

competitors. Such power event competitors may demonstrate up to 95% FT fibres which are metabolically equipped for forceful contractions that depend largely on anaerobic mechanisms for energy supply. FT fibres may also be two to four times faster and approximately 50% larger than fibres classified as slow. It should be noted here that the athlete's muscle fibre profile is determined both by genetic and environmental (training) factors³. No obvious muscle fibre profile differences have been established between men and women competing in similar events.

While muscle size has been associated with muscular strength, hypertrophy (the increase in muscle size or bulk) has been associated with gains in strength. However, because muscular development is partly linked with plasma testosterone levels, men are capable of considerably greater gains in muscle bulk than are women. Some researchers have concluded that muscular hypertrophy in women is not a necessary consequence of strength training.

Conclusion

Ward and Whipp⁴ plotted the decade-by-decade improvement in the mean running velocity for both men and women for all events between 200 m and the marathon. It was found that the improvement rate for women is more than double that for men, reflecting both the increased numbers of women coming into sport and the proportionately greater increases in their training.

References

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- 4 Ward SA, Whipp BJ. Will women outperform men in Olympic running in the twenty-first century? *J Physiol* 1990; 423: 24P.

Errata

Stoneham MD, Morgan NV. Stress fractures of the hip in Royal Marine recruits under training: a retrospective analysis. *Br J Sports Med* 1991; 25: 145-8.

The publishers wish to apologise for the accidental substitution of an incorrect address for correspondence.

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McCaw ST, Bates BT. Biomechanical implications of mild leg length inequality. *Br J Sports Med* 1991; 25: 10-13.

The publishers also wish to apologise for the incorrect spelling of Dr S. T. McCaw's name both in the table of contents and the article running head.