

# **SPORT**TIM HARRIS

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## About the Book

Sport: Almost Everything You Ever Wanted to Know tells the story of sport. All sport. Ever. From ancient times to the 21st century.

In eight themed parts, Tim Harris describes the triumphs and breakthroughs – as well as the cheating and skulduggery – that have created the modern world of sport.

Part One looks at sports grounds, from stadiums to ice rinks, explaining why golf courses have 18 holes, why boxing 'rings' are square and why Woolwich Arsenal ended up in Highbury.

Why do wickets have three stumps? Why do we 'serve' in tennis and play soccer in halves? Part Two uncovers the stories behind sporting rules, while the next section, on sports equipment, shows why we row in eights, why cue balls have black dots and golf balls have dimples.

Why do teams score more goals at home than away? Why have women got worse at shot putting? A history of sporting drugs reveals all.

A swift history of 'speed sports' - from chariot racing to Grand Prix - explains why Formula One races clockwise, why racehorses aren't getting any faster and the odd origins of British racing green.

Why compete for 'stakes' and hold 'whip-rounds'? Why doesn't the NFL play on Saturdays? A section on money and sport tells all. Then sport and politics uncovers the reasons why we ten-pin bowl with ninepins, why greyhounds aren't grey and why rowing is so posh.

Lastly, a history of games and the media tells of racehorses starring on stage, boxers fighting *inside* cameras and just why the FA Cup draw uses wooden balls.

Dip into it, or read it cover to cover - there's a 'Oh - now I get it' moment on every page. *Sport:* it's unique, funny, amazingly comprehensive and packed with extraordinary anecdotes to turn any reader into a sporting expert.

## About the Author

After working in advertising for fifteen years, Tim Harris got involved in a pub argument about why football shirts tend to be striped but rugby shirts tend to be hooped. Thus began an obsession with the odd reasons and strange stories behind the games we take for granted. This book is the result.

Like so many writers, Tim is married with two children and lives in North London.

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## To Lucy

### Tim Harris

# SPORT

Almost Everything You Ever Wanted to Know



Yellow Jersey Press

Never read print. It spoils one's eye for the ball. W.G.  $\ensuremath{\mathsf{GRACE}}$ 

## Introduction

THIS BOOK BEGAN with an argument in a pub. The vital issue at stake was whether soccer players were more likely to wear striped shirts and rugby players were more likely to wear hoops – and if so, why? Having found out the answer to that one, a lot of other sporting questions began to suggest themselves. For example:

Why 18 holes in golf? Why are boxing 'rings' square? Why 'pits' in motor sport? Why do Grand Prix cars race clockwise? Why do we have a ten-yard centre circle and a six-yard box? Why is cycling bigger on the Continent? Why a 'Kop'? Why do teams score more goals at home than away? Why do we row in eights? Why are there four different swimming strokes? Why do we have extra time in football? Why are there indirect free kicks? Why hop, skip and jump? Why is it a 'try'? Why a 'fly half'? Why an 'umpire'? Why do centre halves play at the back? Why are jockeys 'warned off'? Why is the lbw rule so complicated? Why is tennis scored in such a strange way? Why a 'popping' crease? Why is a 'bogey' one over 'par'? Why do wickets have three stumps? Why is football played in halves? Why do cue balls have a black dot? Why do bowling balls have a white circle? Why British racing green? Why are golf balls dimpled? Why do Arsenal play in white sleeves? Why do huntsmen wear red? Why do we go tenpin bowling with 'ninepins'? Why do the Lions play in red and England in white? Why do royal jockeys wear purple? Why is a dartboard the way it is? Why is it called water 'polo'?

Why a 'southpaw'? Why a 'derby match'? Why 'snooker'? Why is rowing so posh? Why 'Cosworth' Formula 1 engines? Why are players 'capped'? Why does the NFL play on Sundays? Why do we 'stake' money? Why a hat-trick? Why is table tennis called ping-pong?

It soon turns out that there is a reason for everything. Not all of these reasons are particularly good or logical ones, but even today tens or hundreds of years later, they still govern the sports we play and how we play them. Put them together and all these apparently 'useless' facts and stories begin to turn into something rather more useful – an explanation of how our modern world of sport has come about.

So how and why did it all happen? Find out here ...

## A Few Words of Warning - and Thanks

THIS BOOK AIMS to explain how the modern world of sport has developed over the last 3,000 years. Obviously it does so at a pretty brisk pace. If it went into much detail, you'd have to carry it around in a wheelbarrow.

Its main focus is on the major sports – football, rugby, cricket, tennis, golf, athletics, horse racing, cycling and motor racing – most of which developed in Britain. This is not of course because the British were the first to kick a ball or race a horse, but because they were seized with a general enthusiasm for sports and rule-making at a time when they also happened to control the largest trading and manufacturing empire in history. This allowed them to spread their own sports, plus some of the others that they encountered on their travels. Even when new games like baseball or American football were developed, these were usually adaptations of – or reactions against – existing British sports. They are covered too, but sports that remain rooted in particular cultures didn't all make the cut. Sorry sumo fans.

These British origins are one reason why so many sports are a terrible tangle of yards and inches – or in the case of cricket, of nails, ells and perches. I have gone for a rather messy compromise which reflects current usage. This means metres rather than yards, but miles rather than kilometres. However, in Part Two (on sports rules) I have retained the original imperial measures, as it doesn't make

much sense to talk about a '5.49 metre' (six-yard) box. In other words, it's still a mess, but less than it used to be.

Tracing every single fact back to its origin would be a lifetime's work and not, I suspect, a particularly enjoyable one. Instead, I have looked for the most authoritative sources I could find, and when these sources disagree (which is quite a lot of the time) I've tried to tease out the facts. I hope that every falsehood has been detected and every myth exposed – but I doubt it.

Thanks go first to my wife, Lucy, who worked while I played, and then – in sequence – to Audrey Niven who got the ball rolling, Mark Stanton of Jenny Brown Associates and Juliet Brooke and Tristan Jones of Yellow Jersey.

Further thanks go to Dr Alan Salama who saved me from some acute medical errors, Kate and Martin Banister who tried to instil some logic into my classical spelling and to Jo and Melissa Mansfield Evans and Simon Entwhistle who tried to save me from myself. Debra Godding and Martin Gamage provided media monitoring, gentle chivvying and books that I still haven't returned. Thanks also to Richard Speed and Scott Vickers-Willis for local knowledge, John Weston for advice and photography and Ian Simpson for cycling anecdotes. Finally a big thank-you to my sons Al and JJ who pressed buttons on my laptop and made a huge difference to the timing of the project.

Tim Harris London, July 2007

# 1 The Field of Screams

## Where sport is played

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OLD TRAFFORD TO NEW WEMBLEY

SLIDING ROOFS, MOVING SEATS

1988-2000 OLYMPICS

POSTWAR WINTER OLYMPICS

THE SPORTS STADIUM, the gymnasium, the racetrack, the swimming pool, the health club, the players' tunnel and quite possibly the bowling alley too – the ancient Greeks invented the lot. In fact by the third century BC virtually all that was left to create was the arena, and even that was based on two Greek theatres butted together. About the only bit of sports architecture they didn't invent was the ball court, the first examples of which, dating from around 1400 BC, have been discovered in Paso de la Amada in Mexico.

At the beginning of the archaic age of the Greeks, around 750 BC, the only sports fields were, quite simply, fields. Our best sources of information for this period are Homer's *Iliad* and *Odyssey*, which were composed around this time, although they claim to describe much earlier events. In Homeric times trials of strength and speed were held on any convenient patch of grass - and sometimes on quite inconvenient patches too. (The *Iliad* mentions a foot race between Odysseus and Ajax the son of Oileus in which Ajax trips head first into a cowpat.) Race distances were based on an agreed number of paces and started from a scratch on the ground. Since there was no accurate timing - no clocks or watches in those days - exact distances could vary from place to place, and all that really mattered was winning. For centuries to come runners would continue to 'start from scratch'.

What began to change in eighth-century BC Greece was that more and more people started gathering to watch these sporting contests and began offering bigger prizes to attract the best athletes – which in turn attracted even larger crowds, until proper venues were needed. Then, as now, stadiums got built not because people wanted to play

sport, but because others wanted to watch them. At first these contests were held in temple precincts and city squares, so that an *agon*, meaning a meeting place, came to refer to a contest – eventually giving us the word agony. Once the city centres were filled to overflowing, contests moved on to purpose-built stadia, and *dromos* (running) started to mean a racetrack.

Although the first local games seem to have started among the richer Greeks of Asia Minor, the major competitions were all held on the Greek mainland. The first and most famous of these was staged at Olympia, located rather inconveniently in the backwoods of Elis, 120 miles west of Athens. The simplest explanation for this location is that the site was sacred to Zeus, king of the gods, and in case it slipped anyone's mind a 13-metre-high gold and ivory statue of him was later built in the temple there. However the true origins of both Olympia and its games are pretty obscure. The site itself was occupied at least as early as the third millennium BC and by the second there were already shrines in place honouring various nature gods and goddesses - perhaps the reason why the games were held after the summer solstice, once the crops were gathered in. During the Mycenaean age (1600-1200 BC) the goddess Rhea was worshipped here and the hill above the site was dedicated to Kronos, Rhea's baby-devouring husband and brother. Meanwhile the whole region was termed the Peloponnese in honour of the god-turned-hero Pelops; the Olympics were sometimes said to be his funeral games, held at the site of his tomb. Hera, another pre-Greek goddess, was also worshipped at Olympia, and separate Heraean races for unmarried women were held there as well as the men-only Olympics. In about 1200 BC the Dorians rocked up, bringing with them their god Zeus, who became the brother and husband of Hera and the son of Rhea and Kronos. Zeus was now said to have killed his father at this sacred spot, and if that wasn't enough