We shall start with some definitions of sport and athletics and two famous videos from the Tokyo, 1964, Olympics. We then will examine the question of the effect of weight on the performance in throws. For instance how much can we gain in the length of a shot put if we diminish the weight of the implement by 30%. Is there a proper weight for women's javelin so that the performances of men and women could be comparable? We will then move on to a more general comparison of men-women performances and show that this cannot be based on the world records. Mathematical models are most helpful in such comparisons but the existence of abundant data is also essential.