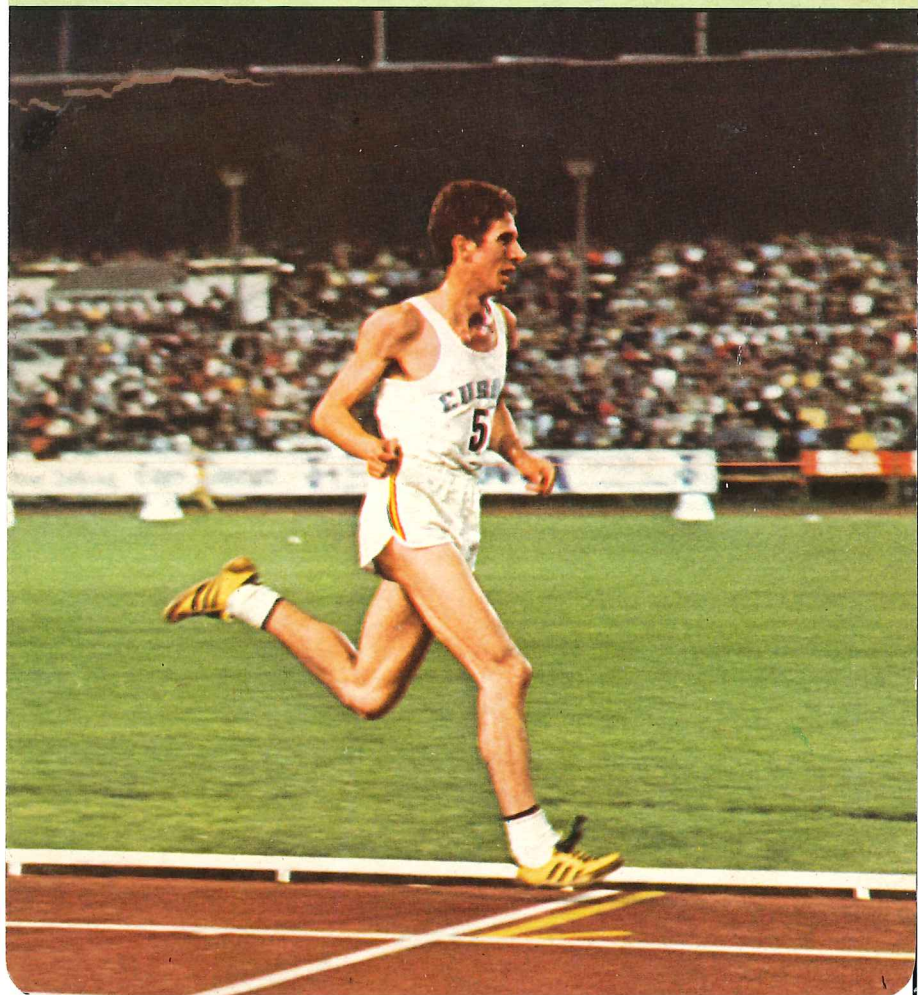


# Track and Field



*The 5,000 m*



# Track and Field



## The 5,000 m

### From Nurmi to Viren

It was not until 1912 in Stockholm that the individual 5,000 m race was included in the Olympic program. This led to the first 5,000-m Olympic gold medalist, Hannes Kolehmainen of Finland, who also established the first officially recognized world record on 10 July 1912 in a time of 14:36.6. Before this, there was only the 3-mile race, a distance which the little Englishman Alfred Shrubbs had covered in 14:17.6 in 1903, which corresponds to 14:48.0 over 5,000 m. With his 14:36.6 in Stockholm, Kolehmainen, winner of the sprint in front of the Frenchman Jean Bouin, who had led the entire race and allowed the Olympic title to slip through his grasp for a mere two tenths of a second, pulverized Shrubbs's time. In fact it was not until 1923 that the 3-mile world record was beaten, by Paavo Nurmi of Finland who was credited with 14:11.2 in Stockholm on 24 August 1923, bettering Shrubbs's performance by 6.4 sec. For a long time, no one could match the Finns over long distances. They seemed at last to have lost their supremacy when, in 1972, a certain Lasse Viren appeared on the scene and, at

the Munich Olympics, managed the double by winning both the 5,000 and 10,000 m events. Viren was world record holder over 5,000 m for less than a week. But the fact that he repeated his exploit in Montreal means that in the eyes of the experts he is ranked as high as Kolehmainen, Nurmi and Lehtinen.

#### CHRONOLOGY OF WORLD RECORD

14:36.6	H. Kolehmainen (FIN)	July 10, 1912
14:35.4	P. Nurmi (FIN)	Sept. 12, 1922
14:28.2	P. Nurmi (FIN)	June 19, 1924
14:17.0	L. Lehtinen (FIN)	June 19, 1932
14:08.8	T. Maeki (FIN)	July 16, 1939
13:58.2	G. Haegg (SWE)	Sept. 20, 1942
13:57.2	E. Zatopek (CZE)	May 30, 1954
13:56.6	V. Kuts (USSR)	Aug. 29, 1954
13:51.6	C. Chataway (GB)	Oct. 13, 1954
13:51.2	V. Kuts (USSR)	Oct. 23, 1954
13:50.8	S. Iharos (HUN)	Sept. 10, 1955
13:46.8	V. Kuts (USSR)	Sept. 18, 1955
13:40.6	S. Iharos (HUN)	Oct. 23, 1955
13:36.8	G. Pirie (GB)	June 19, 1956
13:35	V. Kuts (USSR)	Oct. 13, 1957
13:34.8	R. Clarke (AUS)	Jan. 16, 1965
13:33.6	R. Clarke (AUS)	Feb. 1, 1965
13:25.8	R. Clarke (AUS)	June 4, 1965
13:24.2	K. Keino (KEN)	Nov. 30, 1965
13:16.6	R. Clarke (AUS)	July 5, 1966
13:16.4	L. Viren (FIN)	Sept. 14, 1972
13:13.0	E. Puttemans (BEL)	Sept. 20, 1972
13:12.9	D. Quax (NZL)	July 5, 1977
13:08.4	H. Rono (KEN)	April 8, 1978

*Emil Puttemans who failed to win at the Munich Olympics, broke the world record soon after*