

Polish athletics legend and IOC member Irena Szewińska dies aged 72

Sports

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Szewińska was the only athlete ever, male or female, to hold world records in the 100m, 200m and 400m and her one lap winning time of 49.28 seconds in Montreal remains the Polish record today.

By [Nick Butler](#) for Inside the Games, June 30, 2018 International Olympic Committee (IOC) member Irena Szewińska, Poland's most decorated Olympian in history, has died at the age of 72. Szewińska competed in athletics events across five successive Olympic Games between Tokyo 1964 and Moscow 1980. Her death was announced by the Polish Olympic Committee overnight and the Olympic flag has been lowered at the IOC headquarters for three days. She won gold in the 4x100 metres relay in Tokyo as well as a 200m success at Mexico City 1968 and a 400m victory at Montreal 1976. This was supplemented by long jump and 200m silver medals in Tokyo as well as bronze medals over 100m in Mexico City and over 200m at Munich 1972. Szewińska also won five outdoor and two indoor gold medals at the European Championships and broke 10 world records. She was the only athlete ever, male or female, to hold world records in the 100m, 200m and 400m and her one lap winning time of 49.28 seconds in Montreal remains the Polish record today.

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