

# ASTRID KUMBERNUSS, Shot-putting Shooting Star

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Olympic champion in Atlanta in shot-putting, Astrid Kumbernuss has managed to break the image of her discipline.
For years, the world had seen tough-looking, imposing women from the former Eastern block collecting medals for throwing the disc or a metal ball and thought them almost unnatural. At the end of their careers, many of them had in fact owned up to using forbidden substances.

Born 1970 in Grevesmühlen in the former GDR, Astrid Kumbernuss has managed to combine a successful sporting career on the highest level with her own brand of femininity.

She is coached by her husband and, after having had her first child, we meet her as she is preparing for Sydney where she is considered one of the favourites in her discipline.

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