw, but it is done in the winter during indoor track. The weight is attached to a handle that is a little shorter than the handle on the hammer.
What is pole vault?	A vertical jumping event that involves using a long pole to vault over a crossbar and land in a pit.
What is a Decathlon?	Boys event consisting of ten events. They include: the 100, Long Jump, Shot Put, High Jump, the 400, Triple jump or Javelin, Discus, 110 High Hurdles, Pole Vault, and the 1600
What is a Pentathlon?	Five events which include: GIRLS: the 100, high jump, shot put, long jump, and the 800 BOYS: long jump, high jump, the 200, discus, the 1600
What is Heptathlon?	Girls event consisting of seven events. They include: 100, high jump, shot put, 200, long jump, javelin or discus, 800
What are two horizontal jumps?	Long jump and triple jump
What are two vertical jumps?	High jump and pole vault

СЛОВАРЬ

- ability – способность, возможность
able (be able) – мочь, быть в состоянии, смочь
about – приблизительно, около, почти
above – над, выше
absorb – амортизировать
acclimate – акклиматизироваться
accommodate – предоставлять помещение
account (take account) of – учитывать
accrue – получать
accurately – точно
achieve – добиваться, достигать
activity – деятельность
actually – фактически, на самом деле, в действительности
acute -критично
adapt through – развиваться
adapted gymnasium – приспособленный гимнастический зал
addition – внесенное изменение
adhere – придерживаться (правил)
adjust– регулировать, улаживать
adopt – принимать
advance – продвигать, перейти
advanced – прогрессивный
advanced training techniques – передовые тренировочные технологии
advancing (leg) – опережающая нога
advice – совет
advise – советовать
aerobic and anaerobic energy producing systems – аэробные и анаэробные системы производства (выработки) энергии
affable – приветливый
affair – дело, вопрос; событие, мероприятие; явление
after– после
ahead – вперед, дальше, раньше
aim – цель
aka – сокращ от *also known as* – также известной как
akin – близкий, сходный
all but – почти, едва не
all but one – все, кроме одного
all over the world – по всему миру
allocate points – присуждать очки

all-round – многосторонний, всесторонний
all-time – непревзойдённый; вечный, на все времена
all-weather running track of polyurethane – универсальная беговая дорожка
из полиуретана
along a curved starting line – старт уступами
along a length of track – по длине дорожки
along a stretch – на протяжении
along with – наряду с, вместе
alongside – рядом
alter – меняться
although – хотя
altitude – высота
amateur – любитель, любительский
amend – совершенствовать, улучшать
anchor (leg) – последний этап эстафеты
angle – угол
anniversary – годовщина
announce – объявить
anticipate – предвидеть
anything but – далеко не такой (такие)
apart – в стороне, отдельно, в отдалении
apart from – не говоря (уже) о; кроме; не считая
apparently – очевидно, несомненно
appeal – привлекательность
appear – появляться; appearance – появление
appointment – свидание
approach – подход; приближаться, достигать
approximately – приблизительно, около, почти
arguably – возможно, вероятно
aristocracy – аристократия
around – около
around a bend – по повороту, по виражу
around two marks – вокруг 2 столбиков
artificial materials – искусственные материалы
Aryan superiority – арийское превосходство
as far as possible – как можно дальше, по (мере) возможности
as well – так же
as well as – так же как
ascent – подъем
ash – осень
assembly – ассамблея
assume – принимать

assuming a crouching position in the starting blocks – принятие старта из низкого положения из стартовых колодок

astonishing – ошеломительный, поразительный

at home – как дома, легко

at least – по крайней мере, по меньшей мере

at the back – в глубине

at the base – у основания

attach – прикреплять

attain – достигать

attempt – попытка

audience – аудитория

authority – орган власти

available – доступный; имеющийся в распоряжении

average – средний

avoid – избегать

award (be awarded) with – награждать (быть награжденным)

aware (be aware) of – знать, сознавать, отдавать себе полный отчет

awkward – неуклюжий, неловкий

axle – ось

back end – задний конец

back straight – противоположная прямая

back-to-back – один за другим, подряд

backwards and head-first technique – техника головой вперед, спиной к земле

bamboo – бамбук

ban – запрещать

barefoot – босой

barrier – рубеж

basic – начальный

baton – эстафетная палочка

baton pass – передача эстафетной палочки

baton-changing rules – правила передачи эстафеты

battle – битва; стараться

battlefield – поле боя

before – перед, до

Beijing – Пекин

below – ниже

benchmark – стандарт

bend – поворот

benefits – выгода, польза, прибыль

bent – согнутый

besides – кроме
bet – делать ставки, betting – букмекерство
between – между
beverage – напиток
beyond – за пределами
beyond the board – за пределами бруска
bid – попытка, стремление
biomechanics – биомеханика
bit – немного
blacksmith – кузнец
blacksmith's sledgehammer – кузнечный молот, кувалда
blocks – колодки
board (marker) – брусок, доска для отталкивания
boast – хвалиться, хвастаться
body – тело
boom – бум, резкий подъём
boulder – большой камень
bounce back – восстановиться
bound out – перепрыгнуть
brandy – бренди
break – перерыв
break for the inside – перейти на общую дорожку
break stride – здесь: замедлять шаг
breathe out – выдохнуть
breathing – дыхание
breach – нарушать, преодолевать
brief – короткий
bring nose down – опускать нос снаряда
built up – «нарощенные», с увеличенной подошвой
bunched standing start – высокий старт и общая стартовая позиция
burden – тяжесть, груз; обязательство
but – (здесь) всего
by all means – любой ценой, во что бы то ни стало

cadence – мерный шаг
cage – клеть, клетка
camp – лагерь
campaign – кампания, операция
cannonball – пушечное ядро
car accident – автомобильная авария
carbon fibre – углеродное волокно
career – карьера

careful – заботливый
carriage – карета
carry weights – нести (держат) груз
cast iron ball – литой железный шар
catch (caught, caught) – ловить
cathedral – кафедральный собор
Caucases Mountains – Кавказские горы
cause – вызывать, вести
cause a competitor's elimination – вести к исключению участника
cause damage or injury – вызвать повреждение или нанести травму
caution – предусмотрительность; предостережение
celebratory – праздничный
Celtic warrior – кельтский воин
centigrade – по Цельсию
centre of gravity – центр тяжести
certain – определенный
certainly – конечно, естественно
challenge – вызов
change – изменять
changeover – передача, передача эстафеты
changeover box – коридор для передачи эстафеты
chariot – колесо
charity – благотворительный
cheat – жульничать, мошенничать, ловчить
chilly – холодный; прохладный
circa – приблизительно, примерно, около
circle – круг
circuit – круг
clear – преодолевать
clear a body over a crossbar – переходить через планку
climb – подниматься, взбираться
clock – показывать время /результат
closing ceremony – церемония закрытия
cluster – созвездие
coache – карета, повозка
coexist – сосуществовать
collapse – рухнуть
collide – сталкиваться
combined events – многоборье
come home – прийти к финишу
come on – появляться
comeback – возвращение

commit – совершать, допускать
common – общепринятый, распространённый
commonly – обычно, как правило
Commonwealth – Содружество
comparatively – сравнительно
compete – бороться, соревноваться
competition – соревнование
competitive – соревновательный
competitor – участник соревнования, противник, конкурент
complete – завершать; полный
comply with the rules – соответствовать правилам
comprise – включать
concept – общее представление
concern – касаться
concrete throwing areas – забетонированные секторы для метаний
condition – условие
consecutive – последовательный; непрерывно следующий друг за другом
consistency – постоянство
constantly – постоянно
contact – контакт
contender – соперник; претендент, кандидат
contest – соревноваться; соревнование, конкурс
contestant – участник соревнования, противник
controlled rotations – контролируемые вращения
cook – готовить
corded grip – обмотка
core – ядро
counterpart – копия, двойник
couple – пара
courage – смелость, храбрость
courier – курьер
course – трасса
cover – охватывать, покрывать, преодолевать
cover the distance – преодолеть дистанцию
criteria – мн. число от слова criterion – критерий
cross country running – кросс; бег по пересеченной местности
cross country race – бег по пересечённой местности
crossbar – планка
crouch – низкий старт в беге на спринтерские дистанции
crown – корона
culminate – достигнуть высшей точки
current – современный, данный, текущий, сегодняшний

current format – текущий, нынешний формат
currently – в настоящее время
curvature of the track – дуга дорожки
curved – дугообразный

danger – опасность
dangerous – опасный
dash – забег
date back – восходить
debut – дебют
decathlon – десятиборье
declare – объявлять
deem – считать
deep – глубокий
defeat – поражение
degree – градус
deliver – доставлять
dense – плотный
department – комиссия
depend on – зависеть
derive – происходить
descent – спуск
designated – ограниченный, обозначенной, отмеченный
despite – несмотря на
determination – решимость
determine – определять, устанавливать
devise – изобретать; разрабатывать
diaulos – бег на 2 стадия с поворотом
dip – снижать
discount – не принимать в расчет
discover – обнаружить
discus throw – метание диска
disorder – нарушение, расстройство
disqualify (be disqualified) from – дисквалифицировать (быть дисквалифицированным)
distance – дистанция; for distance – на дальность
distinguished – выдающийся
distress – причинять физическую боль; причинять страдание
distribute – распределять
ditch – канава
divide – подразделяться
do utmost – делать всё возможное

dominant – главный, лидирующий, господствующий
down – вплоть до
downward – нисходящий, книзу
drawing – рисунок
drew (пр. время от draw) – собирать, притягивать
drive – (здесь) драйв
drop – исключать, ронять, бросать
drop-off – отход от спорта, падение интереса к спорту
due to – из-за
during the course of – в ходе, в процессе
duties – обязательства

each – каждый
early (in the early 1970s – рано (в начале 1970х)
earn – зарабатывать
earth – грунтовый
Eastern cut-off – прыжок в высоту способом «волна»
eating – еда
edge – край, кромка, острие
effort – усилие
either – каждый
either gender – другой пол
eliminate – исключать(ся)
elude – ускользать
elusive – ускользающий, неуловимый
embark – вступать; отправиться
embrace matters – охватывать вопросы
emerge – появляться
emerging – развивающийся
emulate – следовать примеру
endurance – выносливость
endurance running – бег на выносливость
enduring image – бессмертный образ
engage – заниматься
enlarge – расширять
ensure – гарантировать
enthusiast – энтузиаст, ярый поклонник
entry – заявка, участник соревнований
environment – окружение, окружающая среда
equal – равный; сравнивать
equate – приравнивать
equipment – оборудование

erect – прямой; вертикальный
errand – поручение
erudite – эрудированный
essential – важный, необходимый
establish – учреждать
European Indoor Championship – чемпионат Европы в закрытых помещениях
even – даже
evenly spaced – равноотстоящий; расположенный с равными интервалами
event – событие; соревнование по определенному виду спорта; этап (в соревновании)
ever – когда-либо
ever-changing world – постоянно меняющийся мир
ever-improving – постоянно улучшающийся
everyday – ежедневный
evidence – доказательство, подтверждение; свидетельство
evolve – эволюционировать, развиваться
exceed – превышать; превосходить
excellence – превосходство
excellent – отличный
except – за исключением
excess (in excess) – превышая
exciting challenges – волнующие вызовы
executive offices of the President – управление делами Президента
exhausted – измученный, утомленный
exhaustion – изнеможение, истощение
experienced – опытный
expert – эксперт, специалист
explode – взрываться, ворваться
explosive – горячий
extend – простираться, тянуться; длиться; протягивать, вытягивать

face – смотреть; быть направленным
fail – не смочь
failure – ошибка, неудачная попытка
fall – падение
fall back – падать
fall into disuse – перестать применяться
false start – фальстарт
fame – известность
far more – значительно больше

feat – выдающийся поступок, подвиг
 feature – представлять, быть представленным; выступать, быть гвоздем программы
 female counterpart – женская копия
 few – немного, немногие
 fewest – меньшее количество
 fibreglass – стекловолокно, фибергласс
 final – финал, финальный
 final lap – последний круг
 final leg – финальный этап
 final straight – финишная прямая
 final touches – последние штрихи
 fire service – пожарная служба
 firm – жёсткий
 fix – фиксировать, закреплять
 fixed – неподвижный
 fixture – неизменно присутствующий элемент
 flag down (a car) – голосовать (машину)
 fledgling – молодой
 flexible – гибкий; гнущийся; эластичный
 fly (flew, flown) – летать
 foam landing beds – поролоновые маты
 focus – фокус, сосредоточивать, обращать (внимание)
 focus around – сосредоточиваться на чем-то
 follow in smb.'s footsteps – идти по чьим-л. стопам, следовать примеру
 follow the quickest route – следовать по самому быстрому маршруту
 following – после, вслед за
 footmen – лакеи
 for granted – наверняка, без доказательств
 for sure – наверняка
 force – сила
 foremost – самый главный
 forerunner – предшественник
 foreswing and the backswing – движение рук в переднезаднем направлении
 forward – вперед
 Fosbury Flop – прыжок в высоту способом «фосбюри флоп»
 foul – ошибка, нарушение правил; нарушать
 foul line – штрафная линия
 from behind – из-за линии
 front (in front of) – перед
 fry – жарить

ft от foot – фут
fulfil – удовлетворять требованиям
full – полный
full slate – полный список
funeral games – погребальные игры
further – дальше, дальнейший

gain – выигрывать, добиваться, выгадывать
gambling – азартная игра
gender/ sex – пол
generation – поколение
get results – достичь результаты
get set – положение «внимание»
get through – справиться, пройти
give up – оставить, отказаться; бросить
glide – хлест туловищем
global stage – мировая арена
go – position – положение на марш
go – положение «марш»
go out on a limb – быть в трудном положении, рисковать
go through – пройти через
going over – прохождение над планкой
good – хороший; for the good – к лучшему
governing body – руководящий орган
gradually – понемногу, постепенно
graduate – выпускник
grass – травяной
gravel – галечный
grip – схватить; сжать; рукоятка; ручка; хват, захват
ground – земля
group – группировать
guide – направлять
guy – парень

Hall of Fame – Зал Славы
Hamilton Park Racetrack – беговая дорожка Гамильтон Парк
hammer – молот
hammer throw – метание молота
hand – передавать
hand over a baton to a team – mate – передавать эстафетную палочку партнеру
handle – рукоятка
handover – передача

hat-trick – хет-трик (три успеха подряд в определенном виде спорта)
head (towards) – вести (к); направиться
head towards innermost track – направляться к внутренней дорожке
headquarters – штаб
heart – сердце
heavy circular disc – тяжелый круглый диск
heavy favourite – серьезный фаворит
height – высота
hence – поэтому, следовательно
heptathlon – семиборье
Hereditary Prince Rainier III of Monaco – Наследный принц Монако Ренье III
hickory – пекан (североамериканский орешник)
Highland Games in Scotland – горские игры в Шотландии (Игры шотландских горцев)
hill – холм
hip – бедро
historic – исторический
hold – держаться, придерживаться
hollow – полый, пустотелый
home straight – финишная прямая; прямая дорожка
hop – скачок
hop, step / skip, and jump – тройной прыжок
hop, step and jump pattern – модель «скачок, шаг, прыжок»
horizontal bar – перекладина, планка
host – вмещать, принимать
host venue – страна-хозяйин
House of Representatives – палата представителей США (нижняя палата конгресса США)
however – однако
huge – большой
humiliate – посрамить, унижить
hurdles – барьерный бег, барьеры
hurl – метать
hurl an implement from a set point – бросить снаряд с заданной точки

IAAF World Championships – чемпионаты мира под эгидой ИААФ
ice-cool – спокойный, бесстрастный
icon – идол, кумир, икона
iconic 5th century BC statue – культовая статуя, относящаяся к 5 веку до н.э.
Iliad – “Илиада” (одна из двух эпических поэм Гомера)
imagine – представить
immediately – немедленно, тотчас же, сразу

impact – импульс, воздействие
impede – препятствовать
Imperial Bodyguard – императорская личная охрана
imperial measurement – имперские меры (стандартные единицы мер, принятые в Соединённом Королевстве)
implement – снаряд, орудие, инструмент
importance – важность
impressive – впечатляющий
improved equipment – улучшенное оборудование, оснащение
in (сокращ. от inch) – дюйм
in advance – заранее, заблаговременно
in order to – чтобы
in spite of – несмотря на
in the event – в случае
inaugural – знаменующий начало, вступительный
include – включать
incorporate – включать
increase – возрастать, усиливаться
increase momentum – увеличить скорость, усилить импульс
incredible – невероятный
indentation – след, отпечаток
indoors – в помещении
induct – вводить, включать, принимать в члены
inherent – неотъемлемый
initially – первоначально
injury – травма
inner lanes – внутренние дорожки
innermost part – внутренняя часть
inside – внутри
inside line – внутренняя сторона дорожки
inside or outside the track's second bend – внутри или снаружи от второго поворота круговой дорожки
insist on – настаивать на
instead – вместо
Intercalated Olympic Games – дополнительные (вставленные) Олимпийские Игры, посвященные десятилетнему юбилею первых современных Олимпийских игр (Афины, 1906 год).
International – Международный
International Amateur Athletic Federation – Международная Любительская Атлетическая Федерация
International standard points scoring system – система подсчета очков международного стандарта

intertwine – переплетаться
invade – завоевывать
invent – изобретать
involve – включать

jam a pole – сжимать шест
Jamaica – Ямайка
javelin throw – метание копья
jogging – джоггинг, бег трусцой
join – присоединяться
jump – прыжок
jumping board – брусок
jump-off – перепрыжка, повторный прыжок
junior – младший, юниор
just – только, только что

keen to – стремится
key – основной, главный
kind – сорт, разряд; вид, класс
knack – умение, сноровка, мастерство
knee – колено
knock down – опрокидывать, сбивать
knock over – опрокидывать

lack – отсутствие
lactic acid – молочная кислота
Lake District – Озёрный край, Озёрный округ (живописный район гор и озёр на северо-западе Англии)
lamb – ягнёнок
land – выиграть; приземляться; достигать;
landing – приземление
landing area – место/ площадь для приземления
lane – беговая дорожка
lap – круг, этап
largely – по большей части
last – длиться
last-minute – в последний момент
late (in the late 1950s) – поздно (в конце 1950-х)
lay (laid, laid) out – закладывать, планировать
lay the foundation – заложить фундамент
lb от libra – фунт
lean – наклоняться

leaning forward and gradually moving into an upright position – наклонившись вперед и постепенно переходя в вертикальное положение

leap – прыжок

leap over – перепрыгнуть

leave – увольнительная

leave for – уезжать

leave the circle – покидать круг

leg – этап, этап эстафеты

legal – правовой, законный, узаконенный

less than – менее чем

life-enhancing – оживляющий

lifting – полет (безопорная фаза)

like – то же самое, подобное

line – черта

link – соединять, связывать

list of official world records – официальный список рекордов мира

little finger – мизинец

load – нагрузка

long-striding – широко шагающий

look – выглядеть

loop – петля

loose – свободный

lose – терять

lower – снижать, опускать

main course – основная трасса

maintain contact – поддерживать контакт с землей

make debut – дебютировать

make reference – ссылаться, упоминать

make up – составлять

male – мужчина

marathon (marathon running) – марафон

margin – граница, перевес

marginalize – не придавать особого значения

mark – метка, отметка

marked line – отметка

marked sector – ограниченный сектор

master – хозяин

match – состязаться на равных, мериться (силами)

meanwhile – тем временем

measure – измерять, отсчитывать

medalist – медалист

Mediterranean Island – средиземноморский остров
member – член
memorable – незабываемый
mental strength – психическая сила
mentor – воспитатель, наставник, руководитель
message – послание
messenger – вестник
metal ball – металлический шар
metal-tipped javelin – копье с металлическим наконечником
Middle Ages – Средние Века
middle-distance track events – бег на средние дистанции
mid-to-late 1980s – с середины до конца 80-х годов
military – вооружённые силы, войска
Monaco's main port of Herculis – порт Геркулеса, главный порт Монако
monitor – следить
mount – восходить
move – переехать, перебраться
multi-discipline – многопрофильный
multiple – многократный
multi-purpose stadiums – многоцелевые стадионы

name after – называть в честь
narrowly – тщательно
nation – нация, страна
natural – естественный
nature – природа
negotiate – преодолевать препятствие, брать барьеры
netting – сетка
now-discontinued – в настоящее время отменённый

observe – соблюдать
obstacle – препятствие
obtain – добывать; приобретать; достигать
occasion – случай
offer – предложение; выдвигать, предлагать вниманию
on offer – доступный
on your marks – положение «на старт»
one-and-a-half spin – вращение в 1.5 оборота
one-lap runner – бегун одного круга
only (the only) – единственный
open-air course – на открытом воздухе
operate – работать, действовать, функционировать

operational headquarters – оперативный штаб
opposite – находящийся напротив, противоположный
order (in order) – порядок (по порядку)
organize – организовывать
organizer – организатор
originally – первоначально, исходно, поначалу
oscillate – колебаться
otherwise – иначе, в противном случае
out of – из (вне)
outdoors – на открытом воздухе
outer lanes – внешние дорожки
outer oval-shaped running track – внешняя беговая дорожка овальной формы
outgoing runner – бегун, принимающий эстафетную палочку
outing – участие спортсмена в состязаниях
outlaw – объявлять незаконным
outmoded – устаревший, вышедший из моды
outside – за рамками
outside stadiums – открытые стадионы
overall – абсолютный
overall winner – победитель во всех видах многоборья
overstep – заступать
overtaking everyone but – обогнав всех, кроме
overwhelming – ошеломляющий
own – владеть; иметь, обладать, располагать
oxygen deprivation – кислородное голодание

acing – темп

pair of compasses – циркуль

parallel to the straights of the main circuit – параллельно прямым основного круга

paramount – первостепенный

participant – участник

participate – участвовать

participation – участие

particularly – особенно

pass – пропускать

pass on – передавать

pass on a baton – передавать эстафетную палочку

pass over – перейти

passer – передающий эстафетную палочку

passing zone – коридор

pastime – времяпровождение

path – тропа
paved – мощеный
peak – достигать максимума
pedestrianism – ходьба
penalty box – штрафная площадь
pennant – знамя, флажок, вымпел
pentathlon – пятиборье
per – на; per competitor – на одного участника
perform – выступать; исполнять, выполнять; делать, совершать
performance – выступление, результат
performer – исполнитель
permutation – изменение, перемена
Persians – персы
pilgrimage – путешествие
pit – стравливать
pitch – шаг
pitching moment – момент наклона
plant the poles – втыкать шесты
plasticity – гибкость, пластичность
podium – подиум, пьедестал, вершина
point – очко, точка
poised – уравновешенный
pole – шест
pole vault – прыжки с шестом
politician – политик
popular – популярный
popularity – популярность
pose – представлять собой, являться
position – положение
post(-)war – послевоенный
practice – практиковать, упражняться
pre(-)eminent – превосходящий других, выдающийся, исключительный
precursor – предшественник; предвестник
prediction – предсказание
predominate – доминировать
pre-eminent – превосходящий других
prehistoric – доисторический
preliminary – предварительный
pre-season – предсезонный
prevent (from) – мешать
previous – предыдущий
previously – раньше

prime (in the prime) – расцвет (в расцвете)
principal – основной, главный
Principality of Monaco – княжество Монако
pro(-)active – упреждающий, проактивный
probably – вероятно
produce – приносить
professional – профессиональный
prolific – плодородный
promptly – быстро, сразу
propel vertically – продвинуть в вертикальном направлении
properly – должным образом; как следует
provide – обеспечивать
prowess – искусство, мастерство, умение
pull back – восстановить
pumping of the arms – активное беговое движение рук
purpose – цель
purpose-built – специально построенные
push – рывок
push off – отталкиваться
put – толкать
put in – вносить
put on full speed – развивать полную скорость

Quito – Кито (столица Эквадора)

race – бежать; забег
race tactics – тактика бега
race walk(ing) – спортивная ходьба
races – гонки
rack up – выиграть, заработать очки; записывать на свой счет
range – диапазон
rank – категория, класс, круг
rarefied – разреженный
rate – оценивать
reach – достигать
reaching and sustaining the quickest possible running speed – достижение и поддержание максимально высокой скорости бега
ready – готовый
realm – королевство
rear – задний
rear half of the circle – задняя (тыльная) половина круга
recall – вызывать повторно

receive – принимать, получить
receive the baton – получить эстафетную палочку
receiver – принимающий эстафетную палочку
recent – недавний, последний
recently – недавно
recessed metal ‘box’ – металлическая коробочка с выемкой, углублением
recognize – узнавать, признавать
record – регистрировать, засвидетельствовать письменно
record books – книги рекордов
recorded use – зарегистрированное использование
recover – восстанавливаться
rectangular section – прямоугольный отрезок
redesign – реконструировать; переконструировать;
reduce – ослаблять, понижать, сокращать, уменьшать
reduce physical jostling – сократить физические столкновения
refine – улучшать, совершенствовать
refined technique, speed and flexibility – усовершенствованная техника,
скорость и гибкость
reflect – отражать
regimen – режим
regular feature – постоянный участник
regular occurrence – частый случай
regulations – правила
reign – царствовать, господствовать, доминировать
reinstate – восстанавливать
relay – эстафета
relay race – эстафетный бег
release – отпускать, выпускать, выбрасывать
remain – оставаться
remove – удалять, аннулировать
repeatedly – неоднократно
replace – заменять
reply – отвечать
represent – представлять
representative – представитель
require – требовать
requirement – требование; необходимое условие
resemblance – сходство
resort – курорт
responsible – несущий ответственность (здесь: *виновный, нарушивший
правила*)
retain – держать; удерживать,

retirement – выход в отставку; отход от дел
return – возвращаться(ся)
revival – возрождение; возрождать
rewrite – переписывать
right on the limit – прямо на пределе
rigour(s) – суровые условия
rival – соперник
road – шоссе, дорога
road course – шоссейная трасса
road running – бег по шоссе
rock – камень
rolling start – старт в движении
rope – веревка
roster – список
rotation – вращение
rotational technique – техника вращения
roughly equivalent – приблизительно равный
rough-tailed – шероховатая задняя часть копья
round up – округлять в большую сторону
rounded cube – куб с закругленными гранями
routine – обычный порядок; режим
Royal Nursery – королевская детская комната
run – бег; бежать; управлять
run around the radius – бежать по радиусу
run in lanes – бежать по отдельным дорожкам
running – бег
running lanes – дорожки
running track – беговая дорожка
runway – разбег

same – один и тот же, тот (же) самый
sandpit – яма для прыжков
sauerkraut soup – кислые щи
scarce – недостаточный, скудный
scenic – живописный
schedule – программа
scintillating – искромётный
Scissors technique – прыжки в высоту техникой «ножницы»
scoop – выиграть, стать счастливым обладателем
score – набирать очки
scoring table – таблица подсчета очков
scratch line – линия отсчёта результатов в метаниях

seal – гарантировать
season – сезон
sector – сектор
secure – сохранить, защищать
seek – пытаться
seem (to be) – кажется
select – избирать
semifinal heat – полуфинальный забег
sense (in a sense) – смысл (в известном смысле, до известной степени)
sequence – последовательность; ряд; цикл
series – серия
servants – слуги
set – набор; устанавливать
set sights – сосредоточиться
set standing position – положения стоя; from a set standing position – из
положения стоя
settlement – поселок
share success – делить успех
short run up – короткий разбег
shorten – сокращать
shot – ядро для толкания
shot put – толкание ядра
shoulder – плечо
showcase – витрина, демонстрация
side – сторона; by the side of – рядом; on the men's side – со стороны мужчин
side-step – шаг в сторону
significantly – значительно
simultaneously – одновременно
site – располагаться
size restrictions – ограничения в размере
skip – перепрыгнуть, перескочить
sledgehammer – кувалда
slew – множество
slick – умелый
slightly – немного, слегка
slip – просовывать
slow – медленный, низкой (о скорости)
snatch – вырывать, хватывать
social responsibility – социальная ответственность
sole – единственный; подошва
sole exception – единственное исключение
span – охватывать (по времени); промежуток (времени)

specified distance – определенная дистанция
 specify – предусматривать
 spectacle – зрелище; вид
 spectrum – спектр
 speed – скорость
 spike – острие, шип
 spin – вращение, круг
 split – подразделяться; разбивать
 split (be split) into – разбивать на
 spread – вытягивать, распределять, распространяться
 sprint – разбегаться, спринтовать, бежать с максимальной скоростью
 sprint along a runway – разбегаться по дорожке
 squad – команда
 square – квадратный
 stadia – мн. число от слова “stadium” – стадионы
 stadium – стадион
 staff – штат
 stage – стадия; устраивать
 staggered start – старт уступами
 stake wagers – делать ставки
 stamina – выносливость
 stand – держаться, оставаться
 standardised technical equipment – стандартизированное техническое обо-
 рудование
 standing jump – прыжок с места, из положения стоя
 standing position – высокий старт
 standing start – высокий старт
 starter’s pistol – стартовый пистолет
 starting – стартовый
 starting point – отправная точка
 steady – прочный
 steel – стальной
 steeple – колокольня
 steeplechase – бег с препятствиями
 steeplechase race – бег с препятствиями
 stem – происходить
 step – шаг, ступень
 step out – заступать, выйти за пределы своей дорожки, перейти
 stick to a diet – придерживаться диеты
 still – до сих пор, (всё) ещё, по-прежнему
 still-standing – неизменный
 stint – норма (работы)

stomach – живот
straddle – прыжок в высоту способом «перекидной»
straight – прямой; прямая дорожка
straighten – выпрямлять, разгибать
straights of the main circuit – прямые основного круга
streak – период
stream – река, ручей
stretch – участок
stretch out – вытягивать, протягивать
stretching – растяжение
strict – строгий
stride – шаг, большой шаг, маховый шаг
stripped down version – урезанная версия
strong knowledge – четкое знание (представление)
strong speed endurance – скоростно – силовая выносливость
strychnine – стрихнин
stunning – ошеломляющий, потрясающий
sturdy – крепкий, сильный
sub – ниже
sub-Saharan African – африканец из субсахарской Африки (Черной Африки)
subsequent – последующий (следующий)
substantially – в основном; большей частью; главным образом
succeed – следовать за (кем-л. / чем-л. ; сменять (кого-л.)
successful – успешный
suffer – испытывать, страдать
suggest – предлагать
summer – сумма
summer cottage – дача, дачный
sunk into the ground – вкопанные в землю
sunny – солнечно
supporting leg – опорная нога
supporting standards – стойки
supreme – в высшей степени
surface – поверхность
surround (be surrounded) by – окружать (быть окруженным)
survive – выдержать, пережить, перенести
survivor – оставшийся в живых, уцелевший
sustain – поддерживать
swing (swung, swung) – посылать вперед
switch – переход

tackle – сбить, опрокинуть
tactical mistake – тактическая ошибка
take account of – учитывать
take care – заботиться
take off – отталкиваться
take off board – брусок, доска для отталкивания
take shape – принимать форму
take the fight – составлять конкуренцию
take-off board – брусок отталкивания
take-off foot – толчковая нога
tally – счет
target – цель
tarmac – асфальтовый
teach – учить, обучать
technique – техника
thanks to – благодаря
thereafter – соответственно; после чего
thick – густой
though – хотя
threat – угроза
through – на протяжении
throughout – на протяжении
throughout the world – во всем мире
throw – бросать
throwing – метание
thyroid – щитовидная железа
tie – ничья, равный счет
tied (be tied on the same height) – показать одинаковый по высоте результат
tip – наконечник
tire – уставать
tiring – утомительный
title – звание
to date – на сегодняшний день
to their fullest – полностью
toe board – брусок, доска для отталкивания, ограждающий борт
top – верхний; вершина
top shape – наилучшая форма
total – сумма, общая сумма
total points score – сумма очков
trace – прослеживать
trace back – прослеживаться; восходить к (определённому источнику или периоду в прошлом)

trace to – проследиваться; восходить к определённомu периоду в прошлом

track – беговая дорожка, трасса

transpire – обнаруживаться

travel – преодолевать

triumph – одерживать победу

triumphant – победоносный

truncated – усеченный

turf – беговая дорожка

turn (in turn) – очередь (в свою очередь)

twist – скручивать

ultimate – последний, завершающий, окончательный

unaided – без посторонней помощи

unbeaten – непревзойдённый, непобедимый; непобеждённый

under – под, ниже

under way – в движении, полным ходом

undergo (underwent, undergone) – подвергаться, испытывать, переносить

undergrowth – подлесок

unexpectedly – неожиданно

unprecedented – беспрецедентный; беспримерный

unquestionably – бесспорно, несомненно

unsuccessful – неуспешный

until – пока

upright – вертикальный; прямо; стойка для прыжков в высоту и для прыж-

ков с шестом

upward – вверх

usage (in common usage) – общеупотребительно

useful – полезный

utmost – всё возможное

utterly – совершенно, полностью

vacation – отпуск, каникулы

varying – меняющийся

vault over – прыгать, прыгать (с шестом)

venue – место проведения

versatile – разносторонний

version – версия

verst – верста

via – через

victory platform – пьедестал почёта

vigorous – сильный, энергичный, решительный

violate rules – нарушать правила

violation – нарушение

wager – ставка, пари

walk – идти; ходьба

wall – стена, городская стена

water jump – прыжок в воду; яма с водой

water jump area – сектор для прыжка в воду

weigh – весить; вес

Western roll technique – прыжки в высоту «перекатом»

wheel – колесница

which is when – вот тогда

whirl – раскрутить

White City Stadium – “Уайт Сити” (бывший стадион и выставочный зал в западной части Лондона.

White Lightning – белая молния

widespread – широко распространённый

wildly – чрезвычайно

willfully – намеренно, умышленно

wire – проволока

within – в пределах

wooden – деревянный

workload – рабочая нагрузка, объём работы

World Marathon Majors – серия ежегодных соревнований среди марафонцев, которая проводится с 2006 года.

worry – причина для беспокойства; беспокоиться

worth (is worth) – быть достойным, заслуживать

worth while – быть достойным

youngster – подросток

ЛЕКСИКО-ГРАММАТИЧЕСКИЙ КОММЕНТАРИЙ

МЕРЫ ДЛИНЫ

in сокращ. от **inch** – дюйм (единица длины) = 1/12 фута; = 2,54 см

ft сокращ. от **foot** – фут (единица длины); = 1/3 ярда = 30,48 см

yd сокращ. от **yard** – ярд (мера длины) = 3 футам = 91,44 см

mi сокращ. от **mile** – миля (мера расстояния) = 1609 м

lb сокращ. от **libra** – фунт (читается как **pound**)(мера веса) = 453,6 г

The men's barriers are 36 **in** (91.4cm) high – барьеры у мужчин составляют 36 **дюймов** (91.4 см) в высоту.

The water jump's landing area is 12 **ft** (3.66m) long and 70 cm at its deepest – площадь приземления ямы с водой составляет 12 **футов** (3.66 м) в длину и 70 см в самом глубоком месте.

СЛОВА – ЗАМЕСТИТЕЛИ

Слова – заместители употребляются для того, что не повторять дважды и более одно и то же слово

Местоимение **that** (во множественном числе **those**) может заменять ранее упомянутое существительное, за которым следует какой-либо предложный оборот:

Most championship competitions involve six jumps per competitor, although usually a number of them, **those** with the shorter marks, are often eliminated after three jumps. – Большая часть соревнований включает шесть прыжков на участника, хотя обычно **атлеты** с более низкими результатами, часто исключаются после трех прыжков.

Местоимение **one** (во множественном числе **ones**) является словом-заместителем, и используется для того, чтобы избежать повторения существительного, которое уже было употреблено ранее:

All competitors have three attempts per height, although they can elect to 'pass', i.e. advance to a greater height despite not having cleared the current **one** – Все участники имеют по три попытки на высоту, хотя могут пропустить попытку, т.е. перейти к большей высоте, не преодолев текущей **высоты**.

ИМЯ ПРИЛАГАТЕЛЬНОЕ. СТЕПЕНИ СРАВНЕНИЯ

1. Односложные и двусложные прилагательные образуют сравнительную степень путем прибавления к положительной степени суффикса –er и превосходную степень путем прибавления суффикса –est :

long – длинный; longer – длиннее, более длинный; longest – самый длинный

2. Многосложные слова образуют сравнительную степень путем прибавления к положительной степени слова more и превосходную степень путем прибавления к положительной степени слова the most : beautiful – more beautiful – the most beautiful

3. Прилагательные и наречия good (well), bad, many(much), few (little), far образуют сравнительную и превосходную степень не стандартно.

Положительная степень	Сравнительная степень	Превосходная степень
well (good) хорошо (хороший)	better (лучше)	the best (лучший)
badly (bad) плохо (плохой)	worse хуже	the worst худший
many (much) много	more больше	the most самый большой
few (little) мало (маленький)	fewer /less меньше	the fewest/ the least наименьший
far далеко (далекий)	farther/further дальше	the farthest/furthest самый дальний
near близко (близкий)	nearer ближе	the nearest/next ближайший
late поздний	later/latter более поздний, последний	the latest/last самый поздний

Запомните:

late – поздний; **в конце**

late summer – конец лета; late eighties – конец 80-х годов; mid-to-late 1980s – с середины до конца 80-х годов; in the late 1950s – в конце 50-х

early – ранний, **в начале**

in the early 1970s – в начале 1970х

short – короткий; не достигая чего-либо

just one day *short* of his 20th birthday – всего за один день до своего 20-летия

mid – середина

in the mid-20th century – с середины 20 века

mid-to-late 1980s – с середины до конца 1980-х

СРАВНИТЕЛЬНЫЕ КОНСТРУКЦИИ ПРИЛАГАТЕЛЬНЫХ

as...as – такой же...как

not so...as – не такой... как

more... than – более ...чем

less... than – менее... чем

the more... the better – чем больше....., тем лучше.....

Конструкция *as...as* употребляется при сравнении равных качеств двух предметов:

This river *is as long as* that one. Эта река такая же длинная, как та.

Конструкция *not so...as* употребляется при отрицании равенства качеств двух предметов:

Europe *is not so large as* Asia. Европа не такая большая, как Азия.

Конструкции *more... than* – более ...чем и *less... than* – *менее... чем* употребляется при сравнении двух предметов неравного качества: Europe *is less than* Asia. Asia *is more than* Europe.

Конструкция *the more... the better* переводится на русский язык при помощи парного союза: *чем... тем...*

The more we train *the better* we perform at the competitions.

СТЕПЕНИ СРАВНЕНИЯ С ПОМОЩЬЮ СЛОВ – УСИЛИТЕЛЕЙ

Следующие слова – усилители употребляются для образования степени сравнения: ***much – far – by far – a lot – easily – most***

She is *much older* than me – Она *намного старше* меня.

Moscow is *a lot bigger* than St. Petersburg – Москва *намного больше* Санкт-Петербурга.

Svetlana Masterkova was originally an 800m runner, but she achieved far more at 1500m – Первоначально Светлана Мастеркова была бегуньей на 800м, но достигла гораздо больше на дистанции 1500 м.

The blue whale is easily the biggest animal in the world – Синий кит без сомнения самое большое животное на Земле.

This car by far the most expensive – Эта машина намного дороже.

ПАРНЫЕ СОЮЗЫ

Союз **either...or** переводится как **или...или**

Either you or your sister will have to meet your parents. – Или ты, или твоя сестра должны встретить родителей.

Союз **both...and** переводится как **и...и** или **как...так и**

Both my friend and I go in for track and field – Как мой друг, так и я занимаюсь легкой атлетикой = И мой друг, и я занимаюсь легкой атлетикой.

ИНФИНИТИВНЫЕ ОБОРОТЫ

ОБЪЕКТНЫЙ ИНФИНИТИВНЫЙ ОБОРОТ (Complex Object)

Объектный инфинитивный оборот на русский язык переводится **придаточным предложением**, которое вводится союзами **что/чтобы/когда/ как**:

We expect the play to begin in time – Мы ожидаем, **что** игра начнется вовремя.

Объектный инфинитивный оборот употребляется в сочетании с определенными группами глаголов:

1. глаголами физического восприятия (без частицы to): to hear (слышать), to see (видеть), to feel (чувствовать), to watch (наблюдать):

I heard you speak to her – Я слышал, **что /как** ты говорил с ней.

2. глаголами умственного восприятия (без частицы to):

to expect (ожидать, предполагать), to believe (верить, считать), to think (думать, считать), to know (знать), to assume (считать), to suppose (предполагать, полагать), to consider (считать), to find (находить), to show (показывать):

They believe you master your technique – Они надеются, **что** ты усовершенствуешь свою технику.

3. глаголами, выражающими желание или побуждение (с частицей to):
to want (хотеть), to wish (желать), to desire (желать), to like (хотелось бы), should like (хотелось бы); to make (заставлять), to order (приказывать), to allow (разрешать), to let (позволять), to enable (давать возможность):

I want you **to** start training tomorrow – Я хочу, **чтобы** ты начал тренироваться завтра.

СУБЪЕКТИВНЫЙ ИНФИНИТИВНЫЙ ОБОРОТ

На русский язык **субъективный инфинитивный оборот** переводится **придаточным** предложением, которое вводится союзами **что/ чтобы/ как**

The delegation is said to arrive – **Говорят, что** делегация прибудет.

The delegation appears to arrive – **Оказывается, (что)** делегация прибудет.

Глагол в субъективном инфинитивном обороте может быть:

1. В СТРАДАТЕЛЬНОМ ЗАЛОГЕ

is said (говорят)/ is supposed (предполагают)/ is expected (ожидают)

Инфинитив в субъективном инфинитивном обороте может быть **в любой** из своих шести форм.

The delegation is reported (сообщают) **to arrive** (прибудет)

The delegation is considered (считают) **to be arriving** (прибывает)

The delegation is said (говорят) **to have arrived** (прибыла).

Глагол в субъективном инфинитивном обороте может быть:

2. В ДЕЙСТВИТЕЛЬНОМ ЗАЛОГЕ

seems (по-видимому)/appears (оказывается)/turns out (оказывается)/ is likely (вероятно, похоже) /is unlikely (маловероятно, непохоже)/is sure (безусловно, наверняка)/is certain (неприменно, наверняка)

Инфинитив в субъективном инфинитивном обороте может быть **в любой** из своих шести форм.

The delegation proves **to arrive /to be arriving/ to have arrived.**

Оказывается, делегация **прибывает/прибыла.**

ИНФИНИТИВНЫЙ ОБОРОТ С ПРЕДЛОГОМ FOR

Иногда действие, обозначенное инфинитивом, относится к лицу или предмету, **не являющемуся ни подлежащим, ни дополнением к нему**. Для описания таких ситуаций используется инфинитивный оборот с предлогом **for**.

That was for him to find out. – Выяснить это должен был **он** (но при переводе на русский язык английское местоимение **HIM** в косвенном падеже трансформируется в личное местоимение **ОН**)

Оборот может стоять в предложении в разных местах и переводится на русский язык **неопределенной формой глагола или придаточным предложением**. Инфинитив может употребляться как в действительном, так и в страдательном залоге.

For the throw to be measured the athlete must not turn his or her back to the landing area at any stage during their approach and throw – Чтобы **метание засчитали**, нельзя поворачиваться спиной к сектору приземления на любой фазе подхода и метания.

ПРЕПОЗИТИВНЫЕ АТТРИБУТИВНЫЕ СОЧЕТАНИЯ

Аттрибутивное сочетание (группа) – это определения, состоящие из нескольких элементов, например, из существительных в общем падеже и прилагательных, иногда из целого фразового единства или целого предложения. Для правильного перевода необходимо определить звенья, составляющие эту группу, и отношения между ними.

При переводе атрибутивных словосочетаний можно рекомендовать следующий порядок работы:

1. Вычленив атрибутивную группу: она может **начинаться** с артикля, указательного или притяжательного местоимения, числительного; **заканчивается** группа определяемым **существительным**; признаком **окончания** атрибутивной группы может быть глагол, предлог, союз, новый артикль, прилагательное, местоимение;
2. Перевести определяемое существительное, т.е. **последнее** слово атрибутивной группы;
3. Проанализировать смысловые связи между членами словосочетания и разбить их на смысловые группы, двигаясь **слева направо**;
4. Перевести всю атрибутивную группу, начиная с **определяемого слова** и двигаясь **справа налево**:

Двучленные словосочетания

Первый член двучленного атрибутивного словосочетания может переводиться на русский язык:

1. прилагательным: Olympic medal – **олимпийская** медаль;
2. существительным в родительном падеже: Championship final – финал **Чемпионата**;
3. существительным с предлогом: Equipment changes – изменения **в оборудовании**;

4. если нет точного термина для перевода слова могут вводиться **дополнительные** слова (группы слов): **Overall winner** – победитель во всех видах многоборья.

Многочленные словосочетания

При переводе многочленных словосочетаний надо придерживаться следующего правила:

1) перевести определяемое существительное (последнее слово словосочетания);

2) проанализировать смысловые связи между членами словосочетания и разбить их на смысловые группы (анализ проводится слева направо);

3) перевести словосочетание, начиная с определяемого слова, и затем перевести каждую смысловую группу справа налево :

IAAF World Championships history – История чемпионатов мира под эгидой ИААФ.

В зависимости от смысловых связей многочленные словосочетания могут переводиться по принципу двучленных словосочетаний: Переводим последнее слово словосочетания . Далее разбиваем все словосочетание на смысловые группы. Переводим все словосочетание.

4) Если первым членом является прилагательное, то оно, как правило, определяет последнее основное слово конструкции: **Olympic relay gold** – Олимпийское золото в эстафете.

5) Если в середине словосочетания стоит прилагательное, оно переводится на русский язык прилагательным (определением) к тому слову, перед которым оно стоит: **Main course loop** – петля основной трассы.

6) Если в начале атрибутивного словосочетания стоит имя собственное, обозначающее географическое название, оно переводится прилагательным: **1928 Amsterdam Games** – Амстердамские Олимпийские игры 1928 года;

существительным в родительном падеже или существительным с предлогом: **New Zealand's triumphant 1975 team** – победоносная команда Новой Зеландии 1975 года.

7) В пределах самой конструкции могут образовываться связанные блоки, которые относятся только к последующему существительному (образуют пары), они переводятся как двучленные сочетания: Jefferson Perez's first major success was a gold medal at the 1996 Olympic Games, his nation's | first Olympic medal. – Первым и главным успехом Джеферсона Переса была золотая медаль на Олимпийских играх 1996 года, первая Олимпийская медаль | в его стране.

8) Особую трудность представляет перевод так называемых предикативных препозитивных словосочетаний, состоящих из целых предложений или различных сочетаний с другими частями речи, которые могут иметь вид цитат и соединяться дефисом или быть взятыми в скобки. Используются для

передачи эмоциональных оттенков. Они могут быть сколь угодно длинны и переводятся причастным оборотом или придаточным предложением: He is a quick-to-take-offence man. – Он человек, который легко обижается.

Обратите внимание на следующую особенность:

Компоненты конструкции, являющиеся определениями, **НЕ** берутся во **множественном** числе, хотя могут предполагать его:

the **20km** race walk – ходьба на 20 километр**ОВ** – в переводе слово километров стоит во **множественном** числе, в оригинале (20km) – в **единственном**;

the **10-event** contest – соревнования в 10 вид**АХ** – в переводе слово видах стоит во **множественном** числе, в оригинале (10-event) – в **единственном**;

7000-point barrier – рубеж в 7 тысяч очков – в переводе слово тысяч стоит во **множественном** числе, в оригинале (7000-point) – в **единственном**.

ЭМФАТИЧЕСКИЕ КОНСТРУКЦИИ

Любой язык имеет в своем запасе те или иные лексические и грамматические средства, которым отводится роль усиления – эмфазы, т.е. усиления эмоциональной окраски. В английском языке существует большое разнообразие эмфатических конструкций.

1. Эмфаза с использованием предваряющего **It**, которая чаще всего передается на русский словосочетанием **Именно/Никто(Ничто) иной + объект**. При этом **It** и относительное местоимение или союз не переводятся: ***It is*** Jamaica who have rewritten the record books – ***Именно*** Ямайка переписала книги рекордов .

2. Эта же эмфатическая модель часто употребляется с глаголом в отрицательной форме в сочетании с союзами **Not till/until**, которая, несмотря на отрицательную форму, имеет положительный смысл и обычно переводится на русский язык с использованием усилительных наречий **Только после... / Только когда...:**

It wasn't ***until*** 1988 that a women's version featured at the Games – ***Только после*** Олимпийских игр 1988 года появилась женская версия этого вида.

3. Дублирование глагола-связки ***do/did*** перед смысловым глаголом, что переводится с помощью использования таких наречий как „***действительно, несомненно, безусловно***”.

He ***did go*** on to compete in four Olympic Games. – Он, ***несомненно***, продолжил участие в Олимпийских играх.

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Составитель Н.А. ШНАЙДЕР

TRACK AND FIELD ATHLETICS

ЛЕГКАЯ АТЛЕТИКА

*Учебно-методическое пособие
для студентов вузов физической культуры*

*Художник А.Ю. Литвиненко
Компьютерная верстка Е.И. Блиндер*

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