

LONG - DISTANCE RACES FOR WOMEN ATHLETES

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"It is heart-rendering that in athletics women cannot compete in distances of over 800 metres, whilst long distance ski-races for women are from 5 to 10 kms, which is even more trying than the same distances run in a race.

In both sexes there are some typical 800 m. runners, and others who prefer long distances. Moreover, a woman is different from a man by not being a powerful runner, nor a sprinter, distances of 100, 200 and 400 m, do not suit her.

For example it is deceitful to think that 400 m. is less exacting than 1500 m. under the pretext of a shorter distance.

It is obvious that a woman trained like a man could compete just as well in middle-distance and long-distance races. What stops her? In the first place scientific sports combined with male and female coaches who formed an opinion on its advice.

Even though the muscular development of a woman is usually less than a man, after 50 years of sport she is still obliged to restrain her ambitions as a runner to short distances which do not suit her physiology, and to which in view of her way of training, still applied, causes her moral injury.'

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