

71
DAYS TO
THE RIO GAMES

INCORPORATING

RUNNING
MONTHLY



ATHLETICS WEEKLY

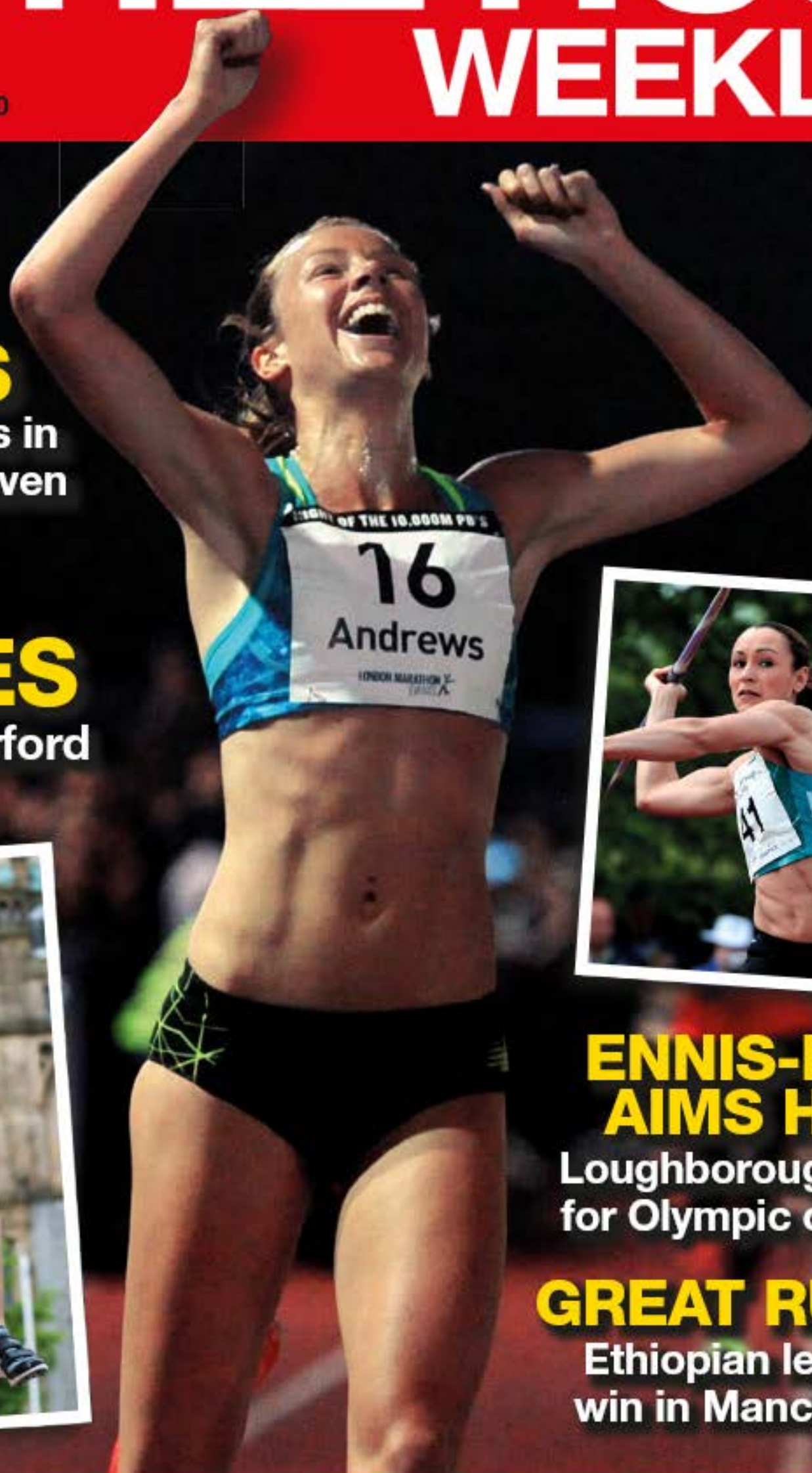
MAY 26, 2016 | £3.50

RIO TRIALS

Jess Andrews in
Highgate heaven

CITY GAMES

Greg Rutherford
wins again



ENNIS-HILL AIMS HIGH

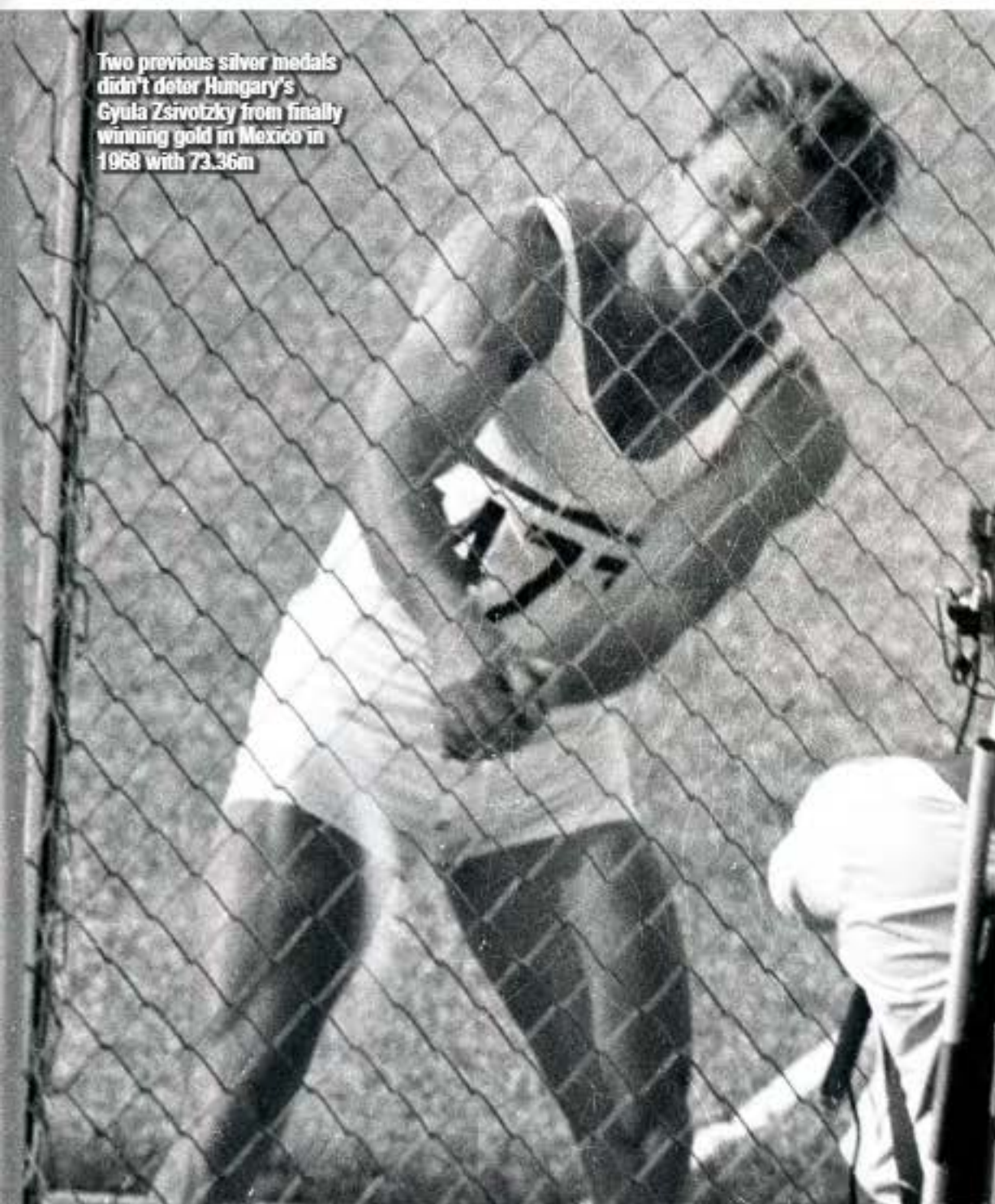
Loughborough test
for Olympic champ

GREAT RUNS

Ethiopian legends
win in Manchester

THE NO.1 MAGAZINE FOR RUNNERS AND ATHLETES

Two previous silver medals didn't deter Hungary's Gyula Zsivotzky from finally winning gold in Mexico in 1968 with 73.36m



ROAD TO RIO

IN A CONTINUING SERIES, STEVE SMYTHE LOOKS AT THE HISTORY OF EVENTS AT THE OLYMPICS, THIS WEEK FOCUSING ON THE MEN'S HAMMER

 MARK SHEARMAN

OLYMPIC RECORD

84.80m Sergey Litvinov 1988

Multiple champion: John Flanagan 1900/1904/1908, Pat O'Callaghan 1928/1932, Yuri Sedykh 1976/1980

MEN'S HAMMER – RIO FORM GUIDE

DEFENDING champion Krisztian Pars is still in good form and, although only fourth in the World Championships last year, he was clearly the second best over the whole season.

Based on his form in 2015, when he had the 12 longest throws, the clear favourite is Pawel Fajdek, who won the world titles in 2013 and 2015. At the time of writing, the Pole leads the 2016 rankings with 79.12m and will be keen to right his failure in London where he had three no-throws in the qualifying round.

Dilshod Nazarov was runner-up in Beijing but only 10th in London and is another keen to win his first Olympic medal.

Poland's No.2, Wojciech Nowicki, won bronze in China last year and was consistent around 78 metres and, although unlikely to win, is a good medal bet.

Egypt's Mostafa Al-Gamal threw 79.90m last year, was seventh in Beijing and is clearly capable of the occasional big throw. Slovakia's Marcel Lomnický and Finn David Soderberg were also in the top eight in the Worlds and could do so again.

Sergei Marghiev, Hassan Mohamed Mahmoud and Ashraf Amgad Elseify have already thrown 78 metres this year and could also be in the medal hunt.

Russia has a great record in the event and the son of a former great, Sergey Litvinov, was their best last year. Their participation is in doubt this year and Oleksiy Sokyrskyy has their longest throw this season with 77.30m in the winter.

British record-holder Nick Miller was 11th in the World final after qualifying as second best and can't be discounted from winning Britain's first hammer medal for 92 years.

Even though only six hammer throwers in the world have achieved the tough 77.00m Olympic qualifier this year, Mark Dry and Chris Bennett aren't too far short of the standard.

1900-2012

THE event wasn't held in Athens in 1896 and debuted in Paris in 1900.

The easy winner was Irish-born John Flanagan, who emigrated to the USA in 1897 and became a New York policeman. He won by four metres with 51.01m to go close to his world record.

He continued to dominate his event in the next few years but was given a closer contest at St Louis in 1904 as he improved his Olympic mark to 51.23m to win by a metre. A second USA medal sweep was not surprising as all six finalists were American.

The hammer was again missing from Athens in 1906 but was back in London in 1908 and again America dominated with six of the top seven and another top three.

Flanagan won again with 51.93m but had to work hard again. The margin was down to 75 centimetres as his final-round throw defeated world record-holder Matthew McGrath.

The following year Flanagan, aged 41, became the oldest world record-breaker in any athletics event.

McGrath, another Irish-born policeman regained his world record and won in Stockholm in 1912 by the massive margin of six metres with an Olympic record of 54.74m.



Juha Tiainen: the Finnish thrower defeated two West German athletes to win gold in Los Angeles in 1984



Atlanta 1996: Winner Balazs Kiss (centre) with Lance Deal (left) and Oleksandr Krykun

Canadian Duncan Gillis made history with silver as he became the first non-American hammer medallist.

McGrath was injured in Antwerp in 1920 and could only take a few throws in finishing in fifth.

The title went to yet another Irish American. Pat Ryan, who threw a 57.77m world best in 1913 which would last as a world record for 25 years and a US one for 40, won easily with 52.87m.

McGrath returned to form for Paris in 1924 and won silver at the age of 45. He was beaten by Fred Tootell, who injured his foot at the US trials and had to wear a cast until the day before the Olympics in Paris. With 53.29m, he became the first American-born winner.

USA failed to win gold or silver in Amsterdam in 1928 as in a tight contest, Ireland's Patrick Callaghan won by just 10 centimetres with 53.92m, having only taken up the event a year earlier.

Callaghan won in 1928 with his second-to-last throw and in Los Angeles in 1932 he waited until his last throw to take the lead with 53.92m.

He denied Ville Pörhola, who had won the shot in the 1920 Olympics, the gold.

The American and Irish dominance finally ended in Berlin in 1936 as the host nation's Karl Hein won with a 56.49m PB to finally break McGrath's 24-year-old Olympic mark.

After the war, it was Hungary's turn to dominate. Imre Nemeth, who had increased the world record to 59.02m before the

Games, won clearly with 56.07m.

Nemeth returned in Helsinki in 1952 but could only finish third as his 20-year-old protégé József Csernak threw 60.34m, the first ever 60m-plus mark. The first five bettered the previous Olympic best.

The Rome 1960 title went to Soviet Vasily Rudenkov, who broke the Olympic record in qualifying and then improved to 67.10m to dominate the final.

Another Soviet, Belarusian Romuald Klim, won in Tokyo in 1964 as he upped the Olympic mark to 69.74m.

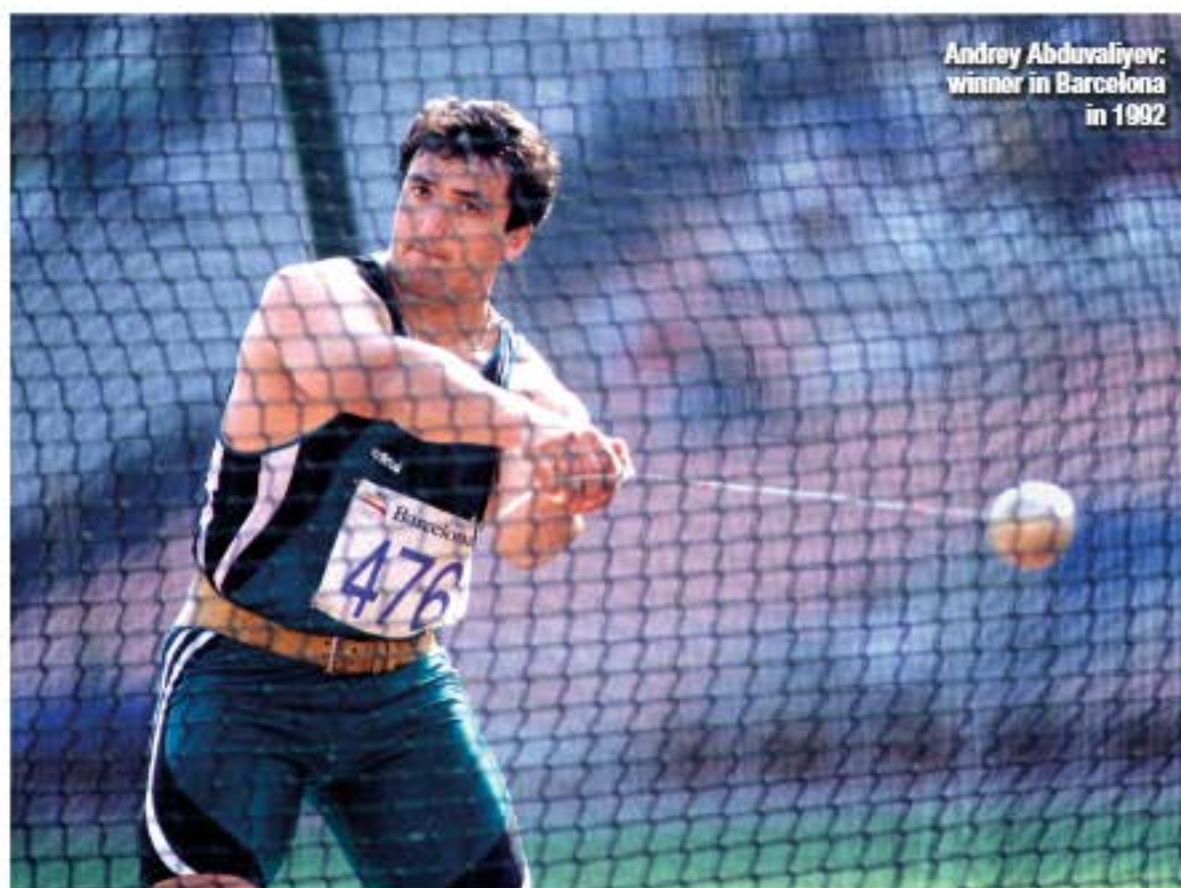
The Hungarian Gyula Zsivotzky was a close second and in 1957 he improved the world record by an astonishing two and half metres to 73.74m. Just before the Games he added two centimetres but, having lost to Klim nine successive times, he wasn't favourite for Mexico in 1968.

Klim held the advantage after four rounds and looked to have the psychological edge, but the Hungarian threw close to the world record with 73.36m to edge Klim by eight centimetres.

Zsivotzky was only fifth in Munich 1972 as Soviet Anatoly Bondarchuk won with an Olympic mark of 75.50m sealed in the opening round.

In 1975 Karl-Hans Riehm broke the previous world record with all six throws in one series, but in Montreal in 1976 the West German was unable to prevent a Soviet clean sweep.

The title went to exciting 21-year-old talent Yuri Sedykh who improved the



Andrey Abduvaliyev:
winner in Barcelona
in 1992

Olympic mark to 77.2m with Bondarchuk third.

Sedykh was in even better form in Moscow in 1980 and he not only broke the Olympic mark but set a world record of 81.80m with his first throw. The previous world record-holder, Sergei Litvinov, finished second with 80.64m.

Riehm, who had thrown over 80 metres the day before the Olympics, couldn't compete in Moscow because of the boycott.

He was there in Los Angeles in 1984, but missing this time were the Soviets, including Sedykh, who had thrown a sensational 86.34m earlier in the year.

With 11 of the 12 top-ranked throwers absent from Los Angeles, the Finn Juha Tiainen narrowly won with 78.08m from the German's 77.98m. The original fourth-placer, Gianpaolo Urlando, was disqualified for excessive testosterone.

The Soviets were back in Seoul in 1988 and, although the 1980 medallists were in the medals again, it was a different order.

Sergei Litvinov had won the first two World Championships in 1983 and 1987 and he maintained his current dominance over Sedykh as he won with an 84.80m first-round throw. Sedykh also shattered the previous Olympic record with 83.76m and Rolf Haber became the first to throw 80 metres in the Olympics and not win a medal.

It was a Soviet clean sweep of sorts in Barcelona in 1992 but after the union's break-up gold went to Andrei Abduvaliyev of Tajikistan from Igor Astapkovich of Belarus. The latter had beaten his rival 8-0 previously that year, but Abduvaliyev shocked his rival with a fourth-round 82.54m. Bronze medallist Igor Nikulin was the son of the 1964 fourth-placer Yuri.

In Atlanta in 1996, Balazs Kiss led for

CLOSEST MARGINS OF VICTORY

0.08m	Gyula Zsivotzky 1968
0.10m	Pat O'Callaghan 1928
0.10m	Juha Tiainen 1984
0.12m	Balazs Kiss 1996
0.16m	Harold Connolly 1956

BIGGEST WINS

6.15m	Matt McGrath 1912
4.44m	Pat Ryan 1920
4.36m	John Flanagan 1900
3.40m	Koji Murofushi 2004
1.80m	Imre Nemeth 1948

MEDALS WON

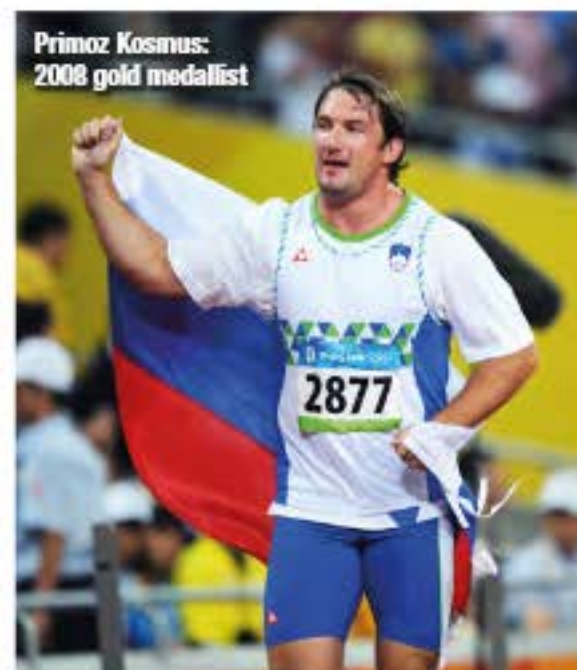
USA 20	URS/EUN 19	HUN 9
GER/FRG 6	SWE 3	

most of the competition and took gold with 81.24m. In the end he won narrowly. Lance Deal thought he was eliminated after three rounds when he was in equal eighth with the inferior second throw. However, the rules didn't specify this and nine went forward. He was still eighth after five rounds but a final-round 81.12m moved him up to second and threatened Kiss.

In Sydney 2000, most of the favourites failed to make it through to the final, including Deal, the 1997 world champion, Heinz Weis, all the 1999 world medallists and the world No. 1 Gilles Dupray.

Gold went to the Pole Szymon Ziolkowski, who had only been tenth in 1996 with the sole 80m throw.

In Athens, Adrian Annus appeared to



Primož Kozmus:
2008 gold medallist

MOST MEMORABLE OLYMPICS – MELBOURNE 1956

AFTER the 1952 Games in Helsinki, the event was dominated by Soviet Belarusian Mikhail Krivonosov, who had had three no-throws in Helsinki and set six world records between 1954 and 1956. However, just before the Games, American Hal Connolly advanced the world record to 68.54m.

Neither of the favourites were at their best in Australia, but they had a good contest and

Connolly's fifth-round 63.19m overhauled the Soviet by just 16 centimetres.

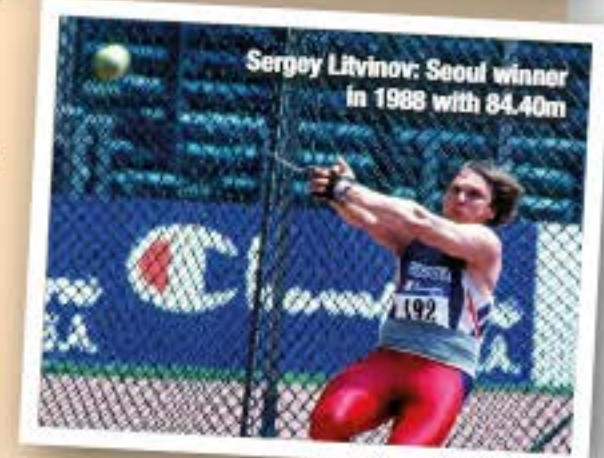
More attention went to Connolly, though, for his 'Cold War' romance in Melbourne with Olympic discus champion Olga Fitikova of the Czech Republic, whom he later married.

Connolly improved his world mark to 70.33m but was injured in Rome in 1960 and could finish only eighth.



MEN'S HAMMER

1900: 1 John Flanagan USA 49.73	2 Thomas Hare USA 49.13	3 Josiah McCracken USA 42.46
1904: 1 John Flanagan USA 51.23	2 John DeWitt USA 50.26	3 Ralph Rose USA 45.73
1908: 1 John Flanagan USA 51.92	2 Matt McGrath USA 51.18	3 Con Walsh CAN 48.50
1912: 1 Matt McGrath USA 54.74	2 Duncan Gillis CAN 48.39	3 Clarence Childs USA 48.17
1920: 1 Pat Ryan USA 52.87	2 Carl Lind SWE 48.43	3 Basil Bennet USA 48.25
1924: 1 Frederic Tootell USA 53.29	2 Matt McGrath USA 50.84	3 Malcolm Nokes GBR 48.875
1928: 1 Patrick O'Callaghan IRL 51.39	2 Ossian Skiold SWE 51.29	3 Ed Black USA 49.03
1932: 1 Patrick O'Callaghan IRL 53.92	2 Ville Porthola FIN 52.27	3 Peter Zaremba USA 50.33
1936: 1 Karl Hein GER 56.49	2 Erwin Blask GER 55.04	3 Fred Wargard SWE 54.83
1948: 1 Imre Nemeth HUN 56.07	2 Ivan Gubijan YUG 54.27	3 Robert Bennett USA 53.73
1952: 1 Jozsef Csermak HUN 60.34	2 Karl Storch GER 58.86	3 Imre Nemeth HUN 57.74
1956: 1 Harold Connolly USA 63.19	2 Mikhail Krivosov URS 63.03	3 Anatoliy Samotsvetov URS 62.56
1960: 1 Vasilij Rudenkov URS 67.10	2 Gyula Zsivotzky HUN 65.79	3 Tadeusz Rut POL 65.64
1964: 1 Romuald Klim URS 69.74	2 Gyula Zsivotzky HUN 69.09	3 Uwe Beyer GER 68.09
1968: 1 Gyula Zsivotzky HUN 73.36	2 Romuald Klim URS 73.28	3 Lazar Lovasz HUN 69.78
1972: 1 Anatoliy Bondarchuk URS 75.50	2 Jochen Sachse GDR 74.96	3 Vasilij Khmelevskiy URS 74.04
1976: 1 Yuriy Sedykh URS 77.52	2 Aleksey Spiridonov URS 76.08	3 Anatoliy Bondarchuk URS 75.48
1980: 1 Yuriy Sedykh URS 81.80	2 Sergey Litvinov URS 80.64	3 Juri Tamm URS 78.96
1984: 1 Juha Tiainen FIN 78.08	2 Karl-Hans Riehm FRG 77.98	3 Klaus Ploghaus FRG 76.68
1988: 1 Sergey Litvinov URS 84.40	2 Yuriy Sedykh URS 83.76	3 Juri Tamm URS 81.16
1992: 1 Andrey Abduvaliyev EUN 82.54	2 Igor Astapkovich EUN 81.96	3 Igor Nikulin EUN 81.38
1996: 1 Balazs Kiss HUN 81.24	2 Lance Deal USA 81.12	3 Oleksandr Krykun UKR 80.02
2000: 1 Szymon Ziolkowski POL 80.02	2 Nicola Vizzoni ITA 79.64	3 Igor Astapkovich BLR 79.17
2004: 1 Koji Murofushi JPN 82.91	2 Ivan Tikhon BLR 79.81	3 Esref Apak TUR 79.51
2008: 1 Primož Kozmus SLO 82.02	2 Krisztian Pars HUN 80.96	3 Koji Murofushi JPN 80.71
2012: 1 Krisztian Pars HUN 80.59	2 Primož Kozmus SLO 79.36	3 Koji Murofushi JPN 80.71



have given Hungary the gold medal with 83.19m. However, his compatriot discus thrower Robert Fazekas was disqualified after a bag of urine was found on his body and, as Hungarian athletes came under growing suspicions, Annus refused to turn up for a second drugs test and was disqualified.

The title passed on to Japan's Koji Murofushi, whose promotion to first ensured he had a three-metre winning margin – the biggest for 84 years.

The 2008 event was controversial, although not in terms of the gold medal as Slovenian Primož Kozmus, who was sixth in 2004, was an undisputed winner with an

82.02m second-round throw the best of six marks over 80 metres.

The Belarusian pair of Vadim Devyatovski and Ivan Tikhon were originally second and third with respective 81.61m and 81.51m throws.

However, they were both disqualified later in the year for excessive testosterone and the medals re-awarded to Krisztian Pars and Murofushi.

Two years later the Court of Arbitration for Sport ruled that they should get their medals back owing to errors in the Chinese lab-testing.

This was complicated further, though, by re-testing of the 2004 samples.

Tikhon, who was the revised second after Annus's disqualification, was retrospectively disqualified in 2012 as methandienone was found in his sample.

The other medals haven't yet been reallocated and Esref Apak remains third. If Apak is promoted, the beneficiary would be Devyatovski, who had already failed a test and taken legal action to get his medal back!

In 2012, Pars took control in the first round with 79.14m and he improved to 80.59m. Kozmus and Murofushi won the other medals.

BRITISH SUCCESSES

THE hammer has not been an entirely successful event for Britain over the years.

The only medal came in Paris in 1924. Malcolm Nokes won a bronze, just 13 centimetres ahead of fourth with 48.87m.

It was 52 years before Britain even had an athlete in the top eight.

Scottish thrower Chris Black had his greatest competition to finish seventh with 73.18m behind three Soviets and three Germans in 1976 (pictured below).

Aided by the Soviet boycott and a drugs disqualification, Bob Weir was eighth in 1984 with 72.62m.

In London in 2012, Alex Smith excelled to make the final with 74.71m but was then 12th with 72.87m.



NEXT WEEK: WOMEN'S 100M & 200M

29
DAYS TO
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OLYMPIC TRIALS

High drama at
US Champs

EATON:

On fire in Eugene

FELIX:

World lead
in 400m

RUPP:

Victory over 10,000m

USAIN BOLT

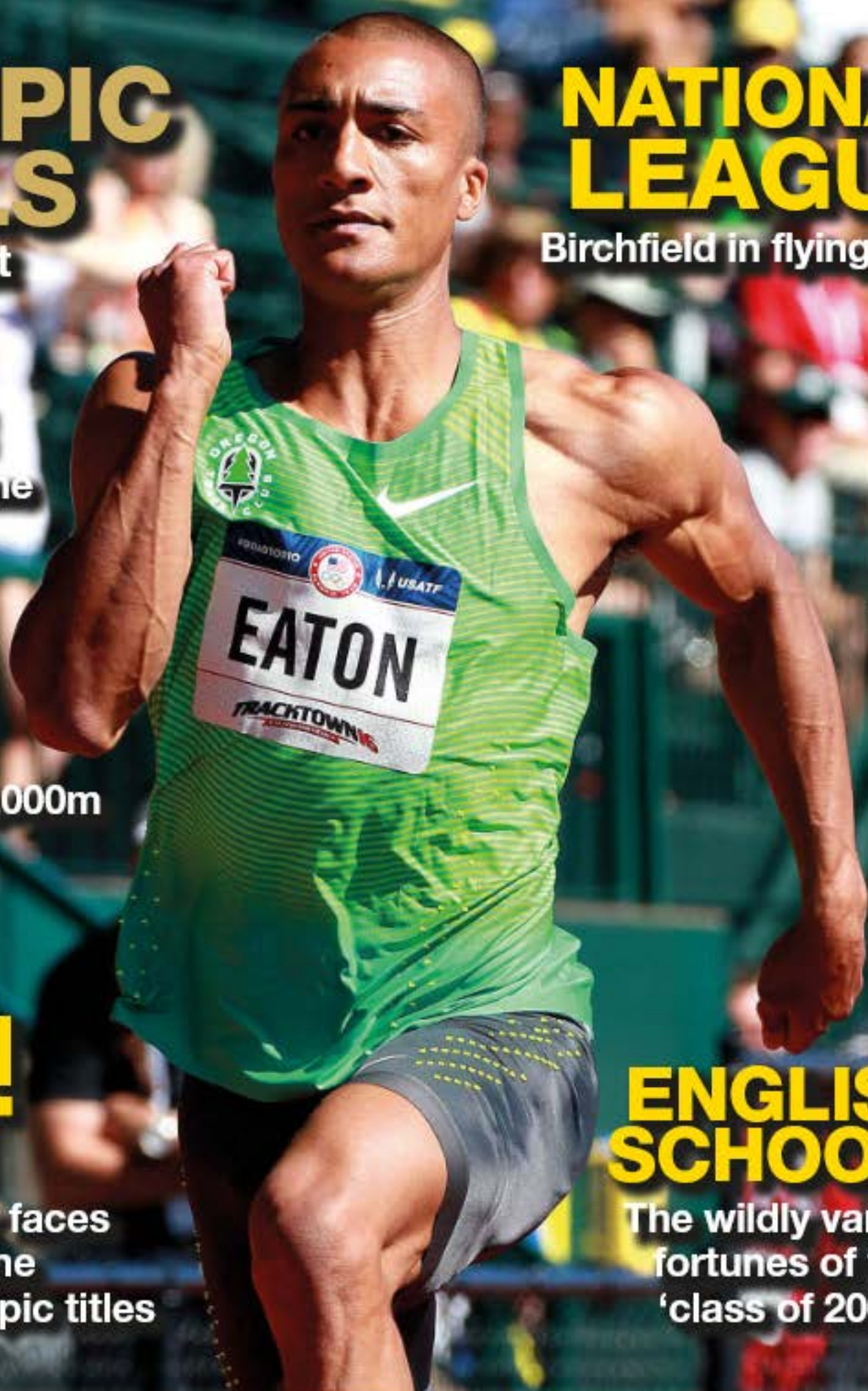
Injured sprinter faces
race against time
to defend Olympic titles

NATIONAL LEAGUE

Birchfield in flying form

ENGLISH SCHOOLS

The wildly varying
fortunes of the
'class of 2006'



THE NO.1 MAGAZINE FOR RUNNERS AND ATHLETES

RIO FORM GUIDE

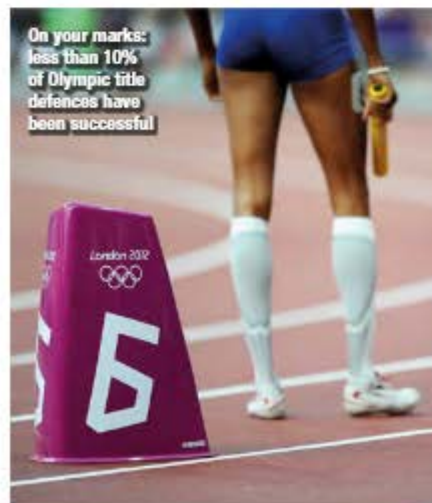
MEL WATMAN ASSESSES THE PROSPECTS FOR REIGNING OLYMPIC MEN'S CHAMPIONS AHEAD OF RIO

MARK SHEARMAN

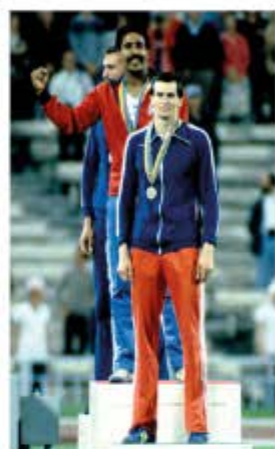
WHO WILL ever forget "Super Saturday" – August 4, 2012 – when Jessica Ennis, Greg Rutherford and Mo Farah triumphed in London's Olympic Stadium? Could Saturday August 13 this year prove equally successful? Hopefully, all three will be fit and healthy that day to defend their titles – and to add to the expectation and excitement for British fans there is also the prospect of Katarina Johnson-Thompson being Ennis-Hill's closest rival for the heptathlon gold medal.

It's a pretty rare occurrence for an athlete to win back-to-back Olympic titles. Out of 612 individual events (373 for men, 239 for women) contested between 1948 and 2012 there have been only 58 successful defences; that's less than 10%.

The number at each Games has varied between one (1968-1972 and 2000-2004) and seven (2008-2012), the overall average is between three and four per Games.



Carl Lewis (main picture), Daley Thompson (right) and Marie-José Pérec (below right): back-to-back Olympic winners



BACK-TO-BACK OLYMPIC WINNERS

1948-1952: 800m: Mal Whitfield USA; 10,000m: Emil Zatopek TCH; Dec: Bob Mathias USA; 10,000m walk: John Mikaelsson SWE

1952-1956: PV: Bob Richards USA; TJ: A F da Silva BRA; SP: Parry O'Brien USA; **Women's 80mH:** Shirley de la Hunty AUS

1956-1960: 110mH: Lee Calhoun USA; 400mH: Glenn Davis USA; DT: Al Oerter USA

1960-1964: 800m: Peter Snell NZL; Mar: Abebe Bikila ETH; TJ: Jozef Schmidt POL; DT: Al Oerter USA; **Women's HJ:** Iolanda Balas ROU; SP: Tamara Press URS/RUS

1964-1968: DT: Al Oerter USA; **Women's 100m:** Wyomia Tyus USA

1968-1972: TJ: Viktor Saneyev URS/GEO

1972-1976: 5000/10,000m: Lasse Viren FIN; TJ: Viktor Saneyev URS/GEO; **Women's JT:** Ruth Fuchs GDR

1976-1980: Mar: Waldemar Cierpinski GDR; **HT:** Yuriy Sedykh URS/RUS; **Women's 200m:** Barbel Eckert GDR; **1500m:** Iatiana Kazankina URS/RUS; DT: Evelin Jahl GDR

1980-1984: 1500m: Seb Coe GBR; Dec: Daley Thompson GBR

1984-1988: 100m/LJ: Carl Lewis USA; 110mH: Roger Kingdom USA

1988-1992: LJ: Carl Lewis USA; **Women's Hep:** Jackie Joyner-Kersey USA

1992-1996: LJ: Carl Lewis USA; JT: Jan Zelezny CZE; **Women's 100m:** Gail Devers USA; 400m: Marie-José Pérec FRA

1996-2000: 400m: Michael Johnson USA; 10,000m: Haile Gebrselassie ETH; JT: Jan Zelezny CZE; 50km walk: Robert Korzeniowski POL

2000-2004: 50km walk: Robert Korzeniowski POL; **2004-2008:** 10,000m: Kenenisa Bekele ETH; DT: Virgilijus Alekna LTU; JT: Andreas Thorkildsen NOR; **Women's 200m:** Veronica Campbell-Brown JAM; PV: Yelena Isinbayeva RUS; TJ: Francoise Mbango CMR

2008-2012: 100/200m: Usain Bolt JAM; SP: Tomasz Majewski POL; **Women's 100m:** Shelly-Ann Fraser-Pryce JAM; 10,000m: Tirunesh Dibaba ETH; SP: Valerie Adams NZL; JT: Barbora Spotakova CZE

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OLYMPIC GUIDE

Event-by-event
previews

GOLDEN HOPES

Britain's best are
ready for battle
in Rio

LEAGUE WINNERS

Birchfield Harriers seal
national league double



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FAVOURITE FAJDEK'S FAIL IS FORGOTTEN

CONTENDERS

★ **Pawel Fajdek (POL):** world champion in 2013 and 2015, reigning European champion and 2016 world rankings leader.

★ **Ivan Tikhon (BLR):** the 40-year-old has won two world titles and two Olympic minor medals in the past but has a background of doping infringements.

★ **Dilshod Nazarov (TJK):** three-time Olympian from Tajikistan won silver at the World Championships last year.

★ **Krisztian Pars (HUN):** defending champion who also took European titles in 2012 and 2014 and was second and fourth in the last two World Championships.

★ **Wokciech Nowicki (POL):** bronze at last year's Worlds and this year's Europeans.

HAMMER

AFTER failing to register a mark in qualifying at London 2012, Pawel Fajdek will be keen to make amends in Rio. The Pole is the man in form in 2016 as well.

Krisztian Pars will be determined to defend his title, though, while you can expect big support for home nation hope Wagner Domingos.

There are also three Brits in an event which has improved domestically in recent times, although they will struggle to emulate this country's only medallist in this event – Malcolm Nokes, who took bronze in 1924. JH

Pawel Fajdek: no-marked in London 2012



FACTS YOU NEED TO KNOW

Reigning champion: Krisztian Pars

British hopes: Nick Miller, Chris Bennett, Mary Dry

Outside tip: Wagner Domingos has set a Brazilian record and won the Ibero-American title this year.

Records: 86.74m Yuriy Sedykh (world); 4.80m Sergey Litvinov

(Olympic); 77.55m Nick Miller (British)

Killer fact: At the Beijing World Championships last year Pawel Fajdek tried to give a taxi driver his gold medal as payment for the journey after a drunken night out.

When: Qualification group A: Aug 17, 1.40pm. Qualification group B 3.05pm. Final: Aug 20, 1.05am

GERMAN ROHLER IN SHARP RIO SHAPE

JAVELIN

KESHORN WALCOTT'S win was one of the shocks of 2012. He threw a Trinidad and Tobago record to beat Ukraine's Oleksandr Pyatnytsya and Antti Ruuskanen, who ensured Finland, winner of 22 Olympic medals in this event, gained a place on the podium.

Germany's Thomas Rohler has been in fine form and achieved two 91m-plus throws in one competition in June, so it should take much more than Walcott's 84.58m from London

Thomas Rohler: world No.1 this year



– the shortest winning throw since Seoul 1988 – to claim the 2016 title.

Egypt's Ihab Abdelrahman would have been a contender

but will not be competing following reports that he tested positive for a banned substance in April. He has protested his innocence. JW

FACTS YOU NEED TO KNOW

Reigning champion: Keshorn Walcott

British hopes: None

Outside tip: A German clean-sweep of the medals isn't out of the question with Julian Weber having thrown a PB of 88.04m last month.

Records: 98.48m Jan Zelezny (world); 90.57m Andreas

Thorkildsen (Olympic); 91.46 Steve Backley (British)

Killer fact: With his victory at the London Games in 2012, Walcott became just the second non-European winner of the event after USA's Cyrus Young, the only ever male American winner, took the title in 1952.

When: Qualification group A: Aug 18, 12.30am. Qualification group B: Aug 18, 1.55am. Final: Aug 21, 12.55am

CONTENDERS

★ **Thomas Rohler (GER):** favourite thanks to his 91.28m PB from June but has had back strain.

★ **Julius Yego (KEN):** in 2016 has not shown the same sort of form which won him world gold in Beijing in 2015 with 92.72m.

★ **Keshorn Walcott (TTG):** threw 90.16m in 2015 but has managed only 86.35m so far this year.

★ **Antti Ruuskanen (FIN):** 2012 bronze medallist has thrown over 88 metres the past three years.

★ **Tero Pitkämäki (FIN):** his best throw might have come 11 years ago but he continues to show consistency.

★ **Johannes Vetter (GER):** second in the rankings with 88.23m.



80
PAGES
BUMPER ISSUE

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NATIONAL CROSS

ENGLISH

Connor and
Judd triumph

SCOTTISH

Gold for Hawkins
and MacLarty

WELSH

Griffiths and
Kidger take titles



DEREK IBBOTSON

Tribute to a
supermiler



PREVIEW
GB set for European
Indoors in Belgrade

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Greg Foster: sprinted his way to 110m hurdles victory

1517 participants (1451 Rome)
167 countries (159)
43 events (43)
14 countries provided champions (16)
29 countries provided medallists (27)
52 countries provided finalists (47)

POINTS & MEDAL TABLE

	Points	G	S	B
1 URS	283	9	9	11
2 USA	249	10	8	8
3 GER	194	5	4	8
4 KEN	84	4	3	1
5 GBR	76	2	2	3
6 FRA	45	1	1	0
7 JAM	42	1	1	3
8 FIN	42	1	1	1
9 CHN	40	2	1	1
10 ITA	38	1	0	0

MEN'S ENDURANCE

After a poor four years since his last win, Billy Konchellah retained his title at 800m. Noureddine Morceli dominated the 1500m with a staggering 51.55 last lap in a fast 3:32.84 race to win by two seconds.

A brave Yobes Ondieki won the 5000m. He split the field with a vicious 59.88 second lap and was dying a death on the last lap. He just held on, though his last kilometre was 13:46 pace.

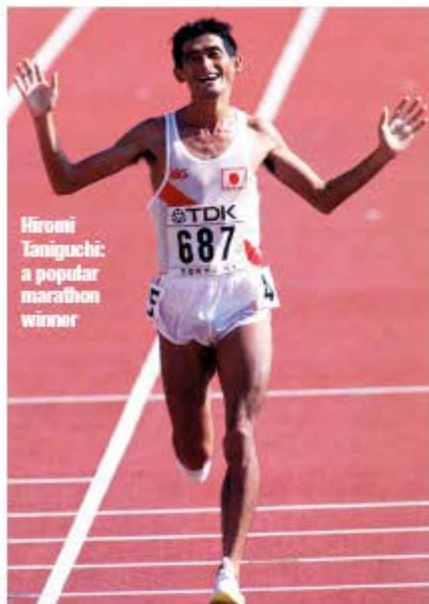
In the 10,000m, a Kenyan also set a fast pace, with Richard Chelimo running a 13:30.27 first half. However, his team-mate

Moses Tanui ultimately outkicked him.

The most popular winner in Tokyo was the only non-African in this section, marathon victor Hiromi Taniguchi. His face covered in pain as he broke away at 38km, he coped with the hot and humid conditions better than his rivals did.

The world junior 1500m champion Moses Kiptanui controlled the steeplechase for another Kenyan success.

Maurizio Damilano retained his 20km walk title. The 50km walk was held in sauna-like conditions (97 per cent humidity) and though trying to stage a dead heat, Soviet Aleksandr Potashov got the verdict by 0.01 of a second from Andrey Perlov.



Hiromi Taniguchi: a popular marathon winner

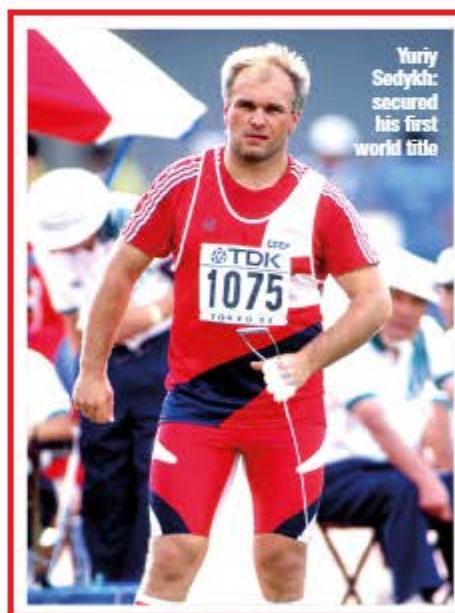
MEN'S FIELD

Powell stunned everyone, including himself, with his record-breaking win in the long jump (see *Most Exciting Contest*).

Another superb quality high jump saw Charles Austin's 2.38m shock an injury-affected world record-holder Javier Sotomayor. Dalton Grant entered at an outrageous 2.31m and cleared 2.36m but still did not win a medal!

A few hours after Foster had won his third title, Sergey Bubka matched him with a quality 5.95m victory.

The triple jump was closer as Kenny Harrison's 17.78m held off Leonid Voloshin's 17.75m.



Yuri Sedykh: secured his first world title

Having focused on bobsleigh the previous year, Werner Gunthor returned to defend his shot title by close on a metre.

Lars Riedel surprised in his first major championship, winning the discus with his first throw. The German would go on to be an all-time great but one who already was – 1976 and 1980 hammer champion and world record-holder Yuri Sedykh – won his first world title.

Kimmo Kinnunen, son of 1968 Olympic medallist Jorma, led a Finnish one-two in the javelin while Dan O'Brien came close to the world record – effectively five seconds in the 1500m, with an 8812-point decathlon.



TALKING POINT

While the scheduling may not have been as bad as Helsinki (that is, three rounds of 5000m) or Rome (four rounds of 800m), the lack of thought on athletes' performances suggests the planners were either on drugs or thought all the athletes were. For example, four rounds of women's 400m on four successive days finds out the strongest rather than the fastest.

Some events could have done better with the seeding, numbers through to the next round and the over reliance on fastest losers spots. In the men's 800m, future world indoor and reigning European champion Tom McKean was drawn in the same heat as the eventual first and third place (Konchellah and Mark Everett) and finished within three hundredths of a second of them both but didn't even get through the first round with two automatic places.

BRITISH TEAM PERFORMANCE

Britain won two gold medals. Liz McColgan wore her competitors down with a brilliant front-running 10,000m.

McColgan has been fifth as Liz Lynch in 1987 and was running just 10 months after the birth of her daughter Elish.

She immediately set a fast pace in extreme heat and humidity.

By halfway (15:34.15) only world junior champion Derartu Tulu could stay with her. The Ethiopian, who would go on to be all-time great herself, was still there at 7km but fell 80 metres back at 8km and ultimately ended up a minute back in eighth.

The Scot pushed on alone and won by 20 seconds.

The other gold was less expected as the 4x400m team pulled off a shocking victory against the normally all-conquering Americans.

The 400m silver medallist Black put

Britain ahead with a 44.7 opener but despite Derek Redmond's 44.0 second leg, the US were three metres ahead after Quincy Watt's electric 43.4.

Many expected the US to go away as they had a good lead with the individual events bronze and gold medallist to come.

However, John Regis stuck to Danny Everett and closed up slightly with a 44.22 to Everett's 44.31.

The final leg saw Pettigrew set off a stride ahead. It shouldn't have been an even contest with Britain's 400m hurdles bronze medallist Kriss Akabusi tracking the champion, but Akabusi followed for the first 300m, then swung wide in the straight and attacked and edged ahead in the last 30 metres and won by just four hundredths of a second. He timed 44.59 to the American's 44.93.

Britain's seven medals put them fifth in both the medal standings and points table.



Dream team: (l-r) Derek Redmond, Kriss Akabusi, John Regis and Roger Black landed 4x400m relay gold

1991 WORLD CHAMPIONS TOKYO, JAPAN

MEN

100m: Carl Lewis (USA) 9.86 (WR)
200m: Michael Johnson (USA) 20.01
400m: Antonio Pettigrew (USA) 44.57
800m: Billy Konchellah (KEN) 1:43.99
1500m: Noureddine Morceli (ALG) 3:32.84
5000m: Yobes Ondieki (KEN) 13:14.45
10,000m: Moses Tanui (KEN) 27:38.74
Marathon: Hiromi Taniguchi (JPN) 2:14:57
3000m steeplechase: Moses Kiptanui (KEN) 8:12.59
110m hurdles: Greg Foster (USA) 13.06
400m hurdles: Samuel Matete (ZAM) 47.64
High jump: Charles Austin (USA) 2.38m
Pole vault: Sergey Bubka (URS) 5.95m
Long jump: Mike Powell (USA) 8.95m (WR)
Triple jump: Khristo Markov (BUL) 17.92m
Shot: Werner Gunthor (SUI) 21.67m
Discus: Lars Riedel (GER) 66.20m
Hammer: Yuriy Sedykh (URS) 81.70m
Javelin: Kimmo Kinnunen (FIN) 90.82m
Decathlon: Dan O'Brien (USA) 8812
20km walk: Maurizio Damilano (ITA) 1:19:37
50km walk: Aleksandr Potashov (URS) 3:53.09
4x100m relay: USA (Cason, Burrell, Mitchell, Lewis) 37.50
4x400m relay: GBR (Black, Redmond, Regis, Akabusi) 2:57.53

WOMEN

100m: Katrin Krabbe (GER) 10.99
200m: Katrin Krabbe (GER) 22.09
400m: Marie-José Pérec (FRA) 49.13
800m: Liliya Nurutdinova (URS) 1:57.50
1500m: Hassiba Boulmerka (ALG) 4:02.21
3000m: Tatyana Dorovskikh (RUS) 8:35.82
10,000m: Liz McColgan (GBR) 31:14.31
Marathon: Wanda Panfil (POR) 2:29:53
100m hurdles: Lyudmila Narozhilenko (URS) 12.59
400m hurdles: Tatyana Ledovskaya (URS) 53.11
High jump: Heike Henkel (GER) 2.05m
Long jump: Jackie Joyner-Kersey (USA) 7.32m
Shot: Huang Zhihong (CHN) 20.83m
Discus: Tsvetanka Khristova (BUL) 71.02m
Javelin: Xu Demei (CHN) 68.78m
Heptathlon: Sabine Braun (GER) 6672
10km walk: Alina Ivanova (URS) 42:57
4x100m relay: JAM (Duaney, Cuthbert, McDonald, Ottey) 41.94
4x400m relay: URS (Ledovskaya, Dzhalgalova, Nazarova, Bryzhina) 3:18.43

ATHLETICS WEEKLY

FEBRUARY 22, 2018 | £3.95

BEST OF BRITISH

Asha Philip makes it a hat-trick
as stars shine at indoor trials



WORLD RECORD

Christian Coleman smashes
the 60m mark in America



COLEMAN IS THE NEW CANNONBALL

AMERICAN DESTROYS MAURICE GREENE'S 60M WORLD RECORD AT TRIALS

WHEN Maurice Greene set the world 60m record of 6.39 in Madrid in 1998, it was met with little fanfare.

The Kansas Cannonball's performance did not make *AW*'s front cover and there was only a small report in the results section.

"Greene's start was far from perfect," it read in part, "but 20m into the race he was into his powerful stride... to shave 0.02 off the mark he shared with Andre Cason."

Flash forward 20 years and the coverage of Christian Coleman's demolition of Greene's mark has been more considerable.

When the 21-year-old clocked 6.34 at the US Indoor Championships held at 1507m altitude in Albuquerque last weekend, the news flashed around the world.

Never before has so much been taken off a 60m record in one go and it demonstrated that Coleman's unrated 6.37 run last month in South Carolina



was certainly not a fluke.

"It feels like a blur," he told reporters when asked to describe what it felt like to run that fast.

Naturally, there have been

immediate comparisons with Usain Bolt, with Coleman now tipped to break the Jamaican's outdoor records.

The world 100m and 200m record-holder has, however, run

faster than the American over 60m, as he was timed at 6.31 on the way to his 9.58 at the 2009 World Championships 100m victory.

■ **Results, p44**

HAMMER LEGEND LITVINOV DIES

SERGEY LITVINOV, the 1988 Olympic hammer champion and former world record-holder, died this week aged 60.

The Russian throws icon had been coaching in Sochi and cycled home but

collapsed soon afterwards.

For the past 30-plus years he has been ranked No.2 on the world all-time list behind Yuriy Sedykh – they are the only two men ever to have broken the 85-metre barrier in the

event. Litvinov was often second best to Sedykh, but he beat his rival to win the 1988 Olympic title.

In addition he took the world titles in 1983 and 1987.

He set three world

records in the early 1980s but his best was 86.04m from 1986.

Later, he guided his son, Sergey, who went on to throw 80.98m and finished fifth at the World Championships.

INSIDE: EXPERT TRAINING ADVICE FOR THE TRACK

ATHLETICS WEEKLY

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STEPH TWELL

Olympian clocks
10km PB at brilliant
Brighton weekend

BEST OF BRITISH

The national records
to have stood the
test of time



BOSTON MARATHON

Cherono charges
late while Degefa
dominates in USA

SUCCESS STORY

How Leeds City
have captured club
honours this year



COMPLETE GUIDE TO HAMMER

OUR IN-DEPTH STATISTICAL LOOK AT THE THROWS EVENTS CONTINUES

WORDS: STEVE SMYTHE PICTURES: MARK SHEARMAN

THE hammer was first held in the Olympics in 1900 and the United States and the Soviets/Russians have each won seven golds – the United States in the early Games with the Soviets being successful in more recent times. At the IAAF World Championships the Soviets and Belarus have each won three golds.

HAMMER STAR: YURIY SEDYKH (URS)

THE Soviet athlete is a clear choice as the all-time No.1. He won two Olympic golds, which would have probably been three if it had not been for the 1984 boycott, plus he won a world title and has been the world record-holder since 1984.

Sedykh won the European junior title in 1973 but first made his mark globally with a clear win in the 1976 Olympics thanks to a throw of 77.52m.

He won the first of three European titles in 1978 – when the championships were held every four years – and in 1980 he set the first of his world records (80.38m) in the third round of a competition, losing it in the fourth round and then getting it back in the fifth (80.64m).

He lost the record again a week later but regained it when winning the 1980 Olympic gold in Moscow with 81.80m, defeating the previous record-holder Sergey Litvinov.

The latter beat him in the 1983 World Championships but in 1984 Sedykh hit new heights with a two-metre world record of 86.34m in Cork while an Eastern bloc-boycotted Olympics was won in 78.08m.

When winning European gold in 1986 he improved the record to 86.74m, a mark which has not been challenged since.

Litvinov beat him in the 1988 Olympics and Igor Astapkovich in the 1990 Europeans but Sedykh surprised everyone to win his final major title – the 1991 world title in Tokyo – aged 36.

Yuriy Sedykh has held the world record since 1984



Recent world records

79.30	Walter Schmidt (FRG)	Frankfurt 1975
80.14	Boris Zaychuk (URS)	Moscow 1978
80.32	Karl-Hans Riehm (FRG)	Heidenheim 1978
80.38	Yuriy Sedykh (URS)	Leselidze 1980
80.46	Juri Tamm (URS)	Leselidze 1980
80.64	Yuriy Sedykh (URS)	Leselidze 1980
81.66	Sergey Litvinov (URS)	Sochi 1980
81.80	Sergey Litvinov (URS)	Moscow 1980
83.98	Yuriy Sedykh (URS)	Moscow 1983
85.14	Sergey Litvinov (URS)	Moscow 1983
86.34	Yuriy Sedykh (URS)	Cork 1984
86.66	Yuriy Sedykh (URS)	Tallinn 1986
86.74	Yuriy Sedykh (URS)	Stuttgart 1986

The best competition: World Championships, Osaka, 2007

IVAN TIKHON went into this event as the double world champion and Olympic silver medallist but started poorly with two no throws.

On the crucial third throw he scraped into the top eight for three more throws with a 79.35m – and he was still eighth when he threw in the fifth round when an 80.77m moved him to fourth.

Primož Kozmus led at this stage with 82.12m from Libor Charfreitag's 81.60m but with his final throw Tikhon went out to 83.63m and though Kozmus improved (82.29m), the Belarussian won gold by a metre with his third consecutive World Championships throw of 83 metres as a record seven athletes exceeded 80 metres.

While you cannot question Tikhon's competitiveness, you can certainly question his integrity. Retesting meant he lost both his 2004 Olympic silver and 2005 world gold due to drugs infringements. However, it was controversially deemed that though he had two failures, they could only be treated as one as he was not informed of his 2004 transgression prior to 2005 and he was inexplicably allowed to keep this gold medal and the one he won in 2003. **Result:** 1 Ivan Tikhon (BLR) 83.63; 2 Primož Kozmus (SLO) 82.29; 3 Libor Charfreitag (SVK) 81.60; 4 Vadim Devyatovski (BLR) 81.57; 5 Kriszian Pars (HUN) 80.93; 6 Koji Murofushi (JPN) 80.46; 7 Szymon Ziolkowski (POL) 80.09; 8 Markus Esser (GER) 79.66

Records list

World/Europe	Yuriy Sedykh (URS)	86.74
Olympic	Sergey Litvinov (URS)	84.80
Commonwealth	Chris Harmse (RSA)	80.63
World CBP	Ivan Tikhon (BLR)	83.63
British	Nick Miller (Bord)	80.26
British U20	Jake Norris (WSEH)	80.65

List of champions

Olympic (2016)	Dilshod Nazarov (TJK)	78.68
World (2017)	Pawel Fajdek (POL)	79.81
Europe	Wojciech Nowicki (POL)	80.12
Commonwealth	Nick Miller (GBR)	80.26
World U20	Jake Norris (GBR)	80.65
European U18	Myhaylo Kokhan (UKR)	87.82
IAAF Challenge	Wojciech Nowicki (POL)	-
British	Nick Miller (Bord)	75.33
English	Craig Murch (R&N)	66.86
Northern Ireland	Andy Frost (WG&EL)	60.42
Scotland	Chris Bennett (SB)	70.75
Wales	Osian Jones (Liv)	71.08
Midlands	Craig Murch (R&N)	70.12
North	Mike Bomba (Liv)	60.68
South	Callum Brown (Norw)	67.04
Eng U23	Jac Palmer (Card)	67.29
Eng U20	Jake Norris (WSEH)	80.45
Eng U17	Kenneth Ikeji (Bas)	69.94
Eng U15	Jack Halpin (Gate)	52.72
ESAA SB	Oliver Hewitt (Berks)	62.85
ESAA IB	Sam Gaskell (Lancs)	68.75
ESAA JB	Ben Ixer (Esx)	50.40

• 2018 unless stated

Nick Miller: Commonwealth and British champion



Best world record: Karl-Hans Riehm (FRG) 78.50m – Rehlingen, 1975

AWHILE it would have been more predictable to go for Sedykh's 33-year-old mark in winning the European title (ahead of Litvinov's 85.74m), there was something special about Karl-Hans Riehm's competition 11 years earlier.

The West Germany athlete uniquely bettered the previous record with all six of his throws, the only time in history this has happened in any event.

He had only been 10th in the 1972 Olympics but with his first throw his 76.70m added 4cm to the previous record. His second throw was more decisive as he improved to 77.56m. The third was a mere 77.10m, then the second best in history before he got this third world record of the afternoon, a huge 78.50m.

That was it in terms of records but his final two throws of 77.16m and 77.28m were the then third best throw in history and clearly superior to the record prior to competition and his own first record. Three years later Riehm set a world record of 80.32m.

Result: 1 Karl-Hans Riehm 78.50; 2 Walter Schmidt 79.30; 3 Manfred Huring 73.42; 4 Jacques Accambray (FRA) 72.44; 5 Klaus Ploghaus 67.94; 6 Gerhard Thiele 66.78

World teenage records

VLADISLAV PISKUNOV holds all the records from 14 to 17. He went on to win the 1999 World Championships bronze medal but was banned for life in 2005.

13	48.85	Sándor Pálhegyi (HUN)	2002
14/15	68.96	Vladislav Piskunov (UKR)	1993
16/17	73.66	Vladislav Piskunov (UKR)	1994
18	76.54	Valkeriy Gubkin (BLR)	1986
19	80.34	Igor Nikulin (RUS)	1980

Doha 2019 prediction

LAST year European champion Wojciech Nowicki had a 7-5 record against world champion and compatriot Pawel Fajdek, although prior to 2018 it was 60-3 in favour of Fajdek and it should be between the two Poles in Doha.

Olympic champion Dilshod Nazarov should also be in the hunt judging by his win in the 2018 Continental Cup while other Europeans who should be in the medal hunt are Bence Halasz and Pavel Boreysha, who completed the top four in Berlin.

If Nick Miller can get back to his Commonwealth form (his mark on the Gold Coast last year was superior to the winning marks in the Olympics, Worlds and Europeans), then he could win a medal.

There will be home support for Asian Games winner Ashraf Amjad El-Seify.

Winning mark: 79.20m

1 Wojciech Nowicki (POL); 2 Pawel Fajdek (POL); 3 Dilshod Nazarov (TJK); 4 Nick Miller (GBR); 5 Bence Halasz (HUN); 6 Marcel Lomnický (SVK); 7 Pavel Boreysha (BLR); 8 Ashraf Amjad El-Seify (QAT)

World masters records

IGOR ASTAPKOVICH, who won five global medals plus gold in the 1990 European Championships, holds the two youngest records.

M35	Igor Astapkovich (BLR)	83.62	1998
M40	Igor Astapkovich (BLR)	82.23	2004
M 45	Aleksandr Dryhol (UKR)	79.42	2012
M50	Aleksandr Dryhol (ISR)	73.70	2018
M55	Jud Logan (USA)	67.27	2014
M60	Anild Busterud (NOR)	63.32	2008
M65	Anild Busterud (NOR)	60.65	2013
M70	Edward Burke (USA)	59.04	2010
M75	Robert Ward (USA)	51.51	2008
M80	Jose Sanza Agreda (ESP)	49.53	2015
M85	Carmelo Rado (ITA)	38.93	2018
M90	Curt Davison (USA)	25.28	2017
M95	Antonio Fonseca (BRA)	22.01	2011
M100	Trent Lane (USA)	11.32	2011

UK masters records

MICK JONES, the 2002 Commonwealth champion, holds the four youngest records.

M35	Mick Jones	74.40	2001
M40	Mick Jones	72.04	2004
M45	Mick Jones	68.89	2010
M50	Mick Jones	70.37	2017
M55	Phillip Spivey	60.08	2016
M60	Chris Melliush	53.67	2004
M65	William Gentleman	50.04	2005
M70	Peter Seddon	52.63	2007
M75	William Gentleman	41.59	2015
M80	Ernest Tuff	40.98	2018
M85	Leslie D'Arcy	24.17	2007
M90	Leslie D'Arcy	18.31	2011

