

# Track and Field



*John and Sheila  
Sherwood*



# Track and Field



## *John and Sheila Sherwood*



### *By Leaps and Bounds*

It was John Sherwood's misfortune that in his fastest race he was upstaged in the sensational 400-metre hurdles final at the Mexico City Olympic Games. Timed in 49.0 sec, a clocking only once bettered by anybody before that day, he had to be content with a bronze medal. In first place was David Hemery. Meanwhile his future wife, Sheila, was within an even smaller margin of the Olympic ultimate, finishing second in the long jump to Rumania's Viorica Viscopoleanu with a personal best of 6.68 metres.

The Sherwoods started young in the international arena. Sheila was only 16 when she travelled to Belgrade for the European Championships. She was 12th there and fifth in the Commonwealth Games in Perth later the same year. John won the AAA Junior 440 yards in 1964 and was taken as reserve on the British team to the Tokyo Olympics. Sheila was there too, finishing 13th in the final won by Mary Rand.

After Mexico City anything seemed possible for either of them. John took silver at Athens, beaten in the European final by Vyacheslav Skomorokov, the Russian deaf mute whom he had overtaken for the bronze medal in Mexico. The Sherwood partnership collected the

perfect dividend in Edinburgh when both at last won gold medals, John also gleaming a bronze in the relay for England. Both were prolific scorers in international matches for Britain, John winning the 400-metre hurdles between 1966 and 1970 against Sweden, France, Poland, Hungary, Switzerland, Czechoslovakia and East Germany.

#### JOHN SHERWOOD

Born June 4, 1945, in Yorkshire, England

#### AWARDS AND RECORDS

- |      |      |  |
|------|------|--|
| 1968 | OG:  | bronze medal, 400 m hurdles, 49.0 sec, Mexico City       |
| 1969 | ECH: | silver medal, 400 m hurdles, 50.1 sec, Athens            |
| 1970 | CG:  | gold medal, 400 m hurdles, 50.0 sec, Edinburgh           |
| 1970 | CG:  | bronze medal, 4 x 400 m relay, 3 min 05.5 sec, Edinburgh |

#### SHEILA SHERWOOD

(nee Parkin)

Born Oct. 22, 1945, in Yorkshire, England

#### AWARDS AND RECORDS

- |      |     |  |
|------|-----|--|
| 1966 | CG: | silver medal, long jump, 6.30 m (20 ft 8 in), Kingston     |
| 1968 | OG: | silver medal, long jump, 6.68 m (21 ft 11 in), Mexico City |
| 1970 | CG: | gold medal, long jump, 6.73 m (22 ft 1 in), Edinburgh      |

*John hurdling, Sheila jumping, husband and wife chatting*