

COMPLETE GUIDE TO HAMMER

OUR IN-DEPTH STATISTICAL LOOK AT THE THROWS EVENTS CONTINUES

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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.

Primoz 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 Primoz Kozmus (SLO) 82.29; 3 Libor Charfreitag (SVK) 81.60; 4 Vadim Deyyatovski (BLR) 81.57; 5 Krisztian 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

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)

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 Huning 73.42; 4 Jacques Accambray (FRA) 72.44; 5 Klaus Ploghaus 67.94; 6 Gerhard Thiele 66.78

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	Arlid Busterud (NOR)	63.32	2008
M65	Arlid 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 Mellaish	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



Pawel Fajdek

Recent world records

Apart from one interlude from Betty Heidler, Anita Włodarczyk has been the world record-holder for almost a decade.

77.41	Tatyana Lysenko (RUS)	Zhokovskiy 2006
77.80	Tatyana Lysenko (RUS)	Tallinn 2006
77.96	Anita Włodarczyk (POL)	Berlin 2009
78.30	Anita Włodarczyk (POL)	Bydgoszcz 2010
79.42	Betty Heidler (GER)	Halle 2011
79.58	Anita Włodarczyk (POL)	Berlin 2014
81.08	Anita Włodarczyk (POL)	Cetniewo 2015
82.29	Anita Włodarczyk (POL)	Rio 2016
82.98	Anita Włodarczyk (POL)	Warsaw 2016

THE women's hammer was first held in the Olympics in 2000 and Poland have won three of the five titles.

The event debuted in the 1999 World Championships and both Cuba and Poland have won three golds.

HAMMER STAR: ANITA WŁODARCZYK (POL)

THE Pole is currently one of the most dominant athletes in any event. She has won the last two Olympics and taken four world titles. She has also won four European golds and set six world records.

Ninth in the 2007 European Under-23 Championships, she had a big breakthrough the following year to win a surprise Olympic bronze in Beijing. Even at the end of the year, however, she was only world ranked 17th.

In 2009 she was world ranked No.1 as she set a world record 77.56m in winning her first world title in Berlin.

In 2010, she set a further world record of 78.30m but was only second in the Europeans and fifth in the following year's World Championships.



Dominant force: Anita Włodarczyk

She bounced back to form in 2012 and 2013 and, although beaten at the time by Tatyana Lysenko, her big throws of 77.60m and 78.18m, which seemed like narrow defeats, became gold medal throws when the Russian was retrospectively disqualified.

There was no doubt about Włodarczyk's

2015, 2016 and 2017 global titles though as her 80.85m, 82.29m and 77.90m marks won in style.

In 2015, she became the first female 80m thrower, improving her best in winning Olympic gold in Rio. Her record now stands at 82.98m which is a massive 3.56m better than anyone else.

Best world record: 82.29m, Anita Włodarczyk (POL) – Rio, 2016

IT only lasted 14 days and was not as ground-breaking as her first 80-metre throw of the previous year but the Pole achieved her greatest win with a world record throw.

Her 76.35m opening effort might have given her opponents hope but that all faded in round two when Włodarczyk threw a world-leading 80.40m.

With the gold medal now assured, she could relax in the third round and the hammer flew out to 82.29m before

her dominance continued with throws of 81.74m and 79.60m in the final two rounds.

She won gold by an incredible five and a half metres as Britain's Sophie Hitchon had the competition of her life to snatch bronze with her final throw.

Result: 1 Anita Włodarczyk (POL) 82.29; 2 Zhang Wenxiu (CHN) 76.75; 3 Sophie Hitchon (GBR) 74.54; 4 Betty Heidler (GER) 73.71; 5 Zalina Petrivskaya (MDA) 73.50; 6 Amber Campbell (USA) 72.74; 7 Hanna Malyschik (BLR) 71.90; 8 DeAnna Price (USA) 70.90

World teenage records

ZHANG WENXIA holds three of the records. She went on to become one of the most consistent throwers winning seven global medals. The 2000 Olympic champion Kamila Skolimowska holds the age-17 record.

13	55.92	Zsófia Bácskay (HUN)	2010
14	65.13	Bianca Perie (ROU)	2005
15	66.30	Zhang Wenxia (CHN)	2001
16	67.38	Bianca Perie (ROU)	2006
17	71.16	K Skolimowska (POL)	2000
18	72.42	Zhang Wenxia (CHN)	2004
19	73.24	Zhang Wenxia (CHN)	2005

UK masters records

MULTIPLE world champion Evaun Williams, who holds three of the world marks, dominates the lists with the six oldest records. Lorraine Shaw, the 2002 Commonwealth champion and former UK record-holder, holds the youngest record.

W35	Lorraine Shaw	68.93	2003
W40	Joanne Davison	50.11	2008
W45	Joanne Davison	50.13	2009
W50	Jennifer Ibbitson	45.73	2007
W55	Evaun Williams	45.02	1994
W60	Evaun Williams	43.90	1999
W65	Evaun Williams	40.47	2005
W70	Evaun Williams	37.40	2008
W75	Evaun Williams	39.64	2013
W80	Evaun Williams	37.85	2018

Records list

World/European	Anita Wlodarczyk (POL)	82.98
Olympic	Anita Wlodarczyk (POL)	82.29
Commonwealth	Sultana Frizell (CAN)	75.73
World CBP	Anita Wlodarczyk (POL)	80.85
British	Sophie Hitchon (B'burn)	74.54
British U20	Sophie Hitchon (B'burn)	66.01

World masters records

AMBER CAMPBELL, who was sixth in the last Olympics, holds the youngest masters record.

W35	Amber Campbell (USA)	74.03	2016
W40	Iryna Sekachova (UKR)	67.57	2017
W45	Oneitha Lewis (USA)	56.21	2005
W50	Oneitha Lewis (USA)	55.46	2010
W55	Marja-Leena Parviainen (AUS)	51.30	2002
W60	Helen Searle (AUS)	46.09	2001
W65	Jutta Schäfer (GER)	44.38	1997
W70	Evaun Williams (GBR)	37.40	2008
W75	Evaun Williams (GBR)	39.64	2013
W80	Evaun Williams (GBR)	37.85	2018
W85	Rachel Hanssens (BEL)	26.80	2014
W90	Julia Huapaya (PER)	19.62	2018
W95	Olga Kotenko (CAN)	14.92	2014
W100	Ruth Frith (AUS)	11.30	2010

Doha 2019 prediction

WHILE she had a rare off day initially in London 2017, Anita Wlodarczyk still won and it would be a major shock if she failed to land her fifth world title, even if she did lose her long unbeaten run in 2018.

DeAnna Price beat her at the Continental Cup and looks the best of the rest, though fellow American Gwen Berry also beat the great Pole early in the season.

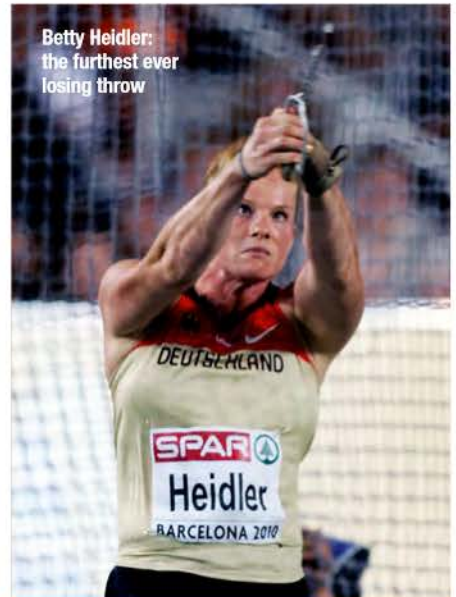
Alexandra Tavernier and Joanna Fioderow won the other European medals behind Wlodarczyk and look consistent around the 74-metre mark.

China are traditionally strong and Luo Na and Wang Zheng were the best in 2018. Hanna Malyshik threw 76.26m last year but was inconsistent and failed to qualify for the European final. On 2016 form, Olympic bronze medallist Sophie Hitchon would be a medal contender but she only ranked 12th globally in 2018.

List of champions

Olympic (2016)	Anita Wlodarczyk (POL)	82.29
World (2017)	Anita Wlodarczyk (POL)	77.90
Europe	Anita Wlodarczyk (POL)	78.94
Commonwealth	Julia Ratcliffe (NZL)	69.94
World U20	Camryn Rogers (CAN)	64.90
European U18	Valeriya Ivanenko (UKR)	73.25
IAAF Challenge	Anita Wlodarczyk (POL)	
British	Sophie Hitchon (B'burn)	72.02
English	Lucy Marshall (WG&EL)	59.64
Northern Ireland	Hayley Murray (R&N)	57.96
Scotland	Jessica Mayho (Bir)	62.34
Wales	Christina Jones (B&W)	60.94
Midlands	Kayleigh Presswell (Mil K)	60.67
North	Jessica Mayho (Bir)	60.27
South	Anne Purchase (Notts)	55.69
Eng U23	Michaela Walsh (IRL)	64.22
Eng U20	Kirsty Head (N&EB)	57.96
Eng U17	Phoebe Baggott (W&B)	60.30
Eng U15	Lara Moffat (Mil K)	53.14
ESAA SG	Olivia Stevenson (Humb)	56.47
ESAA IG	Charlotte Payne (Berks)	61.77
ESAA JG	Lily Murray (Kt)	50.74

• 2018 unless stated



Betty Heidler: the furthest ever losing throw

Best competition: World Championships, Berlin 2009

ANITA WLODARCZYK had form for winning titles with record throws. In her first World Championships, she went in to the competition as one of the joint favourites and in qualifying and in the first round she narrowly trailed home favourite Betty Heidler.

The German led with her opening 75.10m and Heidler improved to 75.88m in the second round but the Pole went out to a world record 77.96m and she was so excited that in her exuberance she damaged her ankle so badly, she could not take any further throws.

Enjoying great support from a massive German crowd, Heidler improved to 75.73m in the third round and then in the fifth round achieved 76.44m to close further.

In the last throw, Heidler gave everything and it went agonisingly close but the measurement of 77.12m was a German record and the furthest ever losing throw.

A record 12 athletes had broken 70 metres in qualifying and 11 did so in the final when no previous competition had seen as many as 10.

Result: 1 Anita Wlodarczyk (POL) 77.96; 2 Betty Heidler (GER) 77.12; 3 Martina Hradnova (SVK) 74.79; 4 Kathrin Klaas (GER) 74.23; 5 Zhang Wenxiu (CHN) 72.57; 6 Tatyana Lysenko (RUS) 72.22; 7 Jessica Cosby (USA) 72.17; 8 Clarissa Cianetti (ITA) 71.56



Sophie Hitchon: potential challenger

Winning mark: 80.80m

1 Anita Wlodarczyk (POL); 2 DeAnna Price (USA); 3 Gwen Berry (USA); 4 Joanna Fioderow (POL); 5 Alexandra Tavernier (FRA); 6 Luo Na (CHN); 7 Sophie Hitchon (GBR); 8 Hanna Malyshik (BLR)