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Athletics Weekly

Wednesday
2nd June
1993

90p

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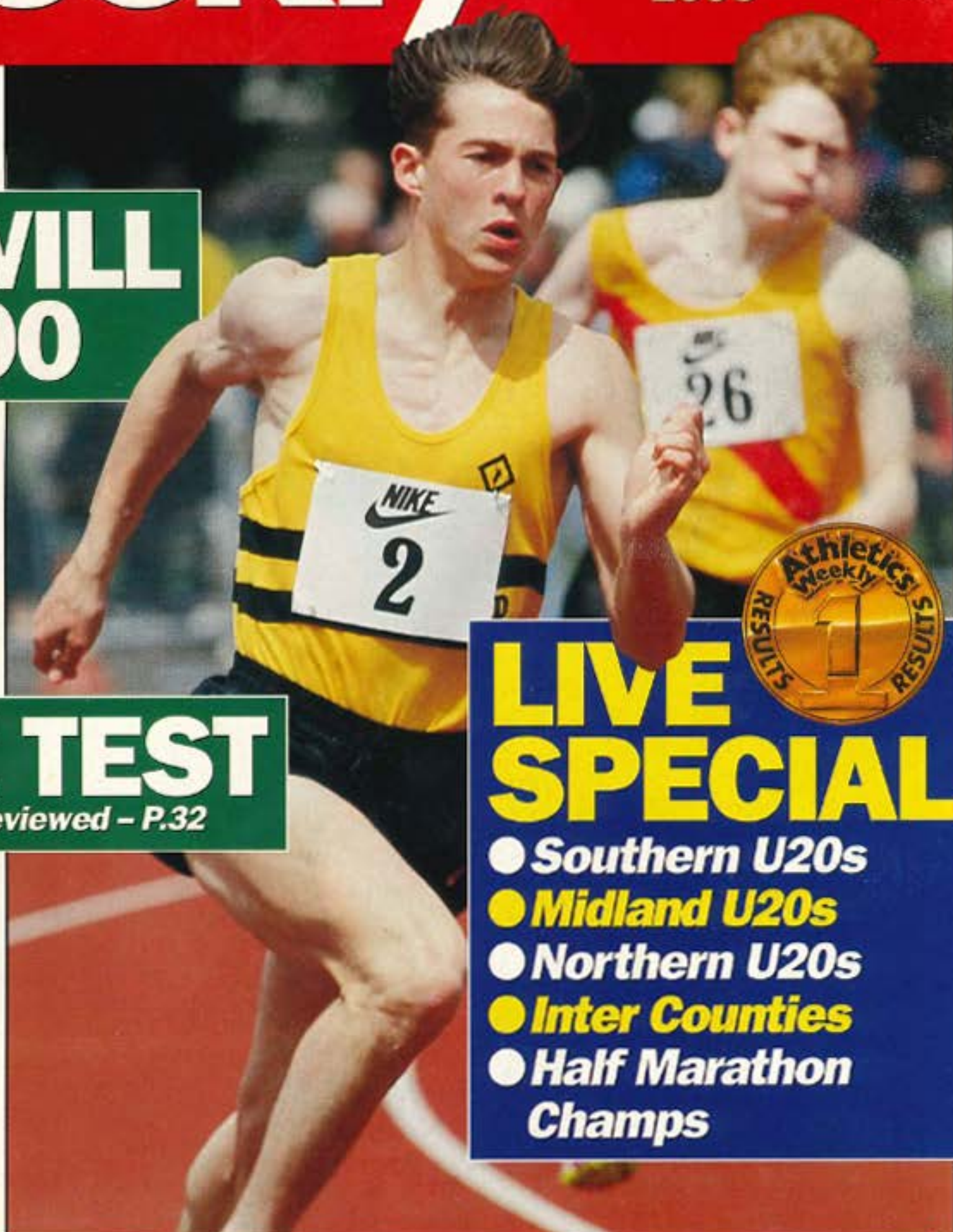
Meet the athletes
getting it right - P.20

SHOE TEST

Reebok and Nike reviewed - P.32

**GAIL
DEVERS**

"The nightmare is
over" - P.24



**LIVE
SPECIAL**

- Southern U20s
- Midland U20s
- Northern U20s
- Inter Counties
- Half Marathon Champs

**GO TO THE WORLD CHAMPS
FOR A DAY**

See our special offer on page 17

this one-per event competition, the GRE BAL Champions' only winners were John Regis and Jon Ridgeon. And with 93 points, they fell 10 short of the estimate of joint team manager Leo Coy — a score that would have taken them into third place.

After three years as Champions Larios of Spain lost by 17.5 points to the powerful Fiamme d'Oro, an Italian police team.

Regis won the 200 into a stiff headwind, but was more elated with his time of 10.15 in a non-scoring 100m race on Saturday, lifting him to joint fourth on the UK all-time list. Some critics who have rubbished Regis's 100m form forget that he is European bronze medallist at the distance (in 10.07w).

Ridgeon clocked 50.42 amid swirling wind, just holding on to win after an over-ambitious start in the 400H.

MEN

MATCH: 1, Fiamme d'Oro (ITA) 127.5; 2, Larios (ESP) 110; 3, CSKA Sofia (BUL) 99; 4, Racing Club (FRA) 97; 5, BELGRAVE HARRIERS 93; 6, UTE Budapest (HUN) 87; 7, Olympia Prague (TCH) 69; 8, Benfica (POR) 57.5

100: 1, O Ezinwa (Lar) 10.12; 4 LENNY PAUL 10.32

200: JOHN REGIS 20.64

400: 1, A Sashov (CSKA) 46.63; 8, IKEM BILLY 48.68

800: 1, J. Gonzalez (Lar) 1:49.97; 8, BILLY 1:54.59

1,500: 1, T Vialli (Fla) 3:46.27; 3, STEVE HALLIDAY 3:46.47

5,000: 1, A Lambroschini (Fla) 14:01.74; 4, PAUL EVANS 14:11.31

10,000: 1, B Boutayeb (Lar) 29:16.01; 6, KAESA TADESS 29:42.93

3,000SC: 1, Lambroschini 8:40.81; 2, JUSTIN CHASTON 8:43.84

110H: 1, D Puppo (Fla) 13.99; 3, NEIL OWEN 14.18

400H: JOHN RIDGEON 50.42

HJ: 1, A Ortiz (Lar) 2.24; 8, ANDY HUTCHINSON 2.00

PV: 1, T Vigneron (Rac) 5.60; 8, IAN TULLETT 5.00

LJ: 1, A Hernandez (Lar) 8.18; 3, FRED SALLE 7.81

TJ: 1, M Mikulas (Oly) 16.89; 3, DERRICK BROWNE 15.72

SP: 1, A Andrei (Fla) 19.87; 3, PAUL EDWARDS 18.77

DT: 1, A Horvath (UTE) 61.08; 5, DARRIN MORRIS 59.74

HT: 1, Y Sedikh (Rac) 76.92; 6, PHIL SPIVEY 63.84

JT: 1, A de Gaspari (Fla) 77.32; 3, WALE BEVAN 71.78

4x100: 1, UTE Budapest 39.64; 3, BELGRAVE H 40.05

4x400: 1, Larios 3:08.69; 7, BELGRAVE 3:12.91

Non-scoring 100: REGIS 10.15.

Wales/Scotland International, Tel Aviv, Israel, 26th May

MATCH: 1, Israel 67; 2, Wales 61; 3, Scotland 49; 4, Turkey 40

MEN

100/110H: COLIN JACKSON (W) 10.39/13.33

200: JAMIE BAULCH (W) 21.03

400: GARETH DAVIES (W) 47.39

800: GARY BROWN (S) 1:47.72

1,500: GLEN STEWART (S) 3:51.58

5,000: F Cinar (Tur) 14:04.67

3000SC: JUSTIN CHASTON (W) 8:39.70

400H: A Barasov (Is) 51.68

HJ: GEOFF PARSONS (S) 2.19

PV: V Kasnovo (Is) 5.30

LJ/TJ: M Mallon (Is) 7.69/15.54

SP: J Avruhan (Is) 18.68

DT: S Lukashak (Is) 59.76

HT: I Giller (Is) 63.00

4x100/4x400: WALES 40.44/3:10.69

10,000W: V Ostrowsky (Is) 41:51.40

WOMEN

1, Scotland 52; 2eq, Wales & Turkey 48; 4, Israel 25

100/200: SALLYANNE SHORT (W) 11.65/24.07

400: GILLIAN ARCHARD (W) 54.65

800: CAROL SHARP (S) 2:12.03

1,500: E Lankil (Is) 4:21.47

3,000: S Aktas (Tur) 9:17.76

100H: JANE KIRBY (S) 14.01

400H: CATHERINE WHITE (W) 59.96

HJ: B Dulkadir (Tur) 1.70

LJ: F Yush (Tur) 6.23

TJ: KAREN HAMBROOK (S) 12.54

SP: S Sen (Tur) 15.29

DT: H Keskin (Tur) 50.80

JT: A Tas (Tur) 55.14

4x100/4x400: WALES 46.09/3:41.93

Golden Horn Half-marathon, Istanbul, Turkey, 30th May

MEN

1, J Machuka (KEN) 1:02:54; 2, ANDY GREEN 1:03:39; 3, S Sammimula (KEN) 1:04:00; 4, R Naali (TANZ) 1:04:13; 5, A Ostanine (RUS) 1:04:15; 6, P Catarino (POR) 1:04:26; 7, c Demirel (TURK) 1:04:34; 8, N Yagci (TURK) 1:04:49; 9, W Musyoki (KEN) 1:05:23; 10, M Lorenzetti (ITA) 1:05:29; 11, J Rusis (ESP) 1:05:30; 12, Y Pavlov (RUS) 1:05:42; 13, J Berau (FRA) 1:05:49; 14, J Paumen (BELG) 1:05:51; 16, M Tilus (KEN) 1:06:07

Brussels 20km, 30th May

MEN

1, J Ondieki 56:58; 2, E Hellebuyck 57:09; 3, A Bourchev 57:11; 4, M Mourhit 57:33; 5, O Syrojevko 57:37; 6, STEVE TUNSTALL 57:49; 7, R Ligneel 57:56; 8, J Ngenizn 57:58; 9, CARL THACKERY 58:01; 10, DAVE BUZZA 58:02; 11, S Rousseau 58:02; 12, D Kasmerchki 58:14; 13, S Dittmann 58:21; 14, A Kouznetsov 58:33; 15, D Choje 58:48; 16, O Rijoukhin 59:08; 17, B Wolashe 59:21; 18, John Treacy 59:25; 19, A Aguilair 1:00:29; 20, A De Neef 1:00:29

Hamburg Marathon, Germany, 23rd May

RICHARD NERURKAR made a winning start to his marathon career, when he won the Hamburg Marathon, clocking a highly impressive 2:10:57.

The Bingley Harrier, who has opted to miss the World Championships in Stuttgart, went through halfway in a steady 1:05:53, but took the lead 5km from home, to win by 41sec from Thomas Robert Naali of Tanzania.

Nerurkar is now expected to join Dave Buzzza, Andy Green and Kevin McCluskey in the British team that defends the Marathon Word Cup in San Sebastian on 31st October.

After that, he is considering a championship marathon next year, although he still has plans to prove himself as a world class 10,000m performer.

MEN

1, RICHARD NERURKAR 2:10:57; 2, T Robert Naali (TAN) 2:11:38; 3, K David (TCH) 2:11:57

WOMEN

1, G Wolf (GER) 2:34:36; 2, V Sukhova (RUS) 2:34:59; 3, A Naumova (RUS) 2:35:19



PB CLUB

WHAT ARE YOU DOING? We've had heaps and heaps of wonderful PB breaking this week — so much so all I've done is dream about PBs! Maybe it's in the air — if it is keep taking those deep breaths!

Nevertheless — good on you — keep sending them in to me Helen Plummer, or if you want to tell me more about your PB give me a ring.

Add a bit of variety in my life by helping me to share your success — because for all I know you may have just broken the PB you set 30 years ago or you're on a massive roll — breaking all your records in one single meeting.

Don't be afraid to tell me about it — I honestly do want to know, but if you just want to write the address is: PB Club, Athletics Weekly, Bretton Court, Bretton, Peterborough. Fax No: (0733) 265515.

TRACK

Event	Name	Age	Club	Old PB	New PB	%GAIN	Meeting
60	Michelle Warner	15	Radley	9.2	9.1	1.0	Birmingham
80	Gemma Ashton	12	Whitby Heath	12.2	11.8	3.3	Cheshire Champs
80	Donna Barrow	9	Radley	13.0	12.8	1.5	Bournemouth
80	Gemma Case	10	Radley	12.6	12.4	1.6	Bournemouth
80	T Patrick	12	Radley	13.3	12.7	4.67	Illey
80	Teresa Patrick	12	Radley	13.3	12.7	4.7	Illey
80	Katy Rook	11	Radley	11.9	11.2	6.2	Bradwell
80	Kelly Warner	12	Radley	13.6	12.7	7.0	Bournemouth
100	Tania Adom	22	Yate & District	13.3	12.1	9.9	Avon County Champs
100	Sian Adom	22	Yate & District	12.5	12.3	1.6	Avon County Champs
100	Martin Armitage	U17	Yate & District	11.4	11.3	0.8	TSE first round
100	Denny Bruce	16	B of Sandwell	12.5	11.8	2.5	McDonald's
100	Wesley Bates	15	B of Sandwell	12.4	12.2	1.6	McDonald's
100	Gillian Bell	15	Radley	14.7	14.6	0.6	Exeter
100	Katie Baden	11	Eoster	16.1	14.8	8.7	Devon Champs
100	Amy Baden	13	Eoster	14.3	13.8	3.6	Devon Champs
100	Kate Boddy	12	Plymouth AC	14.3	13.7	4.3	Devon Champs
100	Sarah Cave	14	Radley	14.0	13.9	0.7	Illey
100	Lucy Chaffe	16	Essex Ladies	12.75	12.55	1.5	Essex Champs
100	Gemma Case	10	Radley	15.9	15.3	3.9	Hendon
100	Sarah Cave	14	Radley	14.7	14.0	5.0	Bournemouth
100	Bevin Curle	14	Norfolk Champs	12.9	12.0	7.5	Norwich City Sports
100	Simon Eyn	12	Haywards Heath H	16.59	15.2	9.1	McDonald's
100	Wayne Farmer	U15	Bedford & County	13.3	12.4	7.2	NVAL
100	Gemma French	13	Holbeach AC	14.4	14.0	2.8	Schools Champs
100	Jamie French	15	Holbeach AC	12.3	12.03	2.2	Schools Champs
100	Sarah Hallett	13	BVC	13.79	13.4	2.9	TSE
100	Vicki Jamison	15	Lagan Valley	12.9	12.6	2.3	Belfast Open Meeting
100	Koola Jeffs	14	Radley	13.9	13.8	0.7	Hendon
100	Demer Jones	13	Norfolk	13.7	13.5	1.4	McDonald's
100	Tanya Jones	15	Essex Ladies AC	13.05	12.75	2.5	Essex Champs
100	Nick Hodgkinson	11	B of Sandwell	16.2	15.1	7.2	McDonald's
100	Tom Keams	12	Holland Sports	14.7	14.3	2.7	McDonald's
100	Richard Muttet	12	Dartford H	14.1	13.7	2.9	McDonald's
100	Kevin Middleton	14	Havering Mays AC	12.50	12.41	0.7	Southern U20
100	Caroline Monk	17	B of Sandwell	14.4	14.0	2.8	Heart of England League
100	Soldson Povey	13	Bournemouth	12.7	12.1	8.2	Dorset Champs
100	Cleo Pitt-Thompson	13	B of Sandwell	13.7	13.3	3.0	Heart of England League
100	Ross Parry	15	Havering Mays AC	12.5	12.4	0.8	Southern U20
100	Kate Rook	11	Radley	14.4	13.8	4.3	Harlow
100	Kate Rogers	U15	Newark AC	13.7	13.5	1.4	Schools Champs
100	Nathan Rogers	12	BVC	14.6	14.5	0.6	Cambs champs
100	Nicola Turner	17	Radley	12.9	12.4	4.0	Illey
100	Lee Wellings	14	B of Sandwell	13.4	13.0	3.0	Heart of England League
100	M Warner	15	Radley	14.9	14.4	2.7	Radley
100	Emma White	14	Radley	13.8	13.3	3.7	Illey
100	Paula Woodlan	14	Radley	13.3	13.2	0.7	Harlow
100	David Webb	14	BVC	12.7	12.4	2.4	Cambs Champs

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BIGGER AND
BETTER VALUE

WIN REEBOK SPIKES IN OUR FREE-TO-ENTER COMPETITION - P.58

Athletics Weekly

Wednesday
11th August
1993

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The award-winning
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THE

YOUNG

BRITAIN'S MEDAL
HOPES PUT THE
FINAL TOUCHES TO
THEIR STUTTGART
CAMPAIGN



THE

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WORLD RECORDS IN DANGER

World records are a rarity at major championships. Athletes are understandably more concerned with place than performance: distance runners run "tactically" until the bell lap, and large entries often mean that some field event competitions last for hours — and long drawn-out battles sap energy and desire for records. **DAVID COCKSE** reports

POSSIBLY the most endangered world records at the World Championships are the women's triple jump and 400 hurdles.

The former event is relatively new, and features a clutch of good athletes who have swapped wins through the Grand Prix season to date; and the 400H record could be broken because of Sally Gunnell's outstanding form.

Yolanda Chen set the current world TJ record at 14.97 at Moscow in June, but so fierce is the competition between Chen, Irina Mushailova (14.79), Inesa Kravets (14.95), Ana Biryukova (14.74w) and Inna

Lasovskaya (14.70) that we may well see the world's first 15 metre jump by a woman in Stuttgart — with or without wind assistance.

Gunnell has been setting personal bests at all flat distances just recently, and only needs to carry this pace over to the barriers to dip below 53 seconds. By chasing the fast starting Kim Batten and Sandra Farmer-Patrick through the first 200 in the World Champs final, she could negotiate the first five barriers 0.5sec faster than usual and then maintain most of that pace.

Always a strong finisher who now

ROLL OF HONOUR AND BRITISH PLACINGS

1983, HELSINKI MEN

100(+0.3): 1, Carl Lewis (USA) 10.07; 2, Calvin Smith (USA) 10.21; 3, Ermit King (USA) 10.24; 4, ALLAN WELLS 10.27. **SP2:** 6, CAMERON SHARP 10.43. **Rd2.H1:** 7, BLISTER WATSON 10.57.

200(+1.10): 1, Calvin Smith (USA) 20.14; 2, Elliott Quow (USA) 20.41; 3, Pietro Mennea (ITA) 20.51; 4, ALLAN WELLS 20.52. **Rd2.H2:** CAMERON SHARP 20.99. **Rd1.H3:** BLISTER WATSON 21.20.

400: 1, Bert Cameron (JAM) 45.05; 2, Michael Franks (USA) 45.22; 3, Sunter Mx (USA) 45.24. **SP1:** 6, TODD BENNETT 46.11. **SP2:** 8, PHIL BROWN 46.61.

800: 1, Will Welbeck (FRG) 1:43.65; 2, Rob Drapers (HOL) 1:44.20; 3, Joaquim Cruz (BRA) 1:44.27; 4, PETER ELLIOTT 1:44.87. **SP2:** 6, GARRY COOK 1:47.48.

1,500: 1, STEVE CRAM 3:41.59; 2, Steve Scott (USA) 3:41.87; 3, Sakai Asuka (MAR) 3:42.02; 4, STEVE OVERT 3:42.34. **SP1:** 10, GRAHAM WILLIAMSON 3:45.84.

5,000: 1, Eamon Coghlan (IRL) 13:28.53; 2, Werner Schödhauer (GDR) 13:30.20; 3, Mario Valino (FIN) 13:30.34; 4, ALAN COOPER 13:48.13. **SP1:** 11, DAVID CLARKE 13:58.37. **SP2:** 11, EIMONN MARTIN 13:48.60.

10,000: 1, Alberto Corsi (ITA) 28:01.04; 2, Werner Schödhauer (GDR) 28:01.18; 3, Hanejng Kunze (GDR) 28:01.26; 7, NICK ROSE 28:07.53; 12, STEVE JONES 28:15.03. **H2:** 10, STEVE BRUNS 28:12.70.

MAR: 1, Rob De Castella (AUS) 2:10.03; 2, Kenedi Bakha (ETH) 2:10.27; 3, Waldemar Cierpinski (GDR) 2:10.37; 8, HUGH JONES 2:11.15; 48, GERRY HELME 2:25.02. Non-finisher: MIKE GRATTON.

3,000SC: 1, Patric Ig (FRG) 8:15.06; 2, Boguslaw Baniak (POL) 8:17.03; 3, COLIN REITZ 8:17.75; 5, ROGER HADWY 8:19.36; 8, GRAEME FELL 8:20.01.

110H(+1.30): 1, Greg Foster (USA) 13.42; 2, And Byggare (FIN) 13.46; 3, Willie Gault (USA) 13.48. **SP1:** 5, MARK HOLCOMB 13.79.

400H: 1, Edwin Moses (USA) 47.50; 2, Harold Schmid (FRG) 48.61; 3, Aleksandr Khvorov (URS) 49.03. **H1:** 3, GARY DAVES 51.23. **H2:** 8, STEVE SOLE 51.80.

H3: 1, Gennadiy Avdeyenko (URS) 2:32; 2, Tyke Peacock (USA) 2:32; 3, Zhu Jian-Hua (PRC) 2:29.

PV: 1, Sergey Bubka (URS) 5.70; 2, Yevgeniy Volkov (URS) 5.60; 3, Aratas

Tarav (BUL) 5.60.

LJ: 1, Carl Lewis (USA) 8.55; 2, Jason Grimes (USA) 8.29; 3, Mike Conley (USA) 8.12.

TJ: 1, Zdzislaw Hoffmann (POL) 17.42; 2, Willie Banks (USA) 17.18; 3, Ajayi Agbeshola (NGR) 17.19. Non-qualifiers: KEITH CONNOR 16.18; JOHN HERBERT 16.12.

SP: 1, Edward Sarul (POL) 21.39; 2, Ulf Timmerman (GDR) 21.16; 3, Remigijus Machuta (TCH) 20.98.

DT: 1, Imrich Bugac (TCH) 67.72; 2, Luis Delis (CUB) 67.36; 3, Gejza Valent (TCH) 66.06.

HT: 1, Sergey Litvinov (URS) 82.68; 2, Yuriy Sedykh (URS) 80.94; 3, Zdzislaw Kwasny (POL) 79.42. Non-qualifiers: ROBERT WEIR 71.62; CHRIS ELACK 71.18; MATT NICHAM 67.12.

JT: 1, Debat Meher (GDR) 89.48; 2, Tom Petrakoff (USA) 85.60; 3, Dennis Kula (URS) 85.58.

DEC: 1, DALEY THOMPSON 8668; 2, Jürgen Hingsen (FRG) 8661; 3, Siegfried Wenz (FRG) 8478.

20KM: 1, Ernesto Canto (MEX) 1:20.49; 2, Josef Pribilinec (TCH) 1:20.59; 3, Yevgeniy Yevsyukov (URS) 1:21.08; 25, PHIL VESTY 1:27.20; 37, ROGER MILLS 1:30.25; 41, IAN McDONALD 1:31.14.

50KM: 1, Ronald Weiger (GDR) 3:43.08; 2, Jose Marin (ESP) 3:48.42; 3, Sergey Jung (URS) 3:49.03.

4x100: 1, USA (King, Gault, Smith, Lewis) 37.86; 2, Italy (Tili, Simonato, Paoletti, Mennea) 38.37; 3, URS (Prokofyev, Sidorov, Muraviev, Bryzgin) 38.41. **SP2:** 5, GBR (ANSLEY BENNETT, DONOVAN REDD, MIKE McFARLANE, GREN McMASTER) 39.39.

4x400: 1, URS (Luvachev 45.23, Troshchik 44.85, Chernetsov 45.65, Markin 45.06) 3:00.79; 2, FRG (Skammler 46.42, Vahinger 44.73, Schmid 45.76, H Weber 44.92) 3:01.83; 3, GBR (ANSLEY BENNETT 45.74, GARRY COOK 45.12, TODD BENNETT 46.46, PHIL BROWN 45.21) 3:03.53.

SP: 1, Helena Fibingerova (TCH) 21.05; 2, Marina Khochetova (GDR) 20.70; 3, Tonia Slupianek (GDR) 20.56; 10, VENISSA HEAD 18.05; 12, JUDY DAKES 17.52.

DT: 1, Martina Opitz (GDR) 68.94; 2, Galina Murashova (URS) 67.44; 3, Maria Petkova (BUL) 66.44; 8, NEB PITCHIE 62.50. Non-qualifier: Venissa Head 53.78.

JT: 1, Tina Ulik (FIN) 70.82; 2, FATIMA WHITEHEAD 69.14; 3, Anna Verouli (GRE) 65.72; 4, TESSA SANDERSON 64.76.

HEP: 1, Ramona Neubert (GDR) 6714; 2, Sabine Pätz (GDR) 6602; 3, Anke Vater (GDR) 6582. **JUDY DAKES** def.

4x100: 1, GDR (Dietrich, Koch,

2, Merlene Ottey (JAM) 22.19; 3, KATHY COOK 22.37. **SP2:** 5, JOAN BAPTISTE 23.24. **Rd1.H4:** 5, SANDRA WHITTAKER 23.63.

400: 1, Jarmila Kratochvilova (TCH) 47.99; 2, Tatiana Kozembova (TCH) 48.59; 3, Maria Pinigina (URS) 49.19. **SP2:** 6, MICHELLE SCUTT 51.88.

800: 1, Jarmila Kratochvilova (TCH) 1:54.68; 2, Lyubov Gurina (URS) 1:56.11; 3, Yekaterina Podkopayeva (URS) 1:57.58.

1,500: 1, Mary Decker (USA) 4:00.90; 2, Zhenia Zaitseva (URS) 4:01.10; 3, Yekaterina Podkopayeva (URS) 4:02.25; 5, WENDY SLY 4:04.14; 9, CHRIS BOXER 4:06.74.

3,000: 1, Mary Decker (USA) 8:34.62; 2, Brigitte Kraus (FRG) 8:35.11; 3, Tatyana Kazankina (URS) 8:35.13; 5, WENDY SLY 8:37.06; 7, JANE FURNESS 8:45.69; 13, CHRIS BENNING 8:58.01.

MAR: 1, Grete Waitz (NOR) 2:28.09; 2, Marianne Dickerson (USA) 2:31.09; 3, Raisa Smekhnova (URS) 2:31.13; 9, JOYCE SMITH 2:34.27; 22, KATH BRINS 2:42.12. GLYNIS PENNY def.

100M(+2.40): 1, Bettine Jahn (GDR) 12.35; 2, Kerstin Knabe (GDR) 12.42; 3, Galina Zagorchnova (BUL) 12.62; 5, SHIRLEY STRONG 12.78. **SP2:** 7, JUDY UVERMORE 13.30. **Rd2.H2:** 5, LORNA BOOTHIE 13.29.

400M: 1, Yekaterina Resenko (URS) 54.14; 2, Anna Ambrosio (URS) 54.15; 3, Ellen Fiedler (GDR) 54.55; 7, SUE MORLEY 55.04. **H3:** 6, VERONA ELDER 58.74. **H4:** GLADYS TAYLOR 58.25.

H5: 1, Tamara Bykova (URS) 2:01; 2, Ulrike Meyfart (FRG) 1:59; 3, Louise Ritter (USA) 1:55. Non-qualifier: GILLIAN CURRY 1:54.

LJ: 1, Heike Dautz (GDR) 7.27w; 2, Anisara Cusma (ROM) 7.15w; 3, Carol Lewis (USA) 7.04w; 5, BEV KINCH 6.93W.

SP: 1, Helena Fibingerova (TCH) 21.05; 2, Marina Khochetova (GDR) 20.70; 3, Tonia Slupianek (GDR) 20.56; 10, VENISSA HEAD 18.05; 12, JUDY DAKES 17.52.

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JT: 1, Tina Ulik (FIN) 70.82; 2, FATIMA WHITEHEAD 69.14; 3, Anna Verouli (GRE) 65.72; 4, TESSA SANDERSON 64.76.

HEP: 1, Ramona Neubert (GDR) 6714; 2, Sabine Pätz (GDR) 6602; 3, Anke Vater (GDR) 6582. **JUDY UVERMORE** def.

4x100: 1, GDR (Dietrich, Koch,

Averswald, Gohr) 41.70; 2, GBR (JOAN BAPTISTE, KATHY COOK, BEV CALLENDER, SHIRLEY THOMAS) 42.71; 3, Jamaica (Hodges, Pusey, Outbert, Ottey) 42.73. **4x400:** 1, GDR (Waltter 50.95, Busch 49.45, Koch 48.55, Rubsam 50.78) 3:19.73; 2, Czechoslovakia (Kozembova 48.93, Maravkova 52.13, Matyskovicova 51.51, Kratochvilova 47.75) 3:20.32; 3, URS (Koban 51.15, Ivanova 49.84, Baskakova 50.36, Pinigina 49.79) 3:21.16.

1987, ROME MEN

100(+0.95): 1, Carl Lewis (USA) 9.93; 2, Ray Stewart (JAM) 10.08; 3, UNFORD CHRISTIE 10.14. **SP2:** 7, MIKE McFARLANE 10.38. ALLAN WELLS scr.

*Time taken away from Ben Johnson who won in 9.83 after he admitted using drugs 200(+0.49): 1, Calvin Smith (USA) 20.16; 2, Gilles Quenette (FRA) 20.16; 3, JOHN REGIS 20.18. **Rd1.H1:** UNFORD CHRISTIE scr.

400: 1, Thomas Schonlebe (GDR) 44.33; 2, Innocent Egbunike (NGR) 44.58; 3, Reddy Reynolds (USA) 44.80; 5, DEREK HADWY 45.06. **H2:** 5, TODD BENNETT 46.58. **H3:** 4, PHIL BROWN 46.08.

800: 1, Billy Konchellah (KEN) 1:43.08; 2, PETER ELLIOTT 1:43.41; 3, Jose Luis Barbosa 1:43.76; 8, TOM McKEAN 1:49.21. **H4:** 4, TONY MORRELL 1:46.25.

1,500: 1, Axel Bile (SOM) 3:38.80; 2, Jose Luis Gonzalez (ESP) 3:38.95; 3, Jim Spivey (USA) 3:38.82; 8, STEVE CRAM 3:41.19. **SP2:** 9, STEVE CRABO 3:42.12. **H3:** 8, ADRIAN PASSEY 3:41.44.

5,000: 1, Said Aouita (MAR) 13:26.44; 2, Dom Cebco (POR) 13:27.59; 3, JACK BUCKNER 13:27.74; 7, TIM HUTCHINGS 13:30.01; 10, STEVE OVERT 13:33.49.

10,000: 1, Paul Kipkoech (KEN) 27:36.63; 2, Francesco Panetta (ITA) 27:48.96; 3, Hanejng Kunze (GDR) 27:50.37; 5, STEVE BRUNS 28:03.08; 15, JON SOLL 28:03.97.

MAR: 1, Douglas Wakarusa (KEN) 2:11.48; 2, Ahmed Saïd (GDR) 2:12.33; 3, Gelindo Bordin (ITA) 2:12.42; 5, HUGH JONES 2:12.54. GEDD SMITH def.

3,000SC: 1, Francesco Panetta (ITA) 8:08.57; 2, Hagen Melzer (GDR) 8:10.32; 3, William Van Dijk (BEL) 8:12.18; 14, ROGER HADWY 8:48.86. **H1:** 5, EDDIE WEDDERBURN 8:24.09. **H2:** 9, COLIN REITZ 8:40.55.

110H(+0.80): 1, Greg Foster (USA) 13.21;

2, JON RIDGEON 13.29; 3, COLIN JACKSON 13.38. **SP2:** 6, NIGEL WALKER 13.68. **400H:** 1, Edwin Moses (USA) 47.48; 2, Danny Harris (USA) 47.48; 3, Harald Schmid (FRG) 47.48; 7, KRIS AKABUSI 48.74. **SP1:** 8, MAX ROBERTSON 49.90. **H1:** 5, MARTIN GLEUNGHAM 50.84.

H2: 1, Patrick Sjoberg (SWE) 2:38; 2, Igor Palkin (URS) 2:38; 3, Gennadiy Avdeyenko (URS) 2:38; 10eq, GEOFF PARSONS 2:25.

PV: 1, Sergey Bubka (URS) 5.95; 2, Thierry Vigneron (FRA) 5.80; 3, Rodion Gataulin (URS) 5.60.

LJ: 1, Carl Lewis (USA) 8.67; 2, Robert Emmien (URS) 8.53; 3, Lary Myricks (USA) 8.33.

*Giovanni Evangelisti originally third, but medal awarded to Myricks after irregularities by officials.

TJ: 1, Khester Marikov (BUL) 17.92; 2, Mike Conley (USA) 17.67; 3, Oleg Sakkin (URS) 17.43.

SP: 1, Werner Günthor (SUI) 22.23; 2, Alessandro Andrei (ITA) 21.88; 3, John Emmer (USA) 21.75.

DT: 1, Jürgen Schult (GDR) 68.74; 2, John Powell (USA) 68.22; 3, Luis Delis (CUB) 66.02.

HT: 1, Sergey Litvinov (URS) 83.08; 2, Juri Tamm (URS) 80.84; 3, Rafi Haber (GDR) 80.78. Non-qualifier: DAVID SMITH 68.56.

JT: 1, Seppo Ruty (FIN) 83.54; 2, Viktor Yevsyukov (URS) 82.52; 3, Jan Zelensky (TCH) 82.20; 7, MIKE HILL 79.66; 9, DAVID OTTLEY 77.84. Non-qualifier: RONALD BRADSTOCK 75.85.

DEC: 1, Torsten Voss (GDR) 8660; 2, Sigi Wenz (FRG) 8461; 3, Pavel Tamovetsky (URS) 8461; 9, DALEY THOMPSON 8124.

20KM: 1, M Damilano (ITA) 1:20.45; 2, Josef Pribilinec (TCH) 1:21.07; 3, Jose Marin (ESP) 1:21.24; 9, IAN McDONALD 1:23.51; 34, CHRIS MADDOCKS 1:32.36.

50KM: 1, Hanejng Gauder (GDR) 3:40.53; 2, Ronald Weiger (GDR) 3:41.30; 3, Vyacheslav Kanenkov (URS) 3:44.02; 19, PAUL BLADG 3:59.55.

4x100: 1, USA (McRae, Mofell, Glance, Lewis) 37.90; 2, USSR (Feygenyer, Bryzgin, Muraviev, Knyaz) 38.02; 3, Jamaica 38.41. GBR (LINCOLN ASQUITH, JOHN REGIS, MIKE McFARLANE, CLAREACE CALLENDER) dsq.

4x400: 1, USA (Evrett 45.1, Haley 44.0, McKay 44.20, Reynolds 44.00) 2:57.29; 2, GBR (DEREK REDMOND 45.2, KRIS AKABUSI 44.5, ROGER BLACK 44.51, PHIL



Yolanda Chen - could break the world record

has her 15/17 stride pattern down perfectly, it's possible that Gunnell can shave 0.1sec off Maria Stepanova's time of 52.94 at Tashkent on 17 Sep 1986.

If Gunnell can land off the fifth hurdle in 23.2sec, she needs all of 29.6sec to cover the remaining 220m, and five barriers, to arrive at the finish line in 52.8. It's feasible, given Gunnell's proven strength, speed and determination.

Among the men, Sergey Bubka's outdoor world polevault record of 6.13 (Tokyo, 19th September 1992) looks most vulnerable — to Bubka himself.

The amazing Ukrainian combines 10.4 speed with excellent gymnastic ability and is one of the few men around who can handle a 5.50m pole. Bubka raised the indoor record to 6.15 during the winter, and it's possible that he can take the outdoor mark to that level.

But Bubka, a family man who vaults for a living, understandably appreciates lucrative bonus payments for breaking the record on the GP circuit — and these will not be forthcoming at

the World Championships.

On the other hand, fierce rivals Rodion Gataullin (6.00 this year), Jean Galfione (5.93) and Olympic champion Maksim Tarasov (5.90) may force him to go to new heights simply in order to win.

American sprinters have made a habit of breaking the world 4x100 record at recent major championships. Currently the mark stands at 37.40 from the Olympics at Barcelona on 8th August 1992. It's an outstanding time, but not an unreachable mark for America's finest.

USA/SMTC quartets still use the old fashioned down-sweep pass method, but their exchanges are fluid and consistent. American teams have clocked nine of the ten fastest times ever run, and Carl Lewis has anchored on seven of them! Chased hard by British, French and Jamaicans teams, it's feasible that yet another American speed machine can get the stick around Nekkard Stadium's 400m oval a few hundredths inside their own standard of 37.40.

"Gunnell has been setting personal bests at all flat distances just recently, and only needs to carry this pace over to the barriers to dip below 53secs"

BROWN 44.34; 2:58.86; 3. CUBA (Penshke 45.2, Pava 45.2, Martinez 44.90, Hernandez 43.88) 2:59.16

WOMEN

100(-0.56): 1. Silke Gladisch (GDR) 10.90; 2. Heike Drechsler 11.00; 3. Marlene Otter 11.04; SP2: 8. PAULA DUNN 11.59; Rd2/H3: 7. SIMONE JACOBS 11.83
200(+1.18): 1. Silke Gladisch (GDR) 21.74; 2. Florence Griffiths (USA) 21.96; 3. Marlene Otter (JAM) 22.06
400: 1. Olga Bryagina (URS) 49.38; 2. Petra Muller (GDR) 49.94; 3. Kirsten Emmelmann (GDR) 50.20
800: 1. Signun Wodars (GDR) 1:56.28; 2. Christine Wachtel (GDR) 1:55.32; 3. Lyubov Gurina (URS) 1:55.36. SP1: 6. DANE EDWARDS 1:59.34
1,500: 1. Tatjana Samolenko (URS) 3:58.56; 2. Hildegard Komer (GDR) 3:58.87; 3. Doina Melinte (ROM) 3:59.27; 7. KRISTY WADE 4:01.41. H1: 7. YVONNE MURRAY 4:07.83

*Sandra Gasser (SUI) 3:59.06 finished third but disqualified for drug taking.
3,000: 1. Tatjana Samolenko (URS) 8:38.73; 2. Marica Pulica (ROM) 8:39.45; 3. Ulrike Bruns (GDR) 8:40.30; 7. YVONNE MURRAY 8:43.94; 8. WENDY SLY 8:45.85; 12. CHRIS BENNING 8:57.92

10,000: 1. Ingrid Kristiansen (NOR) 31:05.85; 2. Yelena Zhupiyeva (URS) 31:09.40; 3. Kathrin Ulrich (GDR) 31:11.34; 5. LIZ LYNCH 31:19.82; 9. ANGELA TOOBY 31:55.30. H1: 10. SUE CREHAN 33:54.99
MAR: 1. Rosa Mola (POR) 2:25.17; 2. Zoya Ivanova (URS) 2:32.38; 3. Jocelyne Villeton (FRA) 2:32.53; 11. ANGE PAIN 2:38.12; 17. PAULA FUDGE 2:42.42; 22. VERONIQUE MAROT 2:45.02

100M(-0.56): 1. Ginka Zagorcheva (BUL) 12.34; 2. Gloria Lieb (GDR) 12.44; 3. Cornelia Ochsenknecht (GDR) 12.46. SP1: 6. SALLY GUNNELL 13.06. H1: 5. WENDY JEAL 13.41. H2: 5. LESLEY-ANN SKEETE 13.40

400M: 1. Sabine Busch (GDR) 53.62; 2. Debbie Flintoff-King (AUS) 54.19; 3. Cornelia Ulrich (GDR) 54.31
H1: 1. Stefka Kostadinova (BUL) 2.09; 2. Tamara Bykova (URS) 2.04; 3. Susanne Beyer (GDR) 1.99
L1: 1. Jackie Joyner (USA) 7.36; 2. Yelena Belyavskaya (URS) 7.14; 3. Heike Drechsler (GDR) 7.13

SP: 1. Natalya Usakovskaya (URS) 21.24; 2. Kathrin Melnik (GDR) 21.21; 3. Ines Muller 20.76. Non-qualifier: JUDY OAKES 18.43
DT: 1. Martina Hellman (GDR) 71.62; 2. Diana Gansky (GDR) 70.12; 3. Tsvetanka Khristova (BUL) 66.82
JT: 1. FATIMA WHITBREAD 76.64; 2. P. Feike (GDR) 71.76; 3. B. Peters (FRG) 68.82; 4. TESSA SANDERSON 67.54
HEP: 1. J. Joyner (USA) 71.28; 2. L. Nikulina (URS) 65.64; 3. J. Frederick (USA) 65.02; 9. NIM HAGGER 61.67; 15. JOANNE MULLINER 58.42

10kmW: 1. Irina Strakhova (URS) 44:12; 2. Kerry Saaby (AUS) 44:23; 3. Yan Hong (PRC) 44:42; 13. LISA LANGFORD 46:23; 25. BEVERLEY ALLEN 48:50
4x100: 1. USA (Brown, Williams, Griffith, Marshall) 41.58; 2. GDR 41.95; 3. USSR 42.33; GB 7
4x400: 1. GDR (Neubauer, Emmelmann, Busch, Muller) 3:18.83; 2. URS (Yurchenko, O. Nazanova, Pinigina, Brughina) 3:19.50; 3. USA (Dixon, Howard, Brisco, Leatherwood) 3:21.04; GB 7

1991, TOKYO MEN

100 (1.2): 1. C. Lewis (USA) 9.86; 2. L. Burrell (USA) 9.88; 3. D. Mitchell (USA) 9.91; 4. UNFORD CHRISTIE 9.92; H1: 5. JASON LIVINGSTON 10.57; Rd2: 5. DARRIN BRATHWAITE 10.45

200(-3.4): 1. M. Johnson (USA) 20.01; 2. F. Fredericks (NAM) 20.34; 3. A. Mahom (CAN) 20.49; SP1: 6. CHRISTIE 20.62; SP2: 5. JOHN REGIS 20.52; 6. MIKE ROSS-WESS 20.82

400: 1. A. Pettigrew (USA) 44.57; 2. ROGER BLACK 44.82; 3. D. Everett (USA) 44.83; SP1: DEREK REDMOND 45.67
800: 1. B. Korsholm (KEN) 1:43.99; 2. J. Barbosa (BRA) 1:44.24; 3. M. Everett (USA) 1:44.67; Rd1. H1: 3. TOM MCKEAN 1:47.38; H1: 5. STEVE HEARD 1:46.29; SP2: 8. BRIAN WHITTLE 1:54.14

1,500: 1. N. Morrell (AUS) 3:32.84; 2. W. Knoch (KEN) 3:34.84; 3. H. Fuhler (GER) 3:35.28; 10. MATT YATES 3:38.71; SP2: 7. STEVE CRAM 3:41.57
5,000: 1. Y. Onishi (KEN) 13:14.45; 2. F. Bayisa (ETH) 13:15.64; 3. B. Boutayeb (MAR) 13:22.70; 9. ROB DENMARK 13:36.24; 13. GARY STAINES 13:58.26
10,000: 1. M. Tanui (KEN) 27:38.74; 2. R. Chelimo (KEN) 27:39.41; 3. K. Skan (MAR)

27:41.74; 5. RICHARD NERURKAR 27:57.14; 15. EAMONN MARTIN 28:35.82; 16. ANDY BRISTOW 28:47.01
3,000SC: 1. M. Kiptanui (KEN) 8:12.59; 2. P. Sang (KEN) 8:13.44; 3. A. Brahm (ALG) 8:15.54; 11. TOM HANLON 8:41.14; SP2: 10. PETER MCCOLGAN 8:58.34

Marathon: 1. H. Taniguchi (JPN) 2:14.57; 2. A. Salih (DHI) 2:15.26; 3. S. Spence (USA) 2:15.36; 12. SAM CAREY 2:20.02; 20. DAVE BUZZA 2:23.24

110H: 1. G. Foster (USA) 13.06 (CBP); 2. J. Pierce (USA) 13.06 (CBP); 3. T. JARRETT (GBR) 13.25. SP1: COLIN JACKSON DNS; SP2: 8. DAVE NELSON 13.647
400H: 1. S. Matele (ZAM) 47.64; 2. W. Graham (JAM) 47.74 (nat rec); 3. K. AKABUSI (GBR) 47.88 (nat rec)
H1: 1. C. Austin (USA) 2.38 (CBP) (2.20 o, 2.24 o, 2.31 o, 2.34 o, 2.38 xo, 2.45 xo); 2. J. Sotomayor (CUB) (2.36 (2.24 o, 2.31 o, 2.36 o, 2.40 xo); 3. H. Conway (USA) 2.36 (2.20 o, 2.24 o, 2.31 xo, 2.36 xo, 2.38 xo); 4. DALTON GRANT 2.36; Q: STEVE SMITH 2.20; GEOFF PARSONS DNS

500: 1. S. Bubka (URS) 5.95 (CBP) (5.70 o, 5.90 x, 5.95 xo); 2. I. Bagula (HUN) 5.90 (5.40 o, 5.50 xo, 5.60 o, 5.70 o, 5.80 xo, 5.85 xo, 5.95 xo); 3. M. Tarasov (URS) 5.85 (5.50 o, 5.70 o, 5.80 o, 5.90 xo)

L1: 1. M. Powell (USA) 8.95 (world rec) (7.85, 8.54, 8.29, x, 8.95, xo); 2. C. Lewis (USA) 8.91w (8.68, x, 8.63w, 8.91w, 8.87, 8.84); 3. L. Nyicks (USA) 8.42 (x, 8.20, x, 8.41, 8.42, x)
T1: 1. K. Harrison (USA) 17.78 (x, 17.78, 17.41, 17.59, x, 17.53); 2. I. Veloschin (URS) 17.75 (x, 17.69, 17.75, 17.53, x, x); 3. M. Conley (USA) 17.62 (x, 17.62, x, 15.38, x, 17.61); Q: JOHN HERRERT 16.79

SP: 1. W. Gunthor (SUI) 21.87 (21.81, x, 20.58, 21.02, 21.47, 21.87); 2. G. Andersen (NOR) 20.81 (20.61, x, 20.81, 20.75, 20.74, x); 3. L. Nilsen (NOR) 20.75 (20.34, 20.19, 20.04, 20.84, 20.75, 20.45); 11. PAUL EDWARDS 18.91
DT: 1. L. Pledel (GER) 66.20 (66.20, 64.52, 65.78, x, 65.82, x); 2. E. De Bruin (HOL) 65.82 (x, 62.58, x, 64.40, 63.10, 65.82); 3. A. Horath (HUN) 65.32 (64.35, 64.38, 64.58, 63.72, 65.20, 65.32)

HT: 1. Y. Sedky (URS) 81.70 (81.38, 81.70, 81.06, 80.26, 79.28, 79.94); 2. I. Astapovich (URS) 80.94 (77.52, 79.56, x, 79.70, 80.94, 80.90); 3. H. Weis (GER) 80.44 (78.02, 77.70, 76.80, 79.14,

79.60, 80.44); Q: PAUL HEAD 68.52
JT: 1. K. Kinnick (JPN) 80.82 (CBP) (80.82, x, 82.12, 82.74, x); 2. S. Raly (FIN) 88.12 (81.04, 81.22, 84.14, x, x, 88.12); 3. V. Sasimovich (URS) 87.08 (nat rec) (x, 87.08, x, x, x, x); 5. MICK HILL 84.12; Q: STEVE BACKLEY 78.24; COLIN MACKENZIE 75.12
DEC: 1. D. O'Brien (USA) 8.812; 2. M. Smith (CAN) 8.549; 3. C. Sherk (GER) 8.394
20kmW: 1. M. Damilano (ITA) 1:19.37 (CBP); 2. M. Shchennikov (URS) 1:19.46; 3. Y. Misula (URS) 1:20.22...27. IAN McCOMBIE 1:25.30

50kmW: 1. A. Poroshov (URS) 3:53.09; 2. A. Perlov (URS) 3:53.09; 3. H. Gauder (GER) 3:55.14; 20. LES MORTON 4:09.18; 22. PAUL BLAGG 4:35.22; 24. CHRIS MADDOCKS 4:39.15

4x100: 1. USA 37.50 (world rec); 2. France 37.87; 3. GREAT BRITAIN 38.09
4x400: 1. GREAT BRITAIN 2:57.53 (nat rec); 2. USA 2:57.57; 3. Jamaica 3:00.10

WOMEN

100: 1. K. Kraske (GRE) 10.99; 2. G. Torrence (USA) 11.03; 3. M. Otter (JAM) 11.06. Rd2: H1: 5. PAULA THOMAS 11.51; H2: 6. STEPHANIE DOUGLAS 11.58; H1: 5. BEV KINCH 11.45

200(-2.4): 1. K. Kraske (GER) 22.08; 2. G. Torrence (USA) 22.16; 3. M. Otter (JAM) 22.21; Rd2: H1: JENNI STOUTE DNS; H2: 5. SIMONE JACOBS 23.37

400: 1. J. M. Perez (FRA) 49.13 (nat rec); 2. G. Breuer (GER) 49.42 (world jun rec); 3. S. MYERS (ESP) 49.78. SP1: 5. LORRAINE HANSON 50.93; SP2: LINDA KEOUGH 50.98

800: 1. L. Narudina (URS) 1:57.50; 2. A. Quirio (CUB) 1:57.55; 3. E. Kovacs (ROM) 1:57.68; 7. ANN WILLIAMS 2:01.01; Rd1: 7. PAULA FRYER 2:04.64; SP2: 7. LORRAINE BAKER 2:01.32

1,500: 1. H. Boumerka (ALG) 4:02.21; 2. T. Dorosvikh (URS) 4:02.58; 3. L. Rogacheva (URS) 4:02.72; 6. KRISTY WADE 4:05.16; SP2: 5. CHRIS CAHILL 4:09.01

3,000: 1. T. Dorosvikh (URS) 8:35.82; 2. Y. Romanova (URS) 8:36.06; 3. S. Sima (KEN) 8:39.41 (nat rec); 10. YVONNE MURRAY 8:44.52; 11. ALISON WYETH 8:44.73
10,000: 1. LIZ MCCOLGAN 31:14.31; 2. H. Zhong (CHN) 31:35.06; 3. X. Wang (CHN) 31:35.99; 9. JILL HUNTER 32:24.55

100M: 1. L. Narozhniko (URS) 12.59; 2. G. Denvers-Roberts (USA) 12.63; 3. N

Griyova (URS) 12.69 Rd1. H1: 4. LESLEY-ANN SKEETE 13.33; H1: MICHELLE EDWARDS 13.50; SP1: 7. KAY MORLEY-BROWN 13.24

400H: 1. T. Ledovskaya (URS) 53.11 (CBP); 2. S. SALLY GUNNELL (GBR) 53.16 (nat rec); 3. J. Vickers (USA) 53.47

Marathon: 1. W. Parfitt (POL) 2:29.53; 2. S. Yamashta (JPN) 2:29.57; 3. K. Dore (GER) 2:30.10; 10. SALLY ELLIS 2:35.09; 11. SALLY EASTALL 2:36.15

H1: 1. H. Henkel (GER) 2.05 (nat rec) (1.87 o, 1.93 o, 1.98 o, 2.00 o, 2.02 o, 2.05 o, 2.07 xo); 2. Y. Yelkova (URS) 1.96 (1.84 o, 1.87 o, 1.90 o, 1.93 o, 1.96 o, 1.98 xo); Q: DEBBIE MARTI 1.88

L1: 1. J. Joyner-Kersey (USA) 7.32 (7.32, x, x, x, 7.11); 2. H. Drechsler (GER) 7.29 (7.09, 7.18, 7.29, 6.99, 7.06, 6.94); 3. L. Berezhnoys (URS) 7.11 (7.11, 6.92, x, 6.86, 6.91, 6.91)

SP: 1. Z. Huang (CHN) 20.83 (20.64, 20.83, 20.51, x, x, 20.43); 2. N. Usakovskaya (URS) 20.29 (20.15, x, 19.95, x, 20.29); 3. S. Khiviyeva (URS) 20.18 (19.8, 19.77, 20.16, 19.31, 19.91, 19.74); Q: JUDY OAKES 17.81; MYRTLE ALGEE 17.80

DT: 1. T. Khristova (BUL) 71.02 (62.18, 64.20, 62.82, x, 66.96, 71.02); 2. I. Wyludde 69.12 (67.10, 68.78, 66.34, 69.00, 69.12, x); 3. L. Nikhalchenko (URS) 68.26 (66.20, 67.30, 67.46, 67.12, 67.96, 68.26); Q: JACKIE MCKERRIAN 55.64

JT: 1. D. Xu (CHN) 68.78 (68.78, 62.98, x, 61.88, x, 59.12); 2. P. Meier (GER) 68.68 (67.10, 68.68, 63.38, 65.20, 64.50, x); 3. S. Renk (GER) 63.02 (63.02, 62.64, 65.64, 65.82, 66.80, 65.26); Q: SHARON GIBSON 56.64

10kmW: 1. A. Ivanova (URS) 42:57; 2. M. Swenson (SEW) 43:13; 3. S. Essayah (FIN) 43:13...20. BETTY SWOROSKI 45:59; 38. HELEN ELLERKER 48:46; 39. JULIE DRAKE 49:47

Hep: 1. S. Brown (GER) 6:67.72; 2. L. Nastaste (ROM) 6:49.3; 3. I. Byelova (URS) 6:44.8; 16. CLOVA COURT 6:02.2

4x100: 1. Jamaica 41.94 (nat rec); 2. USSR 42.20; 3. Germany 42.33; SP1: 6. GREAT BRITAIN 43.43
4x400: 1. USSR 3:18.43 (CBP); 2. USA 3:20.15; 3. Germany 3:21.25; 4. GREAT BRITAIN

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EXCLUSIVE: THE TRAINING SECRETS OF STEVE SMITH – P.36

Athletics Weekly

Wednesday
18th August
1993

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STUTTGART '93

PART 1

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STANDARDS COME UNDER THE HAMMER

Expert field event analysis by
National Coach, Max Jones

HAMMER THROW

THE Olympic champion, Andrey Abduvaliyev, lived up to the favourite's mantle, winning the title with his fourth round effort in a repeat of the Barcelona final.

Only fifth in 1991, the former European Junior champion who is coached by 1972 Olympic champ Anatoliy Bondarchuk, also launched out the hammer to a winning mark in the sixth round just to confirm his superiority.

"I'm totally satisfied with everything," Abduvaliyev concluded. "My best throw was my furthest one from a technical point of view.

"I should have thrown around 83m," Igor Astapovich, the silver medalist, countered. "But I'm feeling the pressure of the past few seasons. I definitely need a psychological rest."

Abduvaliyev needed no second invitation. "My coach, who is now coaching in Portugal, told me, 'You know what to do.'"

He did.

● Andrey Skvayuk had three invalid throws. His second throw was without fault, but declared void because he was two seconds too slow. He took 92 rather than the decreed 90sec to make his attempt.

● With only one man over 80m, one has to go back to Montreal (1972) to find a lower standard in major championships. One thing was for certain: the stadium record set by Yuri Sedykh at the European Championships in 1986 was never in danger and perhaps never will be. 86.74 seems a world away.

1, A Abduvaliyev (TJK) 81.64 (Asian Rec) (78.08, x, 78.02, 81.64, x, 80.56); 2, I Astapovich (BLS) (77.54, x, x, 79.88, 79.48, 79.16) 79.88; 3, T Gecsek (HUN) 79.54 (73.34, x, 76.80, 79.54, 73.84, x); 4, S Alay (BLS) 79.02; 5, V Sidorenko (RUS) 78.86; 6, A Seleznyov (RUS) 78.58; 7, S Litvinov (RUS) 78.56; 8, C Epalle

(FRA) 76.22; 9, L Deal (USA) 76.20; 10, R Piolanti (FRA) 75.88; 11, V Kolesnik (UKR) 73.08; A Skvayuk (UKR) NM

QUALIFYING

TWO factors appeared to be in play for in qualifying.

1, The daunting 76.50 qualifying line.

2, The absence of German throwers — which is rather like the Kenyans not turning up for the distance events.

In the first pool only two throwers exceeded the automatic qualifying distance of 76.50, while three more exceeded 75m.

Interestingly five of the top six were from the old Soviet Union and all but two of the pool used four turns on the slow, rough surface circle.

Paul Head, hampered by a back injury did not progress.

"I'm hopefully going to get some training done in Stanford, California next winter," he revealed. "Something has to be done about the lack of opportunities for our throwers."

In the second pool seven athletes from the former Soviet Union advanced, while the once powerful Germans managed only one man over 71m.

Qualifying (76.50 or first 12)

Pool A: 1, A Abduvaliyev (TJK) 77.22; 2, A Seleznyov (RUS) 77.12; 3, A Skvayuk (UKR) 75.54; 4, R Piolanti (FRA) 75.34; 5, S Alay (BLS) 75.34; 6, V Sidorenko (RUS) 74.40; 7, P Sedlacek (TCH) 73.90; 8, T Gustafsson (SWE) 71.88; 9, K Kobs (GER) 71.82; 10, S Saritzoglou (GRE) 71.76; 11, J Lindner (AUT) 71.46; 12, J Driscoll (USA) 69.40; 13, PAUL HEAD 68.88 (68.88, 68.08, 67.34); 14, J Wong (SIN) 49.14

Pool B: 1, S Litvinov (RUS) 77.96; 2, T Gecsek (HUN) 77.82; 3, L Deal (USA) 77.14; 4, I Astapovich (BLS) 76.82; 5, C Epalle (FRA) 74.74; 6, V Kolesnik (UKR) 74.36; 7, W Ciofani (FRA) 73.36; 8, A Sanchez (CUB) 71.00; 9, M Wahlmann (FIN) 69.62; 10, A Charadia (ARG) 68.48; 11, I Shaverdsashvili (GEO) 68.26; 12, G Guzman (MEX) 67.30; 13, H Toumi (ALG) 66.16; 14, E Sgrulletti (ITA) 63.58

Abduvaliyev powers his way to another fine throw en-route to gold



RESULT

- 1 A Abduvaliyev (TJK) 81.64 (Asian Rec) (78.08, x, 78.02, 81.64, x, 80.56)
 - 2 I Astapkovich (BLS) (77.54, x, x, 79.88, 79.48, 79.16) 79.88
 - 3 T Gecsek (HUN) 79.54 (73.34, x, 76.80, 79.54, 73.84, x)
 - 4 S Alay (BLS) 79.02
 - 5 V Sidorenko (RUS) 78.86
 - 6 A Seleznyov (RUS) 78.58
 - 7 S Litvinov (RUS) 78.56; 8, C Epalle (FRA) 76.22
- World Record:** 86.74 Yuri Sedykh (RUS) 1986
UK Record: 77.54 Martin Girvan 1984



**COLTS
RANKINGS**
See page 54

NATIONAL WOMEN'S LEAGUE FINAL TABLES - P.22

Athletics Weekly

Wednesday
22nd September
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SEQUENCE

1. The right handed thrower starts with the hammer head just off the right foot
2. The hammer passes behind the head in the first swing ...
3. and remains low in front at the start of the second swing
4. Note the elbow positions at the high point of the second swing ...
5. and the low entry to the turns
6. The thrower goes into the turns with the hammer keeping weight over the left foot
7. The first part of the turn is made on the left heel and right toe together
8. The first turn is completed when the right foot lands back where it started
- 9/16. Throw the two subsequent turns the thrower must stay over the left foot (10); (12); (14) as the hammer head rises, and move the hips ahead of it through the high point (11) & (14) as it descends. Pull down and finish high to deliver (14) to (16).

SHOT AND SPINDLE

In association with Post Office counters, Athletics Weekly outlines the technique of hammer throwing with expert analysis from National Coach Carl Johnson



HAMMER is now an accepted event for women as well as men. It is a rhythm event, of Anglo/Irish/American origin, in which the thrower must

blend his movements with those of the missile in order to achieve optimum results.

The missile is a shot with a special spindle inserted into it, onto which a handle is

attached by a 980mm long sprung steel wire.

The event attracts great interest, but because of its technical complexity is not well understood. It is thus restricted in its teaching and coaching.

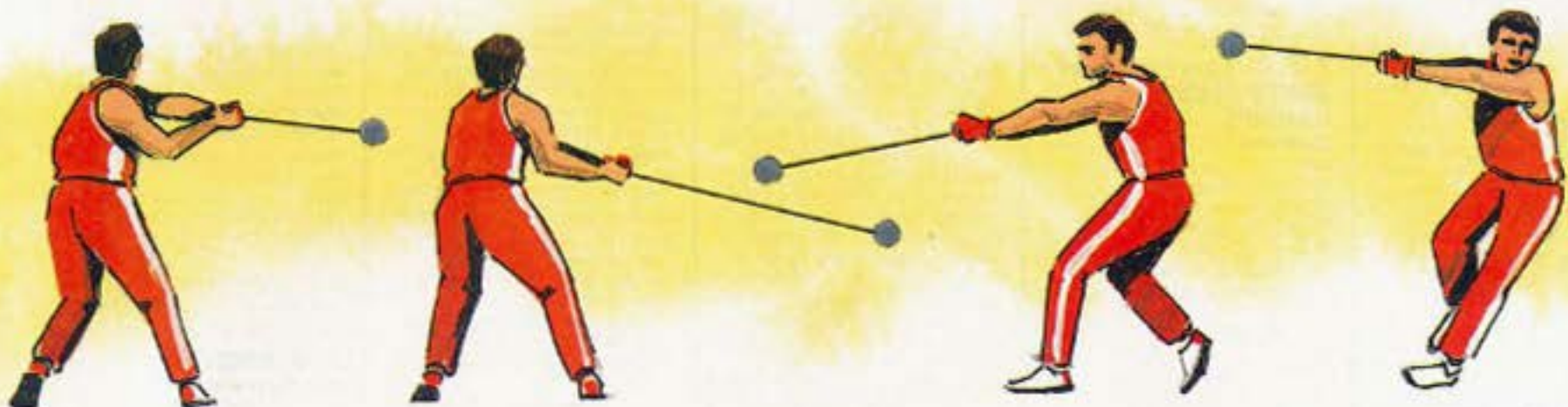
The world record of 86.74m was set by Yuriy Sedykh (USSR) in 1986. The British record of 77.54m was set by Martin Girvan in 1984. Our current top protagonists are Paul Head and Jason Byrne.

Ninety-metre hammer throwing is predicted.

BRITISH BESTS

MEN		
Senior	Martin Girvan	77.54
Under-20 (6.25kg)	Jason Byrne	74.92
Under-20 (7.26kg)	Paul Head	67.48
WOMEN		
Senior	Esther Augée	56.76
Under-20	Diana Holden	52.62





World Champion Andrey Abduvaliyev

TECHNIQUE

THE GRIP

A RIGHT handed thrower cups the handle in his/her gloved left hand, and closes the right over it.



THE SWINGS

THE thrower starts at the back of the circle, facing away from the landing area.

The hammer is set in motion by swinging it around the head (usually twice) with feet fixed.

FOOTWORK THROUGH THE TURNS

MASTERY of correct footwork provides the tricky barrier to the event for the beginner.

The footwork begins as the hammer passes in front of the body after the final swing.

Insert one shows how both feet pivot with the hammer – left foot on the heel, and right foot on the toe. when the left foot is pointing towards the landing area (having travelled through 180 degrees) weight is transferred to the toe.

The turn is then completed on the toe – the right leg being lifted from the ground and moving around the left, with the thrower's body, to ground in the same relationship to the left as when the turn started.

Insert two shows how three successive turns are built, each one blending into the next without pause. Some top throwers use four turns.

MOBILITY

MOBILITY must have a high priority for hammer throwers.

Special attention needs to be given to spinal torsion, forwards horizontal extension of both arms, and rotation at ankle joint.

STRENGTH

HAMMER throwers do not need to be big, but they do need to be strong.

Massive leg and back strength are the hallmarks of the good hammer thrower. This is derived from work with barbells, concentrating upon squatting, pulling and rowing exercises, and eventually using loads

close to maximum.

Special bounding and weight throwing exercises are used to meld power into basic strength.

FITNESS

CARDIO-vascular fitness, or lack of it, has an indirect effect upon competition performance.

It has a great effect upon the quantity and quality of effective training. Good competitive performances are the product of that training.

Endurance needs to be improved. Avoid running to achieve this if you have knee or back problems.

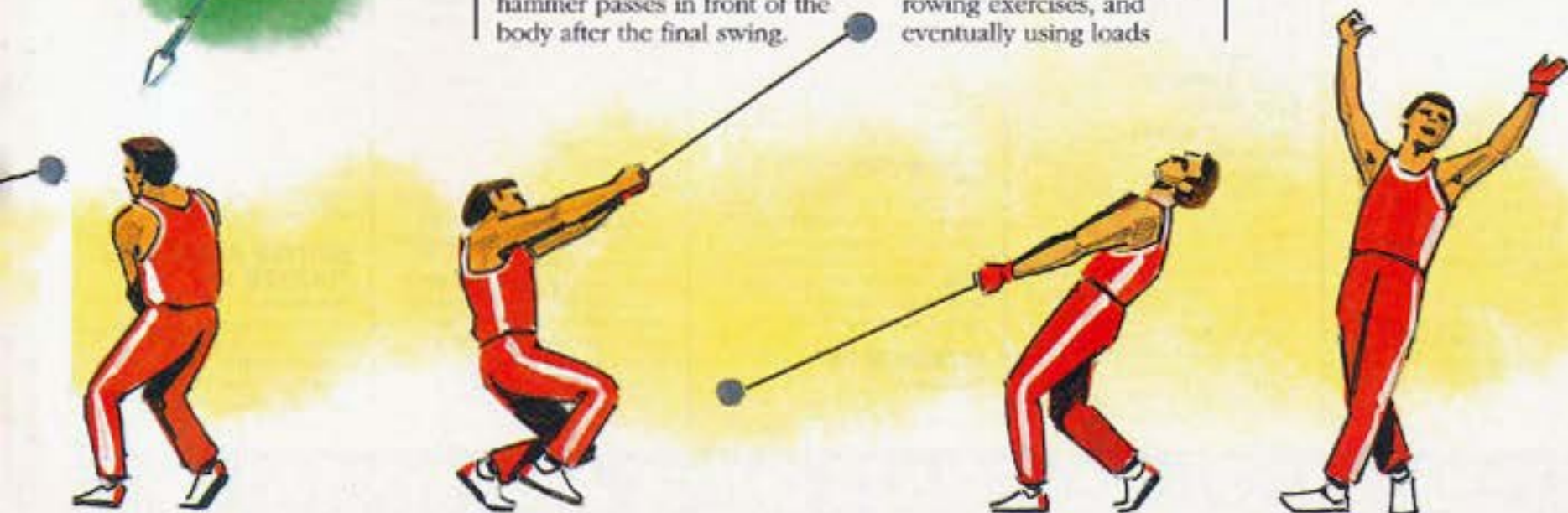
IN THE CIRCLE

SWING so that the low point of the circle made by the hammer is either in between the feet, or just off the right toe.

Let the hammer pull the arms out as it passes in front. Press weight and hips to the left as you enter the turns with the hammer.

Seek early ground contact with the right foot, ahead of the hammer, at the end of each turn.

Always let arms and shoulders stretch towards the hammer. Never pull them in towards the body.



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MIDDLE DISTANCE: STATISTICS SHOW DEPTH OF DECLINE – P.16

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PLUS:

*Women's U20 rankings
Indoor fixture guide
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B RITAIN'S women could well occupy four of the top places in the hammer at the Commonwealth Games next year, according to top statistician Ian Hodge.

He said: "The event has been going very well in the UK and it has progressed very well - and there's lots of girls doing it."

But Hodge believes that if the event was to start in major competitions it would attract better throwers and knock our girls from the top.

Hodge said: "In the late 80s the Soviet Union made big progressions in the women's hammer. Now few of them throw at world level and there is less coming through."

"But the UK can not be accused of missing the boat with the event being brought into the National league next year. I think it will be included in the 1997 world championships - but it is difficult to know."

But National Coach Alan Bertram says we will be ready for contenders - with Lorraine Shaw and Esther Augée.

A DODGY Metro is all that is between the UK hammer champion and the unofficial British record.

Lorraine Shaw lives in Gloucester and commutes for two and a half hours to train with West London Hammer School so she can shave off those extra centimetres - 20 to be exact.

But she explains: "My car is always breaking down. Alan Bertram, my coach, usually ends up following me to make sure I get home okay."

So why travel so far?

I used to throw the discus. "Hammer is my favourite event now. I've developed 11m this year."

"It's taken off the ground quite quickly," says Shaw.

It has now been included in the National league.

"The British Athletics Federation has held a lot of promotion competitions like our joint meetings with Hungary and Italy in Southampton and a England v

WOMEN HAMMER IT HOME

We know women throw the pans at hung-over husbands. But who's laughing now.

Helen Plummer has discovered we're great at hammer throwing



World's Best Junior Throw:

Debbie Sosimenko (Australia) 58.90m

World's Best Senior Throw:

Olga Kuzenkova (Russia) in 1992- 65.40m.

This Year's World's Best Throw:

Olga Kuzenkova (Russia) 64.64m.

Official World Records start as from January 1st.

Left: Gloucester AC's Lorraine Shaw is aiming for the top

the World select in Bedford. It has also appeared on Sky and other girls have seen the event," says Shaw.

And already other athletes are thinking of changing.

Shaw says: "Jackie McKernan said she wouldn't mind having a go."

"My sister is only 11-years-old and two other girls I coach have said they enjoy throwing it."

But does picking up a hammer spoil the femininity of a woman?

Shaw says: "This year I competed against the Ukrainians and they looked pretty feminine to me. The unofficial world record holder looks like a sprinter."

Coach Bertram is also National Men's Hammer Coach but he

says women take to the hammer better than men!

Bertram says: "Women always seem more natural and pick up the event more easily than men."

"We try to get athletes to turn on the hammer - not pull or drag."

"They seem to do this a great deal better than a man."

Having smaller feet is a great advantage.

Bertram says: "Lorraine's feet are size 8.5 which suggests to me that she could do four conventional turns. Her best throw is 55.14m and Esther Augée, Britain's No.1 is 56.76m."

"The smaller foot - the better. A man with size 11s it is physically impossible to do four conventional turns in a 7ft circle!"

Turning is one of the most technical parts when throwing.

"I do three turns. But my best throw was off two turn at the UK Champs. But I have recently progressed to three turns," says Shaw.

What you require from those turns, according to Bertram, is maximum speed on the hammer head when you deliver.

"The more turns you do - the better. But provided they are done efficiently and within that seven foot circle. So three or four turns is the optimum number."

"The ex-Soviet Union usually do that many. The more turns you do the better, provided they are done efficiently and within that 7ft circle. The men's world record of 86.74m is by Russian Yuri Sedykh, off three turns."

Now Shaw has started her hammer winter training and will be targeting the British and Commonwealth record.

Shaw says: "Mick Jones, from West London Hammer School, is getting my weight training programme ready. I will now be doing three 30 minute runs a week, with circuit training."

"Then in four weeks I will change to weight training, including snatches and power cleans, for a further seven weeks."

Next Week: National Women's Coach, Allan Staerck profiled.

WHO TO CONTACT

Interested? Then contact your nearest hammer school

- **West London Hammer School** - coach Alan Bertram. Tel: 081 892 0609
- **North West Hammer School (Cheshire)** - coach Kevin Hodden. Tel: 061 962 2296
- **Corby Throws School (Northants)** - coach Gordon Binley. Tel: (0536) 66961
- **South Wales Throws School** - coach Delath Davies. Tel: (0222) 563521
- **North East School of Hammer (Cleveland)** - coach Duncan Hugall. Tel: (0642) 482961 or Steve Towers 091 469 8622
- **Hammer 2000 (Stoke)** - coach Len Tomlinson. Tel: (0270) 841687
- **Junction 10 (Kingston/Guildford)** - coach Allan Staerck. Tel: (0483) 423732
- **The Great Ouse Hammer School (Bedford)** - coach Darren Kerr. Tel: (0234) 212023
- **Easter Region Hammer School (West Yorkshire)** - coach Mike Morley. Tel: (0924) 493340