

Kenyan Running

1997 British Society of Sports History - Lord Aberdare Literary Prize for Sports History

The record-breaking achievements of Kenyan athletes have caught the imagination of the world of sport. How significant really is Kenya in the world of sports? This book, the first to look in detail at the evolution and significance of a single sport in an African country, seeks to answer these and many other questions. Kenyan Running blends history, geography, sociology and anthropology in its quest to describe the emergence of Kenyan athletics from its pre-colonial traditions to its position in the modern world of globalized sport. The authors show the qualities of stamina and long distance running were recognized by early twentieth century travellers in east Africa and how modern running was imposed by colonial administrators and school teachers as a means of social control to replace the indigenous fold traditions.



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