

Track and Field



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Four European Titles

Nadejda Chizova, who comes from Siberia, began putting the shot when she was 15, during the golden age of Tamara Press. Tamara's superior skill was such that the younger girl was on the point of giving up immediately, having already decided that she was not interested in becoming just a runner-up. For years her performance was eclipsed by that of the solidly-built Tamara, and when she came to Lenin-grad in 1963 she was beaten even more frequently than on tour. She had had enough!

It was at this juncture, at a public event which she intended to be her last, that she beat her great rival for the first time. This happened during the winter of 1966 and was of decisive importance. At the European Championships in Budapest, held that same year, Chizova won her first gold medal. This, again, might almost have been her last, for during the Olympic Games in Mexico the Soviet girl was beaten by two East German girls, being placed third only. Victor Alexeiev now intervened and managed to persuade her not to give up shot-putting. This same coach later became famous when he helped Alexander Barichnikov to perfect his

rotation technique. Alexeiev devised for Chizova a special training program, based on rhythm and speed, which resulted in a shower of gold medals. Chizova had been exceptionally strong from birth, but never likes talking about this. When a journalist questioned her on her dumb-bell performance, at the Athens European Championships in 1969, she replied that this was not a suitable question to put to a woman. Since the Montreal Olympics, where she was beaten by the Bulgarian Ivanka Khristova, she has come up against someone even stronger than her in the shape of the Czech girl Helena Fibingerova.

NADEJDA CHIZOVA

Born Sept. 29, 1945, at Usolye, Siberia, USSR

AWARDS AND RECORDS

OG 1968: bronze medal, with a throw of 18.19 m
OG 1972: gold medal, with a throw of 21.03 m
OG 1976: silver medal, with a throw of 20.96 m
ECH 1968: gold medal, with a throw of 17.72 m
ECH 1969: gold medal, with a throw of 20.43 m
ECH 1971: gold medal, with a throw of 20.16 m
ECH 1974: gold medal, with a throw of 20.78 m
World Records:
from 18.67 m on 28 April, 1968 at Sochi to 21.45 m
on 29 Sept., 1973 at Varna, she improved the world
record six times

Nadejda Chizova at Munich in 1972: 21.03 m wins a Gold Medal