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ATHENS 2004



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Hammer

Qualifying: Friday Aug 20, 9:15 (7:15 BST)
Final: Sunday Aug 22, 21:25 (19:15 BST)

★ Records

World: Yuriy Sedykh (URS)
86.74
Olympic: Sergey Litvinov
(URS) 84.80
British: Martin Garvan 72.54

★ Sydney 2000

1 S Zolowski (POL) 80.02;
2 N Vizorov (ITA) 79.64;
3 I Astapkovich (BLR) 79.17

★ History

BRITAIN'S sole Olympic medalist in the hammer is Malcolm Nokes, who took bronze in Paris 1924.

★ Did you know?

WHEN Yuriy Sedykh set a world record of 81.80m at the Moscow Games of 1980 it was a world record and surpassed the achievements of his coach, Anatoly Bondarchuk, who won the Olympic title in 1972. But Sedykh's victory was controversial, as one of his throws was shown to be a foul on television.

WILL the East Europeans retain their monopoly on this title or can Finland or maybe even Japan carry off the title?

Only twice since 1960 has the Olympic men's hammer title gone to an athlete from outside Eastern Europe.

World champion Ivan Tikhon spearheads a powerful triple challenge from Belarus and after throwing a world leading 83.79m to win his national championships he will take all the beating.

Aléxandros Papađimitriou will also enjoy huge support from his home crowd and is a definite big contender.

Stylish Japanese star Koji Murofushi, is unbeaten this year. His father Shigenobu is a multiple Japanese record-holder and his mother a former Romanian javelin thrower and his sister competes in the women's hammer. He won a world bronze in Paris last year when hotly tipped to win and will be looking for a better showing in Athens.

Tikhon's countryman Vadim Devyatovskiy, the former world junior silver medalist, has returned from a two-year drug suspension throwing a PB of 82.91m at his national championships and could also be one to watch.



Ivan Tikhon faces tough opposition in Athens

The third Belarus athlete, 41-year-old Igor Astapkovich, is seeking a third Olympic medal in his long and illustrious career. The world No.1 of 14 years ago won the Olympic silver medal in Barcelona in 1992 and four years ago won bronze in Sydney.

But perhaps the main danger to Tikhon comes from Hungary's Adrian Annus, who won the silver medal behind the Belarus athlete in Paris last year. The 31-year-old, who won the European title in 2002, has matured into a much better athlete in

recent times but he has a poor Olympic record having failed to qualify beyond the qualifying round at the last two Games.

The Finns have a strong reputation in the throws and former world junior champion Olli-Pekka Karjalainen could be the man to deliver. He threw a 83.30m personal best in Lahti last month.

Defending champion Sylwester Zolowski of Poland has struggled to recapture his best form in the past couple of seasons and he will do well to make the rostrum. **SL**

Javelin

Qualifying: Thursday Aug 26, 20:25 (18:25 BST)
Final: Saturday Aug 28, 20:40 (18:40 BST)

★ Records

World: Jan Zelezny (CZE)
98.48
Olympic: Zelezny 90.17
British: Steve Backley 91.46

★ Sydney 2000

1 J Zelezny (CZE) 90.17;
2 S Backley (GBR) 89.85;
3 S Makarov (RUS) 88.67

★ History

ARGUABLY the greatest Olympic javelin thrower of all time, world record-holder Jan Zelezny, has won every Olympic title since 1992 in Barcelona.

★ Did you know?

SERGEY MAKAROV'S father, Aleksandr, won a silver medal in Moscow in 1980, 20 years before his son would take bronze in Sydney. The young Sergey also won the world javelin title in Paris last year.

★ British interest

Steve Backley, Nick Haland

ONE of the most wide open events on the programme and a competition where who has achieved what so far this season might not be much of a guide.

Jan Zelezny, who will be bidding to win his fourth successive Olympic title, has been injured and his best throw this summer of 86.12m, in Ostrava in June, does not even put him among the top five in the world.

As he demonstrated in Sydney four years ago, when he beat Britain's Steve Backley, who had set an Olympic record of 89.85m, he has an amazing ability to respond if he needs to. But the Czech is considered very doubtful due to injury and may not compete.

The two Russian javelin throwers who have been selected, Alexandr Ivanov, who is the world leader with 87.73m, and world champion Sergey Makarov, are candidates that have the strength and the power to be good enough to win – but like Zelezny they have also been injured.

Backley believes he has one good throw left in him, which he has to deliver now because after the Olympics he will have retired.

What a fitting, and truly sensational, way



Jan Zelezny: can he win a fourth straight Olympic title?

it would be, to bow out from the sport by winning this title having finished second behind Zelezny in Atlanta in 1996 and then again in Sydney.

After Atlanta, Backley perhaps had a glimmer of hope that Zelezny might not be around as the Czech athlete talked about moving into baseball.

It never materialised and if he wins gold again, it would place him among the greatest of all Olympians.

But one throw can do it. It is why the

likes of American Breaux Greer, Germany's Boris Henry and Norwegian Andreas Thorkildsen, are all capable of finding their way onto the podium – and even to the top.

Who can forget the last time a major athletics event took place in Athens? South African Marius Corbett caused a major upset throwing 88.40m to win gold at the IAAF World Championships in 1997 with Backley second yet again in a major championship with 86.80m. **RL**

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Bidding cities visited

THE IAAF has completed its tour of the three cities bidding to host the 2009 World Championships. The evaluation committee visited Berlin, Split and Valencia earlier this month and will announce the winning city on December 4. Next year's World Championships are in Helsinki and the 2007 event in Osaka, Japan.

Cross country handbook

THE English Cross Country Association has published its handbook for 2004/5. This 44-page booklet is full of information about past national winners, rules, club contacts, duties of officials and lots of other information on cross country. It is available to readers of *Athletics Weekly* from Ian Byett, 22 Denham Drive, Basingstoke, Hants RG22 6LR for £2 including post. Please make cheques payable to English Cross Country Association.

Hurtis and Cloete pregnant

EUROPEAN 200m champion Muriel Hurtis and world high jump champion Hestrie Cloete are both pregnant with their first child.

Hurtis, 25, who was already pregnant when she won Olympic 4x100m bronze with France in Athens, is expecting in April. South African Cloete, 26, is due to give birth in the summer.

Montgomery case put back

THE appeals by American sprinters Tim Montgomery and Chryste Gaines against doping charges have been delayed until next summer.

The US Anti-Doping Agency has charged Montgomery, the world 100m record-holder, and Gaines with using performance-enhancing drugs. Montgomery and Gaines face lifetime bans if found guilty at their hearings by the Court of Arbitration in Lausanne on June 6 and July 10 respectively.

Noguchi heads rankings

JAPAN'S Mizuki Noguchi, who won the Olympic marathon, is No.1 in the IAAF world road running rankings. Kenya's Paul Kirui heads the men's rankings. Britain's Olympic fourth-placer Jon Brown is 40th.

Sanchez to compete indoors

OLYMPIC 400m hurdles champion Felix Sanchez is planning to contest a full indoor season for the first time since 2001.

The Dominican Republic athlete, who has a best of 46.68 indoors, has not competed on the boards since appearing at the Birmingham Grand Prix meeting in 2002.

Commonwealth marathon

SELECTION criteria for the 2006 Commonwealth Games marathon and race walks have been announced.

Athletes hoping to compete in the 26.2-mile event in Melbourne will have to fulfil the qualifying standard of 2:17 for men and 2:40 for women, which should be achieved after January 1 2005.

The highest placed finisher in the AVM marathon championship, being held within the London Marathon, will be recommended for selection if they have achieved the standard.

The race walking qualifying standards have also been issued. The men's 20km is 1:30 and 1:45 for women. The men's 50km the standard is 4:20.

Sedykh gives masterclass

● **THROWS:** Russian world record-holder gives advice to Scottish hammer throwers

SCOTTISH hammer throwers and their coaches enjoyed an invaluable four-day clinic with the men's world record holder Yuriy Sedykh, writes Chris Broadbent.

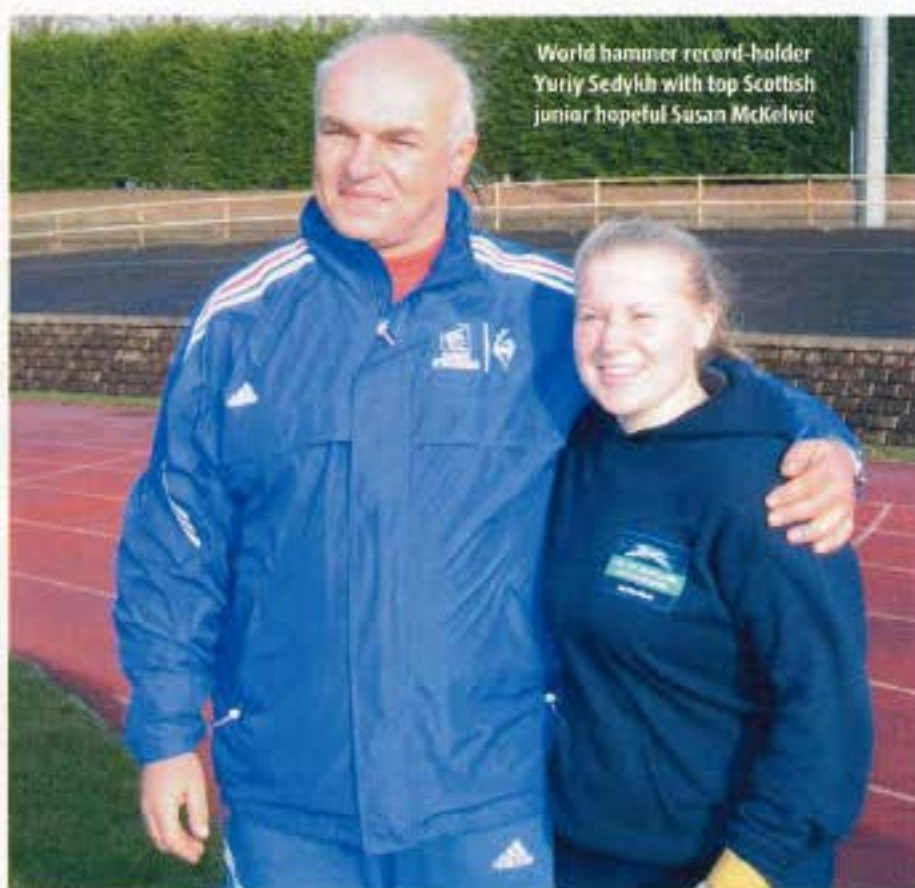
The 49-year-old Russian, who set the record of 86.74m in 1986, worked with 15 athletes of current and potential international standard at Grangemouth Stadium.

The Bank of Scotland-sponsored visit also gave the likes of British senior international Shirley Webb and AAA under-20 champion Susan McKelvie the opportunity to work on a one-to-one basis with the double Olympic champion from 1976 and 1980.

Webb, 23, made her Games debut in Athens and said she found working with Sedykh "inspirational". She explained: "Me and my coach Chris Black watch videos of Yuriy everyday, because he has the perfect technique and we try to emulate him."

"It was a bit weird at first, because I had him up on a pedestal in my mind. But he's just a normal human being like the rest of us, which makes you think that anyone can do it."

"His observations were very good and he has given me some new training drills to work on to help improve my footwork. He also taught me to throw a lot easier in training and to concentrate on making my



World hammer record-holder Yuriy Sedykh with top Scottish junior hopeful Susan McKelvie

throws beautiful rather than blasting them out there. I have a long winter ahead before the European Throws Challenge in March which gives me plenty of time to get things right for 2005."

Scottish junior record-holder McKelvie, who works under the wing of Alan Bertram, who coached Lorraine Shaw and Mick Jones to Commonwealth titles in 2002, added: "This has been a great

opportunity for me personally to work with the world's best, I have learnt so much over the last four days."

The man behind the trip, Scotland's national throws coach Hugh Murray, said: "It was a very enlightening visit for Scottish athletes and coaches, which was hugely motivational as well. We must try to find ways of making this type of exercise a regular feature of athletics in Scotland".

We're No.1 in the east!

ATHLETICS WEEKLY was celebrating its own triumph this week when FM Holdings, the company that owns the world's only weekly athletics magazine, was named East Of England winner in the Inner City 100 Awards. The awards are for growing businesses in the inner cities, setting out to challenge perceptions that the areas are no-go for enterprise and entrepreneurship. Along with the regional award, FM Holdings also finished 10th in the national top 100 countdown, after turnover growth of 965% between 1999 and 2003.

FM Holdings has a number of subsidiaries, the largest of which, Descartes Publishing, formally purchased the title of *Athletics Weekly* earlier this year. Other Descartes titles include *The Coach*, *Great Run* magazine and a series of books, and next month sees the launch of a new magazine, *Play Better Golf*.

the inner city



Matthew Fraser Moat, chairman of FM Holdings, said: "We are delighted to win the East of England award for the second year running, and to make the top 10 nationally. It is reward for everyone in the company that we are proving successful at developing our brands in the sports magazine market. I would like to thank Bank of Scotland for making it possible to purchase *Athletics Weekly*, and our local suppliers, particularly Warners of Bourne, who enable us to be competitive at a national level."

"Our aim for the year ahead is to consolidate on our success while always being on the look out for opportunities to increase our stable of quality magazines."

North of Thames doubt

A 110-YEAR-OLD association is threatened with extinction unless a venue can be found for its championships on Saturday December 18.

The North of the Thames Cross Country Association was formed in 1894 and holds two events per season that cater for men and women of all ages.

But the association has been unable to secure a course from any of its member clubs, or any others in the catchment area, to hold its seven-mile cross-country race at the end of the year.

"Time is getting short and the association is increasingly desperate to resolve this situation. It would be so sad to see an event such as this disappear from the calendar," said association secretary, Gavin Collett.

If you can help, call Gavin Collett on 01895-678505.

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Soviet hammer man Yuriy Sedykh threw such a distance at the 1986 Europeans, it is still the world record

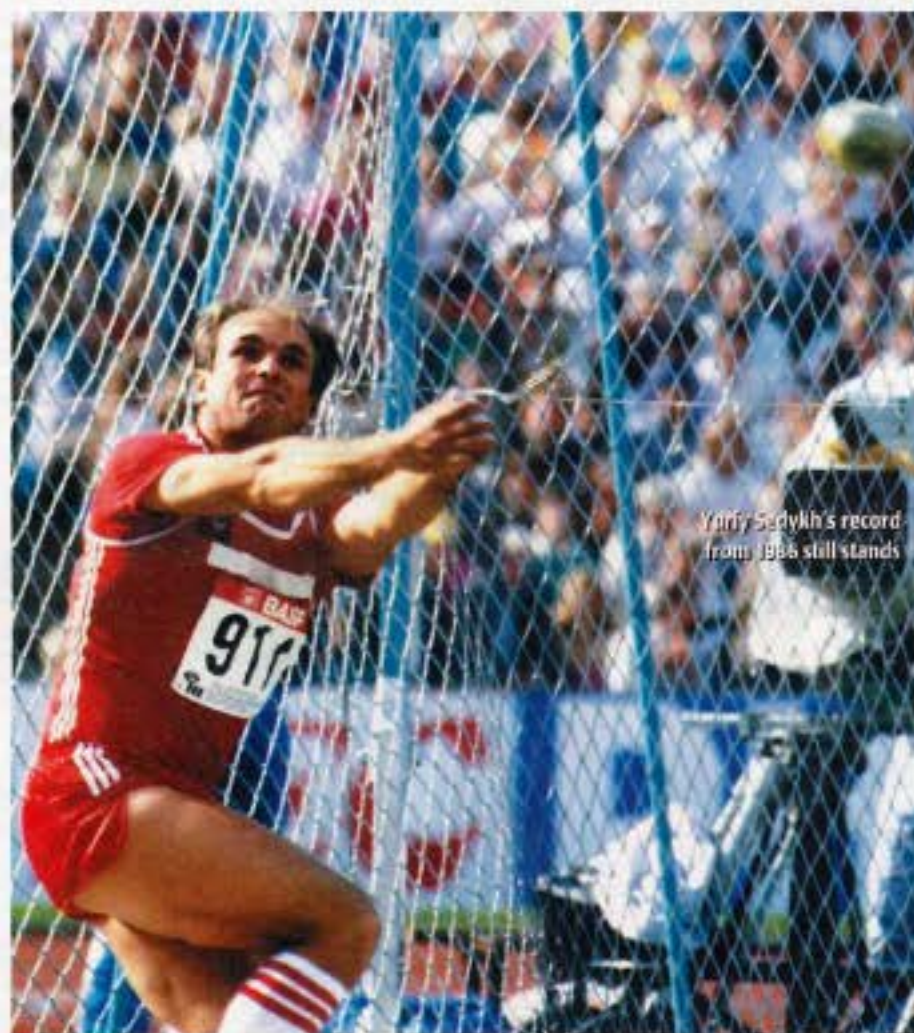
THE packed crowd at the Neckar Stadium in Stuttgart were in for a treat. And those who were there on August 30, 1986, witnessed a world record that now, almost 19 years on, still stands.

Yuriy Sedykh had been the best hammer thrower of the previous 16 years but at these European Championships – an event where he was bidding for a hat-trick of victories – he took it to a level that has yet to be surpassed.

The question at this competition was not whether the Soviet athletes could take a clean sweep of all the medals but whether Sergey Litvinov could beat Sedykh.

During training in the lead up to the event, Litvinov was said to have thrown a massive 87.30m. He was the world champion, having won in Helsinki in 1983, throwing 82.62m against the 80.94m that Sedykh had reached. It was rare occasion that Sedykh had lost a major medal, having won gold at the Olympic Games in Montreal in 1976, a title he retained in Moscow four years later.

But the rivalry between these two



Russians was immense.

Litvinov had stretched the world record to 83.98m in 1982 and 84.14m the following year, but in 1984, one of the best ever events took place in Cork.

It was just before the start of the Olympic Games in Los Angeles – that neither would be at because of the Soviet boycott.

On his first throw, Sedykh took the world record to 86.34m as Litvinov hit 85.20m on his fourth attempt – some amazing performances and ones that were leading toward their great duel in Stuttgart.

But it was just before those championships in 1986 that Sedykh showed the type of form that he was in when he threw 86.66m in the

Estonian city of Tallinn.

The days were ticking away to their confrontation and in Stuttgart, the prospect of another great clash between the two grew. The crowd were not let down. Litvinov started with a tremendous throw of 85.74m but Sedykh was ready.

He had been so prepared for the event, he said, that when he entered the competition he was convinced he could throw the hammer into a new era. He was right.

Born near Rostov on June 11, 1955, he had been trained in Kiev by Anatoliy Bondarchuk, the 1972 Olympic champion and the man who had taken the world record to 75.48m in 1969 and finished third behind Sedykh at the 1976 Olympics.

In Stuttgart, Sedykh delivered like never before. In the fourth round he threw 86.74m, a world record, and was close to going further in later rounds with his 86.68m and 86.62m. "I was mentally prepared to throw around 87m and had trained to achieve this," he said.

His first three throws had been measured at 83.94m, 85.28m and 85.46m – an average of 85.78m for the six throws and when he broke the world record, it was the sixth occasion that he had achieved it.

In the history of the event, only Mikail Krivonosov, between 1955 and 1956, and Hal Connolly, 1956-1965, achieved more with seven world records.

While Litvinov won the Olympics in Seoul in 1988 with 84.80m, Sedykh came back to take the 1991 world title with 81.10m. It was his last major honour – except, of course, for the world record which remains as strong as ever.



Yuriy Sedykh paid a visit to Scotland last year to give some advice to Scottish throwers

◆ European Championships, Stuttgart, hammer final, Aug 30, 1986

1. Yuriy Sedykh (URS) 86.74m
2. Sergey Litvinov (URS) 85.74m
3. Igor Nikulin (URS) 82.00m

Your vote counts

EACH week *Athletics Weekly* is recounting a classic moment of the last 60 years to commemorate the magazine's 60th birthday. We would like to hear from you about your top 10 choices. Throughout the year we will be compiling your votes – and then printing the results in our birthday issue next December, so get thinking. Send your choices to: *AW* Classic Moments, 83 Park Road, Peterborough PE1 2TN

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It's oh so close for Ivan the great

SERGEY LITVINOV nearly got one over on his great 1980s Soviet hammer rival Yuriy Sedykh when his protégé, Ivan Tikhon, came within a centimetre of Sedykh's iconic 19-year-old world record, writes Steve Landells.

Sedykh and Litvinov between them won three Olympic, three world and three European titles and shared the 14 best hammer throws in history until Tikhon's breathtaking mark of 86.73m, which he achieved at the Belarus national championships last week.

And in a fascinating sub-plot to the story, Litvinov coaches Tikhon, 28, the reigning world champion and Olympic silver medalist.

Paul Dickenson, the former international hammer thrower and BBC commentator, described Tikhon as a "very well conditioned athlete" and said: "I had about three text messages and five emails as the story of Tikhon's mark went around like wildfire. It was an amazing mark, absolutely sensational. I think it is the

● **HAMMER:** Belarus man is one centimetre short of one of the sport's oldest records



Ivan Tikhon: coached by world record-holder's great rival

first time anyone has gone over 86 metres in about 20 years. Of course the funny thing is he's coached by Litvinov who, I'm sure, would like nothing more than for Tikhon to break a Sedykh world record."

Dickenson said Japan's Olympic champion, Koji Murofushi, had been regarded as the man who would

threaten Sedykh's world record, set at the 1986 European Championships in Stuttgart, rather than Tikhon, whose previous best before the competition was 84.46m.

Former hammer coach and ex-UK Athletics performance director Max Jones said Tikhon's performance will help raise the profile of the hammer.

"I always knew someone would come along who was bigger, stronger and more powerful. We are talking 20 years on from Sedykh. Eventually the world record will fall," he said.

"If people are threatening the world record, it will help raise media and TV interest in the sport (of hammer)."

Alan Bertram, coach to England's reigning Commonwealth champions Mick Jones and Lorraine Shaw, said: "I was taken aback when I heard about it. I always thought Sedykh was the ultimate technician. It will be interesting to see what he (Tikhon) does outside of Belarus. Let's see what he does in Helsinki."

◆ **THE only men's world record at an Olympic discipline older than Sedykh's mark is in the men's discus. East German Jürgen Schult set his mark of 74.08m almost three months before Sedykh set his record on August 30, 1986.**

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GREAT BRITAIN
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Every run, every jump, every throw, every week ...

Tikhon dominates after a bumpy ride

IVAN TIKHON, the world's second longest thrower, showed his class in the wet conditions to retain his title and led home a Belarusian one-two. Tikhon matched the feat of his coach, Sergey Litvinov, who also won two world titles, the first of which was in Helsinki in 1983.

Tikhon, who came within one centimetre of Yuriy Sedykh's 19-year-old world record at the Belarus Championships in July, started as firm favourite but gave his supporters a scare in both qualifying and the final.

In qualifying the 29-year-old had a modest first-round throw of 71.80m and a second-round no-throw before producing a distance of 79.80m despite the hammer deflecting off the edge of the hammer cage, dangerously close to a third foul, which would have meant non-qualification.

In the final, too, Tikhon teetered on the brink of disaster after two successive fouls but a third round effort of 80.97m moved the Olympic silver medalist into second

Tikhon can smash world record

FORMER Olympic hammer thrower and BBC commentator Paul Dickenson believes Ivan Tikhon has the ability to smash Yuriy Sedykh's world record.

"Throwing as far as that, in those conditions, shows that he can go on to break the world record," said Dickenson. "I don't think he was properly balanced for any of his throws."

"To come back after two fouls and throw one over 80 metres was one of the most competitive pieces of throwing I've ever seen."

Dickenson said Tikhon's physical size should point the way forward for British hammer throwing because the Belarusian athlete is smaller than most at only 1.86m tall and weighing just 110kg.

"Tikhon shows that you don't have to be massive to throw the hammer," he said.

"He is a great example to any youngsters of the way forward. These guys are built like decathletes or sprinters. They are young, fast and powerful. His speed in the circle is just outstanding. He is one of the best

throwers because of his coach (Sergey Litvinov, the two-time world champion). They have obviously turned the hammer into a fun event (in Belarus). How does a country like Belarus produce the best two hammer throwers in the world?"

This was a question Tikhon himself was only too happy to answer in the athletes' mixed zone after the championships.

"You might be surprised to know that throwing the hammer is a very good way to make a living in our country," explained Tikhon. "President Aleksandr Lukashenko is a great sports fan, especially of athletics and loves the throwing events. Because of this we get very good financial support and backing from the state."

Another question Tikhon was happy to answer is why Belarus athletes compete so sparingly on the international circuit before major competitions.

"My coach, Sergey Litvinov, believes competing too often has too many risks to breaking the technique built in training, and that is too much of a risk to take," he added.



Ivan Tikhon: eventual winner nearly went out in qualifying

position behind his compatriot, Vadim Devyatovskiy, who had thrown 82.60m in round three.

With his confidence restored Tikhon let it rip in round four and moved into the gold medal position with a championship record of 83.69m – a lead he did not relinquish.

Try as he might Devyatovskiy was unable to better that effort despite having three throws beyond 80m

in the competition to secure the one-two for Belarus. Poland's 2001 world champion, Szymon Ziolkowski, may have lost his championship record to Tikhon but he did have the consolation of winning a bronze medal with 79.35m.

SL

• RESULT

Gold: Ivan Tikhon (BLR) 83.69m
Silver: Vadim Devyatovskiy (BLR) 82.60m
Bronze: Szymon Ziolkowski (POL) 79.35m

British athlete lands sprint double

GREAT BRITAIN'S David Weir completed an outstanding 100m/200m double to confirm he is the world's outstanding male wheelchair sprinter.

Weir, 26, who triumphed in the 100m by four-hundredths of a second on the opening day of the championships, was much more dominant in the half-lap race.

The Velocity Wheelchair Racing club athlete held a clear advantage as he entered the home straight and stretched further ahead of the field to stop the clock in 25.47 – just four hundredths outside his lifetime best.



David Weir: delighted with second gold medal

Kenny van Weeghel of Holland picked up his second silver medal of these championships behind Weir, recording a time of 25.80, with Thailand's Supachai Koysub winning the bronze medal by three hundredths of a second from Finland's Paralympic champion Leo-Pekka Tahti, who was a disappointing fourth.

Weir, who won the bronze medal in this event at last summer's Paralympic Games – behind Tahti and Van Weeghel – is clearly a much improved athlete this year.

Weir, who won the 100m at the

Paralympic World Cup at Manchester in May, said: "I can't believe I am a double world champion. It just feels great. With all the support and cheering in the crowd it was making us even faster."

"I am racing these guys as well in a couple of weeks (at the European Open Disability Championships in Espoo, Finland) and that is going to be even harder. That track is not as fast as this one."

SL

• RESULT

Gold: David Weir (GBR) 25.47
Silver: Kenny van Weeghel (NED) 25.80
Bronze: Supachai Koysub (THA) 26.03

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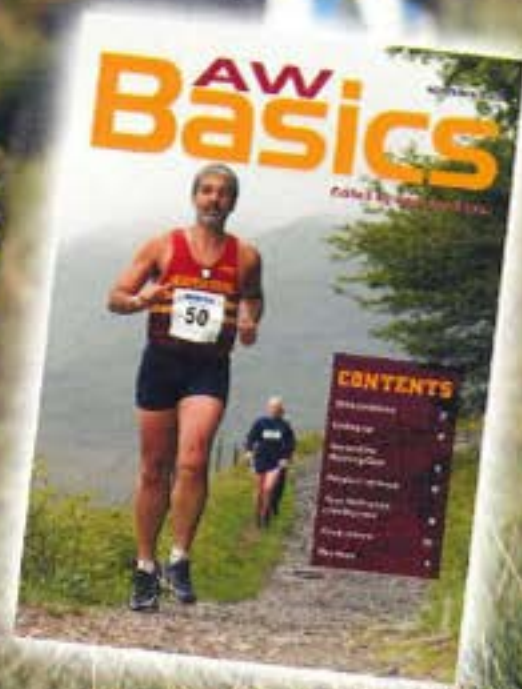
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Shaw's triple Melbourne hopes

Lorraine Shaw is working overtime in her quest to defend her Commonwealth title. Yet STEVE LANDELLS found, despite her busy preparations, the hammer thrower finds time to coach other Melbourne hopefuls

ACCORDING to Lorraine Shaw's long-time coach, Alan Bertram, the British hammer record-holder is an athlete who thrives on hard work.

Which is a good job, bearing in mind Shaw's astonishingly punishing schedule in the countdown to the defence of her Commonwealth title in Melbourne.

The 37-year-old Gloucester AC athlete, who memorably struck gold in the hammer in the 2002 Manchester Games, is planning her international swansong Down Under in March. But, unusually, she is not only competing but coaching and preparing two of her main rivals, Wales' Carys Parry and her England team-mate Zoe Derham, for their Commonwealth assault.

Allied to these demands, Shaw is studying the first year of a full-time sports development and coaching foundation degree at Gloucestershire University and also working part-time as a sports masseur.

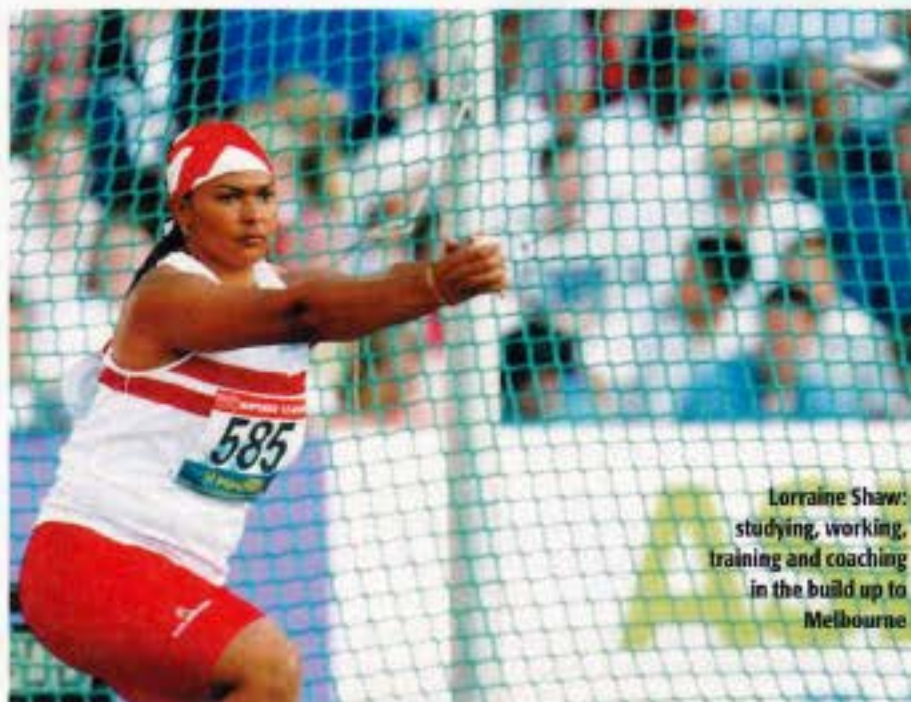
The West Country athlete has surely been one of Britain's most underrated British athletes of the past decade. A seven-time AAA champion and an international regular – the first major championships she missed in eight years was the 2005 World Championships in Helsinki – she will be sorely missed when she competes on the big occasion for the final time in Melbourne.

Understandably, Shaw says she is finding it tough juggling her studies with the demands of coaching and training, particularly in the countdown to such an important competition.

To compound Shaw's stress levels, she has also suffered some recent fitness problems and in September collapsed and was taken to hospital after a disc in her back became badly inflamed. But she is steadily returning to full fitness and is optimistic about Melbourne.

"I feel quite confident of competing, and I want to do myself justice," she adds.

"But the way I see it is I've got three chances. I've got myself, Carys and Zoe and if one of the team comes in with a medal then I'll be pleased. I remember 2002 and I had an up and down season and was



Lorraine Shaw: studying, working, training and coaching in the build up to Melbourne

ranked fourth going into the Games. This time I think I'm seventh with Zoe sixth," she adds, hinting at the prospect of a medal.

Shaw, who coaches a group of about a dozen athletes, is described by Bertram as a potentially outstanding coach. Yet the facilities she and her training group have to endure for weight training at the Gloucester AC clubhouse are more DIY than state-of-the-art.

The building has, in the past, been damaged by vandals and Shaw's squad spent their off-season period in September with a paintbrush in hand decorating the clubhouse.

One thing is for sure, there is no room for egos or primadonnas when the no-nonsense Shaw is around and she seems to have drummed into Parry and Derham the same work ethic which enabled the Commonwealth champion to dominate British hammer throwing for the best part of a decade.

For example, Parry, who works as a theatre director in the Welsh valleys, often starts training in the clubhouse as early as 7am. After morning training she drives 70 miles to the Rhondda Cynon Taff for work before often stopping off on the way home to train in Cardiff, where she says she sometimes lifts weights as late as 9.45pm, before returning home to Gloucester.

Yet Parry is uncomplaining at her hectic and demanding lifestyle in

the countdown to the Melbourne Commonwealth Games.

"I'm lucky I'm in Gloucester to see Lorraine," said Parry, who currently stands 10th on the all-time British rankings after throwing 60.74m in Loughborough earlier this year. "I would describe her as a TLC (tender, loving, care) coach. She understands the event, she's been there and done it and understands the problems we are facing. She is a massive inspiration."

Derham is similarly committed to training, often starting at 7.30am and is under no illusions as to Shaw's positive influence.

"I used to be quite a lazy athlete, she gives me a kick up the bum and she makes sure I come to most of the sessions," explains Derham.

It is admirable and typical of Shaw that once her career winds to a conclusion she is not prepared to see the event in Britain regress without trying to pass on the benefit of her experience. But to keep pace with rocketing global standards will be no easy task.

A few years ago perhaps only a handful of the finest female hammer throwers could aspire to breaching the 70m mark, but today that distance is commonplace and in July Russia's Tatyana Lysenko set a world record mark of 77.06m, making Shaw's British record of 68.93m look distinctly insignificant.

The current domestic standard concerns Shaw and she says difficult

challenges await at the Brits at the European Championships in Gothenburg next August.

"We need somebody at the Europeans and probably at the moment we've only got Shirley (Webb)," she said in reference to the Scottish AAA hammer champion and all-time UK number two. "The standard (in Britain) is okay but we need to get people in the final. When I was at my best I would make finals but it was a soft event." However, she adds, "I still had to work bloody hard. My British record is not fantastic at all and it is ready to be broken."

Already installed as assistant national coach, Shaw is well regarded in the coaching stakes. She has garnered a lot of the knowledge given to her by working with Bertram for many years and also uses the Soviet Union's world hammer record-holder Yuriy Sedykh as a training adviser.

But despite the coaching ambition, will she miss competing when she retires?

"I don't think I'll miss it and it will be nice to have a bit more freedom," she replies.

"You probably think it is madness," she adds of combining her own training demands with coaching, "and it probably is the downfall of my career but we can't lose that kind of talent from the sport and if I wasn't coaching them, many of them wouldn't be in the sport now."



Zoe Derham: more committed thanks to Shaw

December 7 2005 £3.75

athletics

WEEKLY

THE WORLD'S NO. 1 ATHLETICS MAGAZINE

60

1945-2005



Here's to another
60 YEARS...

AW marks magazine's
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100-page issue

INSIDE:

Tribute to AW's founder
How the sport has
changed since 1945

Interviews with Carl Lewis, Paula Radcliffe and Daley Thompson

World record progression

Athletics Weekly looks at how world records have improved since the birth of the magazine in 1945

Pictures: Mark Shearman

MEN

100m

9.77	Asafa POWELL (JAM)	14/6/05
9.78	Tim MONTGOMERY (USA)	14/9/02
9.79	Maurice GREENE (USA)	16/6/99
9.84	Donovan BAILEY (CAN)	27/7/96
9.85	Leroy BURRELL (USA)	6/7/94
9.86	Carl LEWIS (USA)	25/8/91
9.90	Leroy BURRELL (USA)	14/6/91
9.92	Carl LEWIS (USA)	24/9/88
9.93	Calvin SMITH (USA)	3/7/83
9.95	Jim HINES (USA)	14/10/68
9.9	Jim HINES (USA)	20/6/68
10.0	Armin HARY (FRG)	21/6/60
10.1	Willie WILLIAMS (USA)	3/8/56
10.2	Jesse OWENS (USA)	20/6/36

200m

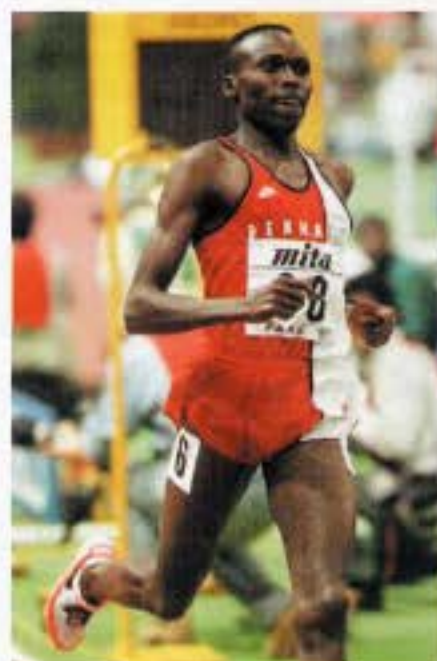
19.32	Michael JOHNSON (USA)	1/8/96
19.66	Michael JOHNSON (USA)	23/6/96
19.72	Pietro MENNEN (ITA)	12/9/79
19.83	Tommie SMITH (USA)	16/10/68
20.0	Tommie SMITH (USA)	11/6/66
20.2	Henry CARR (USA)	4/4/64
20.3	Henry CARR (USA)	23/3/63
20.5	Peter RADFORD (GBR)	28/5/60
20.6	Andy STANFIELD (USA)	26/5/51

400m

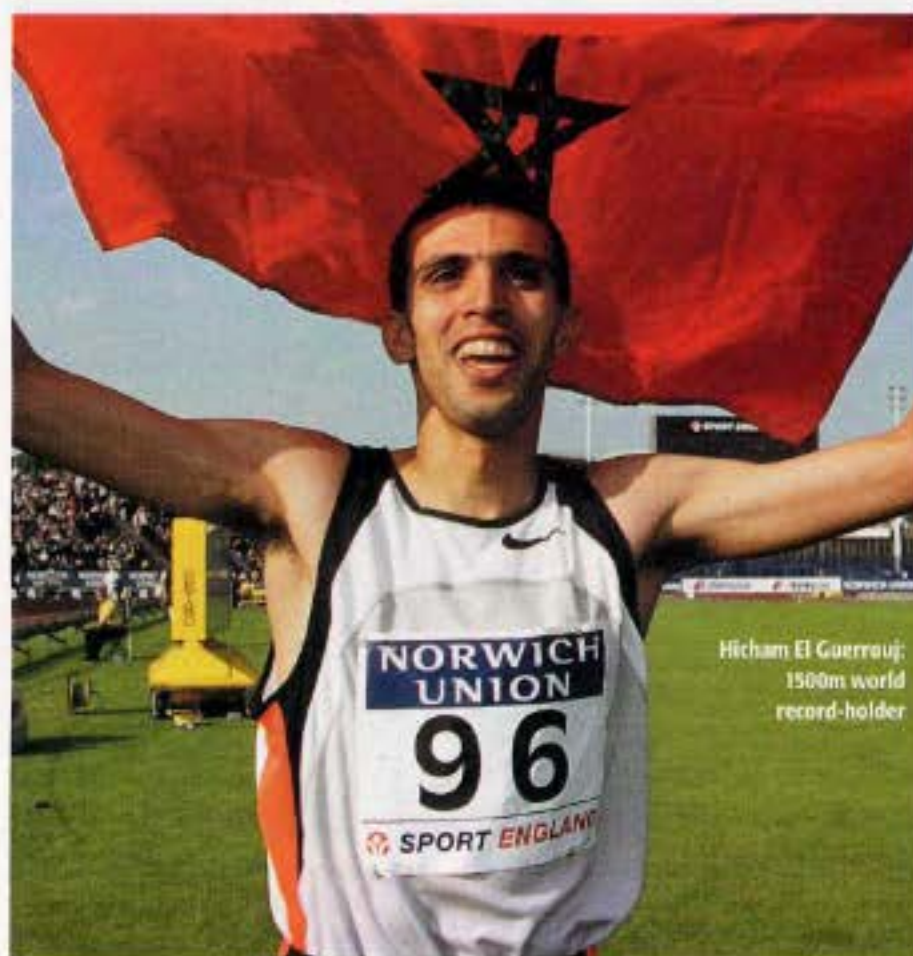
43.18	Michael JOHNSON (USA)	26/8/99
43.29	Butch REYNOLDS (USA)	17/8/88
43.86	Lee EWANS (USA)	18/10/68
44.1	Larry JAMES (USA)	14/9/68
44.5	Tommie SMITH (USA)	20/5/67
44.9	Otis DAVIS (USA)	6/9/60
45.2	Lou JONES (USA)	30/6/56
45.4	Lou JONES (USA)	18/3/55
45.8	George RHODEN (JAM)	22/8/50
45.9	Herb MCKENLEY (JAM)	2/7/48
46.0	Rudolf HARBIG (GER)	12/8/39

800m

1:41.11	Wilson KIPKETER (DEN)	24/8/97
1:41.24	Wilson KIPKETER (DEN)	13/8/97
1:41.73	Sebastian COE (GBR)	10/6/81
1:42.33	Sebastian COE (GBR)	5/7/79
1:43.4	Alberto JUANTORENA (CUB)	21/8/77
1:43.5	Alberto JUANTORENA (CUB)	25/7/76
1:43.7	Marcello FIASCONARO (ITA)	27/6/73
1:44.3	Peter SNELL (NZL)	3/2/62
1:45.7	Roger MOENS (BEL)	3/8/55
1:46.6	Rudolf HARBIG (GER)	15/7/39



Wilson Kipketer: 800m world record-holder



Hicham El Guerrouj:
1500m world
record-holder

1500m

3:26.00	Hicham EL GUERROUJ (MAR)	14/7/98
3:27.37	Nouredine MORCELI (ALG)	12/7/95
3:28.86	Nouredine MORCELI (ALG)	6/9/92
3:29.46	Salid AOUTIA (MAR)	23/8/85
3:29.67	Steve CRAM (GBR)	16/7/85
3:30.77	Steve OVETT (GBR)	4/9/83
3:31.24	Sydney MAREE (USA)	28/8/83
3:31.36	Steve OVETT (GBR)	27/8/80
3:32.1	Sebastian COE (GBR)	15/8/79
3:32.2	Filbert BAVI (TAN)	2/2/74
3:33.1	Jim RYUN (USA)	8/7/67
3:35.6	Herb ELLIOTT (AUS)	6/9/60
3:36.0	Herb ELLIOTT (AUS)	28/8/58
3:38.1	Stanislav JUNGWIRTH (TCH)	12/7/57
3:40.2	Olavi SALONEN (FIN)	11/7/57
3:40.2	Olavi SALSOLA (FIN)	11/7/57
3:40.6	István RÓZSAVÖLGYI (HUN)	3/8/56
3:40.8	Sándor IHAROS (HUN)	28/7/55
3:41.8	John LANDY (AUS)	21/6/54
3:42.8	Wes SANTEE (USA)	4/6/54
3:43.0	Gunder HÄGG (SWE)	7/7/44

5000m

12:37.35	Kenenisa BEKELE (ETH)	31/5/04
12:39.36	Haile GEBRSELASSIE (ETH)	13/6/98
12:39.74	Daniel KOMEN (KEN)	22/8/97
12:41.85	Haile GEBRSELASSIE (ETH)	13/6/97
12:44.39	Haile GEBRSELASSIE (ETH)	16/8/95
12:55.30	Moses KIPTANUI (KEN)	8/6/95
12:56.96	Haile GEBRSELASSIE (ETH)	4/6/94
12:58.39	Salid AOUTIA (MAR)	22/7/87
13:00.40	Salid AOUTIA (MAR)	27/7/85
13:00.41	David MOORCROFT (GBR)	7/7/82
13:06.20	Henry RONO (KEN)	13/9/81
13:08.4	Henry RONO (KEN)	8/4/78
13:12.9	Dick QUAX (NZL)	5/7/77

13:13.0	Emiel PUTTEMANS (BEL)	20/9/72
13:16.4	Lasse VIREN (FIN)	14/9/72
13:16.6	Ron CLARKE (AUS)	5/7/66
13:24.2	Kip KEINO (KEN)	30/11/65
13:25.8	Ron CLARKE (AUS)	4/6/65
13:33.6	Ron CLARKE (AUS)	1/2/65
13:34.8	Ron CLARKE (AUS)	15/1/65
13:35.0	Vladimir KUTS (URS)	13/10/57
13:36.8	Gordon PIRIE (GBR)	19/6/56
13:40.6	Sándor IHAROS (HUN)	23/10/55
13:46.8	Vladimir KUTS (URS)	18/9/55
13:50.8	Sándor IHAROS (HUN)	10/9/55
13:51.2	Vladimir KUTS (URS)	23/10/54
13:51.6	Chris CHATAWAY (GBR)	13/10/54
13:56.6	Vladimir KUTS (URS)	29/8/54
13:57.2	Emil ZÁTOPEK (TCH)	30/5/54
13:58.2	Gunder HÄGG (SWE)	20/9/42

10,000m

26:17.53	Kenenisa BEKELE (ETH)	26/8/05
26:20.31	Kenenisa BEKELE (ETH)	8/6/04
26:22.75	Haile GEBRSELASSIE (ETH)	1/6/98
26:27.85	Paul TERGAT (KEN)	22/8/97
26:31.32	Haile GEBRSELASSIE (ETH)	4/7/97
26:38.08	Salah HISSOU (MAR)	23/8/96
26:43.53	Haile GEBRSELASSIE (ETH)	5/6/95
26:52.23	William SIGEL (KEN)	22/7/94
26:58.38	Yobes ONDIEKI (KEN)	10/7/93
27:07.91	Richard CHELIMO (KEN)	5/7/93
27:08.23	Arturo BARRIOS (MEX)	18/8/89
27:13.81	Fernando MAMEDE (POR)	2/7/84
27:22.4	Henry RONO (KEN)	11/6/78
27:30.5	Samson KIMOBWA (KEN)	30/6/77
27:30.8	Dave BEDFORD (GBR)	13/7/73
27:38.4	Lasse VIREN (FIN)	3/9/72
27:39.4	Ron CLARKE (AUS)	14/7/65
28:15.6	Ron CLARKE (AUS)	18/12/63

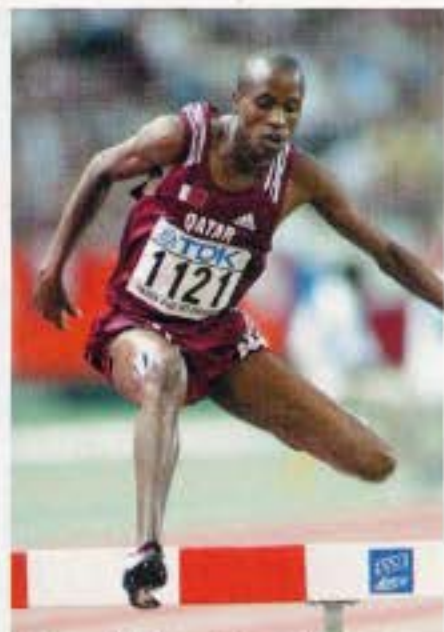
28:18.2	Pyotr BOLOTNIKOV (URS)	11/8/62
28:18.8	Pyotr BOLOTNIKOV (URS)	5/10/60
28:30.4	Vladimir KUTS (URS)	11/9/56
28:42.8	Sándor IHAROS (HUN)	15/7/56
28:54.2	Emil ZÁTOPEK (TCH)	1/6/54
29:01.6	Emil ZÁTOPEK (TCH)	1/11/53
29:02.6	Emil ZÁTOPEK (TCH)	4/8/50
29:21.2	Emil ZÁTOPEK (TCH)	22/10/49
29:27.2	Viljo HEINO (FIN)	1/9/49
29:28.2	Emil ZÁTOPEK (TCH)	11/6/49
29:35.4	Viljo HEINO (FIN)	25/8/44

Marathon

2:04:55	Paul TERGAT (KEN)	28/9/03
2:05:38	Khalid KHANNOUCHI (USA)	14/4/02
2:05:42	Khalid KHANNOUCHI (MAR)	24/10/99
2:06:05	Ronaldo DA COSTA (BRA)	20/9/98
2:06:50	Bekynch DINSAMO (ETH)	17/4/88
2:07:12	Carlos LOPES (POR)	20/4/85
2:08:05	Steve JONES (GBR)	21/10/84
2:08:18	Rob DE CASTELLA (AUS)	6/12/81
2:08:34	Derek CLAYTON (AUS)	30/5/69
2:09:37	Derek CLAYTON (AUS)	3/12/67
2:12:00	Morio SHIGEMATSU (JPN)	12/6/65
2:12:12	Abebe BIKILA (ETH)	21/10/64
2:13:55	Basil HEATLEY (GBR)	13/6/64
2:14:28	Buddy EDELEN (USA)	15/6/63
2:15:16	Toru TERASAWA (JPN)	17/2/63
2:15:17	Sergey POPOV (URS)	24/8/58
2:17:40	Jim PETERS (GBR)	26/6/54
2:18:35	Jim PETERS (GBR)	4/10/53
2:18:41	Jim PETERS (GBR)	13/6/53
2:20:43	Jim PETERS (GBR)	14/6/52
2:25:39	Bok-Suh YUN (KOR)	19/4/47
2:26:42	Kitei SON (JPN)	3/11/35

3000m steeplechase

7:53.63	Saif Saeed SHAHEEN (QAT)	3/9/04
7:55.28	Brahim BOULAMI (MAR)	24/8/01
7:55.72	Bernard BARMASAI (KEN)	24/8/97
7:59.08	Wilson BOIT KIPKETER (KEN)	13/8/97
7:59.18	Moses KIPTANUI (KEN)	16/8/95
8:02.08	Moses KIPTANUI (KEN)	19/8/92
8:05.35	Peter KOECH (KEN)	3/7/89
8:05.4	Henry RONO (KEN)	13/5/78
8:08.0	Anders GÄRDERUD (SWE)	28/7/76
8:09.8	Anders GÄRDERUD (SWE)	1/7/75
8:10.4	Anders GÄRDERUD (SWE)	25/6/75
8:14.0	Ben JIPCHO (KEN)	27/6/73
8:19.8	Ben JIPCHO (KEN)	19/6/73
8:20.8	Anders GÄRDERUD (SWE)	14/9/72
8:22.0	Kerry O'BRIEN (AUS)	4/7/70



Saif Saeed Shaheen of Qatar: the current
3000m steeplechase world record-holder

8:22.2	Vladimir DUDIN (URS)	19/8/69
8:24.2	Jouko KUHA (FIN)	17/7/68
8:26.4	Caston ROELANTS (BEL)	7/8/65
8:29.6	Caston ROELANTS (BEL)	7/9/63
8:30.4	Zdzisław KRZYSZKOWIAK (POL)	10/8/61
8:31.2	Grigoriy TARAN (URS)	28/5/61
8:31.4	Zdzisław KRZYSZKOWIAK (POL)	26/6/60
8:32.0	Jerzy CHROMIK (POL)	2/8/58
8:35.6	Sándor ROZSNYÓI (HUN)	16/9/56
8:39.8	Semyon RZISICHIN (URS)	14/8/56
8:40.2	Jerzy CHROMIK (POL)	11/9/55
8:41.2	Jerzy CHROMIK (POL)	31/8/55
8:45.4	Pentti KARVONEN (FIN)	15/7/55
8:47.8	Pentti KARVONEN (FIN)	1/7/55
8:49.6	Sándor ROZSNYÓI (HUN)	28/8/54

110m hurdles

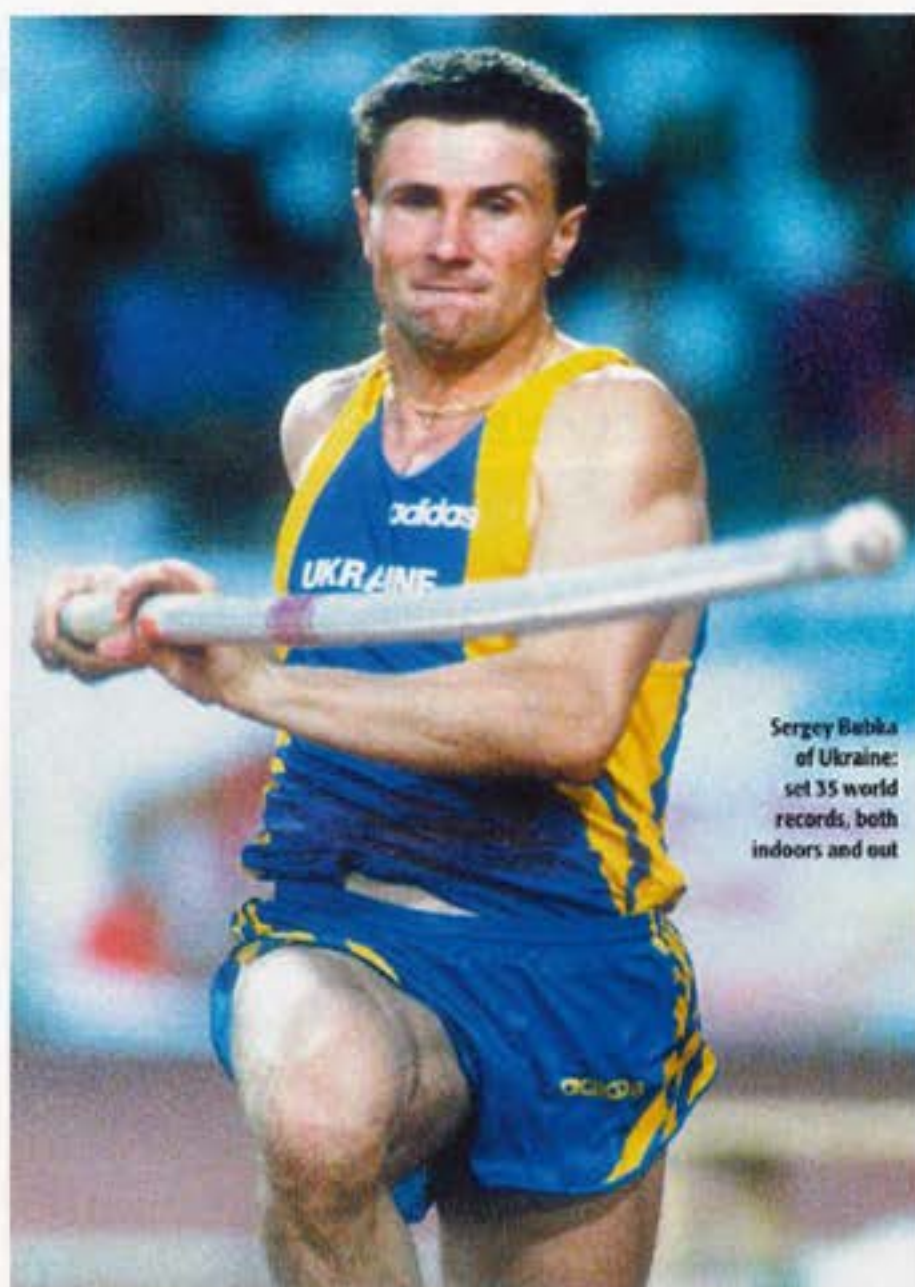
12.91	Xiang LIU (CHN)	27/8/04
12.91	Colin JACKSON (GBR)	20/8/93
12.92	Roger KINGDOM (USA)	16/8/89
12.93	Ronaldo NEHEMIAH (USA)	19/8/81
13.00	Ronaldo NEHEMIAH (USA)	6/5/79
13.16	Ronaldo NEHEMIAH (USA)	14/4/79
13.21	Alejandro CASARAS (CUB)	21/8/77
13.24	Rod MILBURN (USA)	7/9/72
13.2	Martin LAUER (FRG)	7/7/59
13.4	Jack DAVIS (USA)	22/6/56
13.5	Dick ATTLESEY (USA)	10/7/50
13.6	Dick ATTLESEY (USA)	24/6/50
13.7	Forrest TOWNS (USA)	27/8/36

400m hurdles

46.78	Kevin YOUNG (USA)	6/8/92
47.02	Edwin MOSES (USA)	31/8/83
47.13	Edwin MOSES (USA)	3/7/80
47.15	Edwin MOSES (USA)	11/6/77
47.64	Edwin MOSES (USA)	25/7/76
47.82	John AKI-BUA (UGA)	2/9/72
48.1	David HEMERY (GBR)	15/10/68
48.8	Geoffrey VANDERSTOCK (USA)	11/9/68
49.1	Rex CAINLEY (USA)	13/9/64
49.2	Glenn DAVIS (USA)	6/8/58
49.5	Glenn DAVIS (USA)	29/6/56
50.4	Yuriy LITUYEV (URS)	20/9/53
50.6	Glenn HARDIN (USA)	26/7/34

High jump

2.45	Javier SOTOMAYOR (CUB)	27/7/93
2.44	Javier SOTOMAYOR (CUB)	29/7/89
2.43	Javier SOTOMAYOR (CUB)	8/9/88
2.42	Patrik SJÖBERG (SWE)	30/6/87
2.41	Igor FAKLIN (URS)	4/9/85
2.40	Rudolf POWARNITSYN (URS)	11/8/85
2.39	Jianhua ZHU (CHN)	10/6/84
2.38	Jianhua ZHU (CHN)	22/9/83
2.37	Jianhua ZHU (CHN)	11/6/83
2.36	Gerd WESSIG (GDR)	1/8/80
2.35	Jack WISZOLA (POL)	25/5/80
2.34	Vladimir VASHCHENKO (URS)	16/6/78
2.33	Vladimir VASHCHENKO (URS)	3/7/77



Sergey Bubka of Ukraine: set 35 world records, both indoors and out

2.32	Dwight STONES (USA)	4/8/76
2.31	Dwight STONES (USA)	5/6/76
2.30	Dwight STONES (USA)	11/7/73
2.29	Patrick MATZDORF (USA)	3/7/71
2.28	Valeriy BRUMEL (URS)	21/7/63
2.27	Valeriy BRUMEL (URS)	29/9/62
2.26	Valeriy BRUMEL (URS)	22/7/62
2.25	Valeriy BRUMEL (URS)	31/8/61
2.24	Valeriy BRUMEL (URS)	16/7/61
2.23	Valeriy BRUMEL (URS)	18/6/61
2.22	John THOMAS (USA)	1/7/60
2.18	John THOMAS (USA)	24/6/60
2.17	John THOMAS (USA)	30/4/60
2.16	Yuriy STEPANOV (URS)	13/7/57
2.15	Charles DUMAS (USA)	29/6/56
2.12	Walt DAVIS (USA)	27/6/53
2.11	Lester STEERS (USA)	17/6/41

Pole vault

6.14	Sergey BUBKA (UKR)	31/7/94
6.13	Sergey BUBKA (UKR)	19/9/92
6.12	Sergey BUBKA (UKR)	30/8/92
6.11	Sergey BUBKA (UKR)	13/6/92
6.10	Sergey BUBKA (URS)	5/8/91
6.09	Sergey BUBKA (URS)	8/7/91
6.08	Sergey BUBKA (URS)	9/6/91
6.07	Sergey BUBKA (URS)	6/5/91
6.06	Sergey BUBKA (URS)	10/7/88
6.05	Sergey BUBKA (URS)	9/6/88
6.03	Sergey BUBKA (URS)	23/6/87
6.01	Sergey BUBKA (URS)	8/7/86
6.00	Sergey BUBKA (URS)	13/7/85
5.94	Sergey BUBKA (URS)	31/8/84
5.91	Thierry VIGNERON (FRA)	31/8/84
5.90	Sergey BUBKA (URS)	13/7/84
5.88	Sergey BUBKA (URS)	2/6/84
5.85	Sergey BUBKA (URS)	26/5/84
5.83	Thierry VIGNERON (FRA)	1/9/83
5.82	Pierre QUINON (FRA)	28/8/83
5.81	Vladimir POZYVAYEV (URS)	26/6/81
5.80	Thierry VIGNERON (FRA)	20/6/81
5.78	Włodysław KOZAKIEWICZ (POL)	30/7/80
5.77	Philippe HOUJON (FRA)	17/2/80
5.75	Thierry VIGNERON (FRA)	1/6/80
5.72	Włodysław KOZAKIEWICZ (POL)	11/5/80
5.70	Dave ROBERTS (USA)	22/6/76
5.67	Earl BELL (USA)	29/5/76
5.65	Dave ROBERTS (USA)	28/5/75
5.63	Bob SEAGREN (USA)	2/7/72
5.55	Kjell ISAKSSON (SWE)	12/6/72
5.54	Kjell ISAKSSON (SWE)	15/4/72
5.51	Kjell ISAKSSON (SWE)	8/4/72
5.49	Christos PAPANIKOLAOU (GRE)	24/10/70
5.46	Wolfgang NORDWIG (GDR)	3/5/70
5.45	Wolfgang NORDWIG (GDR)	17/6/70
5.44	John PENNEL (USA)	21/6/69
5.41	Bob SEAGREN (USA)	12/9/68
5.38	Paul WILSON (USA)	23/6/67
5.36	Bob SEAGREN (USA)	10/6/67

5.34	John PENNEL (USA)	23/7/66
5.32	Bob SEAGREN (USA)	14/5/66
5.28	Fred HANSEN (USA)	25/7/64
5.23	Fred HANSEN (USA)	13/6/64
5.20	John PENNEL (USA)	24/8/63
5.13	John PENNEL (USA)	5/8/63
5.08	Brian STERNBERG (USA)	7/6/63
5.00	Brian STERNBERG (USA)	27/4/63
4.94	Pentti NIKULA (FIN)	22/6/62
4.93	Dave TORK (USA)	28/4/62
4.89	John UELSES (USA)	21/3/62
4.83	George DAVIES (USA)	20/5/61
4.80	Don BRAGG (USA)	27/7/60
4.78	Bob GUTOWSKI (USA)	27/4/57
4.77	Cornelius WARMERDAM (USA)	23/5/42

Long jump

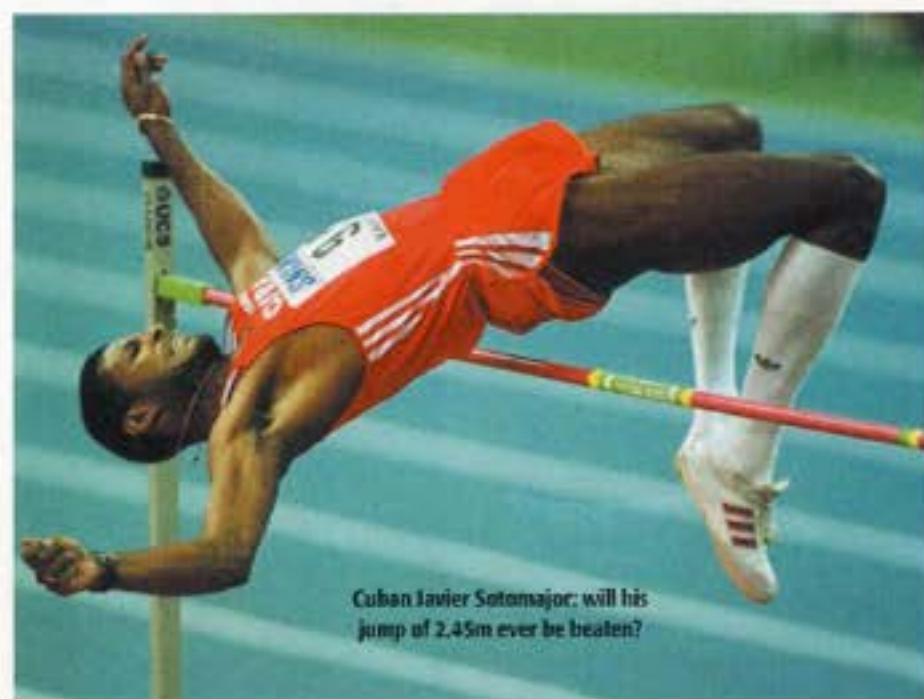
8.95	Mike POWELL (USA)	30/8/91
8.90	Bob BEAMON (USA)	18/10/68
8.85	Ralph BOSTON (USA)	29/5/65
8.84	Ralph BOSTON (USA)	12/9/64
8.81	Igor TER-OVANESEAN (URS)	10/6/62
8.78	Ralph BOSTON (USA)	16/7/61
8.74	Ralph BOSTON (USA)	27/5/61
8.71	Ralph BOSTON (USA)	12/6/60
8.13	Jesse OWENS (USA)	25/5/35

Triple jump

18.29	Jonathan EDWARDS (GBR)	7/8/95
18.16	Jonathan EDWARDS (GBR)	7/8/95
17.98	Jonathan EDWARDS (GBR)	10/7/95
17.97	Willie BANKS (USA)	16/6/85
17.89	João Carlos DE OLIVEIRA (BRA)	15/10/75
17.44	Viktor SANEYEV (URS)	17/10/72
17.40	Pedro PÉREZ (CUB)	5/8/71
17.39	Viktor SANEYEV (URS)	17/10/68
17.27	Nelson PRUDENCIO (BRA)	17/10/68
17.23	Viktor SANEYEV (URS)	17/10/68
17.22	Giuseppe GENTILE (ITA)	17/10/68
17.10	Giuseppe GENTILE (ITA)	16/10/68
17.03	József SCHMIDT (POL)	5/8/60
16.70	Oleg FEDOSEYEV (URS)	3/5/59
16.59	Oleg RYAKHOVSKIY (URS)	28/7/58
16.23	Adhemar Ferreira DA SILVA (BRA)	16/3/55
16.56	Leonid SHCHERBAKOV (URS)	19/7/53
16.22	Adhemar Ferreira DA SILVA (BRA)	23/7/52
16.12	Adhemar Ferreira DA SILVA (BRA)	23/7/52
16.01	Adhemar Ferreira DA SILVA (BRA)	30/9/51
16.00	Naoto TAJIMA (JPN)	6/8/36

Shot put

23.12	Randy BARNES (USA)	20/5/90
23.06	Ulf TIMMERMAN (GDR)	22/5/88
22.91	Alessandro ANDREI (ITA)	12/8/87
22.84	Alessandro ANDREI (ITA)	12/8/87
22.72	Alessandro ANDREI (ITA)	12/8/87
22.64	Udo BEYER (GDR)	20/8/86
22.62	Ulf TIMMERMAN (GDR)	22/5/85
22.22	Udo BEYER (GDR)	25/6/83
22.15	Udo BEYER (GDR)	6/7/78
22.00	Aleksandr BARYSHNIKOV (URS)	10/7/76
21.85	Terry ALBRITTON (USA)	21/2/76
21.82	Al FEUERBACH (USA)	5/5/73
21.78	Randy MATSON (USA)	22/4/67
21.52	Randy MATSON (USA)	8/5/65
20.68	Dallas LONG (USA)	25/7/64
20.20	Dallas LONG (USA)	29/5/64
20.10	Dallas LONG (USA)	4/4/64
20.08	Dallas LONG (USA)	18/5/62
20.06	Bill NIEDER (USA)	12/8/60
19.99	Bill NIEDER (USA)	2/4/60
19.87	Dallas LONG (USA)	26/3/60
19.45	Bill NIEDER (USA)	19/3/60
19.38	Dallas LONG (USA)	5/3/60
19.30	Parry O'BRIEN (USA)	1/8/54
19.25	Parry O'BRIEN (USA)	1/11/56
19.06	Parry O'BRIEN (USA)	3/9/56
18.69	Parry O'BRIEN (USA)	15/6/56
18.62	Parry O'BRIEN (USA)	5/5/56
18.54	Parry O'BRIEN (USA)	11/6/54
18.43	Parry O'BRIEN (USA)	21/5/54
18.42	Parry O'BRIEN (USA)	8/5/54
18.04	Parry O'BRIEN (USA)	5/6/53
18.00	Parry O'BRIEN (USA)	9/5/53



Cuban Javier Sotomayor: will his jump of 2.45m ever be beaten?

1295	Jim FUCHS (USA)	22/8/50
1290	Jim FUCHS (USA)	20/8/50
1282	Jim FUCHS (USA)	29/4/50
1279	Jim FUCHS (USA)	28/7/49
1268	Charles FONVILLE (USA)	17/4/48
1240	Jack TORRANCE (USA)	5/8/34

• Discus

74.08	Jürgen SCHULT (GDR)	6/6/86
71.86	Yuriy DUMCHEV (URS)	29/5/83
71.16	Wolfgang SCHMIDT (GDR)	9/8/78
70.86	Mac WILKINS (USA)	1/5/76
70.24	Mac WILKINS (USA)	1/5/76
69.80	Mac WILKINS (USA)	1/5/76
69.18	Mac WILKINS (USA)	24/4/76
69.08	John POWELL (USA)	4/5/75
68.48	John VAN REENEN (RSA)	14/3/75
68.40	Jay SILVESTER (USA)	18/9/68
66.54	Jay SILVESTER (USA)	25/5/68
65.22	Ludvik DANEK (TCH)	12/10/65
64.55	Ludvik DANEK (TCH)	2/8/64
62.94	Al OERTER (USA)	25/4/64
62.62	Al OERTER (USA)	27/4/63
62.45	Al OERTER (USA)	1/7/62
61.64	Vladimir TRUSENIEV (URS)	4/6/62
61.10	Al OERTER (USA)	18/5/62
60.72	Jay SILVESTER (USA)	20/8/61
60.56	Jay SILVESTER (USA)	11/8/61
59.91	Edmund PIATKOWSKI (POL)	14/6/59
59.28	Fortune GORDIEN (USA)	22/8/53
58.10	Fortune GORDIEN (USA)	11/7/53
57.93	Sim INESS (USA)	20/6/53
56.97	Fortune GORDIEN (USA)	14/8/49
56.46	Fortune GORDIEN (USA)	9/7/49
55.33	Adolfo CONSOLINI (ITA)	10/10/48
54.93	Robert FITCH (USA)	8/6/46
54.23	Adolfo CONSOLINI (ITA)	14/4/46
53.34	Adolfo CONSOLINI (ITA)	26/10/41

• Hammer

86.74	Yuriy SEDYKH (URS)	30/8/86
86.66	Yuriy SEDYKH (URS)	22/6/86
86.34	Yuriy SEDYKH (URS)	3/7/84
84.14	Sergey LITVINOV (URS)	21/6/83
83.98	Sergey LITVINOV (URS)	4/6/82
81.80	Yuriy SEDYKH (URS)	31/7/80
81.66	Sergey LITVINOV (URS)	24/5/80
80.64	Yuriy SEDYKH (URS)	16/5/80
80.46	Jón TAMM (URS)	16/5/80
80.38	Yuriy SEDYKH (URS)	16/5/80
80.32	Karl-Hans RIEHM (FRG)	6/8/78
80.14	Boris ZACHUK (URS)	9/7/78
79.30	Walter SCHMIDT (FRG)	14/8/75
78.50	Karl-Hans RIEHM (FRG)	19/5/75
77.56	Karl-Hans RIEHM (FRG)	19/5/75
76.70	Karl-Hans RIEHM (FRG)	19/5/75
76.66	Aleksey SPIRIDONOV (URS)	11/9/74
76.60	Reinhard THEIMER (GDR)	4/7/74
76.40	Walter SCHMIDT (FRG)	4/9/71
75.48	Anatoly BONDARCHUK (URS)	12/10/69
74.68	Anatoly BONDARCHUK (URS)	20/9/69
74.52	Romuald KLIM (URS)	15/6/60
73.76	Gyula ZSÓTZKY (HUN)	14/9/68
73.74	Gyula ZSÓTZKY (HUN)	4/9/68
71.26	Hai CONNOLLY (USA)	20/6/66
71.06	Hai CONNOLLY (USA)	29/5/66
70.67	Hai CONNOLLY (USA)	21/7/62
70.33	Hai CONNOLLY (USA)	12/8/60
68.68	Hai CONNOLLY (USA)	20/6/58
68.54	Hai CONNOLLY (USA)	2/11/56
67.32	Mikhail KRIVONOSOV (URS)	22/10/56
66.38	Mikhail KRIVONOSOV (URS)	8/7/56
65.85	Mikhail KRIVONOSOV (URS)	25/4/56
64.52	Mikhail KRIVONOSOV (URS)	19/9/55
64.33	Mikhail KRIVONOSOV (URS)	4/8/55
64.06	Stanislav NYENASHEV (URS)	12/12/54
63.34	Mikhail KRIVONOSOV (URS)	29/8/54
62.36	Sverre STRANDLI (NOR)	5/9/53
61.25	Sverre STRANDLI (NOR)	14/9/52
60.34	József CSERMÁK (HUN)	24/7/52
59.88	Imre NÉMETH (HUN)	19/5/50
59.57	Imre NÉMETH (HUN)	4/9/49
59.02	Imre NÉMETH (HUN)	14/7/48
59.00	Erwin BLASK (GER)	27/8/38

• Javelin

98.48	Jan ZELENÝ (CZE)	25/5/96
95.66	Jan ZELENÝ (CZE)	29/8/93
95.54	Jan ZELENÝ (CZE)	6/4/93
91.46*	Steve BACKLEY (GBR)	25/1/92
90.96	Seppo RATY (FIN)	2/6/91
91.98	Seppo RATY (FIN)	6/5/91
90.98	Steve BACKLEY (GBR)	20/7/90
89.66	Jan ZELENÝ (CZE)	14/7/90
89.58	Steve BACKLEY (GBR)	2/7/90
89.10	Patrik BODÉN (SWE)	24/3/90
87.66	Jan ZELENÝ (CZE)	31/5/87
85.74*	Klaus TAFELMEIER (FRG)	20/9/86
104.80	Uwe HÖHN (GDR)	20/7/84
99.72	Tom PETRANOFF (USA)	15/5/83
96.72	Ferenc PARÁCI (HUN)	23/4/80
94.58	Miklós NÉMETH (HUN)	26/7/76
94.08	Klaus WOLFFERMANN (FRG)	5/5/73
93.80	Janis LUSIS (URS)	6/7/72
92.70	Jorma KINNUNEN (FIN)	18/6/69
91.98	Janis LUSIS (URS)	23/7/68
91.72	Terje PEDERSEN (NOR)	2/9/64
87.12	Terje PEDERSEN (NOR)	1/7/64
86.74	Carlo UEVORE (ITA)	1/6/61
86.04	Al CANTELLO (USA)	5/6/59
85.71	Egil DANIELSEN (NOR)	26/11/56
83.66	Janusz SIOŁO (POL)	30/6/56
83.56	Seini NIKKINEN (FIN)	24/6/56
81.75	Bud HELD (USA)	21/5/55
81.29	Bill MILLER (USA)	21/8/54
81.29	Bud HELD (USA)	21/5/55
80.41	Bud HELD (USA)	8/10/53
78.70	Yrjö NIKKANEN (FIN)	16/10/38

• Decathlon

9026	Roman SEBRLE (CZE)	27/5/01
8994	Tomas DVORAK (CZE)	4/7/99
8991	Don O'BRIEN (USA)	5/9/92
8847	Daley THOMPSON (GBR)	9/8/84
8798	Jürgen HINGSEN (FRG)	9/6/84
8779	Jürgen HINGSEN (FRG)	5/6/83
8743	Daley THOMPSON (GBR)	8/9/82
8723	Jürgen HINGSEN (FRG)	15/8/82
8704	Daley THOMPSON (GBR)	23/5/82
8649	Guido KRATZSCHMER (FRG)	15/6/80
8622	Daley THOMPSON (GBR)	18/5/80
8618	Bruce JENNER (USA)	30/7/76
8538	Bruce JENNER (USA)	26/6/76
8524	Bruce JENNER (USA)	10/8/75
8454	Nikolay AVILOV (URS)	8/9/72
8417	Bill TOOMEY (USA)	11/12/69

Roman Sebrle of the Czech Republic: first to break 9000 points for the decathlon



8319	Karl BENDLIN (FRG)	14/5/67
8230*	Russ HODGE (USA)	24/7/66
9121	Chuan-Kwang WANG (TPE)	28/4/63
8683	Rafer JOHNSON (USA)	9/7/60
8357	Vasily KUZNETSOV (URS)	17/5/59
8302	Rafer JOHNSON (USA)	28/7/58
8014	Vasily KUZNETSOV (URS)	8014
7985	Rafer JOHNSON (USA)	11/6/55
7887*	Bob MATHIAS (USA)	26/7/52
8042	Bob MATHIAS (USA)	30/5/50
7900	Glenn MORRIS (USA)	8/8/36

• 4x100

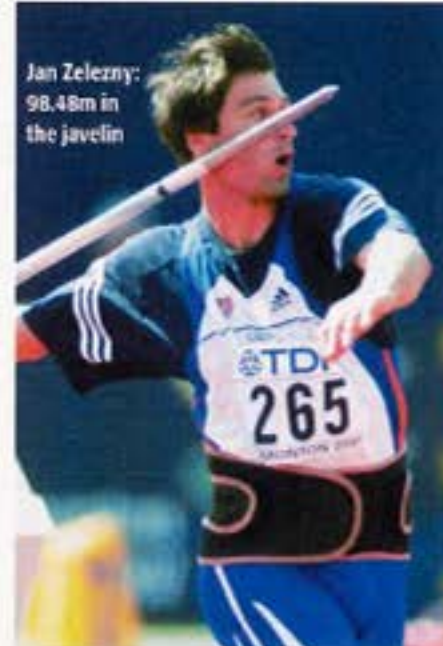
3740	United States	21/8/93
3740	United States	8/8/92
3750	United States	1/5/91
3767	United States	7/8/91
3779	France 3779	01/9/90
3783	United States	11/8/84
3786	United States	10/8/83
3803	United States	3/9/77
3819	United States	10/9/72
382	United States	20/10/68
383	Jamaica	19/10/68
386	United States	17/6/67
390	United States	21/10/64
391	United States	15/7/61
395	United States	1/12/56
398	United States	9/8/36

• 4x400m

2:54.20	United States	22/7/98
2:54.29	United States	22/8/93
2:55.74	United States	8/8/92
2:56.16	United States	20/10/68
2:59.6	United States	24/7/66
3:00.7	United States	21/10/64
3:02.2	United States	8/9/60
3:03.9	Jamaica	27/7/52
3:08.2	United States	7/8/52

• 20km Walk

1:17.21	Jefferson PÉREZ (ECU)	23/8/03
1:17.22	Francisco FERNÁNDEZ (ESP)	28/4/02
1:17.46	Julio MARTÍNEZ (GUA)	8/5/99
1:18.04	Lingling BO (CHN)	7/4/94
1:18.13	Pavel BLÁŽEK (TCH)	16/9/90
1:18.20	Andrey PERLOV (URS)	26/5/90
1:18.54	Yevgeniy MISYULYA (URS)	19/2/89
1:19.08	Mikhail SHCHENNIKOV (URS)	30/7/80
1:19.12	Axel NOACK (GDR)	21/6/87



1:19.24	Carlos MERCENARIO (MEX)	3/5/87
1:19.30	Jozef PRIBILINEC (TCH)	24/9/83
1:19.35	Domingo COLIN (MEX)	27/4/80
1:21.00	Daniel BAUTISTA (MEX)	30/3/80
1:21.01	Reima SALONEN (FIN)	9/9/79
1:21.04	Daniel BAUTISTA (MEX)	9/6/79
1:22.16	Daniel BAUTISTA (MEX)	19/5/79
1:22.19	Vadim TSVETKOV (URS)	13/5/79
1:23.12	Roland WIESER (GDR)	30/8/78
1:23.30	Anatoly SOLOMIN (URS)	19/7/78
1:23.40	Daniel BAUTISTA (MEX)	30/5/76
1:24.50	Paul NICHILL (GBR)	30/7/72
1:25.19	Gennadiy AGAPOV (URS)	7/5/72
1:25.22	Gennadiy AGAPOV (URS)	21/7/68
1:25.58	Anatoly VEDYAKOV (URS)	6/9/59
1:27.04	Vladimir GOLUBNICHY (URS)	5/7/59
1:27.29	Leonid SPIRIN (URS)	7/7/57
1:28.39	Vladimir GUK (URS)	13/4/57
1:30.00	Josef DOLEZAL (TCH)	25/7/56
1:30.36	Vladimir GOLUBNICHY (URS)	23/9/55
1:31.21	Josef DOLEZAL (TCH)	5/6/55
1:31.44	John MIKAELSSON (SWE)	10/6/46
1:32.12	John MIKAELSSON (SWE)	30/5/57

• 50km walk

3:36.03	Robert KORZENIOWSKI (POL)	27/8/03
3:36.39	Robert KORZENIOWSKI (POL)	8/8/02
3:37.26	Václav SPITSYN (RUS)	21/5/00
3:37.41	Andrey PERLOV (URS)	5/8/89
3:38.17	Ronald WEIGEL (GDR)	25/5/86
3:38.31	Ronald WEIGEL (GDR)	20/7/84
3:40.46	José MARIN (ESP)	13/3/83
3:41.20	Raúl GONZÁLEZ (MEX)	11/6/78
3:45.52	Raúl GONZÁLEZ (MEX)	23/4/78
3:52.45	Beirid KANNENBERG (FRG)	27/5/72
3:55.36	Gennadiy AGAPOV (URS)	17/10/65
4:00.50	Mikhail LAVROV (URS)	5/9/61
4:01.39	Grigoriy KLIMOV (URS)	17/8/61
4:03.02	Abdon PAMICH (ITA)	16/10/60
4:03.53	Anatoly VEDYAKOV (URS)	13/8/59
4:05.15	Grigoriy KLIMOV (URS)	10/8/56
4:07.29	Anatoly YEGOROV (URS)	17/11/55
4:16.06	Josef DOLEZAL (TCH)	12/9/54
4:20.30	Vladimir UKHOV (URS)	29/8/52
4:23.14	Josef DOLEZAL (TCH)	24/8/52
4:23.40	Josef DOLEZAL (TCH)	4/8/46
4:24.47	Viggo INVORSEN (DEN)	17/8/41

WOMEN

• 100m

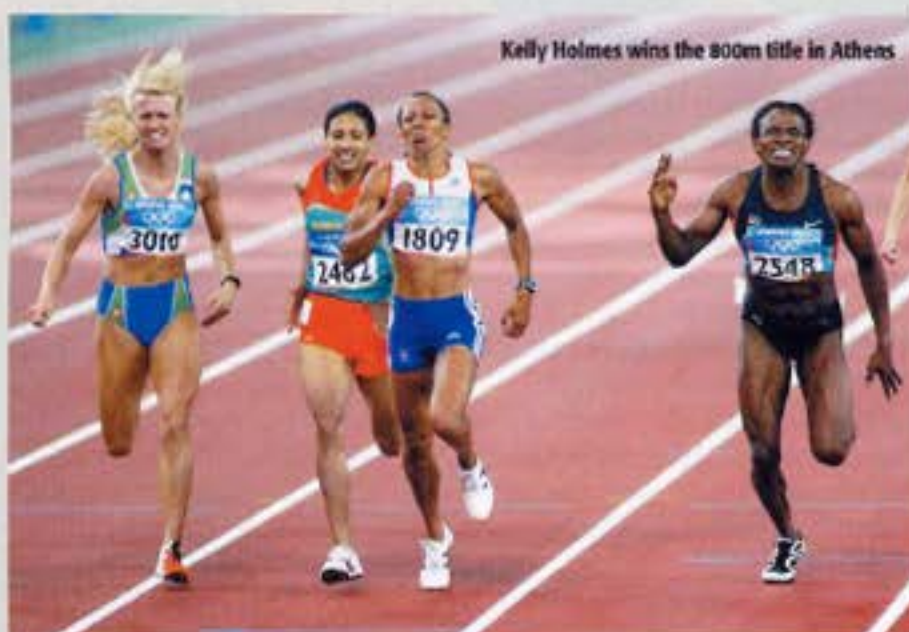
10.49	Florence GRIFFITH-JOYNER (USA)	16/7/88
10.76	Evelyn ASHFORD (USA)	22/8/84
10.79	Evelyn ASHFORD (USA)	3/7/83
10.81	Marlies GÖHR (GDR)	8/6/83
10.88	Marlies OELSNER (GDR)	1/7/77
11.01	Annegret RICHTER (FRG)	25/7/76
11.04	Inge HELTEN (FRG)	13/6/76
11.07	Renate STECHER (GDR)	2/9/72
11.08	Wyomia TYUS (USA)	15/10/68
11.1	Irena KIRSZENSTEIN (POL)	9/7/65
11.2	Wilma RUDOLPH (USA)	19/7/61
11.3	Shirley STRICKLAND (AUS)	4/8/55

Sixty of the best



During the past 12 months *Athletics Weekly* has listed the top 60 'classic moments' in track and field over the last six decades since the magazine was launched. Everyone has a favourite memory and the task has not been an easy one, but today in our 60th anniversary issue we reveal the top five moments. See overleaf for numbers five, four, three and two – followed on page 74 by the No.1 'classic moment'

- 60: Sally Gunnell wins 400m hurdles in Barcelona
- 59: Kelly Holmes bounces back to take 800m bronze in Sydney
- 58: Darren Campbell becomes European 100m champion
- 57: Chinese distance athletes shatter world records
- 56: Jon Drummond's protest at 2003 World Championships in Paris
- 55: Yvonne Murray is crowned 1993 3000m world indoor champion
- 54: Chris Brasher takes Olympic steeplechase gold in Melbourne
- 53: Maurice Greene takes the Olympic 100m title in Sydney
- 52: Brian Whittle loses his shoe in 1986 European Championships
- 51: Ashia Hansen smashes world indoor triple jump record
- 50: Carl Lewis wins fourth successive Olympic long jump title
- 49: Roger Black earns Olympic 400m silver in Atlanta
- 48: Yuriy Sedykh breaks hammer world record in Stuttgart, 1986**
- 47: Great Britain's 800m sweep at the 1986 Europeans in Stuttgart
- 46: Khalid Sakh controversy en route to 1992 Olympic 10,000m gold
- 45: Josia Thugwane takes Olympic marathon gold in Atlanta
- 44: Lasse Viren falls but breaks world 10,000m record at 1972 Olympics



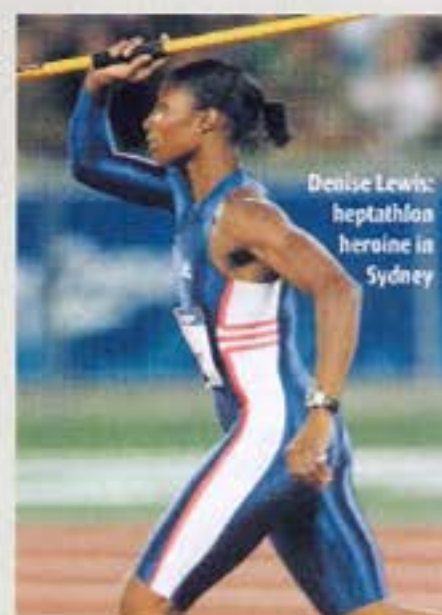
Kelly Holmes wins the 800m title in Athens

- 43: Alberto Juantorena scoops 400m/800m double in Montreal
- 42: Dave Bedford shatters world 10,000m record at Crystal Palace
- 41: Heike Drechsler breaks Marion Jones' hopes for five gold in Sydney
- 40: Paula Radcliffe finally becomes world cross champion in Brussels
- 39: Tessa Sanderson wins Olympic javelin title in Los Angeles
- 38: Abebe Bikila runs barefoot to the Olympic marathon title in Rome
- 37: Alan Wells wins 1980 Olympic 100m title in a photo-finish
- 36: Britain's men take the European Cup for the first time in Gateshead
- 35: Hicham El Guerrouj ends Olympic agony in Athens
- 34: Derek Redmond hobbles around the track at 1992 Barcelona Olympics
- 33: Lynn Davies is crowned the 1964 Olympic long jump champion
- 32: Tiina Lillak defeats Fatima Whitbread in Helsinki in 1983
- 31: Colin Jackson breaks 110m hurdles world record in Stuttgart
- 30: David Hemery's Olympic gold medal-winning run in Mexico City
- 29: Denise Lewis defies injury to take Olympic heptathlon title in Sydney
- 28: Daley Thompson retains Olympic decathlon title in Los Angeles
- 27: Uwe Hohn throws the javelin more than 100 metres in Berlin
- 26: Gail Devers and Merlene Ottey feature in two epic sprint races
- 25: Butch Reynolds destroys the world 400m record in Zurich
- 24: Al Oerter takes fourth successive Olympic discus gold in Mexico City
- 23: Marie Jose-Perec wins 200m/400m double in Atlanta
- 22: Linford Christie memorably wins Olympic 100m title in Barcelona
- 21: Cathy Freeman caps 'Magic Monday' in Sydney 2000
- 20: Jackie Joyner-Kersey is a double Olympic champion in Seoul
- 19: Ron Clarke smashes the 13-minute barrier for three miles
- 18: Donovan Bailey captures world 100m record and Olympic crown
- 17: Dick Fosbury's revolutionary flop in 1968 Mexico City Olympics
- 16: Carl Lewis becomes a quadruple Olympic champion in Los Angeles
- 15: Bannister defeats arch rival John Landy in 'Miracle Mile' in Vancouver

- 14: Griffith-Joyner's astonishing sprint performances at the Seoul Olympics
- 13: Fanny Blankers-Koen wins four gold medals at London Olympics
- 12: Mary Decker and Zola Budd dash at the 1984 Los Angeles Olympics
- 11: Paula Radcliffe's ground-breaking world marathon record in London
- 10: Chris Chataway pips Vladimir Kuts to break world 5000m record
- 9: Emil Zatopek takes incredible Olympic endurance treble
- 8: Ben Johnson tests positive after winning Olympic 100m final in Seoul
- 7: Kelly Holmes is a double Olympic champion in Athens
- 6: Carl Lewis and Mike Powell star in epic long jump clash in Tokyo
- 5: Jonathan Edwards annihilates triple jump world record in Sweden
- 4: Bob Beamon makes quantum leap in the 1968 Mexico City Games
- 3: Sebastian Coe and Steve Ovett's classic battles in Moscow
- 2: Michael Johnson demolishes 200m world record in Atlanta
- 1: Roger Bannister breaks the elusive four-minute mile barrier



Tiina Lillak: classic clash with Fatima Whitbread in 1983



Denise Lewis: heptathlon heroine in Sydney

EVERY
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athletics

WEEKLY

THE WORLD OF ATHLETICS MAGAZINE

NEW FEATURES:

Club focus

Olympic
hopefuls

Where are
they now?



CROSS CHALLENGE

UK series moves
to Belfast

PLUS:

Great Edinburgh
Cross preview

BACKLEY IN BUSINESS

Javelin champion launches new coaching
service for athletes of all events and abilities



WIN five pairs of a new trainer so good the military wear it

QUICK-FIRE QUESTIONS WITH ...

Alex Smith



SON of David Smith, the 1986 Commonwealth Games hammer champion, Alex Smith became the first British hammer thrower to win a major global medal in over 80 years when he won bronze at the World Youth Championships in Marrakesh last year. Alex, who will still be a junior in 2007, set a British junior record with the 5kg hammer of 78.32m last year. He answered some of *Athletics Weekly's* quick-fire questions ...

■ First athletics memory?

HAVING a picnic while watching my dad train.

■ Other sports played?

I PLAYED rugby until 2004.

■ Other sports watched?

I LIKE to watch extreme sports on TV.

■ Athletics heroes?

YURIY SEDYKH, world record-holder for the hammer throw.

■ Favourite athletics moment?

FROM a spectator point of view, the world youth 100m final was exciting.

■ Favourite training session?

THROWING light hammers.

■ Least favourite session?

ANYTHING involving running for more than a minute.

■ Best athletics memory?

WINNING the bronze medal at the world youth championships.

■ Worst athletics memory?

I HAVEN'T really had one so far.

■ Favourite TV shows?

THE Simpsons and South Park.

■ Favourite film?

SCARY Movie.

■ Favourite food?

STEAK and chips.

■ Aims for 2006?

TO win a medal at the world junior championships.

One to watch – Danijela Grgic

AFTER two years of near-misses at championships in the 200m, Croatia's Danijela Grgic finally made the switch to specialise in 400m running, writes Jon Mulkeen.

Grgic emerged as a 200m sprinter in 2003 and as an inexperienced 14-year-old, she missed out on making the final of the World Youth Championships by one place. Less than one month later, Grgic won the 200m and 400m at the Croatian senior national championships.

Grgic started the 2004 season with a national junior 200m record of 24.02 – made even more impressive by the fact that it was run into a -6m/s wind.

With one major international championship already under her belt, Grgic went to the 2004 World Junior Championships as one of the youngest 200m competitors, but despite a respectable 24.19 clocking in the semi-final, it was not quite enough to progress to the final.

Once again, Grgic – just 15 years old at the time – found redemption at the 2004 Croatian senior championships when she defended her 200m and 400m titles.

Realising that she simply may not be cut-out for the half-lap event, Grgic focused on the 400m in 2005 and it paid dividends.

A 53.38 clocking indoors earned her a ticket to the European Indoor Championships, where she was to be the youngest competitor of the whole event. Unfortunately, her inexperience got the better of her and she was disqualified in the heats of the 400m.



Danijela Grgic: ran 51.30 in the World Youth Championships 400m final at the age of 16

The first significant stop on Grgic's outdoor season schedule was the European Youth Olympic Festival in Lignano, which she duly won in a PB of 53.12 seconds. Just one week later, Grgic was to obliterate that mark at the World Youth Championships when she finished second to Nawal El Jack of Sudan with a national junior record of 51.30 – just three tenths

slower than the Croatian senior record that was set in 1974.

As the fastest junior in Europe, Grgic was a big favourite for the European Junior gold – a title she won by a clear margin with a 52.42 clocking. And for the third year running, she wrapped up her season with another 200m and 400m double at the Croatian senior championships.



Star of the future? Danijela Grgic (1041) enjoys an easy win at the European Junior Championships

GRGIC STAT-PACK

■ **Born:** September 28, 1988

■ **Progression (200m; 400m):**

2003 24.23 (24.15w); 55.06

2004 24.02 (23.77w); 53.65 (55.34i)

2005 24.06; 51.30 (53.38i)

■ **Championship record:**

2003 World Youth Championships
200m: 5th in semi final, 24.28

2004 World Junior Championships
200m: 4th in semi final, 24.29

2005 European Youth Olympic Festival
400m: 1st, 53.12

World Youth Championships
400m: 2nd, 51.30

European Junior Championships
400m: 1st, 52.42