

Shot-put's dark history – why drug-free athletes struggle to compete

New Zealand's **Valerie Adams** is the women's shot-put world champion and Olympic gold medallist, making her the best thrower in the world today. Yet her personal best of 21.24m in August last year ranks only **185th** on an all-time list dominated by athletes from steroid-abusing Soviet-bloc countries in the 1970s and 1980s.

Women's shot-put world record holders



1973
21.20m
Nadezhda Chizhova (USSR)
204th longest throw on all-time list



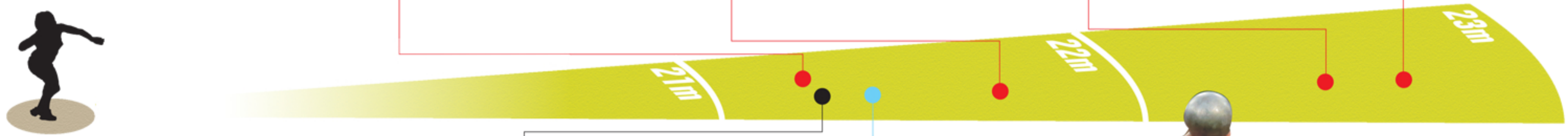
1976
21.67m
Marianne Adam (East Germany)
63rd on all-time list



1980
22.45m
Ilona Slupianek (East Germany)
5th on all-time list



1987
22.63m
Natalya Lisovskaya (USSR)
1st on all-time list



Best performance in shot-put over the past nine years

Distance (m)

