

Super Mo wins 6th global title—Brits head Heptathlon Miller makes final

Men's 10,000

Mo Show no slow and finds his mojo

Mo Farah won his sixth global title at 5000m or 10,000m and it was the quickest of any of his Championship wins. The Kenyans ran superbly as a team for once and really took the race to Brit, who was forced to run the third fastest ever world Champs winning time.

Despite the pace, you felt the only way he would lose was if he fell over and he came very close on the last lap as he moved past a lap runner and was caught from behind.

The first kilometre was slow at 2:52.22 before Paul Tanui livened it up with a series of 63 second laps and Farah stayed back around 12th often three or seconds off the pace.

World cross-country and half-marathon champion Geoffrey Kamworor was ahead at 2000m in 5:32.11 as he ran a sub 2:40 kilometre and the third Kenyan Bedan Mochuri was ahead at 3000m in 8:15.11 and despite the 27:30 pace, there was a long line of 23 runners in contact but covered by over five seconds.

Farah moved up closer at 4km to go up to seventh as Kamworor was now ahead in 10:57.62 and the 5km time was 13:40.83 with Mochuri in front and Farah seventh on 13:42.01 and now the pack was down to 13.

Kamworor was the most consistent leader, though all took their turns. A series of laps in the high 64s gradually whittled it down to just three Kenyans, Farah and his blood-soaked training partner Rupp as the Ethiopians faded back and 6km was 16:22.92 and 7km 19:06.34 and 8km 21:49.99.

Farah looked the easiest of the five but while briefly going ahead, it was never for more than a few strides. Kamworor was back in front at 9km in 24:32.30.

Farah burst ahead 500 metres out and led through the bell with a 61.86 penultimate lap.

While ahead and moving wide to lap a runner Farah stumbled but just about remained upright. He retained the lead and Kamworor looked dangerous 100m out but couldn't respond to Farah's final drive and finished four metres back with a delighted Farah celebrating early. His last 5000m was 13:19, kilometre 2:28, 800m 1:56 and last lap 54.15.

He said: "It was great to defend my title on a far from easy year and it's nice to be known as the one winning the most medals for my country and to make history. The Kenyans tried something different and made it fast and I nearly went down but luckily I stayed up."

GOLD: Mo Farah (GBR) 27:01:13

SILVER: Geoffrey Kamworor (KEN) 27:01:76

BRONZE: Paul Tanui (KEN) 27:02:83

Heptathlon Day 1

Initial success for KJT and JEH

It was a great first day for Britain in the Heptathlon.

Olympic champion Jess Ennis-Hill was a model of consistency, finishing second in three of the four events and leading overnight on 4005 points. Katarina Johnson-Thompson, who won 2 of the events, is a clear second and while as long as they avoid no jumps and throw somewhere near their best then both will medal but in which order?

Both Brits got off to a good start.

KJT set a hurdles PB of 13.37 to lie 9th while Ennis-Hill was second best overall with a fine 12.91 which was bettered by only Nadine Visser's 12.81 PB.

In the high jump, Ennis-Hill went into the lead equalling her Olympic height of 1.86m. The only athlete to jump higher was KJT.

The European indoor champion had been far from consistent, failing twice at her opening height of 1.80m but she eventually cleared 1.89m to go second after two events, 20 points down on her fellow Brit.

In the shot, Ennis-Hill retained her lead though wasn't at her very best and only 15th in the event with 13.73m. KJT set an outdoor PB of 12.47m but plummeted to ninth

Nafissatou Thiam topped the shot with 15.24m. Ennis-Hill ran a fine 200m in 23.42 and the only athlete better was KJT who impressed with a 23.08 200m. Her yo-yo competition continued as she went back up to second. Visser is now third on 3871 points and world-leader Brienne Theisen-Eaton is fourth on 3865 points. The Canadian started well in the hurdles but was below her Gotzis form in the other 3 events.

Ennis-Hill said: "It is a real feeling just to be back in this environment on the world stage again and putting out solid performances and hold my form through the four events. I didn't expect to be leading at this stage."

KJT said: "The 200m got me from 9th to 2nd which is great. In my high jump it was awful not to clear 1.80m the first two times. I still have my strongest event and I am confident on staying on the podium tomorrow."

First day summary

A great first day for Mo, Miller and the Heptathlon duo. A few disappointments but certainly more positives than negatives.

Through qualifying: Flannery, Kilty, Miller, Muir, Weightman, Ujah

Out: Dasaolu, Head, Langford Lewis, Rimmer,

Men's Marathon

New Gheb Ghirmay bites the Kenyans

Officially a teenager Ghirmay Ghebresassie became Eritrea's first ever World champion in the main Championships.

Whether he is 19 is debatable though it appears he ran his 10,000m PB of 28:33.37 as a 16-year-old and 2:09:18 in Chicago last Autumn at 18 when officially pacemaking and then 2:07:47 when finishing second in Hamburg in May.

The win came as he held back in the pack for much of the race. He was only 16th at 30km as Tsepo Mathibelle surged to a 14 second lead over the pack. A 15:23 brought the Eritrean up to second and to within 10 seconds and by 36km he was passed. Briefly Ethiopian 2:04:48 performer Yemane Tsegay caught him, but by 38km the new 'Gheb' was away on his own. Through 40km, 12 seconds clear after a vicious 14:53 5km split, he had stretched that to 40 seconds at the finish,

Tsegay was second and Munyo Mutai third for Uganda as Africa again filled the podium. 2007 was the last time a non African (Viktor Rothlin) medalled.

There were no Brits but a Morpeth Harrier, Ser-Od Bat-Ochir was a brief leader early on.

GOLD: Ghirmay Ghebreslassie (ERI) 2:12:27

SILVER: Yemane Tsegay (ETH) 2:13:07

BRONZE: Munyo Mutai (UGA) 2:13:29

Women's Shot

Schwanitz beats on-song Gong to strike long

World silver medallist and favourite Christina Schwanitz, who headed qualifying with 19.39m, opened with a 19.80m but that was followed by a huge roar as Lijiano Gong's response was a near PB 20.30m.

The German improved to 20.00m in round two and then to almost silence, went ahead with 20.37m in the third. Dong was still throwing well and over 20m on her second and third throws. However after that 20.25m, the Chinese woman had a calf problem and couldn't respond and it was the German who threw over 20m again with 20.10m in the fifth. Her 20.37m was the second worst winning distance in history.

Michelle Carter was always third while Anita Marton set a Hungarian record 19.48m in fourth.

The winner said: "I threw 20.77m in May here and when Gong threw 20.30m, I knew she was at her PB level and then I got the lead in the third round and knew I could always respond."

GOLD: Christina Schwanitz (GER) 20.37

SILVER: Lijiao Gong (CHN) 20.30

BRONZE: Michelle Carter (USA) 19.76

Men's Hammer qualifying**Miller's tail's up but Dry's out**

Nick Miller made a stunning World Championships debut. The in-form Brit opened with a huge 77.42m throw to qualify automatically and become the first ever British male hammer qualifier.

Miller said: "Today went well, it was exactly what I needed to do, just the same as I have been doing in training all week. I'm very happy."

Pawel Fajdek qualified top of group one with 78.38m and no one else bettered Miller or indeed bettered the automatic distance of 77.00m.

Mark Dry missed out on a top 12 place by just 64 centimetres with 73.87m to place 15th. No Briton had thrown further in a World Champs than 73.31m prior to Beijing.

Women's 1500m Heats**GB has Laura Laura qualifiers**

Laura Muir was always near the front and looked strong but it was a very tight race with half a second covering the top nine and only six qualifying automatically. Besu Sado won in 4:05.39 to Muir's 4:05.53.

World record holder Genzebe Dibaba won the final heat easily in the day's fastest of 4:02.59 – the fastest ever heat or semi in the World Championships.

Laura Weightman found it harder work than Muir but qualified automatically sixth behind Dibaba in 4:06.13 but fell heavily after the finish and cut her head.

Men's Pole vault qualifying**Re morse for Lewis as 16 clear 5.70m.**

Steve Lewis cleared 5.40m but exited at 5.55m when a staggering 24 went over 5.65m for unprecedented depth as a record 16 athletes cleared 5.70m to make the final.

Women's Triple jump qualifying**Peaker Gabriela's sledgehammer**

Qualifying was modest headed by surprise Bulgarian Gabriela Petrova's 14.44m though favourite Caterine Ibarguen jumped 14.42m. 13.84m made the final.

Men's 800m qualifying**Fergie fastest but no bonnie Langford**

European junior champion Kyle Langford looked good until the straight but faded away in the last 100m to finish seventh in 1:49.78. He was 41st fastest of 44

Michael Rimmer came much closer and finished strongly but in a slow run heat won by David Rudisha, he was a second too slow to advance by time and 0.11 by position. He should have made it a more honest race as a low 1:47 would have qualified.

Ferguson Rotich was fastest with 1:45.83

3000m steeplechase qualifying**Mixed Jager gets satisfaction**

Three-times champion and three-times silver medallist Ezekiel Kemboi was quickest with 8:24.75.

The first heat saw what must be the slowest ever first kilometre of 3:06 and a 2:35 final one and the only likely runner to challenge Kenyan dominance, Evan Jager only sneaked in by a tenth of a second in a last lap dust up.

Men's 100m prelims/First round**Oman's the man as Barikat top dog**

Poor standard with only Oman's Barikat Mubarek Al Harthi's 10.31 bettering 10.50.

Justin time impresses

The 100m first round (old quarter final) was a different matter eight ran sub-10 with Justin Gatlin's 9.83 easily the pick. Bolt ran 9.96 and Powell 9.95.

Chijindu Ujah acquitted himself well in his first major senior championships to run 10.05 in second in his heat. World indoor champion Richard Kilty squeezed through as a fastest loser with 10.12 but European champion James Dasaolu missed out with 10.13.

Men's 400mH heats**Niall flows to fast time as all Betts are on**

Niall Flannery ran well to set a season's best and finish second in his heat in 48.90 and be sixth fastest. Injured Jack Green didn't start. Casualties included world leader and former champion Bershawn Jackson and defending champion Jehue Gordon. Kenya's Nicholas Bett was fastest with 48.37.

Today's Timetable

8.30 20km race walk - Tom Bosworth for GB

9.00 LJ Hept

10.05 M Shot qualifying

10.25 W 400H hts – Child heat 2, Beesley ht 3

10.50/12.05 Jav Hept

11.10 M 400m hts - Rooney, Yusuf, Dunn

12.00 W 100 hts – Philip ht 1 of 7

18.15 M 10,000 final medal ceremony

18.30 M Hammer final – Miller in medal fight?

18.40 M 400H semis Flannery sf 3 v Bett, Tinsley, Culson

19.10 M 100 semis – Ujah sf 2 of 3 v Gatlin, Rodgers, Ogunode, Ashmeade, Kilty sf3 v Gay/Powell

19.40 Hept 800

20.15 M 800 semis

20.45 W 1500 semis –Weightman sf1, Muir sf2

21.15 M 100 final –Gatlin?

Quiz Questions

- 1 Which three famous athletes held the world junior mile record between 1956 and 1966?
- 2 Why didn't Andy Vernon get selected for the Beijing 10,000m?
- 3 Which woman holds the world-age 19 pole vault record?
- 4 Who is the fastest ever teenager at 100m?
- 5 Which world 100m champion ran a still standing age-12 record of 200m of 23.71?
- 6 Which long jumper holds the World youth, world junior and world Over-35 record?

Placing Table (3 events)

Despite a bad marathon, Kenya top the placing tables thanks to the 10,000n and they had some great 400 hurdles results too.

- 1 Kenya 18
- 2 Eritrea 11
- 2 China 11
- 4 Uganda 10
- 4 USA 10
- 6 Ethiopia 9
- 7 Germany 8
- 8 GB 8
- 9 Italy 6
- 9 Belarus 6
- 11 Hungary 5
- 12 Bahrain 4
- 13 Turkey 2

BEIJING TOUR NOTES**THE GETTING TO THE STADIUM ROUTINE**

With the first day of competition behind us all we hope you will soon feel comfortable with the daily stadium routine. From the Oriental Bay hotel yesterday's Men's Marathon route barriers complicated your walk to the stadium from the metro so the next days should be easier. From the Celebrity International hotel on the route from the hotel you should turn right along the pavement once you have crossed the main road that borders the east side of the stadium to then find the Security entrance tents on your left after walking approx. 100 metres – this is the shortest way into the stadium as yesterday we understand a few found a longer route.

LUNCH-TIME EATING CLOSE TO THE BIRDS NEST STADIUM

Just as it was in 2008 at the Olympics catering at the stadium and in the Olympic Park is not good. Especially for those at the Oriental Bay that may be less familiar with the stadium area you may want to consider the options on the east side of the stadium. To exit the stadium on this side you need to leave the arena by the 200m start and go down the steps and after 150m you will be on the road that runs along the east side of the Olympic Park. If you cross this road and go straight ahead along the road that is ahead of you and walk 600m to the next traffic lights the Celebrity hotel is on your left on that corner. Every day there is a buffet salad bar lunch until 14.00 hrs with hot pasta options and dessert from RMB 98 or you can choose a la carte. Or you could turn right as you exit the Olympic Park and after 250m there is a TGI Fridays which is part of a hotel that backs onto the Birds Nest. This hotel also has a western restaurant as does the V-Continent hotel within another 500m that has 3 or 4 western food outlets within it. Plus there are many Chinese restaurants too. Opposite the Celebrity hotel is an excellent supermarket if you prefer to picnic.

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