

Running, jumping, throwing, climbing, ascending and descending are the natural activities of human being. These activities are connected with human life. These activities are natural for them. According to the time, there was change in these activities and they were converted in the competition form for measurement, assessment and development. The main aim of organising the competition is to gain enjoyment, development of quality for adventure and development of body.

These are different types of running competitions, but in ancient and modern olympic, the special importance was given to these activities. Due to this, these activities are conducted at different levels. Now athletic activities have gain leading position in international competitions.

Long running, cross country and hurdle running are included in 11th standard syllabus. Let's get details regarding running.

Long Distance Running - (3000 mts.) :

Long distance running required lot of endurance in which 5000 Mts and 10,000 Mts, running are included, but keeping in mind the age and capacity of standard 11 students 3000 mts, run is shown as long distance running.

Body of long distance runners should be thin and fit. They should have also determination and self confidence. Following are the information regarding 3000 Mts long running.

This running has a mainly three aspects :

(1) Start (2) Running strides (3) Finish

(1) Start :

Generally in long distance running standing start is being taken. In this start runner will keep suitable distance between two legs, keep strong leg behind the starting line and more weight should be on the front leg. Both the hands are kept in running position, the body is leaned forward keeping the balance of the body. The eye should be in the direction of the lane in natural position keeping mind alert. As soon as sound of clapper or pistol will be heard the runner will start running.

(2) Running strides : Running strides are divided into the three parts :

(i) Starting

(ii) Transitional strides

(iii) Speedy strids

(i) Starting strides : In the beginning of the race strides should be short and fast.

(ii) Transitional strides : These strides are similar in nature with the short and middle distance running strides. During each stride distance between the strides increases and learing position of the body is decreasing.

(iii) Speedy stride : In long distance running speedy strides should be taken by using less energy, muscles should be relaxed, strides should be rhythmical. While running, following things should be kept in mind.

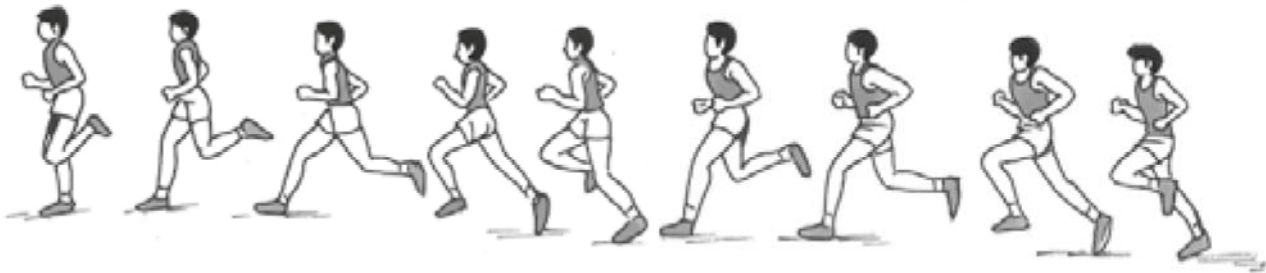
(1) Trunk should be bent forward between 5° to 9° angle.

(2) The speed of the movement of the hands is less than middle distance running and their swing is lower than the shoulder level.

(3) Hand should be bent at 90° angle.

(4) Action of hands and trunk should be such that runner can breathe easily.

(5) The length of the strides are shorter than middle distance running. Rhythm and speed of strides should be continuous.



(3) Finish : In long distance 3000 mts running players spend their total energy to cross the finish line. This distance is more or less according to the running distance. How much distance player runs at the maximum speed depends upon the fitness, energy and courage of the players. The strides in long distance running is comparatively shorter than short distance running, because most of the energy has been spent during starting distance. Technique of finishing line of long distance is as per the technique of short distance running.

The athlete should adopt the most convenient technique to gain maximum advantage while crossing the finish line. Athlete can select any one of the following three styles :

(1) The Run through finish

(2) The Lunge finish

(3) The Turn finish

(1) The Run through finish : In this technique the finish line is crossed with full speed by the athlete.

(2) The Lunge finish : In this technique the athlete bends, his torso towards the finish line in the last stride. While doing so he touches the imaginary line as shown in the figure.

(3) The turn finish : In this technique an athlete bends his right or left shoulder (torso) so that he crosses the finish line at full speed.

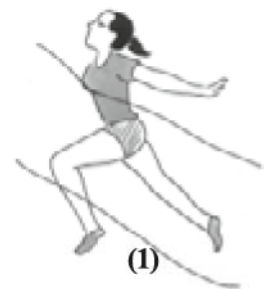
Rules :

(1) While taking start an athlete shall not touch either the start line or the ground in front of it with his hands or his feet.

(2) The athlete should start running with the fire of pistol or the sound of clapper. If any one starts running before the sound, he will be given foul-start.

(3) Any athlete who is responsible for a false start shall be disqualified.

(4) Competitor shall cross the finish line with torso.



- (5) Athletes shall wear the visible number on the chest and back.
- (6) Once athlete leaves the track during the competition, he shall not be allowed to participate in the race.
- (7) Doping is strictly forbidden and if any athlete do so will be disqualified.
- (8) Any athlete during the race wants to over take the other athlete, he should do from his right side.
- (9) Three official timekeepers shall keep time the winner of every event when all the three watches do not show same timing then following procedure well be adopted.



(3)

- If all the three timekeepers disagree the middle time shall be official.
- If two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time.
- If only two times be available, and if they differ, the longer time shall be official.

Hurdle race :

Among all the races, hurdle race is an interesting and watchable competition. The athlete has to run fast and also has to cross the hurdles by jumping over them kept at a decided distance. The heights of the hurdles are kept different in various distance hurdle running.

Rules of Hurdle race : The following are the standard distances :

Men - 110 mts and 400 mts hurdles

Women - 100 mts and 400 mts hurdles

- Each competitor should cross the 10 hurdles.
- In all the competition each competitor has to run in his own line.
- A competitor jumps any hurdle not in his own lane or in the opinion of the referee deliberately knocks down any hurdle by hand or foot shall be disqualified.
- During the competition if competitor does not knock down the hurdles deliberately then it is not consider as a disqualification and timing will be considered official timing.
- If all the 10 hurdles are as per the standard size and weight then only new record will be considered.
- Start and finish line rules as per the 100 Mts and 400 Mts race.

Ground :

There shall be ten flights of hurdle in each lane in standard 400 Mts track set out in accordance with the following table.

Sex	Distance of the race (mts.)	Height of the hurdle (mts.)	Distance from the start line to first hurdle (mts.)	Distance between hurdles (mts.)	Distance from the last hurdle to finish line (mts.)
Men	110	1.067	13.72	9.14	14.02
Men	400	0.914	45.00	35.00	40.00
Women	100	0.840	13.00	8.50	10.50
Women	400	0.762	45.00	35.00	40.00

Each hurdle shall be so placed on the track that the support shall be on the side of the approach of the competitor.

Dimensions of Hurdles :

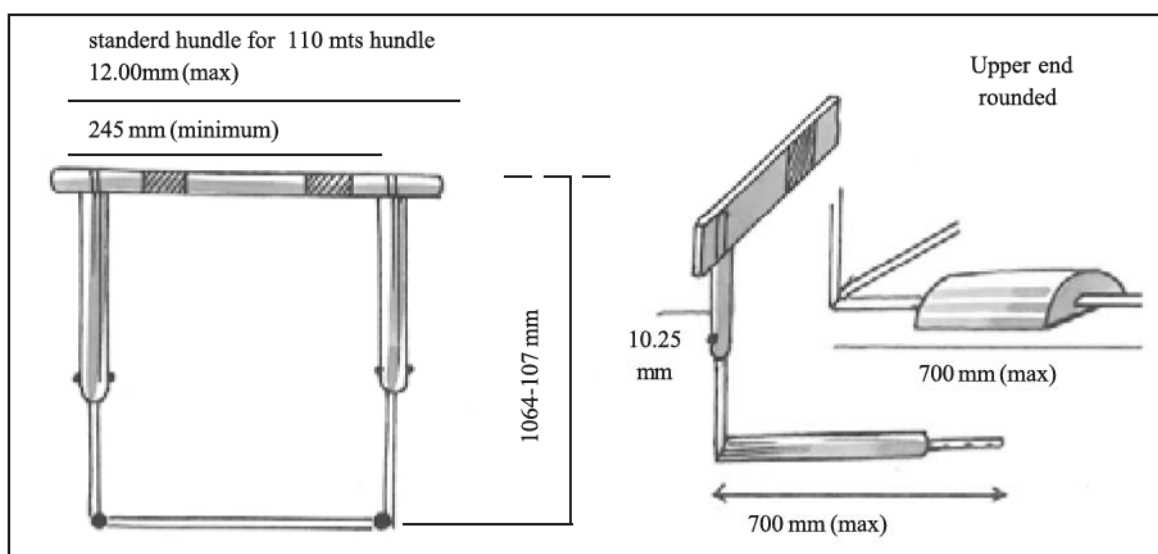
- Height of hurdle for Men in 110 mts 1.067 mts for women in 100 mts 0.840 mts.
- Width of the hurdle is 1.20 mts.
- Total weight of the hurdle should not be less than 10 kg.

Skills of Hurdlerace : (100 Mts and 110 mts.)

(1) Start : Generally crouch start is taken as per the short distance running. in which medium start is more preferable.

(2) Action from start to the first hurdle : After starting athlete reaches at the first hurdle with maximum speed within 8 to 10 strides.

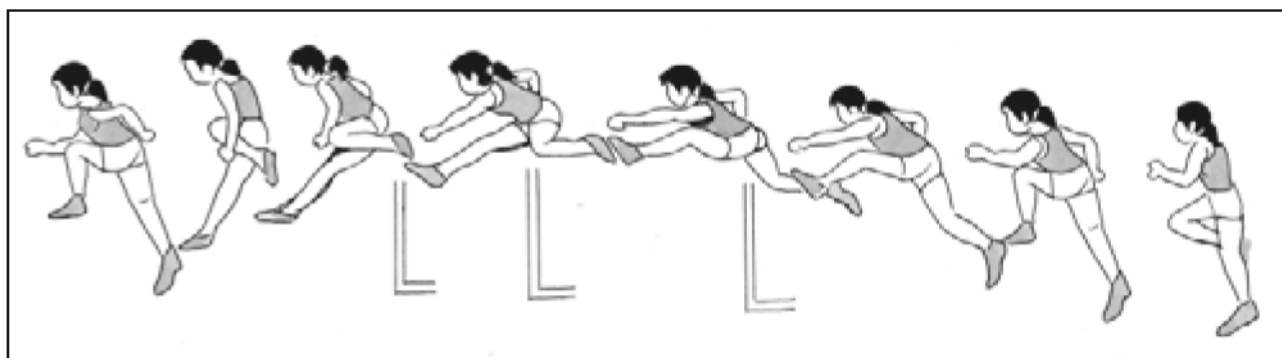
(3) Action over the first hurdle : Athlete will manage to reach to the first hurdle after the start so that last stride near the first hurdle will be on strong leg and with same leg athlete will take off to clear the hurdle. During this phase free leg and opposite hand will be extended straight. This time runner will lean the body forward in running direction. When the body will cross the hurdle at that time athlete will bend his strong leg in



that manner so that knee and heel of the athlete will be parallel to the height of hurdle and knee will be at right angle to trunk as well as knee will cross from the side and he will land on free leg. Important point is that distance from the jump up to clearing the hurdle is less than landing. Body will clear the hurdle in such a way that thigh of the free leg will pass near the hurdle. All other hurdles will also clear this way.

(4) Action between the hurdles : When athlete lands on free leg at the same time he extends the bended strong leg forward, landing is performed on the toes and thus action of strides between the hurdles starts. In short distance hurdling athlete takes three stride where as in long distance he takes required strides and then he will be ready to clear the other hurdles. Distance between take off and landing will be as good as previous distance.

(5) Action of strong leg : Athletes will take the stride from the starting line in such a way that last stride near the first hurdle will be on the strong leg with the same leg he takes off to clear the hurdle. When the body



will cross the hurdle at that time athlete will bend his strong leg in that manner so that knee and head of the athlete will be parallel to the height of hurdle and knee will be at right angle to trunk as well knee will cross from the side and he will land on free leg. All other hurdles will also clear this way.

(6) Action of free leg : While crossing the first hurdle athlete will take off on the strong leg. At that time free leg and opposite hand will extend forward. Body from the waist will bend forward. When athlete clears the hurdle at that time thigh of free leg will pass near the hurdle and lands on the free leg. All other hurdles will also clear this way.

(7) Arm action : Movements of the hands will be as per short distance running. Hands will extend freely forward - backward while clearing the hurdle muscles of the shoulder should be stretched maximum to gain the jumping ability. Back hand will bend at right angle and fingers will be as per short distance running.

Movements of hands and action of trunk should be in such a way that maximum speed can be gain.

(8) Action of chest and Back : When athlete will clear the hurdle at that time he bends the body forward in running direction. This time chest and free leg of athlete will be parallel to ground. Back will be towards the sky. When strong leg will bend from the knee to clear the hurdle at that time body or back will be at the right angle.

Cross Country :

Cross country is a long distance running. This is popular all over the world. Physical fitness components

can be developed through this competitive running, such as energy, flexibility, muscular power, endurance as well cardio- respiratory endurance. This type of running is organised in open ground, on the road,, zigzag way in jungle etc.

Marking of Running area :

Running area of cross country will be 1500 to 2000 Mts straight in starting that so to avoid the crowd in the starting and to decide winners at the end of competition becomes easy. In between running area there should be obstacles like uphill, down hill, sand, rock etc. There should not be public road in running area.

Rules : (1) Distances for team champion IAAF divided distance in following five category :

(1)	Long running area for men : 12 km
(2)	Short running area for men : 4 km
(3)	Junior Boys : 8 km
(4)	Long running area for women : 8 km
(5)	Short running area for women : 4 km
(6)	Junior Girls : 6 km

(2) Squares are marked on the starting line. All members of the team will stand one behind others in square. Start will be as per the long distance running.

(3) Team consist of minimum 4 and maximum 8 players. 6 players can take part in competition. While deciding winner points of only four competitors will be considered.

(4) All the participates are given winning number. Winning numbers are their points : Points of four competitors from each team will be added who will score less no. of points will be declared winner then winner is decided in the points of ascending order. If there is a tie the last competitor of the team who is near to obtained score will be declared winner.

Exercise

1. Answer the following question in detail :

- (1) Mention the skills of long distance running and explain the finish.
- (2) Write the rules of hurdle in short.
- (3) What do you mean by cross country ? How the running area of cross country is marked ?
- (4) Explain the running strides of long distance running.
- (5) Explain any one skill of hurdle race.

2. Write short notes :

- (1) Cross country
- (2) Transitional strides
- (3) Action of strong leg in hurdle race
- (4) Rules of long distance running.

3. Write answer of following questions in one or two sentences :

- (1) How many types of running strides ?
- (2) What should be kept in mind while crossing the leading competitor ?
- (3) How many types of finish ?
- (4) Write the skills of hurdle race ?
- (5) How many minimum players are required for cross country race ?

4. Answer the following questions by selecting correct choice from the options given below :

- (1) What type of start is taken in long distance running ?
 - (A) Medium
 - (B) Crouch
 - (C) Elongated start
 - (D) Standing start
- (2) What is the height of hurdle in 100 mts. race ?
 - (A) 1.067 mts
 - (B) 0.840 mts
 - (C) 0.762 mts
 - (D) 0.91 mts
- (3) How many hurdles competitor has to clear in hurdle race ?
 - (A) 8
 - (B) 6
 - (C) 10
 - (D) 12
- (4) Which of the following quality is not developed through cross country race ?
 - (A) Memory
 - (B) Endurance
 - (C) Muscular power
 - (D) Cardio-respiratory edurance
- (5) Which of the following is long distance running ?
 - (A) 800 mts run
 - (B) 400 mts run
 - (C) 3000 mts run
 - (D) 3500 mts run

