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The Original Olympics

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It's interesting to speculate if many of this year's gold medallists in Atlanta could name the first recorded Olympic champion - one Korebos of Elis who was the winner of a sprint race held in 776 BC. In **The Original Olympics** Stewart Ross explains how the Games evolved, when, where and how they took place and why they played such an important part in the culture of Ancient Greece. An introductory chapter describes the opening ceremonies and events as if the author had observed them at first hand. Having captured our interest so effectively, he maintains the momentum with a text which conveys a wealth of fascinating information delivered in a lively prose style, and which is complemented by apposite quotations and illustrations. There are some intriguing parallels with the present day. Not only was preparing for the Olympics 'a massive task', it seems that Greek athletes took their training almost as seriously as modern sports men and women with the majority having their own professional trainers.

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