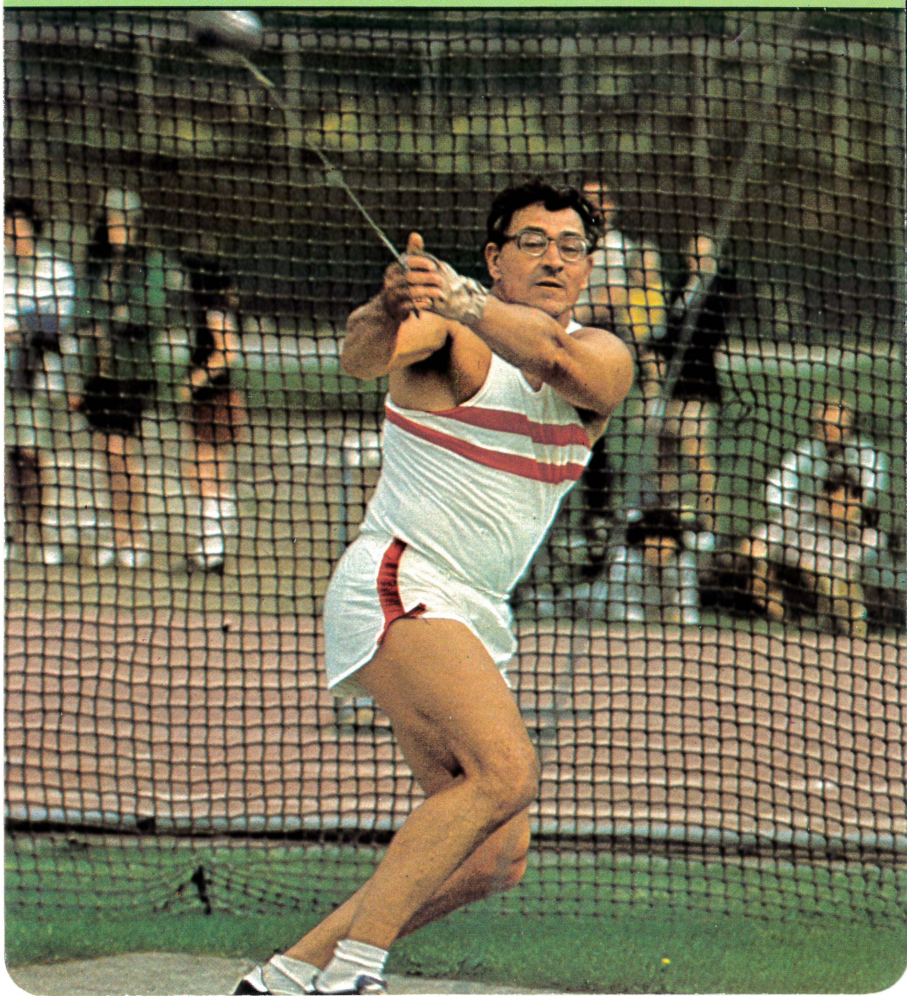


# Track and Field



*Howard Payne*



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## Howard Payne

### *One Man and His Wife*

Between 1960 and 1974 Howard Payne wore the British vest in international competition 61 times, a total only ever exceeded by pole vaulter Mike Bull who had the benefit of a good many indoor appearances. Hammer-thrower Payne, of course, never hurled his implement indoors. Practising in solitary fields, often seeing the hammer disappear from sight in a muddy patch, the hammer man gets used to the idea that his event is not staged for glamour. Payne himself won his second gold medal at Kingston, Jamaica, in a final staged in the stadium car park.

Payne first competed in the United Kingdom in 1958 wearing the Rhodesian vest at the Commonwealth Games. His performance was modest but he liked the British homeland and decided to stay. The retirement of Mike Ellis in 1959 marked a transition which Payne was able to exploit. He was selected for the British team in 1960 and stayed there continuously until 1974, an international span only exceeded by hurdler Donald Finlay (1929-49).

Physically smaller than most of his opponents, Payne compensated with immaculate technique. In 1962 at Perth he triumphed for his first Commonwealth

Games gold medal in what was perhaps a lacklustre field. But that was only a beginning. He was then three metres (10 ft) short of the British record held by Mike Ellis since 1959. This mark was to elude Payne until 1968 when he reached 65.28 m (214 ft), the first of seven instalments by which he improved the United Kingdom record, reaching 69.24 m (227 ft) in 1970. The years of record-breaking were in fact years in tandem, for Howard's wife, Rosemary, broke the UK women's discus record no less than 12 times between 1964 and 1972. With Rosemary competing for Scotland and Howard for England at Edinburgh in 1970, it was a duet of gold medals. Both Howard and Rosemary won silver medals at Christchurch in 1974, Howard, amazingly, at almost 43 years of age, threw farther than at Edinburgh.

#### HOWARD PAYNE

Born April 17, 1931, in Benoni, Rhodesia

#### AWARDS AND RECORDS

1962 CG: gold medal, hammer, 61.64 m (202 ft), Perth  
1966 CG: gold medal, hammer, 61.98 m (203.3 ft), Kingston  
1970 CG: gold medal, hammer, 67.80 m (222.4 ft), Edinburgh  
1974 CG: silver medal, hammer, 68.02 m (223.7 ft), Christchurch

*Howard winds up in the Inter-Counties Championship*