

Track and Field



Alan Pascoe



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The Man who Tried Again

Personifying the related skills and strengths of sprinting and hurdling, Britain has never produced a greater track performer than Alan Pascoe. Starting out as a promising high hurdler, he graduated to be an international and medallist of all but the highest quality. Then having exploited his potential to the full, he turned to the 400 m hurdles and found his true vocation.

It was in Athens that Pascoe first climbed a victory rostrum when, as European bronze medal man behind the Italian Eddie Ottoz, and Britain's David Hemery, he did all that then could have been expected. With the European cycle then taking only two years, he faced the starter again at Helsinki in 1971, this time to win a silver medal. Now a mature athlete, he showed his sprinting powers by completing an unusual double in the 110-m hurdles and the 200-m flat at the AAA championships in both 1971 and 72.

Beaten in the Olympic 110-m hurdles at Munich, he gained his reward in the 4 x 400 m relay, where the inspired British quartet took unexpected silver medals behind the Kenyans.

The message of this was clear. With

David Hemery out of the arena, the way was open for Pascoe to move up. He had shown that he could hurdle and his stamina for the full 400 m was not in doubt. Specialized training paid off grandly in 1974 when the Commonwealth and European titles were both taken by him in masterly fashion. So disciplined was his performance in these two races that the times registered to win a gold medal differed by only one-hundredth of a second.

Hampered by injury from rising to his rightful peak for Montreal in 1976, Pascoe may have felt disappointed not to have collected the individual Olympic honours to which every athlete aspires. But his total achievements have earned him a place at the highest echelon in British track history.

ALAN PASCOE

Born Oct. 11, 1947, in Portsmouth, England

AWARDS AND RECORDS

1969 ECH bronze medal 110-m hurdles, 13.9 sec
1971 ECH silver medal 110-m hurdles, 14.1 sec
1972 OG silver medal 4 x 400-m relay, 3:00.5
1974 CG gold medal 400-m hurdles, 48.83 sec
1974 CG silver medal 4 x 400-m relay, 3:06.7
1974 ECH gold medal 400-m hurdles, 48.82 sec
1974 ECH gold medal 4 x 400-m relay, 3:03.3
also gold medal winner European indoor championships, 50-m hurdles 1969, and European Cup 400-m hurdles 1973, 1975.

Alan Pascoe—a product of discipline and specialized training