TABLE I

Correlation coefficients between predicted and actual marathon times.

Time of Prediction	Correlation
Day of the seminar	0.368
Day after the seminar	0.464
Day before the race	0.845

CONCLUSIONS

It is important to stress that the findings of the present study were based on the experiences of first-time marathoners and so may only apply to this group of people. Investigations are in progress to examine the training patterns of experienced runners. Three observations can be made:

1. First-time marathoners do not need to run exceptional mileages during training, and do not suffer dramatic slow down in the latter stages because of their moderate training.
2. There is no practical relationship between average weekly training mileage and race time for novices at least.

3. First-time marathoners are able to predict their race time better near the day of the race, compared with when they first begin training.

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BOOK REVIEW

Title: CHILDREN AND SPORT
Author: J. Ilmarinen and I. Välimäki (Eds.)
Publisher: Springer-Verlag: Berlin, 1984
Price: \$27.70

Children and Sport is a collection of 33 papers given at the tenth Symposium of the European Group for Paediatric Work Physiology which took place in Joutsa, Finland, 1981. The papers are divided into four main sections: Growth, Development and Physical Activity; Physical Working Capacity; Physical Training and Sports; Physical Activity and Health. In section one, the emphasis is on the growth and development of children's motor ability in relation to habitual and required physical activity. There is, inevitably, a certain degree of overlap between sections in terms of the topics under consideration, and this is the case with the first paper in section one which deals with the growth and development of children's capacity for endurance performance. As such, this paper might have been better placed in section two which is largely concerned with cardiorespiratory functioning. Among the topics under consideration in section two are the effects of maturation and growth on cardiorespiratory (C-R) fitness, the effects of environmental temperature on C-R functioning, and the estimation of C-R fitness using different treadmill tests. Section three is largely concerned with the effects of specific forms of physical training and/or physical education on C-R functioning, although the section also includes a very interesting paper on the psychosocial problems associated with sports training during childhood. The emphasis in the last section is on the incidence of cardiovascular risk factors in children and adolescents. In general, the papers are well-written and provide a lot of new information. Different sections of the book will certainly be of interest to teachers and researchers in the fields of health, physical education and sport, and to all sports coaches in charge of child athletes.

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