

Track and Field



The Hammer



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A Slow Progression

Throwing the hammer consists of heaving a 16-pound weight (7.257 kg) as far as possible. The hammer weighs the same as the shot, but differs from it in that it is attached to a 1.22-m length of flexible steel wire with a hand grip. The length of the throw depends on the centrifugal force imparted by the rotation of the thrower on his own axis, in a marked circle.

Hammer throwing figured in the 1900 OG, but no world record was recognized until 1913, when the diameter of the throwing circle was officially reduced from 9 to 7 feet (from 2.743 m to 2.135 m).

The first official record was set by the American Patrick Ryan who threw 57.77 m in 1913. This throw would have assured him of the Olympic title right up to 1938. Progress in this sport was extremely slow for a while. Not until the Soviet athletes came on the scene, and in particular Mikhail Krivonosov, along with the American Harold Connolly (who was of Irish descent, as was Ryan) did the world record really move forward. The hammer

throw is now intrinsically longer than any of the other throws.

CHRONOLOGY OF THE WORLD RECORD

57.77 m	P. Ryan	USA	8.17.13	New York
59.00 m	E. Blask	GER	8.27.38	Stockholm
59.02 m	I. Nemeth	HUN	7.14.48	Tata
59.57 m	I. Nemeth	HUN	9. 4.49	Katowice
59.88 m	I. Nemeth	HUN	5.16.50	Budapest
60.34 m	J. Cxermak	HUN	7.24.52	Helsinki
61.25 m	S. Strandli	NOR	9.14.52	Oslo
62.36 m	S. Strandli	NOR	9. 5.53	Oslo
63.34 m	M. Krivonosov	USSR	8.29.54	Berne
64.05 m	S. Nenachev	USSR	12.12.54	Baku
64.33 m	M. Krivonosov	USSR	8. 4.55	Varsova
64.52 m	M. Krivonosov	USSR	9.19.55	Belgrade
65.85 m	M. Krivonosov	USSR	4.25.56	Nalchik
66.38 m	M. Krivonosov	USSR	7. 8.56	Minsk
67.32 m	M. Krivonosov	USSR	10.22.56	Tashkent
68.54 m	H. Connolly	USA	11. 2.56	Los Angeles
68.68 m	H. Connolly	USA	6.20.58	Bakersfield
70.33 m	H. Connolly	USA	8.12.60	Walnut
70.67 m	H. Connolly	USA	7.21.62	Palo Alto
71.06 m	H. Connolly	USA	5.19.65	Ceres
71.26 m	H. Connolly	USA	6.20.65	Walnut
73.74 m	G. Zsivotsky	HUN	9. 4.65	Debrecen
73.76 m	G. Zsivotsky	HUN	9.14.68	Budapest
74.52 m	R. Klim	USSR	6.15.69	Budapest
74.68 m	A. Bondarchuk	USSR	9.20.69	Athens
75.48 m	A. Bondarchuk	USSR	10.12.69	Rovno
76.40 m	W. Schmidt	WGE	9. 4.71	Lahr
76.60 m	R. Theimer	WGE	7. 4.74	Leipzig
76.66 m	A. Spiridinov	USSR	9.11.74	Munich
76.70 m	K.-H. Riehm	WGE	5.19.75	Rehlingen
77.56 m	K.-H. Riehm	WGE	5.19.75	Rehlingen
78.50 m	K.-H. Riehm	WGE	5.19.75	Rehlingen
79.30 m	W. Schmidt	WGE	8.14.75	Frankfurt

A. Spiridinov, 2nd in the Montreal OG (76.08 m) had been record holder two years earlier