



Athletics (Top Sport)

By Bernie Blackall

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Athletics (Top Sport) By Bernie Blackall

An introduction to athletics. This text looks at its history, explains its rules and identifies the skills it requires, and is part of the "Top Sport" series. It covers equipment and how to get the reader started. Step-by-step pictures alongside the text show how to get the sport right.

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Athletics (Top Sport) By Bernie Blackall Bibliography

- Published on: 1999-05-19
- Original language: English
- Binding: Paperback
- 32 pages

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