

# Irena Kirszenstein Szewinska

born 1946



# Early Years

- Born Irena Kirszenstein in Leningrad, USSR, May 1946
- At 18, second to Mary Rand in the 1964 Olympic Long Jump
- Also silver medallist in 200m, gold medallist in 4 x 100m
- In 1966 European Games, won 200, 4 x 100, LJ and second in 100m

Next: Queen of her sport..



**IRENA KIRSZENSTEIN (Poland)** headed 200m rankings and won three gold medals and one silver in European championships



# Final scorecard

- Contested five Olympics, 1964 – 1980
- Won three Olympic golds, two silvers, two bronzes
- Broke six world records
- Is the only athlete (either sex) to have held 100 m, 200 m and 400 m world records
- Won 13 European Championships medals
- Won 26 Polish titles in 100, 200, 400 , 4x400 relay and long jump
- Member of the International Olympic Committee since 1998
- Member of IAAF Council since 2005

Olympic Games		
Gold	1964 Tokyo	4 x 100 m
Gold	1968 Mexico City	200 m
Gold	1976 Montréal	400 m
Silver	1964 Tokyo	200 m
Silver	1964 Tokyo	Long jump
Bronze	1968 Mexico City	100 m
Bronze	1972 Munich	200 m
European Championships		
Gold	1966 Budapest	200 m
Gold	1966 Budapest	Long jump
Gold	1966 Budapest	4 x 100 m
Gold	1974 Rome	100 m
Gold	1974 Rome	200 m
Silver	1966 Budapest	100 m
Bronze	1971 Helsinki	200 m
Bronze	1974 Rome	4 x 100 m
Bronze	1978 Prague	400 m
Bronze	1978 Prague	4 x 400 m