

JIMMA UNIVERSITY
COLLEGE OF NATURAL SCIENCES
DEPARTEMENT OF SPORT SCIENCE



FACTORS AFFECTING THE PERFORMANCE OF SHORT DISTANCE RUNNERS IN CASE OF SAME SELECTED OROMIA REGIONAL STATE SPECIAL ZONE ATHLETICS CLUBS.

BY: KUBA ZEWDIE AYANA

A THESIS SUBMITTED TO THE COLLEGE OF NATURAL SCIENCE OF JIMMA UNIVERSITY, DEPARTMENT OF SPORT SCIENCE, IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF SCIENCE IN ATHLETICS COACHING

OCTOBER 2019
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MAJOR ADVISOR; SAMSON WONDIRAD (ASSISTANTE PROF)

CO-ADVISOR: Mr. MERERA LEGESE (MSc)

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APPROVAL SHEET

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Submitted by

_____	_____	_____
Name of the student	signature	date
Approved by		
_____	_____	_____
Name of major advisor	signature	date
_____	_____	_____
Name of co advisor	signature	date
_____	_____	_____
Name of chairman DPGC	signature	date
_____	_____	_____
Name of coordinator PGC	signature	date
_____	_____	_____
Name of Examiner	signature	date
_____	_____	_____
Name of ass. Examiner	signature	date

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Figure 1: Oromia and Oromia special zone map **Error! Bookmark not defined.**

Abbreviation

AT	Anaerobic Threshold
EAF	Ethiopian Athletics Federation
IAAF	International association of athletics federation
IOC	International Olympic Committee
JU	JIMMA University
NSPE	National Sport Policy of Ethiop
OAF	Oromia Athletics Federation

Abstract

The main goal of this study was to assess the factors affect the performance of short distance runners in case of same selected oromia regional state special zone athletics clubs. Descriptive survey design was used to conduct this research. The method was employed mixed approach including qualitative and quantitative research design. The study was used primary sources of data obtained through questionnaire and interview. By using purposive sampling the researcher selected the three clubs as the study population 188 and used the sample size this study take all target population, thus purposively all population were taken.70 respondents participated as the source of data 67 athletes and 3 coaches from the three selected clubs as the sample of the study. The data were analyzed using SPSS version 23. Accordingly, frequency and percentage was used to analyze the data. The findings of the study revealed that, issues related to training, nutrition, equipments and facilities were observed as the basic factors that affect the performance of short distance runners. However, most of the athletic coaches who were assigned to train the short distance athletes were found to be below the requirement to train at athletics club level. The researcher recommend that, the oromia athletics federation of different levels such as zonal and Woreda athletics experts office give attention for the short distance runners in fostering them necessary sport materials, morals and provide them with the necessary training techniques.

Keywords: *Athletics, Facilities, Performance, Nutrition, Equipment*

CHAPTER ONE

1. INTRODUCTION

1.1. Back ground of the study

Historically, athletics started during Olympic game in Athens in 776BC. However athletics become more diverse during the middle ages when the sons of nobleman were trained in running, jumping and there were often athletics contest among rival mobility. Furthermore, the first modern Olympic Games took place in 1896 and athletics were part of the games with the competition being divided in to track and field event (IOC, 2011).

Athletics is an exclusive collection of sporting events that involves competitive running, jumping, throwing and walking; the most common types of athletics competition are track and field, road running, cross country running and race walking. The simplicity of the competition, and the lack of a need for expensive equipment's, makes athletics one of the most commonly competed sports in the world.

Apparently athletics in the world is changing with time but not uniformly at all as the gap in resource between wealthy and poor countries is growing. As indicated also in this out set the availability of quality sport facility is necessary for proper training: where this does not exist is it in difficult to achieve the intended objectives set of time (Judith, 1998).

Although the exact roots of Ethiopian Athletics cannot be retraced back accurately, it is widely believed that the sport was extensively practiced in schools and military camps before 1897 (<http://eaf.org.et>). Ethiopian first participated at the Olympic Games in 1956, and has sent athletes to compete in every summer Olympic Games since then, except for the 1976, 1984, and 1988 Games. Ethiopian Athletes have won a total of 38 medals, all in Athletics. National Olympic committee of Ethiopia was founded in 1948. Excellence in Athletics is among the top few subject matter Ethiopia is known for around the world. Ethiopia is much known in distance running across the world since Abebe Bikila inspiration in 1960 Olympic. The reputation started to build back in the day of Abebe Bikilla who stunned the world by winning the marathon event setting a world record of 2:15:16.2 while running bare foot. Yes running bare foot and it was the first ever marathon Gold medal for Africa and he became the first Athlete in the world to win back to back Olympic marathon titles when he entered the finish line in 2 hours and 11.2 second at the subsequent Olympic in Tokyo in 1964. Since then, Ethiopia has produced countless hours heroines (<http://www.ethiopianmillennium.com>).

However, Ethiopian sprinters are not good competent of world and African sprinters. In addition to this there are certain athletes such as Wetere Gelalcha, Gebre Gebregzi, Nugussie Gechamo, Tegegne Bezabih, Fethiya Hasen, Atkilt Wubshet, Tigist Tamagnu and Genet Lire who were trying to compete at African level champions. (Ethiopia Athletics Federation, 2012)

Women and Men National Team Athletes Ethiopian Championships result is not as such attractive result as one can observe from the appendix A and appendix B according to the source Ethiopian Athletics Federation indication. This is to mean that Ethiopian short distance runners are not good competent of their respective world short distance athletes. (Ethiopia Athletics Federation, 2012).

Oromia region is one of the known region in Ethiopia that has a potential in different sport activities, the Zone is very known by sports like Football, volleyball, Paralympics, Cultural games and athletics by the result have been achieved competitions organized at any level. In fact of this, Oromia Athletics Clubs was established in 2002 E.C. Even if, Oromia region is very known by those sports, but in the case of the Oromia Athletics clubs, there are numerous factors affecting the performance sprinters. For instance, Sport training involves many subjects, but most importantly the athletes and the coaches are the important individuals in the process of athletics training. The total process of athletics training should, consist the athletes, coaches, sport professionals and the society as whole to contribute for the development of athletes' performance. As my current information about short distance running result in the clubs is not good enough to compete with national and international competitions. Due to such unsatisfactory result of Oromia athletics clubs the investigators have been motivated to find out those factors that affect the performance of short distance runners of some selected Oromia athletics.

1.2. Statement of the problem

The purpose of this study was to examine the factors influence the performance of short distance runners. Athletics is a dynamic sport that needs understanding and solving problems of training to create performance improvement to compete in a frequent changing environment. In the fast change world, the increase in public expectation from sport sector creates changes in the sport policy. Consequently, these change will have effect in the overall sport fields. In the competition it is simple no need of expensive equipment makes athletics popular all over the world. Current status and prospects of short distance runners of athletics clubs to find out strategies used to enhance sprinters performance. Any time in the world Athletics History Ethiopia didn't registered a good result in short distance. Different country such as American, Jamaican and others are creating influential impact on short distance runner's performance. Ethiopia started participating in international athletics competitions as early as early as the 1950s. it was one of the first Africa countries to take part in the Olympic when participating the 1956 Melbourne games from this past years up to this day Ethiopia is famous in the world by middle distance and long distance but through the year Ethiopia is not registered in short distance running competition.

However, Ethiopia is not competing even in the African level in sprinting. Although Oromia is well known, its current national position in short distance running is very weak. Short distance running is a form of continuous running of over the running short distance. Physiologically short distance running is largely anaerobic in nature and requires speed as well as mental strength. Sprints are short distance running competitions, usually held for distances of 100meters, 200 meters and 400 meters. Athletes concentrate on reaching the destinationwiththeir maximum speed(<https://en.wikipedia.org/wiki/shortdistancerunning>).

Therefore, to achieve maximum speed of the athletes this research was conducted to investigate factors that affect short distance runners performance such as training plan , method ,nutrition, athlete development, equipment's and facilities and the researcher has raised a question what are factors that affect short distance runners performance?. Hence, this study attempted to answer the following basic research questions

1.3. Research question

This study attempts to answers for the following basic research questions:

1. Did training method of coaches affect the performance of short distance athlete?
2. Did the clubs camp diet supplement have an effect on the performance of short distance runners?
3. Did the clubs have materials and equipment for short distance athletes training?

1.4. Objective of the study

1.4.1. General Objective

The general objective of this study was to investigate the current factors affecting performance of short distance runners

1.4.2. Specific Objectives

1. To identify how training method of coaches affect the performance of short distance athlete.
2. To what extent camp diet supplement had an effect on the performance of short distance runners.
3. To assess the availability of materials and equipment for short distance athletes training.

1.5. Significance of the study

This research would have numerous important findings to investigate the current factors affect performance of short distance runners with specific reference to Burayu club, Sebeta athletics club and Lege Tafo Lege Dadi athletics club.

So the result of this study would support to improve the performance of athletes.

The significance of the study includes the following;

- It can supply or give as a feedback to athletes, clubs and federation offices on the current factors effect of short distance runners.
- It may help the club administrator to see the problems
- It may give the clue for other researchers on this topic
- it makes to have information about factors when coaches are planning to training

1.6. Delimitation of the study

This study has been conducted on selected oromia athletics clubs which found around Finfinne or oromia special zone namely Burayu, Sebeta and Lege Tafo Lege Dadi athletics clubs. In addition to this, the study is delimited only to investigate the factors affect the

performance of Burayu, Sebeta and Lege Tafo Lege Dadi athletics clubs coaching staff and selected short distance athlete.

1.7. Limitation of the study

The availability of reliable data for any research is an important input for success and achievement of the final outcome of the research work. Any study undertaken for the first time depends to a large extent on previous knowledge, the availability of up-to-date and pertinent research materials and other essential device. The availability of information dealing with this thing would help to facilitate and strengthen the study under consideration. It should be noted that it is common to encounter a problem related to data not being easily available and reliable because the instrument used may not themselves be absolutely accurate. Inadequacy of available relevant research material is one of the limitations encountered in this study. In addition to, the scarcity of sufficient books and literature in the area of study was the major short coming that the researcher encountered during the execution of the study..

1.8. Definition of basic term

Coach: a person who provides organized assistance to and individual or a group of athletes in order to help them develop and improve (John.et.al:2008).

Facility: the area or surface where athletes perform their training or competition (Thompson: 2000)

Nutrition: is a science of nourishing the body (Bezabeh.et.al W, 1997:49).

Performance: an observable behavior of athletes in training and competition (Thompson: 2000).

Athlete: person responsible for controlling or administering an organization or group of staff (Thompson 2009)

Athletics: Track and field sports which embrace events in jumping, running and throwing <http://www.athleticsdb.com/index>.

Motivation: is the direction and intensity of once effort (Guay.et al., 2010).

Equipment:-the material that aids coaches and athletes for better, accomplishment of their training and competition activities (John.et.al:2008)

1.9. Organization of the study

The study was organized into five chapters. The first chapter deals with introduction parts, the second chapter deals with review of related literatures, while the third chapter deals with research methodology, the fourth chapter discuss about presentations, analysis and interpretation of the data. Finally, the fifth chapter concentrates on summary, conclusions and recommendations of the study.

CHAPTER TWO

2. REVIEW OF RELATED LITERATURE

2.1. Concept of athletics running

Short distance running is a form of continuous running of over the running short distance. Physiologically short distance running is largely anaerobic in nature and requires speed as well as mental strength. Sprints are short distance running competitions, usually held for distances of 100meters, 200 meters and 400 meters. Athletes concentrate on reaching the destination with their maximum speed.

2.2. Athlete development

As a coach you may work with athletes of any age and it is important to realize that growth and development is not just an issue with children and young athletes. Each of us grows and develops in different ways throughout our lives and this is the same for all the athletes we coach. But novice coaches frequently begin their coaching with younger athletes and an understanding of the specific needs and capabilities of children and adolescents is essential if the needs of these athletes are to be recognized and met. Children are not just smaller versions of adults. They have very particular needs and capabilities. One of the major issues in children's sport can be a lack of knowledge on the part of coaches and parents about how children grow and develop. This ignorance places unrealistic expectations on the child and often causes them to give up the sport. Children have many sports that they can choose to do. That they choose to do sport at all, whether it is for recreation or competition, is a very positive thing. All coaches should work to ensure that the training programmes they plan are suitable for the long term, life-long physical and mental development of the athletes they work with (Thompson, 2009).

Good coaches know and understand the many changes that take place from child to adult and structure their coaching to best suit the needs of the young athlete. Restricted nutrition and sickness will both affect the way in which a child grows and develops. This should be taken into account by the coach when deciding the needs of the child. There are clear growth stages that children pass through from birth to adult. These stages are the same for boys and girls, but girls generally mature earlier than boys (Thompson, 2009).

2.3. Coaches and coaching staff support

Coaches also play critical roles in sport environment given the interview result (Holt ,2004; Johnson,M. 2008 & Morgan,J,K,2006) providing high quality training programs and sessions including informational support is the main task for a coach .Besides quality training a coach may also full fill roles in providing tangible support and building a good relationship with athletes(John, 2008, &Morgan,J.K. 2006) strong coach athlete relationship should be established especially during the later phases of development .A good coach athlete relationship is formed by building mutual.

Coaches claim that “learning by doing” is the most common way they acquire knowledge about their sport, many have expressed a desire to learn more through guided education. Both developmental and top-level middle distance coaches have called for more dissemination of the scientific knowledge in the field. While it is true that coaches can sometimes fail to implement proven methods they are taught even after completing coaching education program and research on this subject is still relatively limited, there clearly exists a need to bridge the gap between researcher and coach (Mac Donald& Cote,J,1999).

The most essential requirement in developing top level athletes is the availability of a world class coach. The coach may be may be many things to the athlete; teacher, manager, scientists, friend and so on. If coaching is highly knowledgeable, motivated, intense, sensitive to individual needs and successful in solving problems the training environment should generate much success for athletes. However if the coach has poor technical or theoretical knowledge, lacks of experience is unable to direct a comprehensive program, or is not motivated, or cannot spend the necessary time, the athlete will not reach his or her potential. From the above motion one can conclude that coach have a significant importance for an athlete in order to achieve his or her dream competitive pace is essential in all types of running (Thompson, 2008). Coach must understand and apply the fundamental principles that govern any type of physical training. These principles derive from the human body’s response to training, stress and skill acquisition. Not comprehending these basic tenants produce misinformed training and exposes athletes to the risk of injury. The following principles must be followed in any well-constructed athletic training program::

2.4. Developing Training planning

Training is a systematic process with the objective of improving an athlete's fitness in a selected activity. It is a long term process that is progressive and recognizes the individual athlete's needs and capabilities. Training programmers use exercise or practice to develop the qualities required for an athlete's long term development. The process of training can be planned because training follows certain principles. These principles of training need to be fully understood before the coach can produce effective long term programmers. do make high effort to cover the given training load Good planning, organization and review are essential in whatever we do in our lives. Whether it is small things like arranging to meet friends, to bigger things like learning something new or to very big things such as building a house we need to plan, then build and review. If your goal, for example, is to travel to see a distant relative you may start by finding out how far away they live, what are the possible means of transport, when is it convenient to visit, how long will you stay there and will you come back the same way? Deciding these things is all part of the planning process. As you set out on your journey you will monitor your progress to ensure that everything is going to plan. Once you have returned home and the journey is now complete, you review how the trip went; what went well in addition to what did not go as well and what you might have learned to apply to any future travels. The exact same steps are required in being an effective coach and the planning, organization doing, monitoring and reviewing skills are all part of the coaching process.

If you do not plan and review when you coach do not be surprised if, on your 'coaching journey', you and your athletes do not 'arrive' at where you want to be. We have already seen that the process of coaching can be simply stated as planning what you are going to do, doing what you have planned to do and then reviewing what you have done. This 'Plan-Do-Review' process of coaching is cyclical, repeated over and over (Thompson, 2009).

Behind any successful athlete or team is a well-prepared coach or management teams, who, with their athletes, have carefully plotted their campaign towards success. The quest for sporting excellence requires an understanding of the planning process. This fact sheet guides you through some of the stages you need to address while you are planning for sporting success, regardless of what level of team or athletes you are coaching. The following basic issues should be taken in to consideration as planning principles in order to improve the performance the athletes.

- Set Goals: These help set targets for the season, priorities actions and set deadlines.
- Needs Analysis - Performance Profiling provides a method to assess strengths and areas requiring attention.
- Plan in Reverse: In terms of annual planning, once the performance goal(s) for the season are identified work backwards from that date.
- Flexibility: Once the annual plan is mapped-out, allow some flexibility for unforeseen events such as illness or injury or changes in the competition structure.
- Monitoring: Effective training programmers should involve constant monitoring. Athletes should be encouraged to 'self-monitor' by use of a training diary. Annual medical screening and regular fitness testing may also be incorporated into the annual plan.
- Review :The training and competition plan should be regularly reviewed by the coach and athlete, with changes incorporated when required
- 'Kaisen': This is the Japanese term for 'continuous improvement'. Performance does not happen by chance. Leave no stone unturned in the quest for excellence.

As discussed in Thompson (2009) in order to gauge an athlete's or team's strengths and weaknesses, an exercise called performance profiling should be carried out. A useful starting point is to identify the critical performance capacities for your chosen sport and then rate how important the following components are for achieving success. These should be broken down into the performance components: Physical (Strength, Speed, Power, Aerobic need to be consistent throughout- either Aerobic Fitness or Cardiovascular fitness- changing from one to the other will cause confusion, Anaerobic fitness), Tactical (Game or race planning, strategies, etc), Technical (skills required at each level), Mental (psychological preparation, ability to cope under pressure) and Lifestyle (diet, sleep, education, nutrition, time management)

2.5. Nutrition

Nutrition as it is a science of nourishing the body. The athlete who is striving for excellence should train hard and to train hard should eat balanced diet and enough calories to cover the load and maintain body (Bezabeh, 1997).

A healthy balanced diet is vital for good health both from the perspective of an elite athlete and for those who enjoy working out to keep fit. Training can be optimized to help athletes and exercisers to reach their goals by making informed dietary choices. The key to making

the diet healthy and balanced is to ensure it provides adequate energy from the consumption of a wide variety of commonly available foods, to meet the carbohydrate, protein and fat requirements for both health and exercise (Coleman, 2006 and Institute of Medicine, 2006).

Nutrients are chemical substances in food that function to furnish the body with fuel, to build and repair body tissue. nutrients are divided are in to proteins ,carbohydrate ,vitamins ,fats ,water and minerals .carbohydrates are the major energy source for body ,especially during intense training (Bezabeh, 1997).

Prepare nutritional practices alone cannot generate elite performance hence the reason for smart training method and computation and strategies ,but the health nutritional habit will significantly affect athletes performance in computation and over all wellness. Maintaining a healthy energy balance practicing effective hydration habits ,and understanding the various aspect supplementation practices can help athletes not just improve their performance but also increase their enjoyment of the sport in generals(Petrie,2004).

Young athletes can meet their energy and nutrient needs by planning meals and choosing healthy foods. Breads, cereal, pasta, fruits, and vegetables are excellent sources of carbohydrates. Emphasize whole grains by looking for whole wheat, whole oats, or whole-grain barley as the first word on an ingredient label. Lean meats, fish, poultry, eggs, low fat milk, low fat yogurt, and low fat cheese are all good protein sources for the athlete. Healthy fats can be found in nuts and vegetable oils used to prepare and flavor foods U.S. Department of Agriculture (2005, as cited in Behailu, 2012

2.5.1 Nutrition and Its Importance

The World Health Organization defines Nutrition as "the intake of food, considered in relation to the body's dietary needs". It is a result of the processes whereby the body takes in and uses food for growth, development, and maintenance of health. These processes include digestion, absorption and metabolism. Nutritional science studies how the body breaks food down (catabolism) and repairs and creates cells and tissue (anabolism) - catabolism and anabolism = metabolism. Nutritional science also examines how the body responds to food. One's physical condition as determined by the diet is called nutritional status. Nutrition helps determine the height and weight of an individual. Nutrition can also affect the body's ability to resist disease, the length of one's life, and the state of one's physical and mental well-being.

Sports Nutrition is the study and practice of nutrition and diet as it relates to athletic performance. It is concerned with the type and quantity of fluid and food taken by an athlete, and deals with nutrients such as vitamins, minerals, supplements and organic substances such as carbohydrates, proteins and fats. Sports nutrition is a broad interdisciplinary field that involves dietitians, biochemists, exercise physiologists, cell and molecular biologists, and occasionally psychotherapists. It has both a basic science aspect that includes such concerns as understanding the body's use of nutrients during athletic competition and the need for nutritional supplements among athletes; and an application aspect, which is concerned with the use of proper nutrition and dietary supplements to enhance an athlete's performance. The psychological or psychiatric dimension of sports nutrition is concerned with eating and other mental disorders related to nutrition among athletes (Bezabeh, 1997).

2.5.2 Nutrition before Exercise

I. Glycogen Loading

Muscle glycogen depletion and low blood glucose levels have been shown to be major factors in the development of fatigue during endurance exercise. Therefore, it is important to ensure optimal glycogen storage prior to exercise and optimal delivery of carbohydrate (CHO) during exercise. Of crucial importance in the pre-competition preparation of endurance athlete is defining the best method to optimize the body's glycogen levels. In the past, Scandinavian researchers introduced a super compensation diet. Their recommended strategy and diet is as follows. One week prior to an important race, a bout of exhausting endurance exercise is performed in order to deplete the glycogen stores. Over the next 3 days a high fat diet is ingested, ideally with less than 20% of the energy intake as CHO. During the remaining period leading up to the race, the athlete should ingest a high CHO diet with less than 20% of the energy intake being derived from fat. No endurance training should be undertaken during the 6 days prior to the race. This diet training regimen leads to a large increase in the muscle glycogen stores (160_200% greater than the normal resting levels). However, this protocol has serious disadvantages: During the high fat, low CHO period, athletes often feel weak and sometimes become unmotivated and lose self-confidence.

For some athletes it may be difficult to compose a palatable diet consisting of only 20% of the energy from fat (or 20% of the energy from CHO), and a good working knowledge of the CHO and fat content of foods is required. The high fat diet may cause gastrointestinal problems such as diarrhea or abdominal cramping in some athletes. Many athletes are reluctant to abstain from training for 3_7 days prior to an important competition. Because of

these disadvantages, a more moderate and more practical dietary training regimen has been evaluated. This regimen also begins with a bout of exhausting exercise 1 week before the race. However, during the 6 days that follow, it is recommended that the dietary CHO intake be progressively increased from the usual 50_55 en% to about 70_75 en%. Over the same period, it is advocated that the training volume is gradually decreased without changing the training intensity: this is called tapering. This protocol also results in significantly increased glycogen stores (150% of normal resting value), without the side effects so often reported by athletes using the classical regimen (Burke et al, 2001 and Bussau.et al, 2002).

An important point to remember is that CHO is less energy dense than lipids. Consequently, a high CHO diet can be bulky, it is often rich in fiber and may require considerable effort and time to prepare and eat. Examples of CHO rich foods are pasta, potato (well cooked), rice, bread and fruit. During the last 2_3 days before a competition, high fiber foods should be avoided (e.g. green salads=raw vegetables, whole grain bread, unripe bananas, brown rice, muesli) as these may cause gastrointestinal upset (Burke, et al, 2001 and Bussan, et al 2002).

According to Burke, et al 2001) , Hargreaves, Hawley & Jeukendrup.et al (2004) and Bussau.et al (2002) during the hours preceding a race it is often recommended that CHO ingestion should be avoided in order to prevent rebound hypoglycemia. CHO consumption 30_120 min before exercise raises plasma glucose and insulin levels, which stimulate glucose uptake and inhibit fat mobilization and oxidation during exercise. Early studies showed that following a fast, CHO ingestion 45_60 min before an acute bout of exercise could result in a fall in blood glucose concentration soon after exercise had begun. During intense exercise, this was shown to result in hypoglycemia and a decrease in performance. However, more recent studies that tested subjects in the non-fasted state, which is how most athletes usually enter a competition, did not show a detrimental effect of pre-exercise CHO feeding. These later studies were performed with subjects ingesting different types of CHO meals. Due to the great individual differences in response, however, it is always possible that a certain individual may be prone to exercise-induced rebound hypoglycemia after consuming a CHO-rich solid or liquid meal. Based on current information we have established the following guidelines:

Pre-competition Nutritional Guidelines

1. Carbohydrate load using moderate (tapering) super compensation diet.
2. Ensure a CHO intake of about 600 g/day during the 3 days before the race. Intake of more than this amount may not further increase glycogen storage and is therefore not necessary.
3. Drink plenty of fluids during the days before the race, to ensure that you are well hydrated at the start of the event. If substantial sweat losses are to be expected during the race (see the section on sports drinks below) add a small amount of sodium chloride (about the tip of a teaspoon of table salt per liter) to the drinks.
4. Avoid foods with high dietary fiber content during the days before the competition to prevent gastrointestinal problems.
5. Eat a CHO rich pre-event meal 2_4 h before a race to ensure adequate levels of glycogen in the liver. Before races of short duration ingest easily digestible CHO foods or energy drinks. Before races of long duration eat semi-solid or solid food such as energy bars or bread, and keep the intake of fat and protein low.
6. Some individuals may develop rebound hypoglycemia following a high CHO meal or drink before a race. These individuals should delay eating carbohydrates until the warm up, or within a few minutes of the start of the race. Top athletes should undergo a CHO tolerance exercise test to define their individual response to high CHO intake.

II. Nutrition during Exercise

Carbohydrate ingestion during exercise has been shown to improve exercise performance in events lasting 60 min or longer by maintaining high plasma glucose levels and high CHO oxidation rates. From numerous studies, it appears that most of the soluble carbohydrates are oxidized at similar rates (i.e. glucose, maltose, sucrose, glucose polymers and dispersable starch). The exceptions are fructose, galactose and insoluble starch, which are oxidized at slightly slower rates. Interestingly, however, is the finding from one particular study that when 50 g of fructose and 50 g of glucose were ingested together, during exercise, the cumulative amount of CHO oxidized was 21% greater compared with the ingestion of 100 g of glucose (Burke.et al, 2001) and Bussau.et al (2002).

The amount of CHO ingested is important for its contribution to energy expenditure and sparing of liver glycogen. However, the oxidation of exogenous CHO does not exceed 1.0_1.1 g=min, even when much greater quantities are ingested. This observation suggests that the maximum CHO intake during exercise should not exceed 60 g=h. Nowadays, CHO

electrolyte drinks and energy bars, which are promoted to give rapid provision of CHO and fluid, are the most common food supplements in endurance sports. Untrained individuals may benefit as much from the CHO fluid supply as trained athletes. Optimally, athletes should ingest a CHO electrolyte drink throughout exercise. It has recently been shown that ingestion of CHO throughout exercise improves performance more than when an identical amount of CHO is consumed late in the exercise period Burke et al 2001 and Bussau et al (2002).

2.5.3 Guidelines for Nutrition during Exercise

1. During intense exercise lasting >45 min a CHO drink should be ingested. This may improve performance by reducing=delaying fatigue.
2. Consume 60 g of CHO per hour of exercise. This can be optimally combined with fluid in quantities related to needs determined by environmental conditions, individual sweat rates and gastrointestinal tolerance.
3. During exercise of < 45 min duration there appears to be little need to consume CHO.
4. The type of soluble CHO (glucose, sucrose, glucose polymer, etc.) ingested does not appear to make much difference when ingested in low to moderate quantities; fructose and galactose are less.
5. Athletes should consume beverages containing CHO throughout exercise, rather than water during the early part of an exercise bout followed by CHO beverages at the later stages of the exercise.
5. Avoid drinks which have extremely high CHO contents (>20%) and those with a high osmolality (>500 mosmol=kg) because fluid delivery will be hampered and gastrointestinal problems may occur.
6. Try to predict the fluid loss during endurance events of >90 min. The volume of fluid to be ingested should in principle at least equal the predicted fluid loss. While exercising in warm weather with low humidity, athletes have to drink more to replace sweat loss and the drinks can be diluted. During events in cold weather, athletes require less fluid volume to maintain fluid balance but will still require the CHO to maintain blood glucose levels; therefore the CHO content of the drinks can be more concentrated.
7. Large volumes of a drink stimulate gastric emptying more than small volumes. Therefore, we recommend that athletes ingest a fluid volume of 6_8 ml=kg BW, 3_5

min prior to the start to prime the stomach, followed by smaller amounts (2_3 ml=kg BW) every 15_20 min.

8. The volume of fluid that athletes can ingest is usually limited. Athletes should practise drinking while exercising as training can increase the volume that the gastrointestinal tract will tolerate.
9. After drinking a large quantity, the stomach may feel empty and uncomfortable. If this occurs it may be wise to eat some easily digested solid food. During long, low intensity competitions solid food can be eaten in the early stages of the event.
10. Fibre and protein content, and high CHO concentration and osmolality have been associated with the development of gastrointestinal symptoms during exercise, and thus should be avoided.

2.5.3.1. Nutrition after Exercise

As Burke, Cox, et al (2001) and Bussau.et al (2002) stated quick recovery is an extremely important aspect of training and frequent competitions. During repeated days of heavy training it is important to recover quickly in order to maintain the level and volume of training required to improve performance. Dietary measures have been shown to significantly influence recovery. The restoration of muscle glycogen stores and renewal of fluid balance after heavy training or competition are probably the two most important factors determining the time required to recover. The rate at which glycogen can be formed (synthesized) is dependent on several factors: the amount of CHO ingested, type of CHO and timing of CHO ingestion after exercise.

I. The Amount of CHO Ingested

The quantity of CHO is by far the most important factor determining the rate of glycogen re synthesis. It appears that an intake of 50 g of CHO ingested every 2 h doubles the muscle glycogen re synthesis rate compared with half that amount of CHO consumed every 2 h. When more than 50 g was ingested (100_225 g) in the same period, there was no further increase in muscle glycogen storage. Therefore, 50 g of CHO every 2 h (or 25 g=h) appears to result in the maximum rate of post-exercise muscle glycogen resynthesis. Frequent small meals do not appear to give any advantage compared to eating a few large meals. Interestingly, the addition of easily digestible protein sources to the CHO may further increase glycogen resynthesis rates.

II. The Type of CHO

To ensure full restoration of the glycogen stores after exercise, the CHO sources needed must be easily digested and absorbed. The rate of absorption of each CHO source is reflected in its glycogenic index. Foods with moderate to high glycogenic indexes enter the bloodstream relatively rapidly resulting in similar rates of glycogen storage; foods with a low glycogenic index enter the bloodstream more slowly and result in lower rates of glycogen resynthesis. Therefore, it is recommended that low glycaemic index foods should not constitute the main source of CHO intake after exercise when rapid recovery is required.

III. Timing of CHO Intake

During the first hours following exercise, glycogen resynthesis proceeds at a rate which is somewhat faster than that which occurs later. Therefore, where recovery times are necessarily short, CHO intake should take place immediately after exercise. Although this can maximize the rate of glycogen resynthesis in the early phase of recovery, the full process of glycogen storage still takes a considerable time. Depending on the degree of glycogen depletion and type of meals consumed, it may take 10_36 h to restore the bodys carbohydrate stores to pre-exercise levels. Therefore it is impossible to perform two or more strenuous workouts per day without depleting the initial glycogen stores. Even when CHO intake between training bouts or competitions is high, the muscle glycogen levels will be suboptimal if the next activity is started within 8_16 h of completing the first activity. The rate at which fluid balance can be restored depends on:

- (i) The quantity of fluid consumed; and
- (ii) The composition of the fluid, especially the CHO sodium content.

Recent studies have shown that post-exercise fluid retention is only about 50% of the volume ingested when low sodium beverages are consumed. Drinks such as most tap and mineral waters and fruit juices have insufficient sodium content to be effective post-exercise rehydration fluids.

After the consumption of well formulated CHO-electrolyte solutions containing 40_80 g CHO and 600_1200 mg sodium per litre, the amount of ingested fluid retained may be as high as 70_80% of the intake volume. From these studies it can be concluded that in order to restore fluid balance, the volume of drink consumed post-exercise must be considerably higher (150_200%) of the amount of water lost as sweat.

Post-Exercise Nutritional Guidelines

1. To maximize glycogen storage, it is recommended that during the first 2 h after exercise 100 g of CHO be ingested in the form of liquids or easily digestible solid or semi-solid food. Thereafter 25 g=h is recommended. In total about 10 g of CHO=kg BW should be eaten within 24 h; two-thirds of this amount should preferably be high glycaemic index foods.
2. It is recommended that CHO sources with a moderate to high glycaemic index are eaten.
3. The addition of protein to the CHO consumed during the first hours post-exercise may stimulate glycogen recovery rates.
4. There is no benefit in consuming amino acids or mixtures of amino acids.
5. The addition of 600_1200 mg of sodium to post-exercise rehydration beverages improves fluid retention and the recovery of fluid balance.

2.5.2.4 Sports Drinks

The ideal nutritional strategy during exercise should:

- provide sufficient CHO to maintain blood glucose levels and CHO oxidation
- provide water and electrolytes to prevent fluid imbalance
- not cause any gastro-intestinal discomfort
- Taste good.

The effectiveness of a sports drink in supporting fluid balance depends on a number of factors of which CHO and sodium content, and osmolality are very important. The ideal sports drink for CHO and fluid replacement should have a relatively low CHO content of between 40 and 80 g=l, have an osmolality which is moderately hypotonic to isotonic, and have a sodium content of between 400 and 1200 mg=l. Individual sweat loss can be estimated from weight loss. By regularly monitoring nude body weight before and after training sessions and competitions, it is possible to predict an individual's fluid loss in a certain race under most environmental conditions. Weight loss will be due not only to fluid loss but also to glycogen and fat oxidation; for example, over 90 min of exercise 100_250 g of substrate may be oxidized. However, since the main limitation to maintaining fluid balance appears to be the volume of beverage that can be tolerated in the gastrointestinal tract, in most situations it is advisable to drink as much as possible. Completely restoring sweat losses by fluid consumption may not always be possible because these losses may exceed 2 l=h, and ingestion of such amounts usually cannot be accepted by the gastrointestinal tract. Therefore, the volume of drink that can be tolerated by the intestine usually limits fluid and CHO

consumption. This highlights the importance of making _drinking during exercise_ a part of the regular training programme.

The palatability of a drink is very important because it stimulates consumption and hence increases the intake of fluid and CHO. In addition, the taste and flavour of a drink may also influence the rate of gastric emptying. Flavours and aromas, which are perceived as being unpleasant, may slow gastric emptying and may even cause nausea.

2.6. Facilities and equipment

Facilities and equipment's are also the factors for better performance. If the, adequate facility is available; the athlete may improve his/her level performance. To do income of the athlete is not as enough as they need to fulfill the adequate facility (Suzie, 2007).

The many events of athletes require numerous sporting equipment it is important for athletes to, be able to recognize and understanding how equipment for the specific events works and impacts their performance. Have you athletes named each place and equipment as you show it and give the use for each. To rein force this ability within them has, and then select the equipment used for their event as well (Suzie, 2007).

Resource is an aid or support that you can draw on to assist you to achieve something clearly one of the most important skills for a sport administrator is to determine needs, to identity resources that can resolve these needs, and then to acquire the needed resources. This resource can be seen from different vantage points that some of these resources were discussed as follow these are financial, materials, and facility resources (Thompson, 2009).

Every organization needs financial support in order to deliver its programs and projects. Adequate financial support ensures that the organization can fulfill its aspiration. In light of this no one seriously believe that athletes can be competitive in high performance sport without some form of financial support. In spite of this now a trend towards professionalism, as defined both in monetary and full time training terms. Coaches administrators and at the highest levels of competition is essentially full time, with various support from governments, their association, sponsors, and from employment as athletes (Thompson, 2009).

Every organizations mainly athletics training center depends on peoples to full the roles of organizers, administrators, fund raisers, official's. Athletes and sport medicine specialist. In line with this human resource since early 1970s has become an increasingly important in organizational success as panted out.

Material resource items you acquire to ensure effective and efficient administration practices in your organization. Even though sport in all countries is changing with times, but uniformly for all. The gap in resources between wealthy and poorer countries is growing. Even once powerful nation states who strongly promoted sport have seen sport success erode with decade. There is no question that the availability of quality facilities is necessary for proper training and where these do not exist, it becomes more difficult to excel. Safe well designed equipment is important in prevention and although it is clearly event specific. Take time to ensure that any equipment is safe and fit for use every time you come to use it. Damaged or faulty equipment frequently are a cause of injury. Many different surfaces are encountered in athletics, some natural and other synthetic .Can cause problems, whatever, the surface, be sure your athletes, choose the correct foot wear to suit the conditions? Reduce the risk of injury by varying the surface for training when possible. Clothing is very much as matter of personal choice, but must be chosen carefully.

Nylon is often cheaper than natural fiber, but is particularly had in hot climates and heat generating activities shoe design has advanced greatly and better, safer shoes are now available. Particular care is necessary, however, to select footwear appropriate to individual events and, especially appropriate to the surface (Thompson, 2009).

It is important to pay close attention to needs of athletes and coaches. This may sound self-evident, but it is surprising how often sport administrators don't find out exactly what athletes and coaches needed and want, listed below are some of the typical needs of coaches and athletes and coaches needed and want listed below are some of the typical needs of coaches and athletes housing and foods close to training sit, access to showers and transportation, access to social, cultural, religious, and recreational opportunities other than sport, access to employment, community support, including that of the media, access to sufficient resource personal such as assistants, managers, and medical specialists, access to facilities and services for all, such as teaching and training area and equipment.

2.7. Motivation

Distance runner coaches play role in physiological motivator, is important during Competition but it is perhaps even more important during training (Goose, 2012) while dedicated deliberate practice is generally not considered enjoyable in most sports (Emission, 1993). There is some events that long distance runners perceive their most difficult and relevant activities as their most enjoyable (young, 2002). Making a coach's job that much easier coaches should focus on creating specific task oriented goals in an effort to improve athletes intrinsic motivation(Baric,2002) ,Ferrier (2000) found that one way to engender this kinds of motivation among young track athletes was to give them some control over there on work out. These kinds of perceived autonomy have been shown to have significant positive and long lasting effects on motivation (Almagaro, 2010, &Joesaar 2012). Care should be taken however to ensure that highly motivated runners do not endanger their health by running to the point of collapse (stClair , 2013). Perhaps most important coaches must in still a feeling you long term hope in their athletes. Curry(1997) found that cross country and track athletes with a higher since of personal hope move likely to excel in both academics and athletics.

CHAPTER THREE

3. RESEARCH METHODOLOGY

3.1. Study Design

The study was focused on assessing the factor affects performance of short distance runners in case of selected Oromia athletics club. To this ends the researcher was used cross-section design. So that this method can help to describe the clubs information related to factors that affect performance in deep. Athlete, coaches and training procedure as was observed in deep to find measure case of low performance in short distance runners.

3.2. Study Area

This study was conducted in Oromia region state in oromia special zone athletics clubs, particularly Burayu athletics club, Lege Tafo Lege Dadi athletics club and Sebeta athletics club and Oromia Special Zone located around Finfinne .The estimated size of population according to 2007 census conducted by the CSA is 794,489, of which 228420 28.75 were urban dwellers. (<https://en.m.wikipedia.orggoogle>).located approximately 2,355m above sea level and with an average temperature of 22 and 20c respectively Entoto mountain (Wilber and pitsiladis,2012

Oromia Region



Oromia special zone

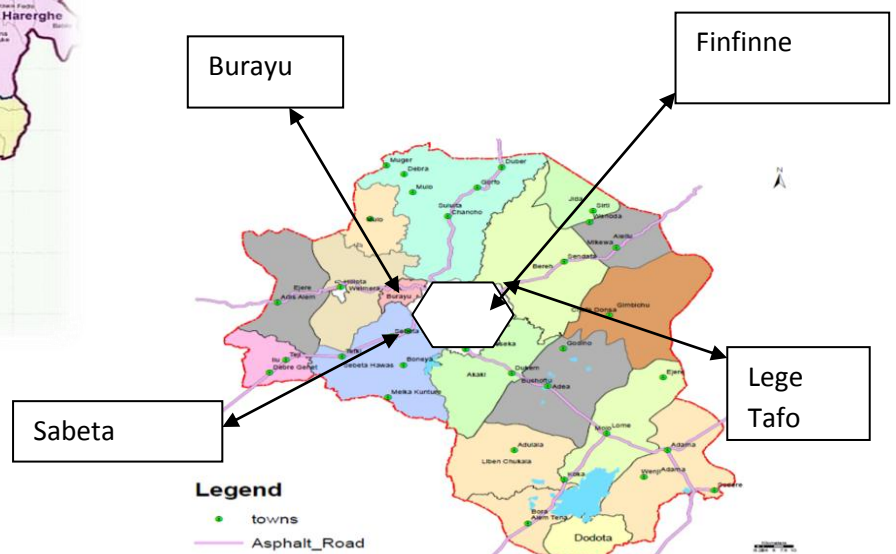


Figure 1: Oromia and Oromia special zone map (CSA, Field Survey, 2013)

3.3. Target population of the study

No	Name of clubs	Total population						Target population					
		includes whole member of club						only includes short distance athletes and coaches					
		Trainees			Coaches			Trainees			Coaches		
M	F	Total	M	F	Total	M	F	Total	M	F	Total		
1	Burayu	29	27	56	4		4	12	12	24	1		1
2	Lege Tafo Lege Dadi	32	26	58	3		3	14	12	26	1		1
3	Sebeta	30	27	57	4		4	9	8	17	1		1
Total		91	80	171	11		11	35	32	67	3		3

The target population of the study was the whole short distance athletes of Burayu ,Lege Tafo Lege Dadi and Sebeta which found in oromia of special zone that have short distance athletes and short distance athletics coaches of the three clubs . The participants in the target population of the researcher were three (male) coaches and sixty seven (male 35 and female 32) athletes. Thus, the total target populations were 70 (seventy).

3.4. Sample Size

In this study the whole target population was taken, the whole short distance athletes and coaches of the three Burayu, Lege Tafo Lege Dadi and Sebeta which found in oromia of special zone. Therefore due to less target population number the study did not take any simple that was used 70(seventy) target population as a whole. Thus purposively all population were taken and no any technique was applied to take sample. The researcher used the whole short distance athletes and coaches.

3.5. Source of the data

The main source of data for this study was primary which was obtained through questionnaires from athletes and interview for coach. And review of related literatures as secondary sources of data.

3.6. Data collection instrument

Open and closed ended questions and semi structured interview were used to collect data for athletes and the coach respectively

3.6.1. Questionnaire

A set of questionnaires' were prepared to gather information from the athlete regarding the back ground information, and issues related to factors that affect the performance of short distance runners. The questionnaire continued both open ended and close ended questions Afan Oromo version was used in order to clarify ideas in the question and gather data.

3.6.2. Interview

The researcher was use semi structured interview to gather information from coach on factors that affect the performance of short distance runners. In this regard, the researcher carried out face-to-face interview in Afan Oromo with the coach.

3.7. Data collection procedure

The researcher was first obtained a permission from the three Burayu ,Lege Tafo Lege Dadi and Sebeta athletics club to conduct the research .After obtaining the permission the researcher was planned and developed the data collection instruments in order to access the necessary data. Open and closed ended Questionnaires was developed and distributed to all the short distance athletes of the three athletics clubs and collected. In addition to this the researcher was prepared semi structured interview and interviewed the three short distance coaches.

3.8. Method of data analysis

The data was analyzed using both quantitative and qualitative methods. The analysis was based on the responses collected through questionnaires and interview. Then, the collected data were gathered, checked and coded or arranged according to their characteristics. Data were entered to SPSS version 23. Finally, after the collection of the data thought questionnaires and interviews the data was analyzed using tabulation and interpretations were

made with the help of percentages for the purpose of summarizing the method of training, camp diet and availability of basic facilities and equipment.

3.9. Pilot study

Before the actual study was carried out, a pilot study was conducted with 10 respondents who were not part of the sample group. The purpose of the pilot study was to assess the relevance of the questionnaires designed to collect data for the study. The objective was also to check the clarity of the questionnaire items. Accordingly, 39 questionnaires were distributed to 10 athletes. As it was indicated in Table below, it ranged from a low of 0.671 for major challenges to a high of 0.755 for coaching approach. Hence, the constructs can be deemed to be reliable as they have Cronbach's Alpha above the rule-of-thumb of 0.60.

Table: Reliability Statistics

S.N	Variables	N of Items	Cronbach's Alpha
1	Training Method	15	.755
2	Athlete Diet	14	.693
3	Material and Equipment	12	.671

CHAPTER FOUR

4. DATA PRESENTATION, ANALYSIS AND INTERPRETATION

This part mainly consists of analysis and interpretation of gathered data through questionnaires from the athlete and interview from the coach. The questionnaires consists both open and close ended questions. All the data gathered with close ended questionnaires were organized in tabular form and interpreted using percentages that were entered to SPSS version 23.

4.1. Socio-demographic characteristics of respondents

Table 4.1.1. Back ground information

No	Items		Respondents	
			Number	%
1	Age	13-18 yrs	15	22.39
		19-22 yr	29	43.28
		> 23 yrs	23	34.33
		<13yrs	0	0
		Total	67	100
2	Sex	Male	35	52.24
		Female	32	47.76
		Total	67	100
3	Athletes experience in club?	Less than 1	10	14.93
		Two years	23	34.33
		More than 3 years	34	50.74
		Total	67	100

As it is shown in the above table **item 1**, the vast majority 29(43.28%) of the respondents age composition lies to 19 year to 22year ,whereas the remaining 15(19.40%) fall to the age above twenty three years. This indicates that the club athletes are dominated by the young athletes. This implies that young athletes have the capability to receive the training and diet. Thus at a young age it is easy to see the effect of training, diet and proper utilization of materials on their running performance

Regarding the sex distribution, in **item 2**, the almost the balanced 35(52.24%) of the respondents are male whereas the remaining 32(47.76%) are female athletes. This indicates that the athletes in the club are almost balanced in sex wise.

As far as the table is concerned **item 3**, 34(50.74%) are stayed in the club for more than three years, 23(34.33%) are trained in this club for two years and the remaining 10(14.93%) of the athlete stayed in the club for less than one year. This shows that the majority of the respondents are well experienced of their club environment.

4.2. Analysis of training method

Table 4.2.1.Type, training age, training day and time of training

No	Item	Alternative	Respondents	
			Frequency(No)	Percent (%)
1	Which type of Athletics events you are participating?	100m	23	34.32
		200m	0	0
		400m	20	29.85
		100m hurdle	6	8.96
		110m Hurdle	6	8.96
		400m Hurdle	12	17.91
		Total	67	100
2	How many years have you been practiced your area of specialization?	Below 1	7	10.44
		2- 3	32	47.76
		4-5	17	25.37
		Above 5	11	16.41
		Total	67	100
3	How many days do you engage training per week?	2 Days	0	0
		3 days	36	53.73
		4 Days	21	31.34
		5 Days	10	14.93
		Total	64	100
4	How long do you train per day?	1 hours	20	29.85
		1.3 hours	37	55.22
		2 hours	10	14.93
		2.3 hour	0	0
		Total	67	100

As one can observe from the above table, **item1**, 23(34.32%) of the athletes are 100m specialist runners, 20(29.85%) of the respondents responded that they are 400m runners, 6(8.96%) replied that they are 100m hurdle athletes, 6(8.96%) again answered that they are 110m hurdle runners and the remaining 12(17.97%) of the respondent reacted that they are

400m hurdle runners. However, there were no 200m specialists in all the sample athletes in the selected clubs because 100m specialists compete also in 200m running completion. This indicates all short distance events were not equally given attention by the clubs Administration. Thus coaches to provide suitable training for athletes according to their events were trouble as well as by using training principle to improve trainer performance was not easy

Regarding the athletes experience in their area of specialization on the above table, **item2**, the enormous majority 32(47.76%) of the respondents have two to three years, 17(25.37%) have four to five years, 11(16.41%) have five years and the remaining 7(10.44%) of the respondents have less than one year exposure to their area of specialization. This shows that the majority of the athletes have good experience of their area of specializations. The athlete can easily understand the information given by their coach about training, utilization of nutrition and material and equipment Coaches also play critical roles in sport environment given the interview result (Holt ,2004; Johnson,M. 2008 & Morgan,J,K,2006) providing high quality training programs and sessions including informational support is the main task for a coach.

Concerning training engagement per week on **item 3**, the mainstream 36(53.73%) of athletes engaged three days in training per week, 21(31%) engaged for four days per week, and the remaining 10(14.93%) of athletes engaged five days per week.

A vast number of respondents responded three days train per a week. This shows the majority of athletes train under load and to develop their health related fitness rather than to develop their performance. Because, it is not adequate training load and time to improve the performance of athlete within three days per a week. As athletes mature and gain experience, they are able to tolerate higher training loads. They may develop gradually over a number of years to where they can carry out sessions on 6-7 days a week, with the possibility of more than one session per day (Thompson, 2000).

Finally, **item4**, almost the majority of the respondents 37(55.22%) responded that they trains for one and half hour, 20(29.85%) of them replied that they train for one hour and the rest 10(14.93%) train for two training hours.

Table 4.2.2. Training offered by coach

No	Item	Alternative	Respondents	
			Frequency(No)	Percent (%)
1	Do you think the training given by your coach is sufficient enough to improve your performance?	Strongly disagree	6	9.0
		Disagree	34	50.7
		Not decided	7	10.4
		Agree	16	23.9
		Strongly agree	4	6.0
2	The extent to which you more effort to cover the given training load?	Very low		
		Low		
		Moderate	3	4.5
		High	15	22.4
		Very high	49	73.1
3	How do you evaluate doing practice on the track?	Very low		
		Low	4	6.0
		Moderate	26	38.8
		High	21	31.3
		Very high	16	23.9
4	How do you evaluate your relation with your friends and Coaches in your club?	Very low		
		Low		
		Moderate	52	77.6
		High	10	14.9
		Very high	5	7.5
5	Do you think that your coach is qualified and experienced?	Strongly disagree	10	14.9
		Disagree	39	58.2
		Not decided	4	6.0
		Agree	14	20.9
		Strongly agree		
6	How do you rate your coach competence or knowledge of coaching short distance athletes of the team?	Very low		
		Low	38	56.7
		Moderate	18	26.9
		High	11	16.4
		Very high		
7	Do your coach have weekly, monthly and yearly training plan?	Strongly disagree	45	67.2
		Disagree	10	14.9
		Not decided		
		Agree	12	17.9
		Strongly agree		

As one can view from the above table, **item1**, 34(50.70%) athlete responded that the training given by their coach sufficient enough to improve athlete performance were disagree, 6(9%) strongly disagree the training given by their coach sufficient enough to improve athlete performance, 27(22.39%) athlete answered that the training given by their coach were sufficient enough to improve athlete performance and 4(6) were as strongly the training given by their coach sufficient enough to improve athlete performance. This shows that the coach does not utilize fluently training principle. Therefore the coaches were recognized and understand training principle during short distance running to improve in performance of athletes. Thompson,(2008) states that the Coach must understand and apply the fundamental principles that govern any type of physical training. These principles derive from the human body's response to training, stress and skill acquisition. Not comprehending these basic tenants produce misinformed training and exposes athletes to the risk of injury. The training principles must be followed in any well-constructed athletic training program.

Item2almost all of the respondents 49(73.1%) do make very high effort to cover the given training load, 15(22.4%) do make high effort to cover the given training load and 3(4.5)do make moderate effort to cover the given training load. This indicates that training given by the coach maximum speed. So the athletes to cover training given by the coach they use high energy, because there is fatigue and the coach must give the prober recover time.When the loading stops there is a process of recovery from the fatigue and adaptation to the training load (Thompson,2009).

Item 3, 26(38.80%) of the respondent evaluated performing training on track were moderate, 21(31.3%) estimated as high, 16(23.9%) sensed as very high and the remaining 4(6%) evaluated executing training on track were low. This indicates that athletes were training practice on the track were balanced and also practice on different areas.

Item 4 in the table reveals athlete relation with each other and coach in their club, the majority of the athletes 52(77.6%) responded that they do have moderate relation with each other, 10 (14.9%) have responded that they do have high relation in the cluband their coach whereas the remaining 5(7.5%)have responded that they do have very high relation in the club. This implies that there were the integration and motivation relationship between athletes and athletes and between athletes and coach. Besides quality training a coach may also full fill roles in providing tangible support and building a good relationship with athletes(John, 2008, &Morgan,J.K. 2006) strong coach athlete relationship should be established especially

during the later phases of development .A good coach athlete relationship is formed by building mutual.

Concerning **item 5**, the vast majority 39(58.2%) replied that their coach qualified and experienced were disagree, 10(14.9%) strongly disagree and the remaining 14(20.9%) of the respondent answered that their coach has been qualified and experienced.This implies the coaches have no basic skills or knowledge to give scientific training to the traineesas well as adequacy coach experience around short distance events. So that the coach to bee apply training method of athletics was difficult to improve performance and reach their potentials. The coaches must acquire knowledge about techniques, rules and tactics and the coach has responsibilities to ensure that he/she has adequate knowledge to meet the needs of the athlete. When to coach athletes without enough coaching knowledge, it greatly affects the development of their performance directly.

When **item 6** in the same table above is viewed, 38(56.7%) of the athletes realized that they rated their coach competence or knowledge of coaching short distance athletes of the team were low, 11(16.4%) rated high and the rest 18(26.91%) rated their coach competence or knowledge of coaching short distance athletes of the team were moderate.This indicates that the majority of athletes low with their coach have enough knowledge.(Thompson, 2008) states that, the most essential requirement in developing top level athletes is the availability of a world class coach. The coach may be many things to the athlete; teacher, manager, scientists, friend and so on. If coaching is highly knowledgeable, motivated, intense, sensitive to individual needs and successful in solving problems the training environment should generate much success for athletes. However if the coach has poor technical or theoretical knowledge, lacks of experience is unable to direct a comprehensive program, or is not motivated, or cannot spend the necessary time, the athlete will not reach his or her potential. From the above motion one can conclude that coach have a significant importance for an athlete in order to achieve his or her dream competitive pace is essential in all types of running

As far as **item 7** is concerned, it was revealed by almost all 45(67.2%) responded that their coaches have noweekly, monthly and yearly training plan, 10(14.9%) disagree and the remaining 12(17.9%) reacted as their coaches have weekly, monthly and yearly training plan. This shows that the coach uses only session plan training program and ignored weekly, monthly and yearly training plan. As a result, the coach and athletes do not know where they want to be, so that the absences of well-organized plan grate influence the performance of clubs athlete. To improve the performance of club and athletes the coach was must be take

training of plan and prepared well training plan according to training principle and discuss with athletes club members. Martens,(2001) state that planning helps to save time later, and it will make you better coach. Season plan helps to ensure that you will have time to teach the key skills and strategies for the reason. It helps you to keep on track, as well as to keep in mind what is important not so important to do. A season plan also plays off the course of many seasons. It is a form work for evaluating the past seasons and developing a better plan for next season. In preparation for developing a season plan, you need daily plan your situation. The primary purpose of training is to improve and plan the performance of the athlete. Training is a systematic process with the objective of improving an athlete's fitness in a selected activity. It is a long term process that is progressive and recognizes the individual athlete's needs and capabilities. Training programmers use exercise or practice to develop the qualities required for an athlete's long term development. The process of training can be planned because training follows certain principles. The process of coaching can be simply stated as planning what you are going to do, doing what you have planned to do and then reviewing what you have done. This 'Plan-Do-Review' process of coaching is cyclical, repeated over and over (Thompson,2009).

4.3. Analysis of athlete diet.

Table 4.3.1. Athlete response related nutrition

No	Item	Alternative	Respondents	
			Frequency (No)	Percent (%)
1	Does your coach advise you in regarding your issue related to nutrition?	Strongly disagree	12	17.9
		Disagree	30	44.8
		Not decided	5	7.5
		Agree	15	22.4
		Strongly agree	5	7.5
2	Does the coach give information about how to take food before training?	Strongly disagree	8	11.9
		Disagree	35	52.2
		Not decided	4	6.0
		Agree	20	29.9
		Strongly agree	0	
3	Does the coach give information about how to take food during training?	Strongly disagree	8	11.9
		Disagree	35	52.2
		Not decided	4	6.0
		Agree	20	29.9
		Strongly agree		
4	Does the coach give information about how to take food after training?	Strongly disagree	8	11.9
		Disagree	35	52.2
		Not decided	4	6.0
		Agree	20	29.9
		Strongly agree		
5	How do you feel the extent of your knowledge towards diet before training or competition?	Very low	5	7.5
		Low	10	14.9
		Moderate	44	65.7
		High	6	9.0
		Very high	2	3.0
6	How do you rate the extent of your knowledge towards diet during training or competition?	Very low	38	56.7
		Low	8	11.9
		Moderate	11	16.4
		High	5	7.5
		Very high	5	7.5
7	How do you rate the extent of your knowledge towards diet after training or competition?	Very low	5	7.5
		Low	10	14.9
		Moderate	44	65.7
		High	6	9.0
		Very high	2	3.0
8	Does the club have camp for food supply permanent?	Strongly disagree	47	70.1
		Disagree	4	6.0
		Not decided	5	7.5
		Agree	10	14.9
		Strongly agree		

Concerning **item 1** on the above table, the vast majority 42(62.69%) has pointed out that their coaches do not advise the athletes about dietary intake. This indicates that they do not have known how and their coach values the dietary intake whereas 25(37.31%) indicated that their coach advise about nutrition. As indicated on **item2**, on the same table, 43(64.18%) responded that their coach do not give them about how to take food before training and 25(35.82%) indicated that their coach do give them about how to take food before training. R **item3**, regarding coach information about how to take food during training, 50(62.5%) retorted that their coach do not give them about how to take food during training and 30(37.5%) showed that their coach do give them about how to take food during training. On the subject of coach give information about how to take food after training, 50(62.5%) responded that their coach do not give them about how to take food after training and 30(37.5%) illustrated that their coach do give them about how to take food after training.

Item 1, 2, 3 and 4 indicate that the club coaches do not have the knowledge of food intake before, after and during training and incapability coach has been observed in providing information about it. Thus the coach must obtain trainat least about the sportnutritionscience as general how to take and to teach or to give enough knowledge to athletes regarding to enhance the performance of short distance athletes. Nutrition as it is a science of nourishing the body. The athlete who is striving for excellence should train hard and to train hard should eat balanced diet and enough calories to cover the load and maintain body It has both a basic science aspect that includes such concerns as understanding the body's use of nutrients during athletic competition and the need for nutritional supplements among athletes; and an application aspect, which is concerned with the use of proper nutrition and dietary supplements to enhance an athlete's performance. The psychological or psychiatric dimension of sports nutrition is concerned with eating and other mental disorders related to nutrition among athletes(Bezabeh, 1997).

Item 4, regarding feeling of athletes on the extent of their knowledge towards diet before training or competition, 44(65.68%) athlete responded that they do have medium knowledge, 15(22.38%) athletes replied that they do have low knowledge and 8 (11.94%) athletes responded that they do have high the extent of knowledge towards diet before training or competition.

Item 5, 46(62.5%) athlete responded that they do have low knowledge towards diet during training or competition, 11(16,41%) respondent replied that they do have low your

knowledge towards diet during training or competition and the rest 10(14.93%) do have high your knowledge towards diet during training or competition.

item6Regarding feeling of athletes on the extent of their knowledge towards diet after training or competition, 44(65.68%) respondent answered that they do have medium knowledge towards diet after training or competition, 15(22.78%) athletes responded that they do have low your knowledge towards diet after training or competition and the rest 8(11.94%) do have high your knowledge towards diet after training or competition.

Item **5, 6 and 7** indicate that the athletes have clue knowledge towards diet before training and after training and very low knowledge during training or competition. Athletic performance improves with wise nutrition and crumbles with nutritive deficiency. Good nutritional supplement with helps to the intention of preventing deficiencies and enhancing performance (McDowall, 2007). Athletes should understand the importance of selecting food from all nutrient groups in the food pyramid and to make wise decisions about what to eat before, during and after practice. Athletes should understand the importance of, and practice proper hydration before, during and after practices and games. Be able to identify the appropriate amounts and types of food from the different nutrient groups in the food pyramid that comprise a healthful diet.

Recognize the importance of selecting foods from all nutrient groups in the food pyramid when working toward, or maintaining optimal body weight. Be able to make wise decisions about what to eat before, during and after a game.

Be able to devise and follow a daily eating plan that consists of sound nutritional choices to enhance athletic performance (Burke and Maugham, 2007).

4.4. Analysis related sprinter materials and equipment utilization

Table 4.4.1. Athlete respondent related to materials and equipment

No	Item	Alternative	Respondents	
			Frequency (No)	Percent (%)
1	How do you evaluate the material you get from the athletics club?	Not more enough		
		Not enough	57	85.1
		Not decided	10	14.9
		Enough		
		More than enough		
2	Do you feel facilities and equipment play role in improving performance?	Strongly disagree		
		Disagree	0	0
		Not decided	0	0
		Agree	0	0
		Strongly agree	67	100.
3	Do you think the existing facilities and equipment are sufficient enough for you improvement in performance?	Strongly disagree	0	0
		Disagree	43	64.2
		Not decided	11	16.4
		Agree	13	19.4
		Strongly agree		
4	Is there standardized training area or track in your site?	Strongly disagree	67	100
		Disagree		
		Not decided		
		Agree		
		Strongly agree		
5	Are there necessary training inputs related with modern and scientific training methods such as manuals, video etc supplied to your training site regularly?	Strongly disagree	67	100
		Disagree		
		Not decided		
		Agree		
		Strongly agree		

As indicated on the above table, **item1**, 57(85.07) of the subject evaluate that the material they obtain from their club were not enough and the remaining 10(14.93%) replied that the material they obtain from their club were enough. Regarding athletes feeling on facilities and equipment role in improving performance, all 67(100%) the athlete feel that facilities and equipment play role in improving performance. Concerning **item 3**, 43(64.18%) athlete responded that the existing facilities and equipment were disagree sufficient enough for their improvement in performance and 24(35.82%) athlete answered that the existing facilities and equipment were agree sufficient enough for their improvement in performance.

As indicated the above analysis almost all of respondents replied that the material they obtain from their club were not enough. Similarly, all of respondents strongly agree with facilities and equipment play role in improving performance. Concerning with the existing facilities and equipment respondents were disagreeing sufficient enough for their improvement in performance. This shows the clubs have the shortage of materials and equipment which affect both the club and the athletes negatively. Suzie (2007) states that facilities and equipment's are also the factors for better performance. If the, adequate facility is available; the athlete may improve his/her level performance. To do income of the athlete is not as enough as they need to fulfill the adequate facility

As one can observe from the above table, **item4**, 67(100%) of the respondent responded that were strongly disagree standardized training area or track in the site of their training arena. This shows great focus should be needed on construction of the standardized running track. Wilson, (2008) states that Sport facilities for track athletics are generally used for daily training as well as for staging or local competitions. The staging competition at higher levels normally entails more extensive requirements for the sport facilities.

Finally, **item5**, regarding the necessary training inputs related with modern and scientific training methods such as manuals, video etc supplied to their training site regularly, 60(89.55%) athlete responded that there were no necessary training inputs related with modern and scientific training methods such as manuals, video etc supplied to their training site regularly and 7(10.45%) athletes responded that there were necessary training inputs related with modern and scientific training methods such as manuals, video etc supplied to their training site regularly. This shows both the coaches and the club should work on providing necessary training inputs related with modern and scientific training method in order to upgrade their club.

4.5. Summary of quantitative analysis

Theme 4.5.1. Back ground information of coaching

According to coaches responses they have Ethiopian second level coaching certificate in athletics and two coaches serve their club three years and one coach serve eight years. The educational backgrounds of the coaches are having non sport specialization such as computer science diploma, ten plus three.

Theme 4.5.2 Training Method

As respondent athletes responded regarding coach methods and types of training to improve athlete's performance were: Continues training, Interval training, Pacing training, Circuit training, Strength training and Flexibility training and factor that affect the performance of short distance runners Lack of Training arena, Shortage of qualified and experienced coach, Lack of implementing scientific trainings, Lack emphasis from concerned bodies and Lack of proper planning

According to coaches responsethe problems related to training that affect the performance of sprinters: Lack of enough number of coaches .That means there are only one coach for twenty athletes on average. Incapability of using modern technology for training, Lack of discussions or evaluation on different competition results with stake holders, Lack of clubs motivations to facilitate upgrading trainings for coaches and Inability in implementing the sated plan due to different reasons.

According to the athletes and coaches responses there were great problems with improves performance of athletes. This indicates that clubs administration does not give attention to the short distance events. There was a large amount of problem that does not gate a solution by clubs. Thus this cause affects the performance of short distance athletes

Theme 4.5.3. Athletes diet

The respondent athletes responded that the food was supplied by hotel in the form of contract with the expense of the club and diet before and after training or competition supplied with the club was: "Tibsi", "Kikili", Porage, "Beyeanet", Pasta, Rice and Egg. This show as clubs supply almost the same diet before and after training or competition for their athletes. As the athlete indicated that there were no diets during training or competition supplied with the club

the factor that affect the performance of short distance runners regarding nutrition issues concerned athletes replied that there were: lack proper nutrition before, during and after training or completion within expected time, lack permanent food supply camp and problem with fixed items of food in the whole year

Regarding to coaches response therewere disagreement between athletes and workers who are preparing food due to camp for food supply, imbalance between food prepared and training provided for the athletes, lack of athletes' knowledge about food intake during competition, the food items are not in accordance with scientific sport nutrition, shortage of balanced diet within the time frame work and lack of quality food due to preparation in the hotel

According to the athletes and coaches responses there were no all clubs have camp for food supply permanents. Food supplied by hotel in the form of contract with the expense of the clubs. This shows as clubs supply almost the same diet before and after training or competition for their athletes within fixed items of food in the whole year. Imbalance between food prepared and training provided for the athletes. The food items supply by clubs was not in accordance with scientific sport nutrition. This negatively affects the performance of athletes. Nutrition as it is a science of nourishing the body. The athlete who is striving for excellence should train hard and to train hard should eat balanced diet and enough calories to cover the load and maintain body (Bezabeh, 1997).

Theme 4.5.4. Facility and equipment

According to athletes responded that facilities and equipment play role in improving performance to developing good psychological makeup, to minimizing injuries, to enhancing motivation, succeeding the expected objective and saving energy

the athletes responded that facilities and equipment's the club lacks were; standardized running shoes/Spike, torsion with in time, comfortable or standardized track gymnasium for strength training, service like car to training area and different equipment's such as block start, hurdle, relay baton etc

Coaches' response related to facilities and equipment that affect the performance of sprinters was lack of gymnasium for strength training, shortage of standardized running track, lack of quality sport uniforms and others provided by the club for the athletes, shortage of

transportation during training and competition, lack of timely providing for the athletes the supplied equipment's, shortage of standardized equipment's such as hurdle, block start and relay baton. While necessary facilities and equipment's the club supply the athletes replied: Training uniforms and Training Shoes

Athletes responded concerning factors that affect the performance of short distance runners were;lack of scientific training, lack of proper diet with exact time and lack of facilities and equipment's. Were as, the possible solutions to overcome the factors that affect the performance sprint runners as the athletes responded were: rearranging again the club the items of food intake accordance with club training or completion program, Increasing the income of athletes, increasing the types and quality of food recommended for the athletes providing fluid for the athlete during the year, employing qualified and experienced coaches in accordance with number of athletes and events and providing proper equipment's and facilities. Regarding to coaches response; constructing mini gymnasiums , constructing standardized running tracks, providing quality uniforms and transportations during training and competition, timely providing for athletes the supplied equipment's and standardized equipment's and increasing the number of coaches in a clubs

According to the athletes and coaches responses there were so many deficiencies of equipment's and facilities in theclubs. The short distance athletes did not get quality sport wear. The sport's wear was not quality specially the shoes worn out within a month in training. And the athletes could not get sport wears on time, that cause for the athletes injured and the same is true the athletes of athletics clubs could not improve their performance. From this it is clear that there was no quality training materials and as well as there was highly lack of sufficient equipment's in the clubs influences athlete's performance. Suzie, (2007) states that Facilities and equipment's are also the factors for better performance. If the, adequate facility is available; the athlete may improve his/her level performance. To do income of the athlete is not as enough as they need to fulfill the adequate facility

CHAPTER FIVE

5. SUMMARY, CONCLUSION AND RECOMMENDATIONS

The final part of this thesis deals with the summary of the major findings, conclusions and recommendations forwarded on the basis of the findings.

5.1. Summary of Major Findings

The major purpose of this study was to assess the factors that affect the performance of sprinters. To these end, basic questions addressing the assessments of factors that affect the performance of sprinters were raised. From the data analysis the major findings obtained listed under here

1. As the finding result shows the majority of the athletes practiced there are of specialization for more than two years and the majority of the athletes have stayed in their clubs one and above year in the club.
2. As one can see from the finding all the athletes perform for three days to five days per week with average duration of one to two hour in daily training program.
3. In accordance with the finding the vast majority of the athlete showed that the training given by their coach was not sufficient enough to improve their performance and almost all athletes were highly using their effort to cover the given training load.
4. The finding indicates that majority of the athletes were performing their training at medium intensity.
5. As the finding reflect that almost all athletes have moderate relationship with each other and with their coaches and the enormous mass coaches were not qualified and experienced.
6. As the finding of the study indicates the almost all the coaches in the selected clubs were not competent enough and the majority of the coaches have no weekly, monthly and yearly training plan.
7. As one can observe from the finding of the study the greater part of the athletes were not provided the advice from their coaches about issues related to nutrition and almost all the athletes do not have information about how to take food before, during and after training.
8. As the fining show that almost all the athletes have three meals per day and almost the majority of the clubs do not have camp for food supply permanently.

9. As the result of the study indicates the cubs have no enough materials for the improvement of athlete performance.
10. As the finding reveals there were no standardized training areas or track and almost there were no sufficient regular financial support and no necessary training inputs related to modern scientific training methods such as manual, video etc.

5.2. Conclusions

In the light of the major findings those indicated above, the following conclusions are drawn.

- ❖ Majority of the athletes have club experience and the athletes perform three days per week with train under load to develop their performance and average duration of one
- ❖ The coaches were not competent enough and the majority of the coaches have no weekly, monthly and yearly training plan. However most of the athletic coaches who were assigned to train the short distance athletes were found to be below the requirement to train at athletics club level.
- ❖ There were the moderate relationship between athletes and athletes and between athletes and coach
- ❖ Almost all the athletes do not have information about how to take food before, during and after training
- ❖ The majority of the clubs do not have camp for food supply permanently.
- ❖ The clubs have no enough materials for the improvement of athlete performance.
- ❖ There were no standardized training areas or track and equipment's such as hurdle, block start and relay baton
- ❖ there were no sufficient regular financial support
- ❖ There were no necessary training inputs related to modern scientific training methods such as manual, video
- ❖ The clubs have no gymnasium for strength training
- ❖ The short distance athletes clubs did not get sport wear on time, the sportswear and the running shoes were not quality.
- ❖ Clubs have no transportation during training and competition

5.3. Recommendations

Depending on the findings of the study and conclusions arrived at the following recommendations were suggested to solve the problem

- ❖ Concerned bodies such as athletics club staffs and athletes should cooperate to discuss and solve the problem of related to factors affecting the performance sprinters.
- ❖ Coach should consider individual difference according to their capacity (current fitness levels to provide training load) ,age, sex, and weight in planning training program and update oneself to the current modern training systems.
- ❖ The clubs should add the number of training day per week.
- ❖ The clubs should upgrade the coach's education level, give attention for short distance runners,
- ❖ The clubs should employing qualified and experienced coaches in accordance with number of athletes and events
- ❖ The short distance coaches of the club should follow the principles of training
- ❖ Athletes and coaches should be aware of the nutrition before, during and after training or competition. The clubs facilitate seminar training about how to take
- ❖ Clubs should rearrange again the club the items of food intake accordance with club training or completion program and Increasing the types and quality of food recommended for the athletes
- ❖ Facilities and equipment's should be fulfilled in order to improve the success of the athletes. Additionally the club officials should pay attention to short distance runner and allocate enough budgets to ensure the necessary special training materials and meals.
- ❖ Camp should be prepared by stake holders to provide permanent food supply.
- ❖ Club financially, morally and socially to continue enhance the athletics sport in the country.
- ❖ The clubs tried to fulfill both Training and competition shoes for short distance runners.
- ❖ The club should solve the problems of training area
- ❖ Theclubs should supply enough and appropriate sport wears on time at the beginning of the year as the athletes start training.
- ❖ Concerned body should give emphasis to tackle the existing problems in the clubs

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Appendix A
Jimma University

College of natural and computational science

Department of sport science

Questionnaire filled by athletes

Dear Respondents

This is a survey questionnaire designed to obtain information on factors that affect the performance of sprint runners of some selected Oromia athletes club. Thus your information is taken as crucial input for if the efficiency of this study and the information is intended purely for academic research purpose and will be kept confidential. You are therefore kindly requested to fill the questionnaire for which the success of this study will directly depend on your genuine and truthful response to the questionnaires.

Thank you in advance for your cooperation!

General Direction

- ✓ You are not requested to write your name in any part of questionnaire.
- ✓ To those questions with alternatives circle your choice.
- ✓ For open ended questions please feel free to express and write your response in the space give

Part one: Background of the respondents.

1. Sex A. Male B. Female
2. Age A.13-18 B. 19-22 C. above 23 D. Below 13
3. Athletes experience in club ?
A. less than 1 years B. two years.C.more than 3 years.

Part Two: Questions related to training

1. Which type of Athletics events you are participating?
A. 100m B. 200m C. 400m D.100 hurdleE. 110 hurdle a F.400 hurdle
2. How many years have you been practiced your area of specialization?
A. Below 1 B.2- 3 C. 4-5 D. Above 5
3. How many days do you engage training per week?
A. 2 Days B. 3 days C. 4 Days D.5 Days

4. How long do you train per day?

A. 1 hours B. 1.3 hours C. 2 hours D. 2.3 hour

5. Do you think the training given by your coach is sufficient enough to improve your performance?

A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree

6. The extent to which you more effort to cover the given training load?

A. Very Low B. Low C. Moderate D. High E. Very high

7. How do you rate the intensity of your training load?

A. Very Low B. Low C. Moderate D. High E. Very high

8. How do you evaluate doing practice on the track?

A. Very Low B. Low C. Moderate D. High E. Very high

9. How do you evaluate your relation with your friends and Coaches in your club ?

A. Very Low B. Low C. Moderate D. High E. Very high

10. Do you think that your coach is qualified and experienced?

A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree

11. How do you rate your coach competence or knowledge of coaching short distance athletes of the team?

A. Very Low B. Low C. Moderate D. High E. Very high

12. Do your coach have weekly, monthly and yearly training plan?

A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree

13. Would you explain your coach methods and types of training to improve your performance?

14. What do you think factor that affect the performance of short distance runners regarding training issues?

15. What do you suggest some possible solutions to overcome the factors that affect the performance related to sprint runners training?

Part Three: Questions related to nutrition

1. Does your coach advise you in regarding your issue related to nutrition?
A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree
2. Dose the coach give information about how to take food before training?
A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree
3. Does the coach give information about how to take food during training?
A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree
4. Dose the coach give information about how to take food after training?
A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree
5. How do you feel the extent of your knowledge towards diet before training or competition?
A. Very Low B. Low C. Moderate D. High E. Very high
6. How do you rate the extent of your knowledge towards diet during training or competition?
A. Very Low B. Low C. Moderate D. High E. Very high
7. How do you rate the extent of your knowledge towards diet after training or competition?
A. Very Low B. Low C. Moderate D. High E. Very high
8. Does the club have camp for food supply permanent?
A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree
9. If your answer for question No. 9 is Disagree, Explain who is supply your nutrition?

10. Would you explain diet before training or competition supplied with your club?

11. Would you explain diet during training or competition supplied with your club?

12. Would you explain diet after training or competition supplied with your club?

13. What do you think factor that affect the performance of short distance runners regarding nutrition issues?

14. What do you suggest some possible solutions to overcome the factors that affect the performance related to nutrition for sprint runners?

Part Four: Questions related to facilities and equipments

1. How do you evaluate the material you get from the athletics club?

A. Not more than enough B. Not enough C. Not decide D. Enough E. .More than enough

2. Do you feel facilities and equipment play role in improving performance?

A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree

3. If your answer for question no.2 is " Agree" explain how it improves performance.

4. Do you think the existing facilities and equipment are sufficient enough for your improvement in performance?

A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree

5. If your answer for question no.4 is No explain the type of equipments and facilities in the club lacks?

6 . Is there standardized training area or track in your site?

- A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree

7 . If your answer for question no 6 is “yes” how do you express its suitability for training and competition?

- A. Very Low B. Low C. Moderate D. High E. Very high

8 What types of necessary facilities and equipments do your club supply?

9. Are there necessary training inputs related with modern and scientific training methods such as manuals, video etc supplied to your training site regularly?

- A. Strongly disagree B. Disagree C. Not decide D. Agree E. strongly Agree

10. What do you think factor that affect the performance of short distance runners regarding equipments and facilities issues?

11. What do you suggest some possible solutions to overcome the factors that affect the performance related to equipment’s and facilities sprint runners

Appendix B

Yunivaarsitii Jimmaa

Kolleejjii saayinsii Uumamaa

Muummee Ispoortii saayinsii

Gaafilee Atileetotaan Guutamu

Kabajamtoota deebiistoota gaafii kiyyaa odeeffannoon naaf kennitan qorannoo mataa dureen isaa” FACTORS AFFECTING THE PERFORMANCE OF SHORT DISTANCE RUNNERS IN CASE OF SAME SELECTED OROMIA REGIONAL STATE SPECIAL ZONE ATHLETICS CLUBS.” jedhu qofaaf akka olu isinii mirkaneessa. Kanaafuu oddeeffannoon naaf laattan galma ga’uu qorannoo kiyyaaf gahe guddaa waan qabuuf deebii dhugaa akka naaf laattan kabajaan isin gaafadha.

Waan Nagargaartaniif dursen galata isinii dhiyeessa!

Kilaba keessatti Leenji’aa jirtu _____

Bu’uuraalee gurguddoo hordoofuu qabdan

- ✓ Maqaa keessan barreessun hin barbaachiisu
- ✓ Gaafiilee filaannoo qabaniif deebii sirridha jettan itti maraa
- ✓ Gaafilee filannoo hin qabneef bakka duwaa kenname irrattii yaada keessan barreessaa.

Kutaa1: Seenaa gaafii deebistoota

1. Saala. A. Dhiira B.dhalaa
2. Umurii A. 13-18 B. 19-22 C. 23 ol D. 13 gadi
3. Waggaa meeqaf kilaba kana keessa turte?
A. waggaa 1 gadi B. waggaa 2 C. waggaa 3 ol

Kutaa2: Gaafilee mata duree qorannoo dhimma haala leenjii wal-qabatan

- 1.Gosa fiigicha meetira gabaabaa keessaa isaa kamiin shaakalta?
A. 100 B. 200 C. 400 D.100 gufachiisa E. 110 gufachiisa F.400 gufachiisa
2. Waggaa meeqaf filannoo kee armaan olii shaakalte?
A. Waggaa 1 gadii B. Waggaa 2- 3 C. Waggaa 4-5 D. Waggaa 5 ol
3. Torbee tokko keessatti guyyaa meeqaf shaakala gootu?

A. Guyyaa 2 B. Guyyaa 3 C. Guyyaa 4 D. Guyyaa 5

4. Guyyaa tokko keessatti sa'aatii mee'af shaakaltu?

A. 1 B. 1 fi walakkaa C. 2 D. 2 fi walakkaa

5. Shaakalli leenjisa keessaniin isiniif kennamu dandeettii keessan fooyyessuuf gahadha jettee yaaddaa?

A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E. Caalmattan waliigala

6. Shaakala siif kennamu xummuruuf yaalii hammamii goota?

A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E. Baayee Ol-aanaa

7. Ulfaatina (intensity) shaakallii kee akkamiin madaalta?

A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E. Baayee Ol-aanaa

8. Shaakallii figicha dirree (Track) irratti taasiftu akkamiin madaalta?

A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E. Baayee Ol-aanaa

9. Kilaba keessatti walitti dhufeenyi hiriyoottanii fi leenjistoota kee waliin qabdu akkamiin madaalta?

A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E. Baayee Ol-aanaa

10. Leenjisaan kee muxannoo, beekumsaa fi dandettii gahaa fiigicha gababaa leenjisu irratti qaba jettee ni yadaa?

A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E. Caalmattan walii gala

11. Bekkumsa leenjisaan kee qabu fiigicha gabaabaa leenjisu irratti akkaamiin madaalta?

A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E. Baayee Ol-aanaa

12. Leenjisaan kee karoora leenjii torbanii, ji'aa fi waggaa qaba?

A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E. Caalmattan walii gala

13. Dandeetti ykn ga'umsa kee fooyyessuuf gosoota fi maloota leenjisaan kee ittiin sileenjisu tarreessuu dandeessaa?

14. Leenjii ilaalchisee wantootni ga'umsa fiigichaa meetiraa gabaabaa duubattii harkisan maal fa'i jettee yaadda?

15. Furmaatni rakkoo Leenjii waliin wal-qabatee ga'uumsa figicha meetira gabaabaa duubatti harkisan maal fa'i jettee yaadda?

Kutaa3:Gaafiilee mataa duree qorannoo dhimma haala nyaataan wal qabatan

1. Leenjisaan keessan waan nyaachuu qabdan isin hubachiisaa?

- A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E .Caalmattan walii gala

2. Leenjiisaan kee nyaata shaakalaa duraa nyaatamu ilaalchisee odeeffannoo ni laataa?

- A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E .Caalmatti walii hin galu

3. Leenjiisaan kee nyaata yeroo shaakalaa nyaatamu ilaalchisee odeeffannoo ni laataa?

- A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E .Caalmattan walii gala

4. Lenjiisaan kee nyaata shaakalaa booda nyaatamu ilalchisee odeeffannoo ni laataa?

- A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E .Caalmattan walii gala

5.Beekumsi kee nyaata dorgommiin ykn leenjii duraa akkamiin madaalta?

- A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E.Baayee Ol-aanaa

6. Beekumsa kee nyaata yeroo dorgommii ykn leenjii akkamiin madaalta?

- A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E.Baayee Ol-aanaa

7. Beekumsa kee nyaata dorgommii ykn leenjii booda akkamiin madaalta?

- A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E.Baayee Ol-aanaa

8.Kilabiin kee kaampii/mooraa dhaabbataatin nyaata torbee guutuu dhiyeessu qabaa?

- A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E .Caalmattan walii gala

9. Deebiin gaafii armaan olii “Lakkii” yoo jette eenyutu nyaata isinii dhiyeessa? ibsi

10. Gosoota nyaataa dorgommiin ykn shaakalaan dura kilabiin kee siif dhiyeessu ibsuu dandeessaa?

11. Gosoota nyaataa yeroo dorgommiin ykn shaakalaan kilabiin kee siif dhiyeessu ibsuu dandeessaa?

12. Gosoota nyaataa dorgommiin ykn shaakalaan booda kilabiin kee siif dhiyeessu ibsuu dandeessaa?

13. Nyaata ilaalchisee wantootni ga'umsaa fiigicha meetira gabaabaa duubatti harkisan maalii fa'i jettee yaadda?

14. Furmaatni rakkoo nyaata waliin wal-qabatee ga'umsa fiigicha meetira gabaabaa duubattii harkisan maal fa'i jettee yaadda?

Kutaa4: Gaafiilee mataa duree qorannoo dhimmaa halaa Meeshalee fi wantootni barbaachisoon wal qabatan

1. Meeshalee kilabii kee irraa argatu akkamiin madaalta?

- A. Baayyee Gahaa Miti B. Gahaa Miti C. Hin Murteessu D. Gahaadha
C. Gahaa olii

2. Meeshalee fi wantootni barbaachisoon ga'uumsa kee fooyyessuu keessatti, gahe ni taphatu jettee amantaa

- A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E .Caalmattan walii gala

3. Deebii gaafii lakk. 2 “Eyyee” yoo jettee ibsii akkaataa ga'umsa kee itti fooyyessu.

4. Meeshalee fi wantootni barbaachisoon amma kilabiin kee qabu fooyya'insa dandeettii kee fiduf gahadha jettee amantaa?

- A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E .Caalmattan walii gala

5. Deebii gaafii lakk. 4 “Walii hin galu” yoo jettee, gosa meeshalee fi wantootni barbaachisoo kilabiin hanqina qabu ibsi

6. Dirree leenjii ykn shaakalaa (Track) sadarkaa isaa eeggate kilabiin kee qaba?

- A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala
E .Caalmatti walii hin galu

7. Deebiin gaafii lakk. 8'ti “Waliin gala” yoo jettee haala kamiin madaalta mija'ummaa isaa leenjii fi dorgommiif?

- A. Baayyee Xiqqaa B. Xiqqa C. Giddugaleessa D. Ol-aanaa E. Baayyee Ol-aanaa

8. kilabiin kee meeshalee fi wantoota barbaachisoo ta'an maal fa'a isinii dhiyeessa?

9. Wantoota barbachisoon shaakalaaf galtee ta'an shaakalaa hammayyaawaa fi saayinsaawaa ta'e isiniif kennuu keessatti kan akka maanuwaali , viidiyoo fi kkf osoo wal-irraa hin citin isiniif dhiyaataa?.

A. Caalmatti walii hin galu B. Walii hin galu C. Hin murteessu D. Waliin gala

E .Caalmattan walii gala ‘

10. Meeshalee fi wantootni barbaachisoon ilaalchisee wantootni ga'uumsa fiigicha meetira gabaabaa duubattii harkisan maal fa'i jettee yaaddaa?

11. Furmaatni rakkoo Meeshalee fi wantootni barbaachisoon waaliin wal qabatee ga'uumsa fiigicha meetira gabaabaa duubattii harkisan maal fa'i jettee yaaddaa?

Appendix C
Jimma University

College of natural and computational science

Department of sport science

FACTORS AFFECTING THE PERFORMANCE OF SHORT DISTANCE RUNNERS IN
CASE OF SAME SELECTED OROMIA REGIONAL STATE SPECIAL ZONE
ATHLETICS CLUBS.

Interview: Guide lines for coaches

1. What is your coaching qualification?
2. How many years you have served in coaching this club?
3. What is your educational background?
4. What are the problems related to training that affect the performance of sprinters?
5. What are the problems related to nutrition that affect the performance of sprinters?
6. What are the problems related to sport facilities and equipment that affect the performance of sprinters?
7. What do you suggest some possible solution to overcome the factor that affect the performance of your club athletes?

Appendix D

Yunivaarsitii Jimmaa

Kolleegii sayiniisii Ummaama

Mumee Isiiportii sayiniisii

Mataa duree: FACTORS AFFECTING THE PERFORMANCE OF SHORT DISTANCE RUNNERS IN CASE OF SAME SELECTED OROMIA REGIONAL STATE SPECIAL ZONE ATHLETICS CLUBS.

Gaaffii Deebii Leenjisaan debbiisu

1. Sadarkaa leenjissummaa kee akkamidha?
2. Kilabii kana waggaa meeqaaf tajaajilte?
3. Sadarkaan barnotaa kee maal fakkataa?
4. Haalota lenjii waaliin wal qabate gahumsa fiigicha metiraa gababaa hirisaan maal faa'a jettee yadaa?
5. Haalota nyataa waaliin wal qabate gahumsa fiigicha metiraa gababaa hirisaan maal faa'a jettee yadaa?
6. Haalota Meeshalee fi wantootni barbaachisoon waaliin wal qabate gahumsa fiigicha metiraa gababaa hirisaan maal faa'a jettee yadaa?
7. Furmaani rakkowwaan gahumsa fiigicha metiraa gababaa hirisaan waalii wal qabate maal faa'a jettee yadaa

Appendix E Women Result

Event	Name	Result	Recorded Result		Result difference with 40 th	
			2009	2008	Ethiopian Championship	
		40 th Ethiopian Championship	38 th Ethiopian Championship	37 th Ethiopian Championship	38 th Ethiopian Championship	37 th Ethiopian Championship
100m	FetyaKedir	12.07	12.46	12.78	-0.39	-0.71
	BanchiTamene	12.78	12.57	12.94	+0.21	-0.16
	SinkneshMengistu	12.92	12.91	12.98	+0.01	-0.16
	Medehen G/mariam	12.96	13.09	12.32	-0.13	-0.36
	BezaSeyum	13.13	13.14	12.34	+0.01	-0.19
	YeneneshMerga	13.16	13.17	12.36	-0.01	-0.2
200m	FantuMagiso	23.6	25.58	25.93	-1.98	-2.33
	FetyaKedir	24.1	25.60	26.23	-1.5	-2.13
	MantegboshMelese	24.8	25.79	26.77	-0.99	-1.97
	Habtam Ali	25.3	26.06	26.97	-0.76	-1.67
	BanchiTamene	25.6	26.57	27.51	-0.97	-1.91
400m	FantuMagiso	52.15	55.90	58.91	-3.75	-6.76
	MantegboshMelese	54.65	56.55	1:00.10	-1.9	-5.76
	Habtam Ali	55.41	56.70	1:00.19	-1.29	--4.78

Appendix F Men Result

Event	Name	Result	Recorded Result		Result difference with 40 th Ethiopian Championship	
			2009	2008		
			40 th Champ	38 th Champ	37 th Champ	38 th Champ
100m	WotereGelcha	10.79	10.89	11.47	-0.10	-0.68
	Abel Mengesha	10.87	10.92	11.49	-0.05	-0.62
	AbyotLencho	10.88	10.94	11.53	-0.06	-0.65
	Fikiru Abu	10.97	11.17	11.57	-0.2	-0.6
	AlebachewDerso	11.00	11.28	11.60	-1.28	-1.6
	ZebebeMedfu	11.07	11.30	11.69	-0.23	-0.62
	TezeraMamushe	11.11	11.42	11.74	0.31	-0.63
	Belay Yesuf	11.26	12.34	11.80	-1.08	-0.54
200m	WotereGelcha	21.19	21.8	23.00	-0.61	-1.81
	AbyotLencho	21.20	21.9	23.05	-0.7	-1.85
	MohamedjudMisbah	21.36	22.0	23.23	-0.64	-1.87
	BereketDesta	21.40	22.2	23.25	-0.8	-1.85
	TezeraChamye	21.45	22.2	24.34	-0.75	-2.89
	ZenebeMedfu	21.50	22.9	24.40	-1.4	-2.9
	FikiruAbuo	21.75	23.5	24.44	-1.75	-2.69
400m	BereketDesta	46.79	46.58	48.82	+0.21	-2.3
	HagosTadesse	46.13	47.25	49.65	-1.12	-3.52
	HabtamuGobe	46.53	47.34	49.67	-0.81	-3.14
	TamiratTeklu	47.56	48.16	50.44	-0.6	-2.88
	Solomon Hailu	47.96	48.80	50.81	-0.84	-2.85
	AlemayehuAbera	48.63	48.81	51.92	-0.18	-3.29
	AberaAmelo	49.10	48.25	53.92	-0.15	-4.35

Source: Ethiopian Athletics Federation