

OFFICIAL EVENT EDITION

The Provincial Track & Field Championships

the Provincial Athletics Union



The Wisdom of Athletics — The Track of Life and the Life of the Track

PRESENTED BY SPORTSMART4LIFE

A word from the organisers



The Provincial Track & Field Championships

A word from the organisers

Dear Sample Reader,

This copy is yours. Your name is on the cover, and it is inside on the pages too, because it was made for you and for nobody else. No two copies of this book are the same.

We wanted to give you something that outlasts a fixture list. Kit wears out. Medals go in a drawer. But the clock is honest, and that is the whole gift of this sport, and that is worth writing down somewhere you will find it again.

What follows are the real voices of this sport — players, coaches and writers, most of them talking about the parts nobody puts on a highlight reel. There is a section on pressure, and what the people who handle it best actually do differently. One on trust, and why a group that trusts each other beats a group that is merely talented. One on losing, which is the section we would ask you to read twice, because everyone in this sport has lost and everyone worth knowing came back. There is a section on joy, which is the reason any of us started. One on mastery, and the unglamorous patience it asks for. One on rivalry, and the respect that runs underneath it. And one on belonging — on being part of something whether or not you are the one on the field.

You do not have to read it in order. Keep it in the kit bag. Open it the night before a hard one. Let it fall open at whichever page finds you, and if a line is worth keeping, keep it.

The game has taught you things already — about nerve, about other people, about getting up. These pages are simply the same lessons in other people's words, gathered in one place so they are there when you need them.

Thank you for everything you give to this. It is noticed, and it matters more than the results ever say.

— **The Committee, The Provincial Track & Field Championships**

Foreword

Athletics is the sport everyone already understands. Run, jump, throw — no laws to memorise, no scoring to decode, just the clock's perfect honesty and the tape at the end of the straight. That is why its crowds are sport's most democratic: a stadium that holds its breath at the gun, a city that lines its streets on marathon morning to hand water to strangers. Watched closely, the sport teaches the same things everywhere: do the work before the blocks, finish the race even when it is lost, cheer effort wherever you see it, honour the decade inside the ten seconds, thank the rival who paced you, and stand at your corner until the last one comes through.

This collection gathers the voices of the sport — the athletes, the coaches, the great watchers and writers who loved it best — arranged around six themes that belong as much to life as to athletics. Each chapter opens with an image and an idea, then hands the floor to the voices themselves.

Read it the way you would watch a championship evening: sometimes for the speed, sometimes for the craft — and always for one moment of heart you will remember for years.

Ways to Walk with This Book

A collection like this is not meant to be read once and shelved. It is meant to be lived with — kept close, opened often, and put to work. Seven ways to begin:

- **The daily voice**
open anywhere each morning and take one voice with you into the day.
- **The reflection pause**
choose the theme your week is testing, read its essay slowly, and write one honest line of your own in response.
- **Match-day ritual**
before the big broadcast, read the theme the fixture will examine — rivalry before the derby, pressure before the final.
- **The team talk**
captains, coaches, teachers, parents: one voice a week is enough to open a changing room, a classroom or a dinner table.
- **The hard-week medicine**
when life tackles you, the defeat chapter is waiting. It was written for exactly that week.
- **The gift of a voice**
photograph the quote a friend needs today and send it with their name on the message.
- **The long read**
one theme per Sunday evening — a handful of weeks, properly kept.

However you use it, let it stay within reach of wherever you watch.

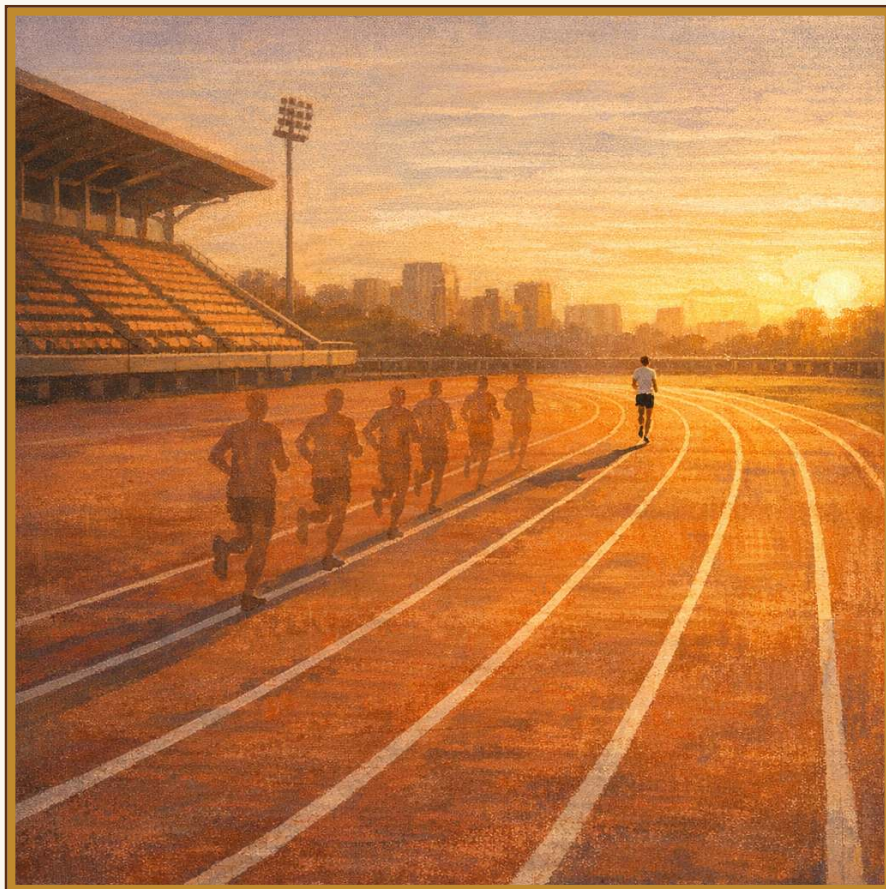
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THEME 1 OF 6

Mastery & Practice

The clock's perfect honesty — a decade compressed into hundredths.



Ten seconds on the track, a decade inside them.

Mastery & Practice — in the game, in life

The clock is athletics' resident truth-teller, and the crowd knows it. No judge's generosity, no home advantage, no lucky bounce can move it; the time is the time, to the hundredth, forever. That is what gives the sport's numbers their strange holiness for the people in the stands — records are the only trophies that must be taken by force from physics itself, and a stadium that senses one coming makes a sound like no other, clapping the attempt around the track as if noise could carry a human faster. And perhaps the most instructive thing a spectator ever learns is what those hundredths cost. An athlete will spend four years arriving at a championship a fraction of a second faster than before — thousands of mornings, each one buying a sliver too small to see, hoarded toward one race. From the stands you watch ten seconds; the ten seconds contain a decade. Athletics makes this arithmetic more visible than any other sport, because its measurements are so pure: nothing improves the number except work, and the number never flatters. Watch a championship knowing this and the field events become devotional objects — the thrower's decades condensed into one rotation, the high jumper's life of technique spent in a few strides and a bar that either falls or does not. The crowd's awe is precisely calibrated: it knows it is watching compressed time. Carry that calibration home. The excellent people around you are also compressed time — the surgeon's steady hand, the teacher's effortless class, each one thousands of invisible mornings arriving at once. And honour the hundredths in your own work. Progress that small is still progress, and it is the only kind the clock respects; enough hundredths, faithfully hoarded, eventually become the race of your life.

“If you can't stay patient and hold your body back, you are going to get in trouble and suffer later. It's also hard because you know you're at the beginning of a long journey.”

— Ryan Hall

Mastery & Practice

Sit with the voice that speaks to you today.

“Only the disciplined ones in life are free. If you are undisciplined, you are a slave to your moods and your passions.”

— Eliud Kipchoge

“Speed is built on a foundation of endurance; do your interval work only after the aerobic base is laid.”

— Arthur Lydiard

“Genius is one percent inspiration and ninety-nine percent perspiration.”

— Thomas A. Edison

“Start slow, then ease off.”

— Coaching maxim

“You never regret a run.”

— Running proverb

“Sleep is the best legal performance enhancer there is.”

— Coaching maxim

“Every workout should have a purpose; if you can't name it, don't do it.”

— Jack Daniels

“My philosophy on running is, I don't dwell on it, I do it.”

— Joan Samuelson

Mastery & Practice

Sit with the voice that speaks to you today.

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

— Jesse Owens

"Be uncommon amongst uncommon people."

— David Goggins

"I'm not out there sweating for three hours every day just to find out what it feels like to sweat."

— Michael Jordan

"Let him that would move the world first move himself."

— Socrates

"The journey of a thousand miles begins beneath one's feet."

— Lao Tzu

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

— Will Durant

"I do think there are lots of kids out there who have the potential to be great runners if only they have the right coach, someone who shows an interest and cares."

— Bill Rodgers

"Listen to your body. Do not be a blind and deaf tenant."

— George Sheehan

Mastery & Practice

Sit with the voice that speaks to you today.

“Eating whole, plant-based food taught me that simple, real fuel is what carries a body the longest distances.”

— Scott Jurek

“Just put one foot in front of the other.”

— Running proverb

“Habits are the compound interest of self-improvement.”

— James Clear

“Hard training breaks the body down; rest and recovery are when it rebuilds itself stronger than before.”

— Pete Pfitzinger

“Waddle on, friends.”

— John Bingham

“There's a lot to be said for LSD — long, slow distance, in this case.”

— Joe Henderson

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle.”

— Pierre de Coubertin

“Begin at once to live, and count each separate day as a separate life.”

— Seneca

THE PROVINCIAL TRACK & FIELD CHAMPIONSHIPS

More from Mastery & Practice



The thousandth repetition.

“Everyone who competes goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore, I do not run like a man running aimlessly.”

— St. Paul

This copy belongs to: Sample Reader

The Provincial Track & Field Championships · Mastery & Practice

A few more from Mastery & Practice



Hard-won, quietly.

“Cross-country was the earliest form of distance running and remains the most pristine, a race of athletes against the environment — often a twisting, hilly, even muddy environment. On a late October morning, a frost may cover the grass, so the runners make a crunching sound as they go through their warmup paces.”

— Amby Burfoot

“I think people can handle 150 to 200 miles a week. But something has to give somewhere.”

— Bill Bowerman

“I could run very fast. After all, in Alabama, all we kids had to do was run, so we ran.”

— Jesse Owens

THEME 2 OF 6

Pressure & Nerve

The stadium's held breath at the gun — years balanced on ten seconds.



The gun weighs nothing and everything — a whole stadium holds its breath to help carry it.

Pressure & Nerve — in the game, in life

There is a silence unique to athletics: the one that falls over a full stadium in the seconds before a sprint final. Tens of thousands of people who were roaring a moment ago obey the starter's call as completely as the athletes do, and the whole bowl holds its breath, because everyone present understands what is balanced on the next half-second. Years of a life have been aimed at a race that will be over before the crowd exhales. No sport concentrates pressure so brutally. There are no early exchanges to settle into, no second set, no next over; a sprinter's whole examination lasts ten seconds and the marking is done by a clock that cannot be argued with. And the spectators feel it bodily — the collective flinch at the gun, the lean forward, the strange relief when the thing so long awaited finally, simply happens. What the stadium learns, final after final, is how the composed ones carry it. They arrive at the blocks with rituals as fixed as liturgy. They shake the great muscles loose, as if the body could be persuaded the moment is ordinary. They stop looking at the others; whatever race happens now happens in one lane only. And when the silence comes, they settle into it rather than fight it. Your own guns will go — the exam paper turned over, the surgeon's morning, the phone call that decides things. Borrow the sprinter's craft. Do your years of work early, because none of it can be added in the blocks. Build a ritual that walks you to the line. Then let the silence come, stay in your lane, and go when it is time — cleanly, completely, without looking sideways.

“Beyond the very extreme of fatigue and distress, we may find amounts of ease and power we never dreamed ourselves to own; sources of strength never taxed at all because we never push through the obstruction.”

— William James

Pressure & Nerve

Sit with the voice that speaks to you today.

"In a country where only men are encouraged, one must be one's own inspiration."

— Tegra Loroupe

"I didn't just want to run, I wanted to run as far and as fast as I could, as was humanly possible."

— Ted Corbitt

"I like to make people stop and say, 'I've never seen anyone run like that before!' It's more than just a race, it's a style. It's doing something better than anyone else."

— Steve Prefontaine

"Positive thinking helps you do everything better than negative thinking does."

— Deena Kastor

"You have power over your mind — not outside events. Realize this, and you will find strength."

— Marcus Aurelius

"When you think that you are done, you're only at 40 percent of what your body is capable of doing."

— David Goggins

"I love to see a young girl go out and grab the world by the lapels. Life's a bitch. You've got to go out and kick ass."

— Maya Angelou

"Confidence is built in training and spent in racing."

— Coaching maxim

Pressure & Nerve

Sit with the voice that speaks to you today.

"You can't win a race in the first mile, but you can lose it there."

— Coaching maxim

"Knowing that you can run 20 miles is a big breakthrough mentally, when it comes to tackling the marathon distance."

— Joan Benoit Samuelson

"I felt at that moment that it was my chance to do one thing supremely well."

— Roger Bannister

"The view you adopt for yourself profoundly affects the way you lead your life."

— Carol S. Dweck

"Go confidently in the direction of your dreams. Live the life you have imagined."

— Henry David Thoreau

"A lot of people run a race to see who is fastest. I run to see who has the most guts."

— Steve Prefontaine

"By taking walk breaks early, before you get tired, you stay strong to the end."

— Jeff Galloway

"Fatigue is an emotion, just another part of the brain's strategy to protect the body."

— Tim Noakes

Pressure & Nerve

Sit with the voice that speaks to you today.

“Real toughness is experiencing discomfort or distress, leaning in, paying attention, and creating space to take thoughtful action.”

— Steve Magness

“If you want to tell something to an athlete, say it quickly and give no alternatives.”

— Paavo Nurmi

“Accept your limitation and, with care, the thinking runner will have a comfortable, creditable race. But go for broke and prepare to be broken.”

— George Sheehan

“When I got to the starting line, I didn't even know where to stand.”

— Grete Waitz

“Run the mile you're in.”

— Running proverb

“Track and field is not ice-skating. It is not necessary to smile and make a wonderful impression on the judges.”

— Emil Zátopek

“The great thing about athletics is that it's like poker sometimes: you know what's in your hand and it may be a load of rubbish, but you've got to keep up the front.”

— Sebastian Coe

“Whatever moves the other runners made, I knew I could respond.”

— Grete Waitz

THE PROVINCIAL TRACK & FIELD CHAMPIONSHIPS

More from Pressure & Nerve



The moment before it starts.

“When you are really successful you have an aura about you that makes opponents not only a little bit wary of you, but makes them a little bit afraid of you, and consider you a threat.”

— Frank Shorter

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The Provincial Track & Field Championships · Pressure & Nerve

A few more from Pressure & Nerve



Nerve is not the absence of fear.

"You don't run against a bloody stopwatch, do you understand? A runner runs against himself, against the best that's in him."

— John L. Parker Jr.

"The sportsman, the real sportsman, knows what is inside him."

— Emil Zátopek

"Concentration is why some athletes are better than others. You develop that concentration in training. You can't be lackadaisical in training and concentrate in a meet."

— Edwin Moses

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The Provincial Track & Field Championships · Pressure & Nerve

THEME 3 OF 6

Defeat & Bouncing Back

Heartbreak in the home straight — and the crowd that stands for the beaten.



The clock is never cruel and never kind; it only tells the truth — the crowd supplies the mercy.

Defeat & Bouncing Back — in the game, in life

Athletics stages its heartbreak in the home straight, in full view. The runner who led for three hundred and ninety metres and is passed in the last ten. The favourite who clips a hurdle. The marathoner whose body simply stops within sight of the line, in front of everyone. The clock and the distance are exact and pitiless, and the crowd sees the moment hope leaves a body — sport offers no naked image of defeat. But watch what the stadium does next, because it is one of the most decent rituals in sport. The beaten are applauded. The last finisher, whole minutes behind, is often carried home by more noise than the winner, the crowd rising in sections as she comes off the final bend, strangers roaring a stranger through the hardest part of her worst day. Athletics crowds have always understood that the race asks the same of everyone, and that finishing it — slowly, in public, after all hope of winning is gone — is a form of courage that deserves its own podium. The fallen who rise and jog in bleeding are cheered loudest of all. And the beaten athletes complete the rite: the lap of respect anyway, the hand raised to the crowd, the winner embraced while the loss is still burning. Nobody hides. There is a whole ethics of losing in this, watchable at every championship and transferable everywhere. When your race goes wrong — and one will — finish it anyway, at whatever pace remains, because finishing is a separate achievement from winning and it is entirely yours. Salute your crowd. Congratulate the one who beat you while it still hurts. And when it is somebody else's home straight collapsing, be the stadium: stand up, and make some noise for them.

“There are those of us who are always about to live. We are waiting until things change, until there is more time, until we are less tired, until we get a promotion, until we settle down... until, until, until. It always seems as if there is some major event that must occur in our lives before we begin living.”

— George Sheehan

Defeat & Bouncing Back

Sit with the voice that speaks to you today.

“Finish what you start.”

— Running proverb

“It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult.”

— Seneca

“Now, here, you see, it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that.”

— Lewis Carroll

“I have nothing to offer but blood, toil, tears, and sweat.”

— Winston Churchill

“Somewhere along the line we seem to have confused comfort with happiness.”

— Dean Karnazes

“It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit.”

— George Sheehan

“Perseverance is not a long race; it is many short races one after the other.”

— Walter Elliot

“Pain is inevitable. Suffering is optional.”

— Haruki Murakami

Defeat & Bouncing Back

Sit with the voice that speaks to you today.

“If I faltered, there would be no arms to hold me and the world would be a cold and forbidding place.”

— Roger Bannister

“Nothing in the world can take the place of persistence. Persistence and determination alone are omnipotent.”

— Calvin Coolidge

“I knew if I quit, nobody would ever believe that women had the capability to run the marathon distance.”

— Kathrine Switzer

“When my legs hurt, I say, ‘Shut up legs! Do what I tell you to do!’”

— Jens Voigt

“Courage is almost a contradiction in terms. It means a strong desire to live taking the form of a readiness to die.”

— Gilbert Keith Chesterton

“There is a magic in misery. Just ask any ultrarunner.”

— Scott Jurek

“You may encounter many defeats, but you must not be defeated.”

— Maya Angelou

“When the voice says stop, answer it with one more step.”

— Coaching maxim

Defeat & Bouncing Back

Sit with the voice that speaks to you today.

“In the longest run of all, your life, you're going to be a winner.”

— Amby Burfoot

“I knew that women were capable of running marathons if they were only given the opportunity.”

— Kathrine Switzer

“You can't test courage cautiously.”

— Annie Dillard

“At age forty-three, when I found myself standing in my garage in a new pair of running shoes, I knew that it was my moment of truth ... Behind me lay forty years of bad decisions and broken promises.”

— John Bingham

“This is a game of winning and losing. It is senseless to explain and explain.”

— Paavo Nurmi

“Fall seven times, stand up eight.”

— Japanese proverb

“Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose.”

— Wilma Rudolph

“I can't go on, I'll go on.”

— Samuel Beckett

THE PROVINCIAL TRACK & FIELD CHAMPIONSHIPS
More from Defeat & Bouncing Back

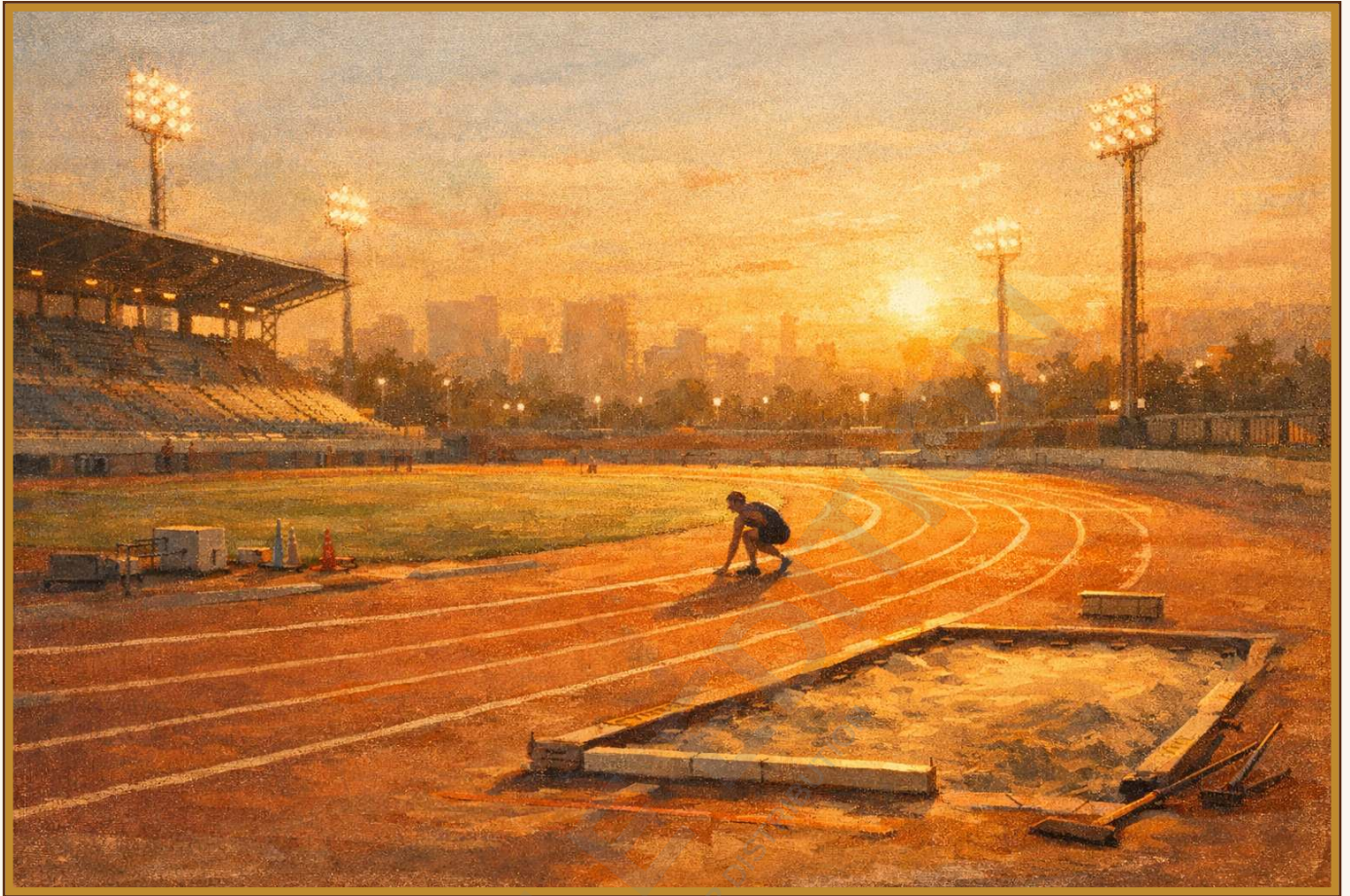


The walk back.

“Let everything happen to you: beauty and terror. Just keep going. No feeling is final.”

— Rainer Maria Rilke

A few more from Defeat & Bouncing Back



And then you come again.

“You can actually suffer a little bit more going slowly than when you're going really fast. A faster marathon might even be easier than a slow one, in terms of what it takes out of you mentally.”

— Frank Shorter

“You can't get to courage without walking through vulnerability.”

— Brené Brown

“The beginning is the chiefest part of any work.”

— Plato

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The Provincial Track & Field Championships · Defeat & Bouncing Back

THEME 4 OF 6

Joy & Love of the Game

A child's first race watched — effort understood for the first time.



A child watches eight adults fly and understands effort for the first time.

Joy & Love of the Game — in the game, in life

Somewhere in every athletics crowd there is a child watching a first race, and something important is happening to them. Running is the one sport a child already fully understands — no laws to learn, no scoring to decode. Fastest wins; everyone has run; everyone has raced somebody to a lamppost. So when the gun goes and eight adults fly, the child comprehends the whole thing instantly, and what arrives next is the revelation athletics exists to deliver: so that is what effort looks like. The strain, the speed, the total spending of a body on a single purpose — a child sees it and stands up without deciding to. Athletics is sport reduced to its first ingredients — run, jump, throw — which is why its joy is so portable and so pure. The stadium claps a rhythm for a long jumper because the jumper asks for it with two raised hands, and ten thousand strangers happily become part of the attempt. The marathon crowd rings its bells for total strangers for six hours and goes home hoarse and happy. Nobody needs the result explained; delight requires no expertise. And the deepest joy in the stands is watching someone find out what they can do — the personal best visible in a runner's face at the line, worth more than every medal in the building to the one who ran it. Keep the child's revelation close, because it is the true one: effort, fully spent on something chosen, is beautiful in itself, before results and regardless of them. Cheer it wherever you see it — in stadiums, in classrooms, in kitchens. And now and then, race somebody to a lamppost, so your body remembers what your eyes keep loving.

“As a boy, running was always pure joy for me. When I ran I would just let my mind wander and drift. But I would concentrate, too. I would imagine I could fly: Run harder, I would tell myself. I know I can make a life of my own away from this farm.”

— Haile Gebrselassie

Joy & Love of the Game

Sit with the voice that speaks to you today.

“On my first day as a runner, I owned nine motorcycles, two cars, a camper, a garden tractor, a riding lawn mower, and a gas-powered weed whacker. I was never in danger of having to exert myself.”

— John Bingham

“We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom.”

— Roger Bannister

“I have been passed in races by tall runners and short runners. I have been passed by runners who look as though they have not eaten in six weeks, and by runners who appear to have just wiped out an all-you-can-eat breakfast bar.”

— John Bingham

“It is the time you have wasted for your rose that makes your rose so important.”

— Antoine de Saint-Exupéry

“The mind's first step to self-awareness must be made through the body.”

— George Sheehan

“I plan to be running as long as I can and have no plans to stop.”

— Frank Shorter

“If you don't think you were born to run you're not only denying history. You're denying who you are.”

— Christopher McDougall

“The first mile is a liar — give your body time to warm up.”

— Coaching maxim

Joy & Love of the Game

Sit with the voice that speaks to you today.

“There are better starters than me but I’m a strong finisher.”

— Usain Bolt

“In any running event, you are absolutely alone. Nobody can help you.”

— John Landy

“Great people and great athletes realize early in their lives their destiny, and accept it.”

— Percy Cerutti

“I tried to use what notoriety and credibility I built for good things.”

— Frank Shorter

“The obsession with running is really an obsession with the potential for more and more life.”

— George Sheehan

“I run in order to acquire a void.”

— Haruki Murakami

“The best moments in our lives are not the passive, receptive, relaxing times. The best moments usually occur when a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

— Mihaly Csikszentmihalyi

“No words could be invented for such supreme happiness.”

— Roger Bannister

Joy & Love of the Game

Sit with the voice that speaks to you today.

“Running is such a part of my life. If I were never to run another marathon, I would still do two-hour runs.”

— Joan Benoit Samuelson

“Flow is being completely involved in an activity for its own sake. The ego falls away. Time flies.”

— Mihaly Csikszentmihalyi

“I run in a void. Or maybe I should put it another way: I run in order to acquire a void.”

— Haruki Murakami

“The effects of running are not extraordinary at all. It is the other states that are peculiar, for they are an abnegation of the way you and I are supposed to feel. As runners, I think we reach directly back along the endless chain of history.”

— James W. Fixx

“If one advances confidently in the direction of his dreams and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.”

— Henry David Thoreau

“In every little village in the world there are great potential champions who only need motivation, development, and good exercise evaluation.”

— Arthur Lydiard

“I run because I enjoy running.... There is nothing special about me.”

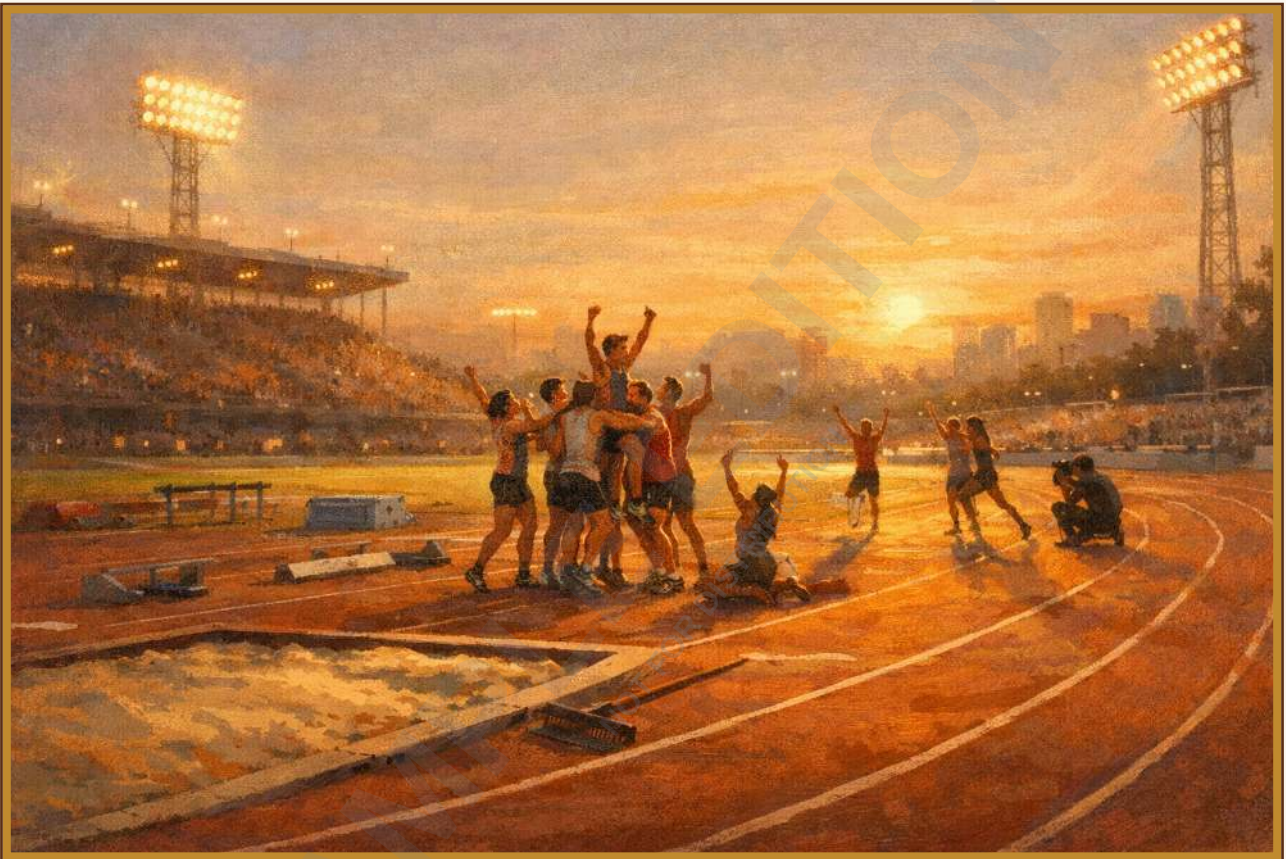
— Kipchoge Keino

“I believe 100 percent in continued running after forty, and racing too, if one so desires.”

— Bill Rodgers

THE PROVINCIAL TRACK & FIELD CHAMPIONSHIPS

More from Joy & Love of the Game



Why anyone starts.

“My times become slower and slower, but the experience of the race is unchanged: each race a drama, each race a challenge, each race stretching me in one way or another, and each race telling me more about myself and others.”

— George Sheehan

A few more from Joy & Love of the Game



The part nobody has to be told to love.

“The mountains are not stadiums where I satisfy my ambition to achieve. They are the cathedrals where I practice my religion.”

— Anatoli Boukreev

“Fitness has to be fun. If it is not play, there will be no fitness. Play is the process; fitness is merely the product.”

— George Sheehan

“To live is the rarest thing in the world. Most people exist, that is all.”

— Oscar Wilde

This copy belongs to: Sample Reader

The Provincial Track & Field Championships · Joy & Love of the Game

THEME 5 OF 6

Rivalry & Respect

Adjacent lanes, close enough to hear breathing — rivals who pace each other into history.



Close enough to hear each other breathe — that is how records get broken.

Rivalry & Respect — in the game, in life

Athletics builds its history out of pairs. The sport's memory is organised as duels: two sprinters whose rivalry made every final an event, two jumpers pushing a bar to heights neither had cleared before the other existed, distance runners dragging each other through laps faster than either could have run alone. The crowd understands what it is watching in a great rivalry: not one champion and one obstacle, but a partnership disguised as a war — each athlete the other's pacemaker toward a place neither could reach solo. The clock proves it. Records tend to fall in bunches, in eras when two or three athletes share a distance, and to stall when a champion is left alone; excellence, it turns out, is conversational. It answers, it replies, it raises. And athletics gives its rivalries an honest architecture. The athletes race in adjacent lanes, close enough to hear each other breathe; nothing is hidden, and nothing can be spun. Then the line arrives and the verdict is instant and exact — and what the stadium sees next, again and again, is the embrace. Exhausted rivals draped on each other, the beaten congratulating the winner with hands on knees, sometimes a shared slow lap while the crowd applauds the pair of them together, because everyone present knows the performance belonged to the race and not to the winner alone. Choose your rivals as carefully as your friends, because they will shape you as much. Let the person whose pace stings you become your pacemaker; run your own race in your own lane, but be glad someone is close enough to hear breathing. And when the line decides — as lines do — embrace first, quickly, before the disappointment has finished arriving. Rivalry done well is just ambition with company.

“To run a world record, you have to have the absolute arrogance to think you can run a mile faster than anyone who's ever lived; and then you have to have the absolute humility to actually do it.”

— Herb Elliott

Rivalry & Respect

Sit with the voice that speaks to you today.

“Stay humble, stay hungry.”

— Coaching maxim

“You will never learn from people if you always tap dance around the truth.”

— David Goggins

“When pride comes, then comes disgrace, but with humility comes wisdom.”

— Proverbs 11:2

“I suppose my upbringing contributed a bit to my outlook. Don't make others suffer. Try to assist them if you can.”

— Kip Keino

“You need great humility to run a marathon!”

— Grete Waitz

“The marathon can humble you.”

— Bill Rodgers

“It's only something normal for a sportsman to retire. You cannot control the whole world forever. People soon forget you because another champion comes along.”

— Haile Gebrselassie

“Sometimes I win and sometimes I don't. The cap has nothing to do with it. The race is in God's hands.”

— Kip Keino

Rivalry & Respect

Sit with the voice that speaks to you today.

“Medals are nice, but they are only symbols.”

— Emil Zátopek

“Pride goes before destruction, and a haughty spirit before a fall.”

— Proverbs 16:18

“True humility is not thinking less of yourself; it is thinking of yourself less.”

— Rick Warren

“Owning our story and loving ourselves through that process is the bravest thing that we'll ever do.”

— Brené Brown

“I used to be a runner myself, quite a useful one too but a bit of a plodder.”

— Alan Sillitoe

“To boast of a performance which I cannot beat is merely stupid vanity. And if I can beat it that means there is nothing special about it.”

— Emil Zátopek

“The thing about the marathon is that it makes you feel humble. There is always someone better.”

— Bill Rodgers

“The race humbles everyone eventually.”

— Running proverb

Rivalry & Respect

Sit with the voice that speaks to you today.

“Stay humble or get humbled.”

— Des Linden

“The more I learn, the more I realize how much I don't know.”

— Albert Einstein

“I used very, very poor judgment and I'm man enough to admit that.”

— John A. Kelley

“I look up to the five-minute milers. Because they don't get any of the good things I get. They're out there running just as hard.”

— Mark Belger

“You're only a hamstring injury away from oblivion.”

— Steve Jones

“I deliberately kept a low profile, because then I could quietly go about my business and do what I knew how to do best.”

— Lorraine Moller

“I've been running for over 20 years; I read all the books and articles, yet I need a coach. Why? I still have to be told, to be encouraged.”

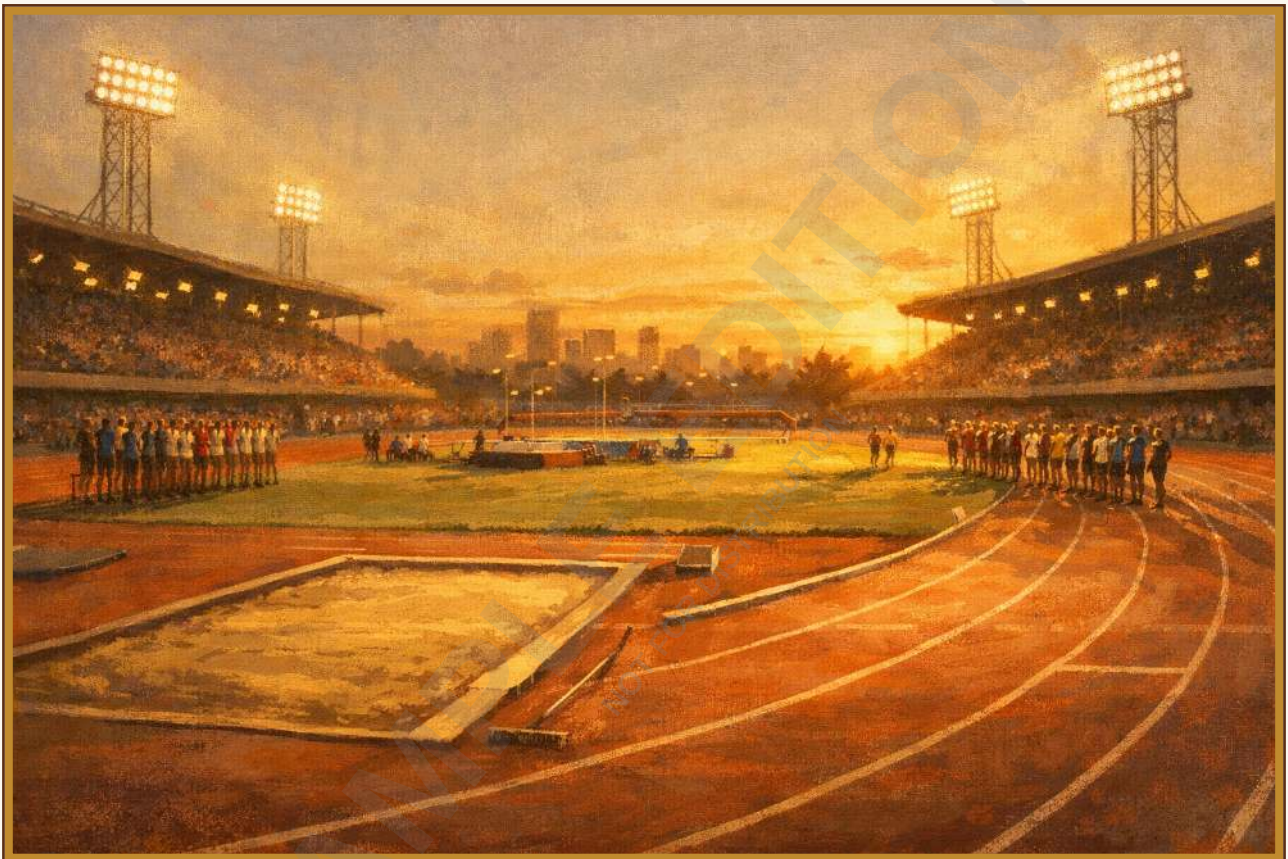
— Fred Lebow

“Everybody can be great, because anybody can serve. You only need a heart full of grace, a soul generated by love.”

— Martin Luther King Jr.

THE PROVINCIAL TRACK & FIELD CHAMPIONSHIPS

More from Rivalry & Respect



Opponents, not enemies.

“After all those months of training and study, I had succeeded. But the man who runs a mile in four minutes is not, of necessity, a great man.”

— **Roger Bannister**

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The Provincial Track & Field Championships · Rivalry & Respect

A few more from Rivalry & Respect



Respect, earned the hard way.

"The more I run, the more I realize how much I still have to learn."

— Bernard Lagat

"Respect the distance. The marathon will humble you if you do not."

— Bill Rodgers

"The race humbles you. There is always someone who has worked harder."

— Paula Radcliffe

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THEME 6 OF 6

Watching & Belonging

The one arena the crowd can touch — water tables, bells and strangers' encouragement.



The marathon turns a whole city into a grandstand with its arms out.

Watching & Belonging — in the game, in life

The marathon is the only arena the crowd can touch. Every other sport keeps its spectators behind glass or rope or distance; on marathon day the city itself becomes the stadium, and the people stand close enough to hand a runner water, to read the struggle in a passing face, to call encouragement to a stranger and watch it land. Where else does a spectator's voice demonstrably matter? Runners will tell you they were carried through the worst kilometres by people they never saw again — a shout at the right moment, a child's outstretched hand, a water table staffed by volunteers who stand for six hours so that strangers can drink. The roadside is its own phenomenon: families at the same corner every year, neighbourhoods that turn their street into a carnival, the sound moving with the runners like weather. And no crowd in sport is so generous to the unfamous. The elite pass in a few minutes; the crowd stays for hours, cheering harder as the runners get slower, saving its loudest love for the ones for whom finishing will be the achievement of a year. It is a city practising kindness at scale — thousands of people spending a morning making strangers braver and asking nothing back. The track crowd has its own version: the rhythmic clap for a jumper, the wall of sound that lifts a struggling runner down the home straight, the standing ovation for last place. Athletics fans have always known their noise is not commentary; it is aid. That is the lesson to carry out of the crowd. Encouragement is fuel, and everyone within reach of your voice is running something. Stand at your corner. Hold out the water. Cheer strangers through their hardest kilometre, and stay until the last ones come through.

“On that day, we seemed to achieve what generations of politicians and philosophers have failed to do. With nothing more than our running shoes, we accomplished what all the wars and weapons have failed to do. We were, for a few hours anyway, a community of people whose sameness was more important.”

— John Bingham

Watching & Belonging

Sit with the voice that speaks to you today.

“Years ago, women sat in kitchens drinking coffee and discussing life. Today, they cover the same topics while they run.”

— Joan Benoit Samuelson

“The marathon is my benchmark. It is the status symbol in my community, the running community.”

— George Sheehan

“I was motivated to win the Boston Marathon not only for myself, but for the Portuguese people of Boston. They were with me all the way and made winning this race the nicest moment of my life.”

— Rosa Mota

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

— Maya Angelou

“If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.”

— John Bingham

“To succeed in the marathon at a very high level of competition you have to live in a very stable environment. You need people to support you and help you out. If you don't have this kind of backing, you're not going to make it.”

— Bill Rodgers

“People used to think I was a freak. Now women of all shapes and sizes run all the time. And they're not just beautiful and slim and wearing pink gossamer tights. They jiggle along at 12-minute miles or spring along at 6:30s.... That's what I love.”

— Kathrine Switzer

“If you are losing faith in human nature, go out and watch a marathon.”

— Kathrine Switzer

Watching & Belonging

Sit with the voice that speaks to you today.

“Great is the victory, but the friendship of all is greater.”

— Emil Zátopek

“Pre inspired a whole generation of American distance runners to excel. He made running cool.”

— Alberto Salazar

“A road race is the closest thing to a party I can think of.”

— Bill Rodgers

“The Ultimate Human Race.”

— Comrades Marathon tradition

“Run with people faster than you and you'll get faster.”

— Coaching maxim

“The only way to have a friend is to be one.”

— Ralph Waldo Emerson

“The marathon is charismatic. It has everything. It has drama. It has competition. It has camaraderie. It has heroism.”

— Fred Lebow

“I often hear someone say I'm not a real runner. We are all runners, some just run faster than others. I never met a fake runner.”

— Bart Yasso

Watching & Belonging

Sit with the voice that speaks to you today.

“Free, weekly, for everyone, forever.”

— parkrun tradition

“If you want to go fast, go alone. If you want to go far, go together.”

— Anonymous

“The reason we race isn't so much to beat each other, but to be with each other.”

— Christopher McDougall

“Run, walk, jog, volunteer or spectate. It's not a race.”

— parkrun tradition

“I always say that I don't want to be the only fast person; I want to make the world a running world.”

— Eliud Kipchoge

“The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon.”

— Fred Lebow

“In addition to the safety factor, we run together for companionship, and to remind each other how important a part of our lives this activity is.”

— Gordon Bloch

“Jogging on the shores of the Black Sea in Varna in Bulgaria, I passed another runner. I didn't speak his language. He didn't speak mine. “Paavo Nurmi,” I called out. “Paavo Nurmi,” he called back.”

— Benjamin Cheever

THE PROVINCIAL TRACK & FIELD CHAMPIONSHIPS

More from Watching & Belonging



Belonging, in the stands.

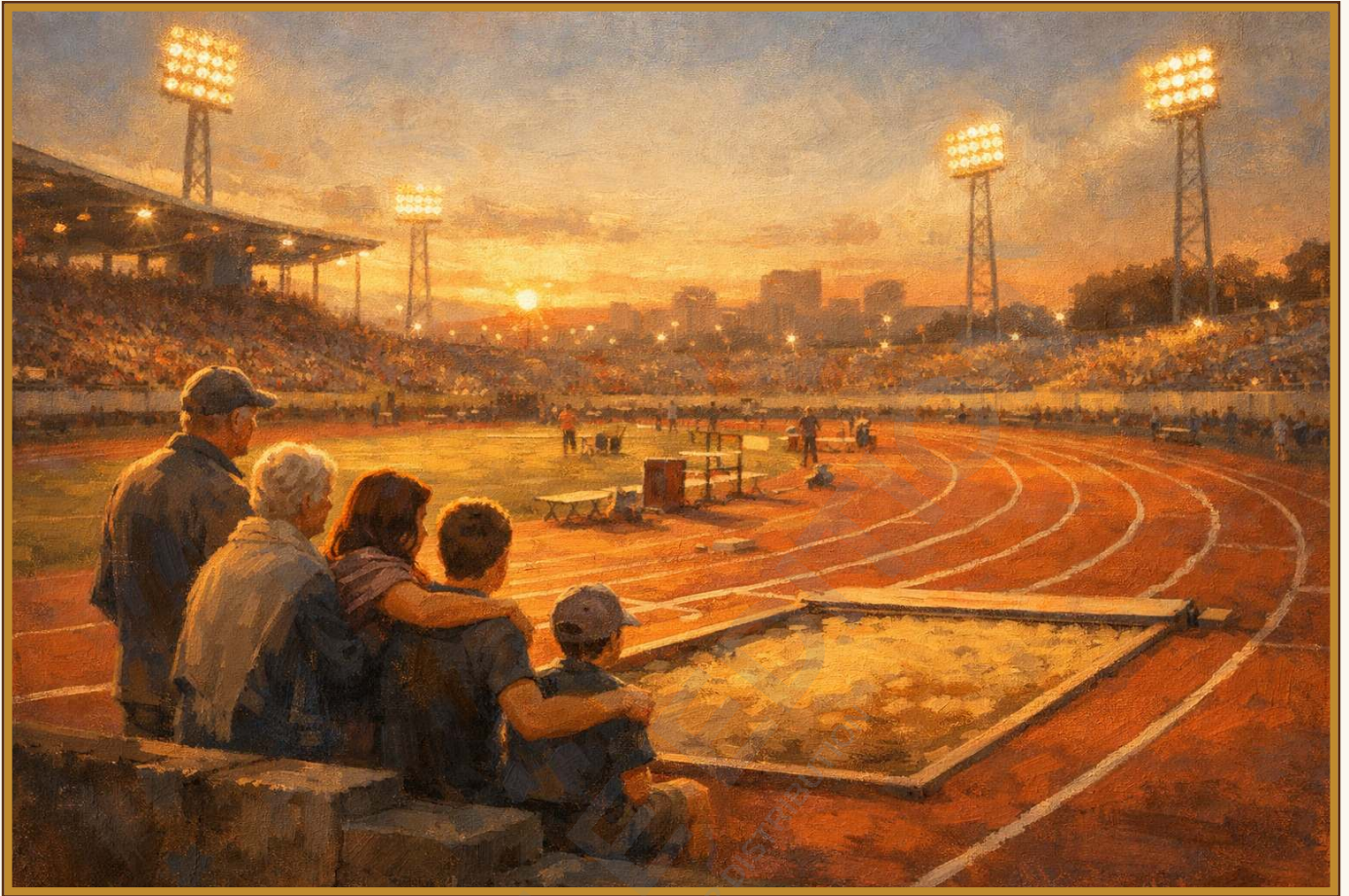
“If you run, you are a runner. It doesn't matter how fast or how far.”

— John Bingham

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A few more from Watching & Belonging



The people who turn up.

“The thing I have always liked best about runners is the camaraderie.”

— Kathrine Switzer

“All men may not be brothers, but that's the way it feels after a marathon. You feel — you can't help but feel — that you all understand each other.”

— Benjamin Cheever

“I don't think anyone can be so self-sufficient that they don't feel the need for somebody else.”

— Chris Brasher

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The Provincial Track & Field Championships · Watching & Belonging

About The Provincial Track & Field Championships

The Provincial Track & Field Championships is a demonstration client, invented to show how a branded edition looks and reads. In a real edition this page carries your own history, your own words, and the details your people would want to keep.

Website: sportsmart4life.co.za

After the final whistle



Until the next one.

Between the Whistles

The finish tape is only ever half true. Somewhere the sport is already running on — a stopwatch clicking at a school track, a city street being measured for marathon morning, a child racing a friend to a lamppost. May the voices in this collection walk with you between the laps of your own life.

SportSmart4Life is the intelligent spectator's toolkit — learn the games you love, watch them smarter, and let the wisdom of sport walk into your life. Explore the sports, SpectatorIQ and the Voices of the Game at sportsmart4life.co.za.

Go Deeper with SportSmart

This collection began as a way of watching. If the voices in these pages made you want to watch with sharper eyes — and let more of the game walk into your life — here is where the journey continues.

- **The Athletics Spectator Module**

eight tools that teach you the game itself — read the play, know the laws, follow the season's plots, and grow your Fan IQ match by match.

sportsmart4life.co.za

- **SportSmart4Life Membership**

the intelligent spectator's home — modules across 80+ sports, one member dashboard, and wisdom tools that turn watching into wellbeing.

sportsmart4life.co.za

- **SpectatorIQ — the Quiz Show**

test your sports brain in our quiz show — ladders, live rounds and power-ups across every sport we cover.

sportsmart4life.co.za

- **Voices of the Game**

the living library behind this book - thousands of verified voices to explore, sport by sport and theme by theme.

sportsmart4life.co.za

Every quotation in this collection is real, verified and honestly attributed — that is the Voices of the Game promise.