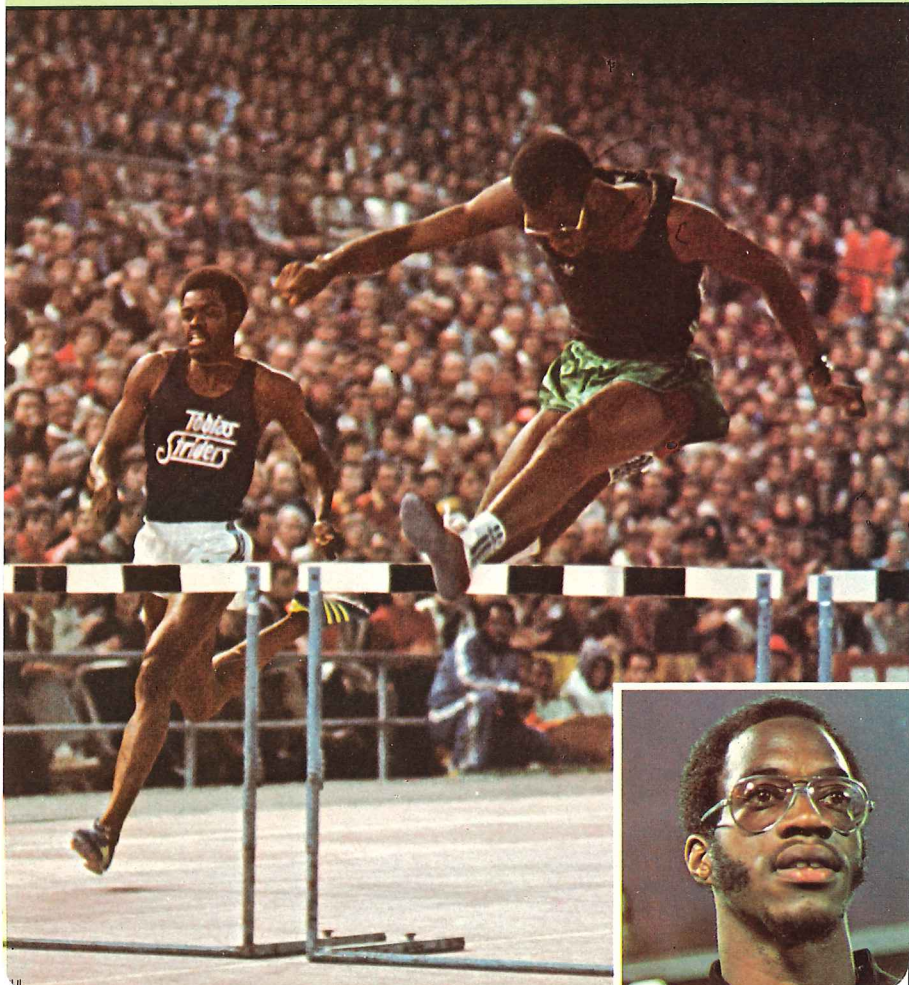


Track and Field



Edwin Moses



Track and Field



Edwin Moses

Aiming for 45 sec in the 400-m Hurdles

One usually has to use the word "phenomenal" with care when talking about athletics, but when it comes to Edwin Moses, there simply is no other adjective. This athlete ran the 110 m hurdles in 13.7 sec in 1975 when he decided to have just one attempt at the 400-m hurdles. The following year he was timed at 50.1 sec during his second race over this distance; by his fourth attempt he was down to 49.8, then down to 48.8 two races later.

A win in 48.3 during Olympic trials led to selection in the American Olympic team. He easily won the gold medal in Montreal in a time of 47.64. Four years earlier, another phenomenon, the Ugandan John Akii-Bua, had established a world record of 47.82 which held until the advent of Ed Moses. When one considers that Canada represented Moses' international debut and that he later admitted that his start had been the worst in his career, one wonders if one is dreaming. He owed his stunning victory to the Rev. Lloyd Jackson, his coach at the high school where Martin Luther King was once a student. He also owes his

success to his athletic childhood, and to his taking up athletics seriously when he was 14. His speed on the flat is also remarkable. He has already run 440 yards in 46.1 sec, the equivalent of 45.75 over 400 m, and the relay in 45.0 or 44.65. He has long legs, which means he needs only thirteen strides between hurdles. Whereas other runners are unable to maintain this rhythm beyond the seventh hurdle, Moses keeps to thirteen strides from start to finish. He is in fact not completely happy about this and is at present working on twelve strides between obstacles, aiming to cover the 400-m hurdles in an astonishing 45 sec. Knowing Ed Moses, it would not take a miracle to achieve this.

EDWIN MOSES

Born Aug. 31, 1955, in Dayton, Ohio

AWARDS AND RECORDS

OG 1976: gold medal, 400-m hurdles, 47.64
World record, Los Angeles: 47.45, on June 11, 1977

Two months after having bettered the world record, Moses (right) is the brilliant winner in Zurich