



# **Papers of Leonard Ward**

## **Reference: ATH/LW**

5 January 2015

## Papers of Leonard Ward

ATH/LW

Papers of Leonard Ward

[mid-20th century]

Notebooks compiled by the athletics coach Leonard Ward. The volumes discuss various aspects of athletics coaching and the technical side of track and field events. The notebooks are meticulously compiled and are a clear example of Ward's attention to detail. They are titled by theme and event and a number of volumes include pasted in typescript notes and cuttings taken from publications. Some of these cuttings comprise articles written by Ward himself.

Taken as a whole the notebooks illustrate the coaching and technical developments of track and field events, primarily during the 1950s and 1960s.

**Administrative history:** Leonard H. Ward was a coach to individual athletes and was one-time Coaching Advisor and Research Officer of the Amateur Athletic Association (AAA). He was also Honorary Chief Coach to the Women's Amateur Athletic Association (WAAA) and his notebooks include comment on the Women's International Athletic Federation held in Melbourne, December 1956. He presented lectures at Loughborough College and advised the associations on developments in coaching techniques for track and field events.

References: papers of Leonard H. Ward

6 standard boxes (comprising 58 volumes)

Access: Open

**Access conditions:** Access to all registered researchers.

**Notes:** Old references: LHW; NCAL XXV.L4; NCAL XXV.W2

**Copyright:** Permission to make any published use of any material from the collection must be sought in advance in writing from the Director of Special

## Papers of Leonard Ward

Collections. Identification of copyright holders of unpublished material is often difficult. Special Collections will assist where possible with identifying copyright owners, but responsibility for ensuring copyright clearance rests with the user of the material.

**Language:** English

**Creator name:** Ward, Leonard H., athletics coach

**Custodial history:** This collection was previously in the custody of the National Centre for Athletics Literature (NCAL).

**Archival notes:** Papers arranged and described by Mark Eccleston, September 2014, in compliance with General International Standard Archival Description (ISAD(G), second edition, 2000; and in-house cataloguing guidelines.

**Related material:** Other archive collections, formerly held as part of the National Centre for Athletics Literature (NCAL), are catalogued as collections distinct from this collection. They comprise both institutional archives and collections of personal papers of athletes, athletics administrators, journalists and others associated with the athletics world.

Catalogues of the institutional archives available on the online archive catalogue are as follows:

Amateur Athletic Association: papers, 1880-1992. Finding No: AAA;

Midland Counties Amateur Athletics Association: papers, 1900-1982. Finding No: MCAAA;

Midland Counties Cross Country Association: papers, 1898-1985. Finding No: ATH/MCCCA;

Southern Counties Amateur Athletic Association: papers, 1958-1983. Finding

## Papers of Leonard Ward

No: SCAAA.

Catalogues, or collection descriptions, of personal papers available on the online archive catalogue are as follows:

Abrahams, Harold Maurice (1899-1978), athlete, administrator, commentator and journalist: papers, 1902-1989. Finding No: ATH/HA;

Adam, George Mair (1898-1989), athlete, coach and athletics administrator: papers, 1909-1989. Finding No: ATH/GA;

Binks, Joseph (Joe) (1874-1966), athlete and athletics commentator: papers, [1920s-1950s]. Finding No: ATH/JB;

Cardew, Martin H. (b 1927), athlete: papers, 1964-1988. Finding No: ATH/MHC;

Cullum, Dennis Noel Johnson (1913-1985), athlete and coach: papers, [1930s]-1985. Finding No: ATH/DC;

Ives, Bert (1890-1975), athlete and athletics administrator: papers, [1920s-1970s]. Finding No: ATH/BI;

Jewell, John Christopher (1912-2001), athlete and athletics commentator: papers, 1897-2002. Finding No: ATH/JJ;

Lloyd-Edgley, Ralph: scrapbook, [c 1924]-[c 1931]. Finding No: ATH/RLE;

MacLean, Duncan (1884-1980), athlete and coach: papers, 1948-1977. Finding No: ATH/DM;

Monk, Walter Harry (Wal) (1896-after 1965), athlete: papers, 1918-1961. Finding No: ATH/WHM;

Morgan, Wilf (b 1935), athlete and athletics historian: papers, 1937-2012. Finding No: ATH/WM;

Newton, Arthur Francis Hamilton (1883-1959), athlete: papers, [c 1904]-[1990s].

## Papers of Leonard Ward

Finding No: ATH/AN;

Payne, Howard (1931-1992), athlete:  
papers, 1899-[c 1975]. Finding No:  
ATH/HP;

Percy, Joe W. (1912-2001), athlete and  
athletics administrator: papers, 1910-1997.  
Finding No: ATH/JWP;

Powell, Edgar Robert Leslie (Peter), (fl  
1920s-70s), athlete: papers, 1813-1988.  
Finding No: ATH/ERLP;

Richards, Wilf (b 1906), athlete and  
journalist: papers, 1924-[mid 20th century].  
Finding No: ATH/WR;

Roberts, Dave (fl 1930s-1990s), athlete  
and statistician: papers, [1930s]-1991.  
Finding No: ATH/DR;

Simpson, Colin J. (1929-2011), athlete and  
athletics administrator: papers, 1945-1990.  
Finding No: ATH/CS;

Tatham, Wilfrid George (Gus) (1898-1978),  
athlete: papers, 1908-1960. Finding No:  
ATH/WGT;

Thomas, Dr Philip, athletics administrator  
and coach: papers, [c 1900]-[late 20th  
century]. Finding No: ATH/PT;

Vargas, Charles Climaco (1905-1975),  
athlete: papers, 1921-31. Finding No:  
ATH/CCV;

Watman, Melvyn Francis (Mel) (b 1938),  
athletics journalist and statistician: papers,  
1980-1993. Finding No: ATH/MW;

Wight, Robert M., athletics administrator:  
papers, [mid-20th century]. Finding No:  
ATH/RW;

Winter, Arthur E. H. (d 1990), athlete and  
athletics commentator: papers, [early 20th  
century]-1983. Finding No: ATH/AW;

Yarrow, Squire Stevens (1905-1984),  
athlete and athletics administrator: papers,

## Papers of Leonard Ward

1938-1984. Finding No: ATH/SY.

The department also holds copies of Ward's books 'A guide to training', [1953] (reference: r p GV 1060.675.T73W37); 'Running the half mile', [c 1950] (reference: r p GV 1061.5.W37).

ATH/LW/1	Notebooks	[mid-20th century]
	Each notebook has been partly used and comprising handwritten notes, magazine articles, newspaper cuttings and images of athletes and training techniques. Some volumes also include bibliographies and references to other published works on athletics. The volumes include references to various Olympic Games held during the 1950s and 1960s.	
	58 volumes	
	Access: Open	
ATH/LW/1/1	Notebook	[mid-20th century]
	Notebook titled 'Applied Science'	
	1 volume	
	Access: Open	
ATH/LW/1/2	Notebook	[mid-20th century]
	Notebook titled 'Injuries'	
	1 volume	
	Access: Open	
ATH/LW/1/3	Notebook	[mid-20th century]
	Notebook titled 'Miscellaneous'	
	1 volume	
	Access: Open	
ATH/LW/1/4	Notebook	[mid-20th century]
	Notebook titled 'Statistics'	

## Papers of Leonard Ward

- 1 volume  
Access: Open
- ATH/LW/1/5 Notebook [mid-20th century]  
Notebook titled 'Statistics'. Includes article 'Olympic Games Preview: an event-by-event assessment of Olympic Games prospects' by Melvyn Watman with references to the 1960 Rome Olympic Games.
- 1 volume  
Access: Open
- ATH/LW/1/6 Notebook [mid-20th century]  
Notebook titled 'Event-Group Coaching'
- 1 volume  
Access: Open
- ATH/LW/1/7 Notebook [mid-20th century]  
Notebook titled 'Event-Group Training'
- 1 volume  
Access: Open
- ATH/LW/1/8 Notebook [mid-20th century]  
Notebook titled 'Hammer'
- 1 volume  
Access: Open
- ATH/LW/1/9 Notebook [mid-20th century]  
Notebook titled 'Discus'
- 1 volume  
Access: Open
- ATH/LW/1/10 Notebook [mid-20th century]  
Notebook titled 'Discus'

## Papers of Leonard Ward

- 1 volume  
Access: Open
- ATH/LW/1/11 Notebook [mid-20th century]  
Notebook titled 'Olympic Games 1956'
- 1 volume  
Access: Open
- ATH/LW/1/12 Notebook [mid-20th century]  
Notebook titled 'References'
- 1 volume  
Access: Open
- ATH/LW/1/13 Notebook [mid-20th century]  
Notebook titled 'Sprinting'
- 1 volume  
Access: Open
- ATH/LW/1/14 Notebook [mid-20th century]  
Notebook titled 'Sprinting'
- 1 volume  
Access: Open
- ATH/LW/1/15 Notebook [mid-20th century]  
Notebook titled 'Triple Jump'
- 1 volume  
Access: Open
- ATH/LW/1/16 Notebook [mid-20th century]  
Notebook titled 'High Jump'
- 1 volume  
Access: Open
- ATH/LW/1/17 Notebook [mid-20th century]



## Papers of Leonard Ward

	Notebook titled 'Mechanics'	
	1 volume	
	Access: Open	
ATH/LW/1/18	Notebook	[mid-20th century]
	Notebook titled 'Shot'	
	1 volume	
	Access: Open	
ATH/LW/1/19	Notebook	[mid-20th century]
	Notebook titled 'Tutorial projects'	
	1 volume	
	Access: Open	
ATH/LW/1/20	Notebook	[mid-20th century]
	Notebook titled 'Details for Senior Coaches'	
	1 volume	
	Access: Open	
ATH/LW/1/21	Notebook	[mid-20th century]
	Notebook titled 'Long Jump'	
	1 volume	
	Access: Open	
ATH/LW/1/22	Notebook	[mid-20th century]
	Notebook titled 'Pole Vault'	
	1 volume	
	Access: Open	
ATH/LW/1/23	Notebook	[mid-20th century]
	Notebook titled 'Pole Vault'	
	1 volume	

## Papers of Leonard Ward

- Access: Open
- ATH/LW/1/24      Notebook      [mid-20th century]
- Notebook titled 'Olympic Games', mainly relating to 1964 Tokyo Olympic Games.
- 1 volume
- Access: Open
- ATH/LW/1/25      Notebook      [mid-20th century]
- Notebook titled 'Nutrition'
- 1 volume
- Access: Open
- ATH/LW/1/26      Notebook      [mid-20th century]
- Notebook titled 'Distance Running'
- 1 volume
- Access: Open
- ATH/LW/1/27      Notebook      [mid-20th century]
- Notebook titled 'Press Articles (personal)'. Many articles written by Leonard Ward and relating to the Women's International Athletic Federation held in Melbourne, December 1956.
- 1 volume
- Access: Open
- ATH/LW/1/28      Notebook      [mid-20th century]
- Notebook titled 'Feature Notes'
- 1 volume
- Access: Open
- ATH/LW/1/29      Notebook      [mid-20th century]
- Notebook titled 'Exercise Schedule'
- 1 volume

## Papers of Leonard Ward

- Access: Open
- ATH/LW/1/30      Notebook      [mid-20th century]
- Notebook titled 'Physiology'
- 1 volume
- Access: Open
- ATH/LW/1/31      Notebook      [mid-20th century]
- Notebook titled 'Event-Programming'
- 1 volume
- Access: Open
- ATH/LW/1/32      Notebook      [mid-20th century]
- Notebook titled 'Weight Training'
- 1 volume
- Access: Open
- ATH/LW/1/33      Notebook      [mid-20th century]
- Notebook titled 'General Training'
- 1 volume
- Access: Open
- ATH/LW/1/34      Notebook      [mid-20th century]
- Notebook titled 'Distance Running'
- 1 volume
- Access: Open
- ATH/LW/1/35      Notebook      [mid-20th century]
- Notebook titled 'Circuit Training'
- 1 volume
- Access: Open
- ATH/LW/1/36      Notebook      [mid-20th century]
- Notebook titled 'The mechanics of running'

## Papers of Leonard Ward

- 1 volume  
Access: Open
- ATH/LW/1/37 Notebook [mid-20th century]  
Notebook titled 'Shot Put'
- 1 volume  
Access: Open
- ATH/LW/1/38 Notebook [mid-20th century]  
Notebook titled 'Discus-High Jump'
- 1 volume  
Access: Open
- ATH/LW/1/39 Notebook [mid-20th century]  
Notebook titled 'Discus and Triple Jump'
- 1 volume  
Access: Open
- ATH/LW/1/40 Notebook [mid-20th century]  
Notebook titled 'Loughborough Notes'
- 1 volume  
Access: Open
- ATH/LW/1/41 Notebook [mid-20th century]  
Notebook titled 'Loughborough Notes'
- 1 volume  
Access: Open
- ATH/LW/1/42 Notebook [mid-20th century]  
Notebook titled 'Refresher Course'
- 1 volume  
Access: Open
- ATH/LW/1/43 Notebook [mid-20th century]

## Papers of Leonard Ward

- Notebook titled 'Advanced Courses'  
1 volume  
Access: Open
- ATH/LW/1/44 Notebook [mid-20th century]
- Notebook titled 'Unit Projects'  
1 volume  
Access: Open
- ATH/LW/1/45 Notebook [mid-20th century]
- Notebook titled 'Ranking Lists'  
1 volume  
Access: Open
- ATH/LW/1/46 Notebook [mid-20th century]
- Notebook titled 'W.A.A.A' [Women's Amateur Athletic Association]  
1 volume  
Access: Open
- ATH/LW/1/47 Notebook [mid-20th century]
- Notebook titled 'High Jump'  
1 volume  
Access: Open
- ATH/LW/1/48 Notebook [mid-20th century]
- Notebook titled 'Indoor Training'  
1 volume  
Access: Open
- ATH/LW/1/49 Notebook [mid-20th century]
- Notebook titled 'Learning to run half a mile'  
1 volume

## Papers of Leonard Ward

- Access: Open
- ATH/LW/1/50 Notebook [mid-20th century]  
Notebook titled 'Statistics'  
1 volume
- Access: Open
- ATH/LW/1/51 Notebook [mid-20th century]  
Notebook titled 'Project Notes'  
1 volume
- Access: Open
- ATH/LW/1/52 Notebook [mid-20th century]  
Notebook titled 'Project Notes'  
1 volume
- Access: Open
- ATH/LW/1/53 Notebook [mid-20th century]  
Notebook titled 'Correspondence'  
1 volume
- Access: Open
- ATH/LW/1/54 Notebook [mid-20th century]  
Notebook titled 'Teaching Notes'  
1 volume
- Access: Open
- ATH/LW/1/55 Notebook [mid-20th century]  
Notebook titled 'Weight Training'  
1 volume
- Access: Open
- ATH/LW/1/56 Notebook [mid-20th century]  
Notebook titled 'Young Athlete'

## Papers of Leonard Ward

1 volume

Access: Open

ATH/LW/1/57

Notebook

[mid-20th century]

Notebook titled 'British Empire and Commonwealth Games 1962'

1 volume

Access: Open

ATH/LW/1/58

Notebook

[mid-20th century]

Notebook titled 'Unit Library'

1 volume

Access: Open