

Track and Field



Anders Garderud



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Perseverance Rewarded

Perseverance is not the least of Swedish athlete Anders Garderud's qualities. He was 30 before he won the 3,000 m steeplechase in Montreal, a title to which he added a new world record of 8:08.

Before that, his career had been marked by a series of failures. The Montreal games were his third olympics but eight years earlier, in Mexico, he failed to qualify for the 1,500 m final. Then in Munich in 1972 he did not make it to the 3,000 m steeplechase final (he came 5th in his heat), nor to the 5,000 m final (4th in his heat). He was scarcely luckier in the European championships. In 1971 in Helsinki he had to be content with 10th place in the steeplechase. Then again in 1974 when he was European record holder, and the hot favorite for the 3,000 m steeplechase, he was beaten on the straight by the Pole Bronislaw Malinowski. A very even-tempered athlete, Garderud shows moderation when expressing his thoughts as well as when running; it has often been said of him that he is as cold as a Swedish glacier, but he is above all likeable and polite. Tall and thin (1.86 m and

154 lbs). Anders Garderud together with the Kenyan Ben Jipcho and Malinowski, has succeeded in putting the 3,000 m steeplechase back where it belongs. Before these three came on the scene, the 3,000 m was often considered a get-out for those who failed to qualify for the 5,000 m. In Montreal, where Garderud won Sweden's first gold medal in the athletics since 1948, he showed how well he had learnt the lesson of his defeat in the 1974 European championships. His reputation over the course was high, but he also managed to improve his finish. This time there was no Malinowski to fight him.

ANDERS GARDERUD

Born Aug. 18, 1946, in Stockholm, SWE

AWARDS AND RECORDS

1976 OG: gold medal in 3,000 m steeplechase, in 8:08 (a new world record)

1964: Junior European steeplechase champion

1975: Runner-up in European championships: 3,000 m steeplechase

He is also a first-class orienteer

World records:

8:20.8 on Sep. 14, 1972 in Helsinki;

8:10.4 on June 25, 1975 in Oslo;

8:09.7 on July 1, 1975 in Stockholm;

8:08 on July 27, 1976 in Montreal

Speed, concentration, power and technique