

Sunday 2 October 2011

## Media Release

### Sutton smashes own Hammer World Record

Australia's Lindsay Sutton smashed his own Hammer throw World Record at the Global Games in Italy today. Sutton's first throw in the competition was an impressive 47.05m over 2metres further than his Worls Record of 45.02 set in the last Global Games in the Czech Republic in 2009.

Sutton saved his best till last with a final throw of 47.44m. All of Sutton's throws were in excess of his previous world record.

What makes Sutton's performance all the more remarkable is that in April this year he underwent shoulder surgery which was followed by a 12 week recovery program including 6 weeks of total rest. Since commences training Sutton has had just 7 training sessions and only 4 with the hammer, the first two using lighter weights. Sutton who lives on the Sunshine Coast travels 2 hours to training with coach Panais Negropontis at QEII in Brisbane, although Sutton has a licence he relies on mum Sue and father Wes to do the driving.

Coach Negropontis was over the moon with Sutton's performance "He is a great athlete to coach, he is not only disciplined but is able to listen and put the instructions into place, he deserves everything he receives, he is a great athlete" Negropontis said.

The Games which double as the INAS World Championships are Sutton's third World title having won the 2007 and 2009 World Championships, all with World Record performances.

Sutton now looks forward to Monday's Discus competition where he is hopeful of another enormous personal best and potential medal.

Sutton win was Australia's second athletics medal at the games following Stephanie Schweitzer's Silver medal in the 100m yesterday.

- Ends -

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To follow the Australian's team journey at the 2011 INAS-FID Global Games. Visit [www.ausrapid.org.au](http://www.ausrapid.org.au) or join us on Facebook - AUSRAPID



Lindsay Sutton pictured with coach Panais Negropontis



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