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April 6, 1981

FOR IMMEDIATE RELEASE

CHARLESTON, IL--Eastern Illinois University's Paul James (Mahomet-Seymour) set an EIU varsity record and qualified for the NCAA II nationals in the discus Saturday.

A junior, James threw the discus 174 feet to win that event at the 9th annual EIU Invitational.

The old record was 173-5 by Mike Miller, set in 1976. James also surpassed the NCAA II qualifying mark of 164-1 feet.

"I expected him to qualify in this first outdoor meet," said Coach Neil Moore, "but I didn't expect him to break the record right off the bat . . . but he looked good in practice so I'm not totally surprised.

"Paul's been working hard on the weights all winter, and it paid off. Pat O'Brien (EIU volunteer coach and former head coach) has worked hard with him plus Paul received some sound coaching in high school . . . he had good fundamentals when he came here," Moore explained.

"I think he's developed into a Division I caliber discus thrower . . . he might hit 190 feet before he's through. He's had experience at the big meets so he's not awed by any competition . . . he goes in as a competitor, not a spectator."