



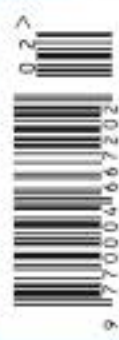
AW AT  
75

A look back  
through history

1945 **75** 2020

LOOK AHEAD TO  
**2020**

The landmark events not  
to be missed this year



**COUNTY CROSS CHAMPS**

All of the action from across England



# Hitting the marks

IN THE PENULTIMATE PART OF STAN GREENBERG'S SPRINT DOWN HIS OWN MEMORY LANE, HE LOOKS AT HIS GREATEST MOMENTS IN THE FIELD EVENTS OF HAMMER AND JAVELIN

**T**HE first hammer competition I witnessed was at the 1948 Olympics when the Hungarian Imre Nerneth, a comparatively slight man but the world record-holder, won with 56.07m (183ft 11in). It wasn't a particularly long throw, even for the time, but for some reason I was "hooked" and it became and is still one of my favourite events. I later met Nerneth when he was manager of the Budapest stadium and he was a most pleasant man. I watched his record beaten by his protégé Josef Csermak with 60.34m (197ft 11in) at the next Games at Helsinki in 1952.

Having once tried the hammer myself in training and been more frightened than at any other time in my competitive athletics "career", I was fully aware of the intricacies and difficulties of the event.

Unfortunately, British throwers have not had much success internationally, so I was happy to be in Montreal for the 1976 Games to



**Yuri Sedykh: still holds the world record for the hammer with 86.74m from 1986**



**Chris Black: seventh at 1976 Games**

see Chris Black get seventh place – the best Britain has achieved since the 1924 Olympics – with 73.18m (240ft 1in), just short of his then British record. Currently, Nick Miller's sixth place in the 2017 World Champs might lead to greater things.

On the world scene, there was a marvellous rivalry in the 1970s and 1980s between Soviet athletes Yuri Sedykh and Sergei Litvinov, much of which I was privileged to be present at. From the 1976 Olympics to the 1991 World Champs they dominated the majors, including

the European Champs, each competition won by one of them, usually with the other in second place.

They swapped the world record between them eight times with Sedykh finally winning out with the still standing mark of 86.74m (284ft 7in) at the 1986 Europeans in Stuttgart. In later years, my enjoyment of the event was enhanced by inside knowledge when former British record-holder Paul Dickenson joined the BBC commentary team.

The women's hammer didn't

become a world record event until 1995, was competed for in the European champs in 1998 and was only added to the Olympic programme in 2000. Needless to say it has been dominated by Eastern Europeans and in the last 10 years by the Polish thrower Anita Włodarczyk. I saw her first world mark of 77.96m in Berlin in the 2009 World Champs, but she has since put the record up to 82.96m at Warsaw in 2016. American and Chinese women have been improving considerably recently, but the Pole is still the





Tessa Sanderson: Olympic champion in 1984



Sophie Hitchon: carries British hopes at the moment in the women's hammer

only one to throw over 80m. The best throw I have actually seen was Włodarczyk's 78.94m winning the 2018 Europeans in Berlin, over four metres clear of her opposition.

Happily it is an event where Britain has started to get better as well and leading that improvement has been Sophie Hitchon. In the 2015 World Champs she had shaken us all by taking a remarkable fourth place with 73.86m. I clearly remember her winning the 2016 UK title with a good 69.99m, but was nevertheless surprised by her 71.74m fourth place at the European Champs at Amsterdam two weeks later. Then in the Rio Olympics in August she excelled to take bronze – the only British Olympic hammer medal since 1924 – with a British record of 74.54m.

The first world javelin record I saw was at the Montreal Olympics when Miklos Nemeth of Hungary threw the

old model a sensational 94.58m (310ft 4in) to win by the largest margin ever at the Games (6.66m). It was of particular importance to me as I had witnessed his father, Imre, win the hammer title in 1948. Years later I was present when Uwe Hohn (GDR) threw 96.90m, but he had already sent the implement out to 104.80m (over 340ft) in 1984, a throw which led to the IAAF altering the javelin to make it dip sooner for safety reasons.

The early throws with this 'new' model were below 80m, but at Stockholm in July 1990 Britain's Steve Backley set a world record of 89.58m (293ft 11in). At the end of August 1993 I went up to Sheffield for the invitational McDonalds' Games. There were the usual parking problems and my wife and I entered the stadium to learn that Jan Zelezny had just missed the world record with his second throw. I was incensed to have missed it,

but happily the throw had caused a delay as the officials took time to move the safety ropes, and I therefore saw his third throw of 95.66m which broke the world record.

Before Backley and Mick Hill got going in the 1990s, two British women were more than holding their own in the javelin world. In the 1978 Europeans, Tessa Sanderson had taken the silver medal. At the 1983 inaugural World Champs Fatima Whitbread led until literally the last throw, when the Finn Tiina Lillak edged her, while Sanderson was fourth.

Sanderson won the 1984 Olympic title, with Whitbread taking bronze. In the 1986 Europeans at Stuttgart, Whitbread became the first British thrower, in any event, to break a world record. Remarkably she threw the 77.44m early in the morning during the qualifying round – when hardly any press

were around. She bettered the old mark again to win the final on the next day. The following year she won the world title, with Sanderson in fourth, and followed that up with a silver at the 1988 Olympic Games. Additionally Sanderson won the 1986 and 1990 Commonwealth titles.

I have one last memory of the women's javelin, and that is back at the 1952 Olympic Games in Helsinki, when Czechoslovakia's Dana Zatopkova (Mrs Zatopek) won the title on the same day as Emil won his second gold in the 5000m. Not only was that pretty unique but apparently they were both born on the same day as well.

■ Stan Greenberg's self-published memoirs *Timed to Perfection*, are available from him for £10 (incl postage). For more info, email [greenberg85@yahoo.com](mailto:greenberg85@yahoo.com)



# AW

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## MARATHON TRIAL

WHAT LIES IN STORE FOR BRITAIN'S OLYMPIC CONTENDERS?

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# DOMINANT FORCES

**Steve Smythe** analyses the 100 all-time best performances in every event outdoors to discover which athletes not only feature most often but have also shown amazing longevity at the very top level of their sport

## MEN

### 100M

WR: 9.59

100th-best performance: 9.85

**Asafa Powell**

25 top 100 performances over 19 seasons

Perhaps surprisingly it is a Jamaican who has been competing internationally since 2002 who tops the list rather than Usain Bolt (who has 21 performances in the top 100).

### 200M

WR: 19.19

100th-best performance: 19.82

**Usain Bolt**

21 performances over 14 seasons

The sprint great dominates, having run 20.13 as long ago as 2003 at the age of 16. Though he retired in 2017, his last 200m of note was when he won Olympic gold the year before.

### 400M

WR: 43.03

100th-best performance: 44.05

**Michael Johnson (right)**

23 performances over 13 seasons

The multi global champion is a class apart and was at international level from 1988 (45.23 PB) to 2000, when he won his second Olympic 400m title.

### 800M

WR: 1:40.91

100th-best performance: 1:42.97

**Wilson Kipketer**

20 performances over 17 seasons

Current world record-holder and Olympic champion David Rudisha has six of the eight fastest times but comes out behind Kipketer, who has five more marks in the lists, won the Kenyan title

in 1987 and bowed out with a bronze in the 2004 Olympics.

### 1500M

WR: 3:26.00

100th-best performance: 3:29.83

**Hicham El Guerrouj**

30 performances over 11 seasons

The Moroccan dominates, despite a relatively short career as he reached international level in 1994 and exited in 2004 with his double Olympic win at just 29.

### 5000M

WR: 12:35.36

100th-best performance: 12:54.21

**Kenenisa Bekele**

11 performances over 14 seasons

The Ethiopian heads the lists with a 5000m career from 2000 to 2013, though he is still going strong on the road.

### 10,000M

WR: 26:11.00

100th-best performance: 26:56.63

**Haile Gebrselassie**

Nine performances over 21 seasons

The all-time great is actually matched numerically by his fellow multi Olympic champion Bekele but, astonishingly, ran first his first top-class 10,000m in 1992 and his last in 2012.

### MARATHON

WR: 2:01:39

100th-best performance: 2:04:58

**Eliud Kipchoge**

Nine performances over eight seasons

The Kenyan world record-holder comes out on top with a marathon career that started in 2013 and continues to run, while his successful 5000m international career ran from 2002 to 2012.

### 3000M STEEPLECHASE

WR: 7:53.63

100th-best performance: 8:02.69

**Paul Koech**

26 performances over 18 seasons

The underrated Koech was not helped by not being great at altitude and usually being below par in Kenyan trials, but he was fast and consistent in Europe from 2001 to 2018.

### 110M HURDLES

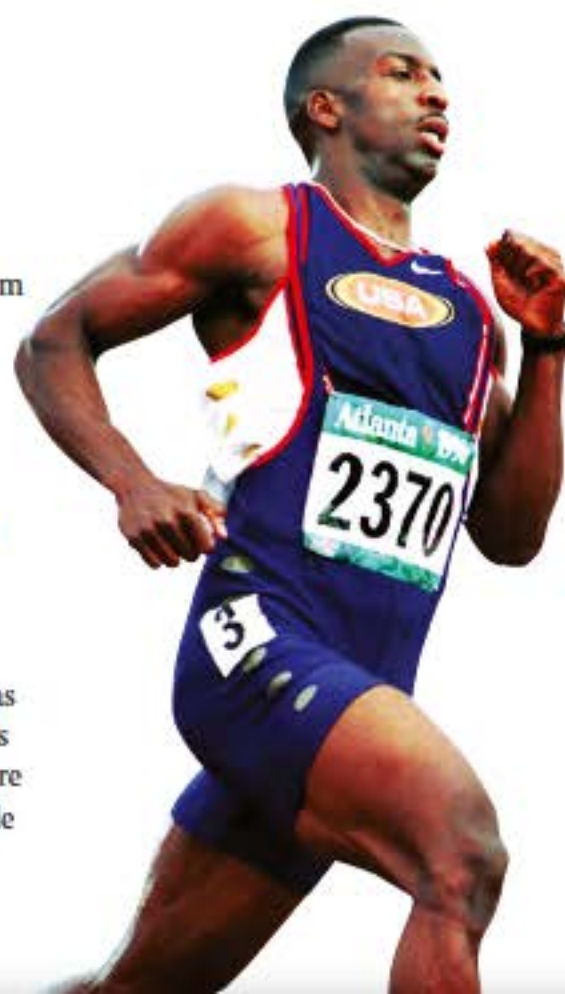
WR: 12.80

100th-best performance: 13.01

**Allen Johnson**

14 performances over 16 seasons

The consistent five-time global champion had one more performance than Dayron Robles and was top class from 1994 to 2009.





**400M HURDLES****WR: 46.78****100th-best performance: 47.62****Ed Moses***20 performances over 13 seasons*

The former world record-holder still dominates from a career that stretched from 1976 to 1988, though Karsten Warholm (11 of the top 100) is catching.

**HIGH JUMP****WR: 2.45****100th-best performance: 2.37****Javier Sotomayor***33 performances over 18 seasons*

The world record-holder stretched his career from 1984 to 2001. Mutaz Essa Barshim is next in line with 24 performances.

**POLE VAULT****WR: 6.15m (outdoors)****100th-best performance: 5.96m****Sergey Bubka (right)***28 performances over 16 seasons*

The seven-time global outdoor champion was world class from 1983 to 1998 and had 17 more appearances than anyone else, though some of the current stars may eventually surpass him.

**LONG JUMP****WR: 8.95m****100th-best performance: 8.54m****Carl Lewis***26 performances over 18 seasons*

The four-time Olympic champion is easily on top. He was first went over 8 metres in 1979 and retired in 1996.

**TRIPLE JUMP****WR: 18.29m****100th-best performance: 17.70m****Jonathan Edwards***17 performances over 16 seasons*

The world record-holder has one more appearance than Christian Taylor (for now) and competed in the 1988 Olympics and 2013 World Championships.

**SHOT****WR: 23.12m****100th-best performance: 22.20m****Ryan Crouser***27 performances over 9 seasons*

Even without his recent indoor marks,



the American dominates. Having reached a world class level in 2013 and now only 29, he should still have many years ahead.

**DISCUS****WR: 74.08m****100th-best performance: 69.97m****Virgilijus Alekna***21 performances over 24 seasons*

The durable double Olympic champion first achieved 60m in 1992 and last did so in 2015.

**HAMMER****WR: 86.74m****100th-best performance: 82.14m****Yuriy Sedykh***19 performances over 23 seasons*

35 years after his world record, the Soviet still leads the way and his international career lasted from 1973 to 1995.

**JAVELIN****WR: 98.48m****100th-best performance: 90.12m****Jan Železný***33 performances over 21 seasons*

The six-time global champion and still world record-holder was world class from 1986 to 2006 in a sensational career.

**DECATHLON****WR: 9126****100th-best performance: 8644****Dan O'Brien***12 performances over 9 seasons*

The four-time global champion had a relatively short international career from 1990 to 1998.

**20KM WALK****WR: 1:16:36****100th-best performance: 1:18:35****Yusuke Suzuki***Six performances over 14 seasons*

The world record-holder is narrowly on top, having been top-class since 2007. Presumably there is more to come in Tokyo!



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JOURNEY THROUGH THE GAMES

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SUMMER OLYMPICS  
BUMPER ISSUE





## MEN'S HAMMER

FINAL: AUGUST 4

There are unlikely to be any records set here but the rankings suggest it could be a competitive battle between Poland and the USA. World champion Pawel Fajdek is the favourite if he survives the qualifying.



## FACTS & FIGURES:

**2016 OLYMPIC CHAMPION:** DILSHOD NAZAROV (TKJ), 78.68M

**OLYMPIC RECORD-HOLDER:** SERGEY LITVINOV (URS), 84.80M, 1988

**2019 WORLD CHAMPION:** PAWEL FAJDEK (POL), 80.50M

**WORLD RECORD-HOLDER:** YURY SEDYKH (URS), 86.74M, 1986

**WORLD LEADER:** PAWEL FAJDEK (POL) 82.98

**BRITISH INTEREST:** Nick Miller and Taylor Campbell both rank close to the top 12 and have every opportunity of making the final.

## TOP CONTENDERS:

**PAWEL FAJDEK (POL):** The four-time world champion surprisingly failed to make the final in both of the last two Olympics so will be keen to make amends.

**WOJCIECH NOWICKI (POL):** The European champion is a good bet for a medal and has got the better of his compatriot quite a few times this season.

**QUENTIN BIGOT (FRA):** Missed Rio because of a doping ban but he returned successfully and was second in Doha. The Frenchman has been in PB form this summer with a 79.70m throw in June.

**OUTSIDE BET: RUDY WINKLER (USA):** Finishing 18th in Rio and 11th in Doha does not suggest a proven competitor, but a 82.71m US Trials win and US record confirms he is improving fast.

**AW PREDICTION:** Fajdek can finally break his Olympic duck.

## WOMEN'S HAMMER

FINAL: AUGUST 3

This event has only been contested five times in the Olympics and Poland have won three of them. They could land a fourth but it is the USA, who have never won an Olympic medal at this event, who will have the strongest trio as they had four of the top five in the world rankings at the end of June.



## FACTS & FIGURES:

**2016 OLYMPIC CHAMPION & OLYMPIC RECORD:** ANITA WLODARCZYK (POL), 82.29M

**2019 WORLD CHAMPION:** DEANNA PRICE (USA), 77.54M

**WORLD RECORD-HOLDER:** ANITA WLODARCZYK (POL), 82.98M

**WORLD LEADER:** DEANNA PRICE (USA), 80.31M

**BRITISH INTEREST:** With Olympic bronze medallist Sophie Hitchon just retired there will be no British competitors.

## TOP CONTENDERS:

**ANITA WLODARCZYK (POL):** The six-times global champion is going for a third successive Olympic title but has not been at her best since winning the European crown in 2018.

**DEANNA PRICE (USA):** The world champion (in Wlodarczyk's absence) was only eighth in Rio but should fare much better this time around and a 80.31m US trials win moved her to second in the all-time rankings.

**ALEXANDRA TAVERNIER (FRA):** The former European junior champion and 2015 world bronze medallist was only 11th in Rio but a French record 75.38m this year shows she is in form.

**OUTSIDE BET: BROOKE ANDERSEN (USA):** She was only 20th in Doha but now sits fifth all-time after her 78.18m throw in April.

**AW PREDICTION:** Price is right to make history for the USA.



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ATHLETICS



# CHASING BOLT

CAN ANY OF THE CURRENT CROP GET  
CLOSE TO THE SPRINT SUPERSTAR?



**IN THIS ISSUE:** WHO IS THE GREATEST FEMALE DISTANCE RUNNER OF ALL TIME?





The Queen's Baton has begun its 294-day journey

## BIRMINGHAM BATON SETS OFF

**T**he 16th official Queen's Baton Relay is off and running in the lead up to the Birmingham 2022 Commonwealth Games. The Relay began on October 7 at Buckingham Palace, where the Queen placed her message to the Commonwealth into the Baton. It will go on a 294-day journey through all nations and territories of the Commonwealth, arriving back in England in July 2022.

## SEDYKH AND INKPEN PASS

**W**idely regarded as the greatest hammer thrower in history, Yuriy Sedykh died last month in France at the age of 66 following a heart attack. Representing the Soviet Union, he won Olympic titles in 1976 and 1980, plus a world crown in 1991, while his world record of 86.74m from Stuttgart in 1986 has remained unchallenged for 35 years.

The 1974 Commonwealth high jump gold medallist Barbara Inkpen (later Lawton) has also passed away, due to cancer.

The Briton competed at two Olympic Games – coming 13th in 1968 at the age of 18, before finishing fourth four years later.

## SALAZAR BAN UPHELD

**A**lberto Salazar's attempts to clear his name failed after the Court of Arbitration for Sport (CAS) upheld his four-year suspension.

The 63-year-old, who won the New York City and Boston marathons in the 1980s before becoming a leading coach, was originally banned two years ago for a number of anti-doping violations. He appealed against the decision but CAS has upheld the ban.

Salazar ran the Nike Oregon Project (NOP) in the United States and coached, among others, Galen Rupp, Mo Farah and Sifan Hassan although there is no suggestion any of these athletes broke anti-doping rules and Farah left the NOP in 2017.

## WORLD MOUNTAIN AND TRAIL TEAM

**T**he British teams have been selected for the World Mountain and Trail Running Championships which are due to take place in Thailand next February.

**Senior women (uphill only):** Scout Adkin, Hannah Horsburgh, Kate Maltby, Victoria Wilkinson; **Senior men (uphill only):** Jacob Adkin, Joe Dugdale, Max Nicholls, Chris Richards; **Junior women (up and down):** Alice Crane, Isla Hedley, Charlotte Rawstron, Rosie Woodhams; **Junior men (up and down):** Edward Corden, Ben O'Dowd, Finlay Grant, Matt Knowles; **Trail: 80km men:** Tom Evans, George Foster, Harry Jones, Ryan Smith, Nick Swinburn; **80km women:** Meryl Cooper, Sophie Grant, Jo Meek, Beth Pascall; **40km men:** Tom Adams, Jon Albon, Sebastian Batchelor, Billy Cartwright, Ricky Lightfoot; **40km women:** Elsey Davis, Nichola Jackson, Charlotte Morgan, Georgia Tindley, Kirsteen Welch



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CHAMPIONSHIPS  
PREVIEW

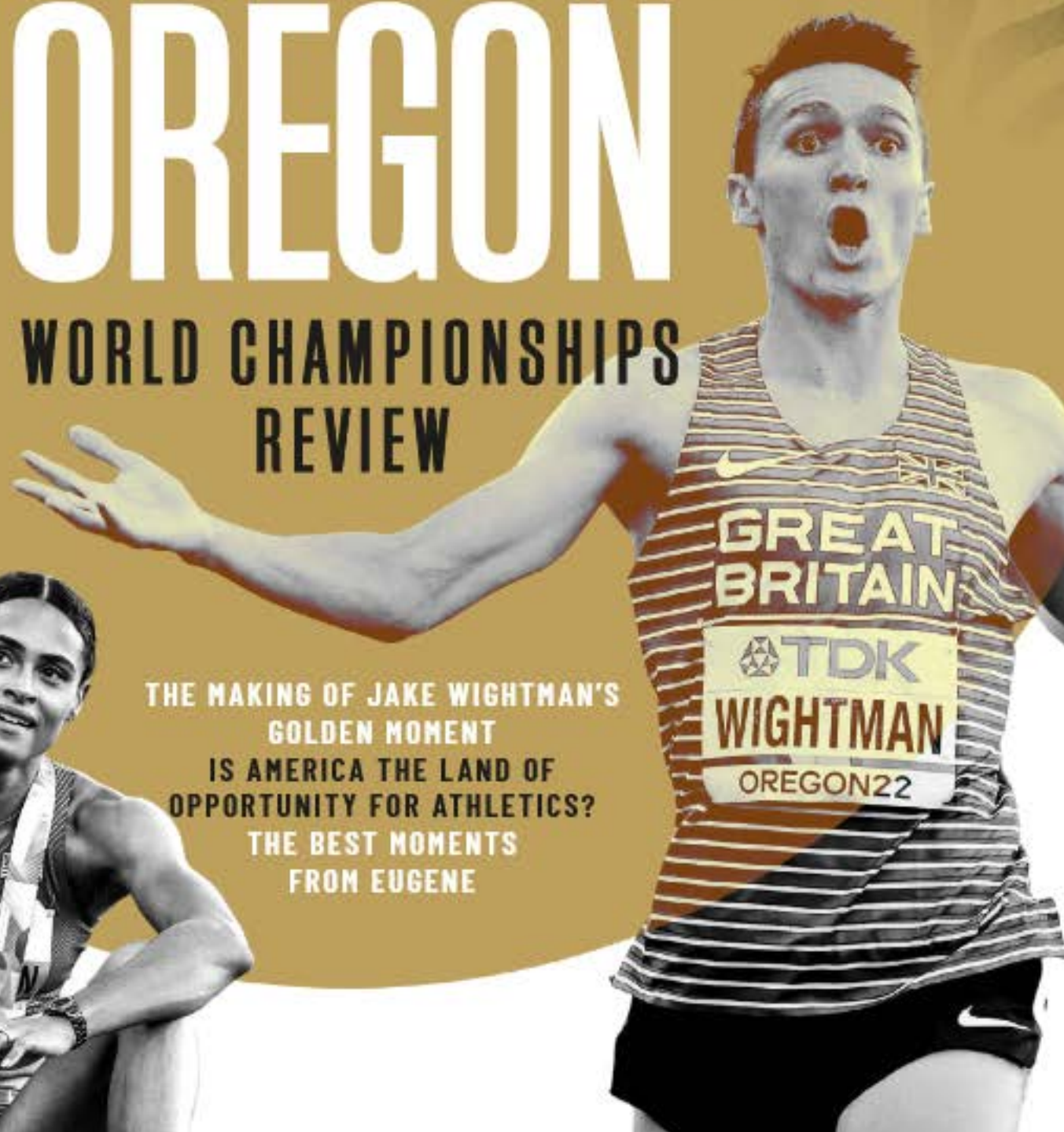
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# OUTSTANDING IN OREGON

## WORLD CHAMPIONSHIPS REVIEW

THE MAKING OF JAKE WIGHTMAN'S  
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THE BEST MOMENTS  
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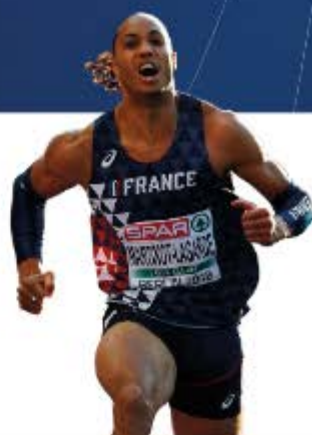


+ 10 YEARS ON - REMEMBERING THE 2012 LONDON OLYMPICS AND PARALYMPICS



# CONTINENTAL KINGS AND QUEENS

The reigning European champions and current championships records



## MEN

### 100m

2018 CHAMPION:

Zharnel Hughes GBR 9.95 \*

### 200m

2018 CHAMPION:

Ramil Guliyev TUR 19.76 \*

### 400m

2018 CHAMPION:

Matthew Hudson-Smith  
GBR 44.78

CHAMPIONSHIPS RECORD:

Iwan Thomas  
GBR 44.52 (1998)

### 800m

2018 CHAMPION:

Adam Kszczot POL 1:44.59

CHAMPIONSHIPS RECORD:

Olaf Beyer  
GDR 1:43.84 (1978)

### 1500m

2018 CHAMPION:

Jakob Ingebrigtsen  
NOR 3:38.10

CHAMPIONSHIPS RECORD:

Fermin Cacho  
ESP 3:35.27 (1994)

### 5000m

2018 CHAMPION:

Jakob Ingebrigtsen  
NOR 13:17.06

CHAMPIONSHIPS RECORD:

Jack Buckner  
GBR 13:10.15 (1986)

### 10,000m

2018 CHAMPION:

Morhad Amdouni  
FRA 28:11.22

CHAMPIONSHIPS RECORD:

Martti Vainio  
FIN 27:30.99 (1978)

### 3000m steeplechase

2018 CHAMPION:

Mahiedine Mekhissi-  
Benabbad FRA 8:31.66

CHAMPIONSHIPS RECORD:

Mahiedine Mekhissi-  
Benabbad  
FRA 8:07.87 (2010)

### Marathon

2018 champion:

Koen Naert BEL 2:09:51 \*

### 110m hurdles

2018 CHAMPION:

Pascal Martinot-Lagarde  
FRA 13.17

CHAMPIONSHIPS RECORD:

Colin Jackson  
GBR 13.02 (1998)

### 400m hurdles

2018 CHAMPION:

Karsten Warholm  
NOR 47.64

CHAMPIONSHIPS RECORD:

Harald Schmid  
GER 47.48 (1982)

### High Jump

2018 CHAMPION:

Matusz Przybylko  
GER 2.35m

CHAMPIONSHIPS RECORD:

Andrey Silnov  
RUS 2.36m (2006)

### Pole Vault

2018 CHAMPION:

Mondo Duplantis  
SWE 6.05m \*

### Long Jump

2018 CHAMPION:

Miltiadis Tentoglou  
GRE 8.25m

CHAMPIONSHIPS RECORD:

Christian Reif  
GER 8.47m (2010)

### Triple Jump

2018 CHAMPION:

Nelson Evora POR 17.10m

CHAMPIONSHIPS RECORD:

Jonathan Edwards  
GBR 17.99m (1998)

### Shot Put

2018 CHAMPION:

Michał Haratyk  
POL 21.72m

CHAMPIONSHIPS RECORD:

Werner Gunthor  
SUI 22.22m (1986)

### Discus

2018 CHAMPION:

Andrius Gudzius  
LTU 68.46m

CHAMPIONSHIPS RECORD:

Piotr Malachowski  
POL 68.87m (2010)

### Hammer

2018 CHAMPION:

Wojciech Nowicki  
POL 80.12m

CHAMPIONSHIPS RECORD:

Yuriy Sedykh  
URS 86.74m (1986)

### Javelin

2018 CHAMPION:

Thomas Röhler  
GER 89.47m

CHAMPIONSHIPS RECORD:

Steve Backley  
GBR 89.72m (1998)

### Decathlon

2018 CHAMPION:

Arthur Abele  
GER 8431

CHAMPIONSHIPS RECORD:

Daley Thompson  
GBR 8972 (1986)

### 20km Walk

2018 CHAMPION:

Alvaro Martin ESP 1:20:42

CHAMPIONSHIPS RECORD:

Francisco Fernandez ESP

1:18:37 (1982)

### 4x100m relay

2018 CHAMPION:

Great Britain & NI 37.80

CHAMPIONSHIPS RECORD:

France 37.79 (1990)

### 4x400m relay

2018 CHAMPION:

Belgium 2:59.47

CHAMPIONSHIPS RECORD:

Great Britain 2:58.22 (1990)





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SPECIAL**

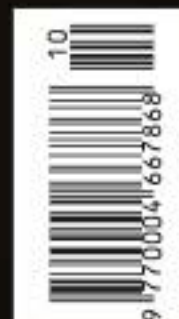
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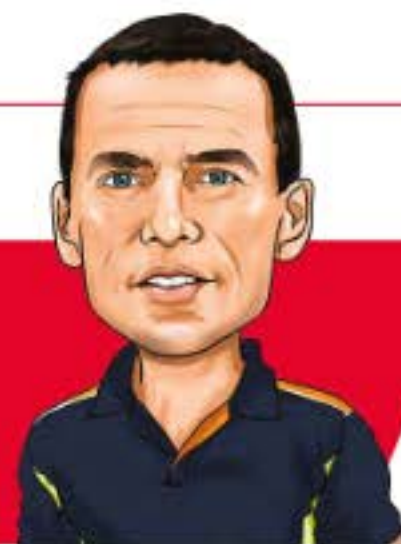
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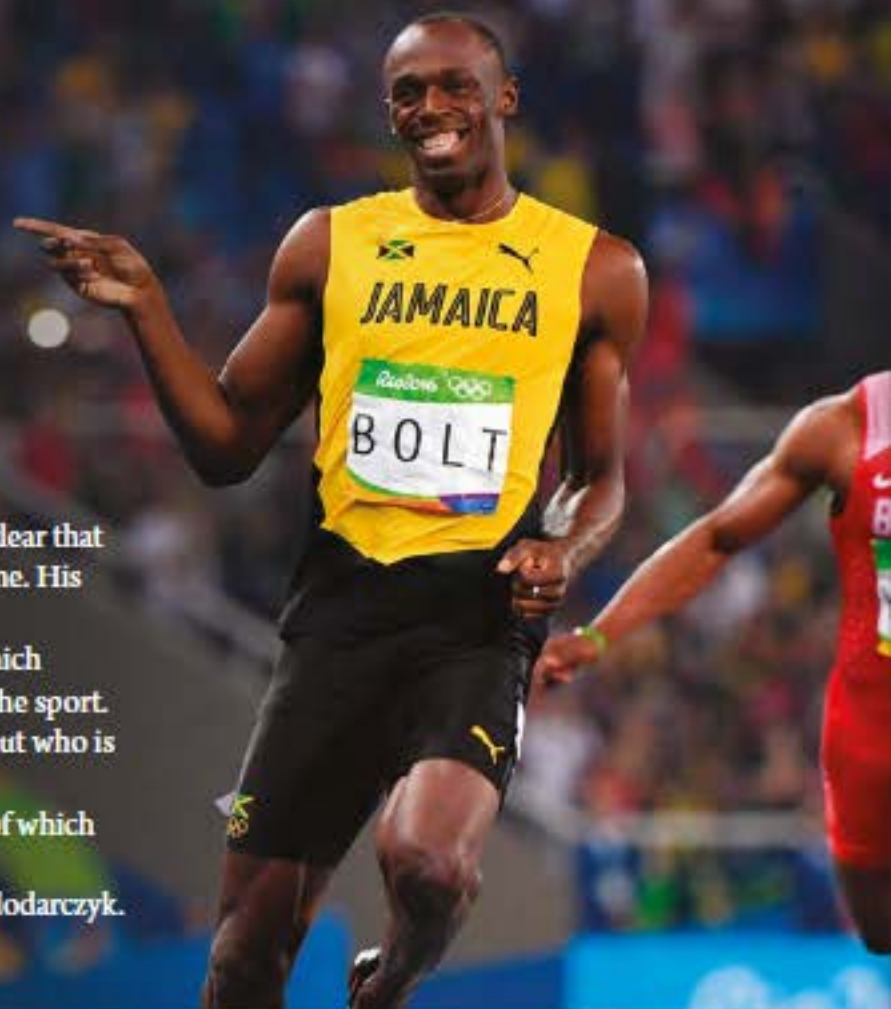


# A NUMBERS GAME



Eliud Kipchoge's latest world record underlined his status as the best marathon runner in history. AW's **Steve Smythe** picks out those who have been similarly dominant across athletics, going by time or distance

**E**ven ignoring his paced sub-two performance, it is clear that Eliud Kipchoge is the greatest marathoner of all-time. His latest world record simply confirmed that status. This provided the perfect opportunity to look at which athletes are similarly dominant in their events across the sport. Deciding on who is the greatest remains subjective, but who is most dominant going by time or distance? We have used the average of top 10 performances for each athlete, some of which include indoor performances as well as outdoors. Currently the most dominant athlete is actually hammer thrower Anita Włodarczyk.



## MEN

### 100M

**Usain Bolt (JAM)**

Three of top five performances ever

**TOP 10 AVERAGE: 9.723**

The world record-holder also has three Olympic and three world 100m golds to his name.

### 200M

**Usain Bolt (JAM)**

Four of top seven

**TOP 10 AVERAGE: 19.489**

The Jamaican has been even more successful at 200m, with three Olympic and four world golds, as well as dominating the clock.

### 400M

**Michael Johnson (USA)**

Three of top five

**TOP 10 AVERAGE: 43.557**

Lost his world record six years ago but still dominates the event, not forgetting his two Olympic and four world golds.

### 800M

**David Rudisha (KEN)**

Six of top eight

**TOP 10 AVERAGE: 1:41.453**

The double Olympic and world champion dominates the watch and stands out over two laps.

### 1500M

**Hicham El Guerrouj (MAR)**

Seven of top nine

**TOP 10 AVERAGE: 3:27.047**

The Moroccan retired in his 20s and only won one Olympic gold at the event but he took four successive world titles and dominates the clock at 1500m, as well as holding seven of the 10 fastest mile times in history.





## 5000M

### Haile Gebrselassie (ETH)

Three of top eight

TOP 10 AVERAGE: 12:48.388

The Ethiopian never won a global title at 5000m, but is the only athlete with three marks in the all-time top eight and he set four world records.

## 10,000M

### Kenenisa Bekele (ETH)

Four of top seven

TOP 10 AVERAGE: 26:39.283

The six-time global 10,000m champion's top 10 average is seven seconds faster than five-time global champion Mo Farah's European record.

## MARATHON

### Eliud Kipchoge (KEN)

Four of top five

TOP 10 AVERAGE: 2:03:07

Two Olympic golds, breaking the world record and losing just once in the last nine years of top class marathon running mark him out as the best ever.

## 3000M STEEPCHASE

### Saif Saeed Shaheen (QAT)

Eight of top 20

TOP 10 AVERAGE: 7:58.87

The two-time world champion still dominates the clock, even if he is dwarfed in medal terms by great rival Ezekiel Kemboi's six global titles and three silvers.

## 110M HURDLES

### Allen Johnson (USA)

14 of top 100

TOP 10 AVERAGE: 12.955

Seven athletes have an average between 12.939 and 12.99 and no one really stands out. Though the American five-time global champion has no marks in the top 10, he has the most sub-13 clockings.

## 400M HURDLES

### Karsten Warholm (NOR)

Four of top 11

TOP 10 AVERAGE: 48.9

The Norwegian's current dominance is not as clear as expected as he shares four sub-47 performances with Alison dos Santos and Rai Benjamin.

## HIGH JUMP

### Javier Sotomayor (CUB)

Four of top eight

TOP 10 AVERAGE: 2.42M

Counting indoor performances, the eight-time global champion stands alone with 16 clearances of 2.40m plus.

## POLE VAULT

### Mondo Duplantis (SWE)

Three of top three

TOP 10 AVERAGE: 6.15M

Current world and Olympic champion Duplantis has now, in terms of current marks, surpassed 10-time global indoor and outdoor champion Sergey Bubka.

## LONG JUMP

### Carl Lewis (USA)

Five of top eight

TOP 10 AVERAGE: 8.75M

He never set a world record but the four-time Olympic champion in this event and champion sprinter is easily the greatest and most consistent of all time.

## TRIPLE JUMP

### Christian Taylor (USA)

Four of top 10

TOP 10 AVERAGE: 17.96M

The six-time global champion has now overhauled world record-holder Jonathan Edwards, who only has one mark left in the top 10 but it is the important one!

## SHOT

### Ryan Crouser (USA)

Eight of top 12

TOP 10 AVERAGE: 23.08M

The double Olympic champion is still in his twenties and likely to increase his stranglehold on the all-time lists.

## DISCUS

### Gerd Kanter (EST)

Three of top five

TOP 10 AVERAGE: 71.38M

The Estonian seven-time global medallist has four of the top 11 marks and no one else has more than one.

## HAMMER

### Yuriy Sedykh (SOV)

Nine of top 13

TOP 10 AVERAGE: 85.84M

The two-time Olympic champion set his world record 36 years ago and still dominates the lists.

## JAVELIN

### Jan Zelezny (CZE)

Four of top six

TOP 10 AVERAGE: 94.08M

The six-time global champion still has the lion's share of top marks.

## DECATHLON

### Ashton Eaton (USA)

Four of top 13

TOP 10 AVERAGE: 8738 POINTS

The seven-time global indoor and outdoor champion holds the best series of marks.





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## EUROPEAN CHAMPS PREVIEW SPECIAL

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THE ATHLETES TO WATCH + THE VITAL STATISTICS





# Munich medallists

THE ATHLETES WHO MADE THE EUROPEAN PODIUM IN 2022, PLUS THE CHAMPIONSHIPS RECORDS AND A FEW OTHER VITAL STATISTICS

## Men

### 100M

- 1 Marcell Jacobs **ITA** 9.95 =CR
- 2 Zharnel Hughes **GBR** 9.99
- 3 Jeremiah Azu **GBR** 10.13

**Championships record:**  
Zharnel Hughes (2018) &  
Marcell Jacobs (2022) 9.95

### 200M

- 1 Zharnel Hughes **GBR** 20.07
- 2 Nethaneel Mitchell-Blake **GBR** 20.17
- 3 Flippo Tortu **ITA** 20.27

**CR:** Ramil Guliyev **TUR** 19.76 (2018)

### 400M

- 1 Mathew Hudson-Smith **GBR** 44.53
- 2 Ricky Petruccianni **SUI** 45.03
- 3 Alex Haydock-Wilson **GBR** 45.17

**CR:** Iwan Thomas **GBR** 44.52 (1998)

### 800M

- 1 Mariano García **ESP** 1:44.85
- 2 Jake Wightman **GBR** 1:44.91
- 3 Mark English **IRE** 1:45.19

**CR:** Olaf Beyer **GDR** 1:43.84 (1978)

### 1500M

- 1 Jakob Ingebrigtsen **NOR** 3:32.76 CR
- 2 Jake Heyward **GBR** 3:34.44
- 3 Mario García **ESP** 3:34.88

**CR:** Jakob Ingebrigtsen  
**NOR** 3:32.76 (2022)

### 5000M

- 1 Jakob Ingebrigtsen **NOR** 13:21.13
- 2 Mohamed Katir **ESP** 13:22.98
- 3 Yemaneberhan Crippa **ITA** 13:24.83

**CR:** Jack Buckner **GBR** 13:10.15 (1986)

### 10,000M

- 1 Yemaneberhan Crippa **ITA** 27:46.13
- 2 Zerei Kbrom Mezngi **NOR** 27:46.94
- 3 Yann Schrub **FRA** 27:47.13

**CR:** Martti Vainio **FIN** 27:30.99 (1978)

### MARATHON

- 1 Richard Ringer **GER** 2:10:21
- 2 Maru Teferi **ISR** 2:10:23
- 3 Gashau Ayale **ISR** 2:10:29

**CR:** Koen Naert **BEL** 2:09.51 (2018)

### 110M HURDLES

- 1 Asier Martínez **ESP** 13.14 (13.137)
- 2 Pascal Martinot-Lagarde **FRA** 13.14 (13.138)
- 3 Just Kwaou-Mathey **FRA** 13.33

**CR:** Colin Jackson **GBR** 13.02 (1998)





## 400M HURDLES

- 1 Karsten Warholm NOR 47.12 CR
- 2 Wilfried Happio FRA 48.56
- 3 Yasmani Copello TUR 48.78

CR: Karsten Warholm 47.12 (2022)

## 3000M STEEPLECHASE

- 1 Topi Raitanen FIN 8:21.80
- 2 Ahmed Abdelwahed ITA 8:22.35 (stripped of medal after testing positive for banned substance)
- 3 Osama Zoghalmi ITA 8:23.44
- 4 Daniel Arce ESP 8:25.00

CR: Mahiedine Mekhissi-Benabbad FRA 8:07.87 (2010)

## 4 X 100M

- 1 Great Britain & NI 37.67 CR
- 2 France 37.94
- 3 Poland 38.15 NR

CR: Great Britain & NI 37.67 (2022)

## 4 X 400M

- 1 Great Britain & NI 2:59.35
- 2 Belgium 2:59.49
- 3 France 2:59.64

CR: Great Britain & NI 2:58.22 (1990)

## 20KM WALK

- 1 Álvaro Martín ESP 1:19.11
- 2 Perseus Karlström SWE 1:19.23
- 3 Diego García ESP 1:19.45

CR: Francisco Fernández E ESP 1:18:37 (2002)

## 35KM WALK

- 1 Miguel Ángel López ESP 2:26:49
- 2 Christopher Linke GER 2:29:30
- 3 Matteo Giupponi ITA 2:20:34

CR: Miguel Ángel López ESP 2:26:49 (2022)

## HIGH JUMP

- 1 Gianmarco Tamberi ITA 2.30m
- 2 Tobias Potye GER 2.27m
- 3 Andriy Protsenko UKR 2.27m

CR: Andrey Silnov RUS 2.36m (2006)

## POLE VAULT

- 1 Armand Duplantis SWE 6.06m CR
- 2 Bo Kanda Lita Baehre GER 5.85m
- 3 Pål Haugen Lillefosse NOR 5.75m

CR: Armand Duplantis 6.06m (2022)

## LONG JUMP

- 1 Miltiadis Tentoglou GRE 8.52m CR
- 2 Thobias Montler SWE 8.06m
- 3 Jules Pommeroy FRA 8.06m

CR: Miltiadis Tentoglou 8.52m (2022)

## TRIPLE JUMP

- 1 Pedro Pichardo POR 17.50m
- 2 Andrea D'Alavalle ITA 17.04m
- 3 Jean-Marc Pontvianne FRA 16.94m

CR: Jonathan Edwards GBR 17.99m (1998)

## SHOT PUT

- 1 Filip Mihaljević CRO 21.88m
- 2 Armin Sinančević SLO 21.39m
- 3 Tomáš Staněk CZE 21.26m

CR: Werner Günthör SUI 22.22m (1986)

## DISCUS

- 1 Mykolas Alekna LTU 69.78m CR
- 2 Kristjan Čeh SLO 68.28m
- 3 Lawrence Okoye GBR 67.14m

CR: Mykolas Alekna 69.78m (2022)

## JAVELIN

- 1 Julian Webber GER 87.66m
- 2 Jakub Vadlejch CZE 87.28m
- 3 Lassi Etelätalo FIN 86.44m

CR: Steve Backley GBR 89.72m (1998)

## HAMMER

- 1 Wojciech Nowicki POL 82.00m
- 2 Bence Halász HUN 80.92m
- 3 Eivind Henriksen NOR 79.45m

CR: Yuriy Sedykh RUS 86.74m (1986)

## DECATHLON

- 1 Niklas Kaul GER 8545
- 2 Simon Ehammer SUI 8468
- 3 Janek Öiglane EST 8346

CR: Daley Thompson GBR 8811 (1986)