

## King Usain and Queen Mum Jess Triumph Again

### Men's 100

#### Bolt guns Gatlin down

Usain Bolt hasn't lost a major race, barring a famous dq in Daegu, since 2007 when Tyson Gay beat him in the Osaka 200m.

That was suspected to end in Beijing as Justin Gatlin has been far and away the world no.1.

That was more confirmed in the semi-finals as Bolt recovered from a terrible start and had to strain to win in 9.96 to catch Andre De Grasse, Trayvon Bromell and delighting the crowd Bingtian Su with the quartet all inside 10 seconds with just two automatic places on offer.

Gatlin won the second heat at a canter in 9.77 with Rodgers second on 9.86.

If only Gatlin could have replicated that form in the final, he would have won but much to the delight of everyone bar some Americans, the 2004 Olympic champion and two-time drugs cheat succumbed to the pressure.

His reaction time of 0.165 was slower than Bolt's 0.159 and while he was soon clearly ahead, it was marginal and Bolt was running his best 100m of the year by far. Bolt gradually closed and with Gatlin straining and looking off balance, Bolt had the better dip and he won in a season's best 9.79 to Gatlin's 9.80.

It was so close for third that Bromell and de Grasse were inseparable and tied on 9.92 with Rodgers disappointing on 9.94 after his heat.

It was a 9 man final as Su had the same fastest loser time as two others and his presence added to the electric atmosphere.

The win was deemed excellent for the sport given Gatlin's past and thrilled a crowd that provided a totally different atmosphere from the flat atmosphere of the day before,

Bolt said: "That was still not the best. I still stumbled. I came out relaxed, no stress and brought it home. My aim is to be the number one until I retire. I could have run faster."

In the semi's Chijindu Ujah was fifth in 10.05, and not far from qualifying, Richard Kilty ran well for 60 metres but faded to eighth and last in 10.20 in his semi.

**GOLD:** Usain Bolt (JAM) 9.79

**SILVER:** Justin Gatlin (USA) 9.80

**BRONZE:** Trayvon Bromell (USA)/ Andre de Grasse (CAN) 9.92

### First day summary

Yesterday amongst the athletes not qualifying should have said Dry not Head!

**Through qualifying day 2:** Muir, Rooney (PB) Child, Beesley (PB) Yousif, Philip

**Out:** Ujah, Kilty, Flannery, Dunn

### Heptathlon Day 2

#### Treasure Jessed

Jess Ennis-Hill regained the world title she last won in 2009. Denied competing in Beijing in 2008 because of injury, here she was the dominant consistent force and deserved the gold.

The Briton started the day well which is more can be said of her British team mate Katarina Johnson-Thompson.

Ignoring the getting a safe jump in first theory, she went for it in both her first two jumps and no jumped. She showed she could cope with the pressure magnificently in the high jump and at first her third jump seemed fine as she landed around the 6.80m mark and looked happy. However a closer inspection revealed that she probably had edged onto the plasticine on take-off and she realised she was in trouble. She argued with the judges but after some deliberation the red flag was raised.

Her contest was effectively over but as she also has the individual long jump to go, and could only withdraw from the heptathlon if injured hence her 800m canter.

Ennis Hill had a relatively pain-free contest and her 6.43m jump which was fourth best meant she still had a 102 point lead over Brianne Theisen Eaton on 4888 and Anastasiya Mokhnyuk on 4847.

Claudia Rath jumped 6.61m to 'win' the event. Ennis-Hill was only 20<sup>th</sup> best in the javelin but her 42.51m was good enough to go into the 800m with an effective five second cushion on 5706 and a lead by 86.

Nadine Broersen threw 53.52m and went from sixth to second. BrTheisen Eaton only threw once - a 42.94m - which kept her third on 5612. Laura Ikauniece Admidina moved from eighth to fourth and was only six points back after a 53.67m. Sofia Yfantidou threw 56.19m. KJT threw 39.52m and if the jump was 6.82m, she would have gone into the 800m with a narrow lead. Instead, she jogged around her heat in 2:50 and one day might beat her 5009 final score by 2000 points.

Theisen Eaton blasted her final heat from the start and passed 400m in a blistering 62.83. Ennis-Hill followed her initially but backed off after 300 metres and was still over a second down at 600m as the Canadian led in 96.31.

The Briton was determined to finish on a high and she went by for a clear victory in 2:10.13.

Brianne's run was sufficient for silver Ikauniece Admidina in third did enough to overhaul Broersen for bronze.

Rath went faster with 2:09.66 in an earlier heat.

**See page 2 for quotes.**

**GOLD:** Jess Ennis-Hill (GBR) 6669

**SILVER:** Brianne Theisen-Eaton (CAN) 6554

**BRONZE:** L Ikauniece-Admidina (LAT) 6516

### Men's Shot

#### Joe blow stalls Storl

World leader Joe Kovacs led round one with a 21.23m throw though was overtaken by David Storl in the second round with 21.46m.

That only lasted a round as the lead as O'Dayne Richards shocked the bigger names with an Area record 21.69m.

Kovacs just fell short in the fourth round with 21.67m and moving up to third was New Zealand's Tomas Walsh who set a national record 21.58m. Just 11cm covered the top three and in round five Storl joined the party with 21.74m but Kovacs was even better in the round with 21.93m and he finished with a 21.66m to round off a truly excellent contest.

Kovacs said: "I am really thrilled. We went back and forth until the last round which is unnerving. My coach calmed me down. This is the first team I have made because in the USA the hardest thing is to make the team."

**GOLD:** Joe Kovacs (USA) 21.93

**SILVER:** David Storl (USA) 21.74

**BRONZE:** O'Dayne Richards (JAM) 21.69

### Men's Hammer

#### Cosy Pawel drums out another victory

Defending champion Pawel Fajdek has dominated the event thus far in 2015 and has regularly been over 80 metres, which no one else has achieved. He did it twice more here with 80.64m in the third and 80.88m in the fourth.

Dilshod Nazarov headed him for two rounds with 77.61m but improved to 78.06m and 78.55m in the fourth and fifth to be second but only on countback as Wojciech Nowicki equalled that mark with his final throw. Former champion Krisztian Pars was fourth with 77.32m denied bronze by the Polish number 2's final throw.

The winner said: "I came here as favourite and felt confident. My room-mate got a bronze and there will be a party tonight. The goal was 80 metres but the first two throws were technically poor."

Nick Miller, who had been in such great form of late, found his first global find hard. He was out of control with his first throw and left the circle, while his second rattled into the cage. His third was better but at 72.94m it was only good enough for 11<sup>th</sup> when a final 8 place would have required 75.62m.

His previous worst result of nine finals this year was 74.46 in winning Euro Under-23 gold. A repeat of his GB record would have got him fourth but nonetheless an excellent season.

**GOLD:** Pawel Fajdek (POL) 80.88

**SILVER:** Dilshod Nazarov (TJK) 78.55

**BRONZE:** Wojciech Nowicki (POL) 78.55

**Women's 400H qualifying**

**Beesley offers Child support.**

Meghan Beesley showed perfect timing to smash her PB with the run of her life in the outside lane. She was caught near the end by Cassandra Tate's 54.27 for 3<sup>rd</sup> and the third fastest qualification. Eilidh Child ran a relaxed 54.74 to qualify with second in her heat.

**Men's 400m Heats**

**Rooney strikes, Rabah soul but Dunn done**

Martyn Rooney, who only gained an individual place on appeal, again showed the selectors judgement was awry as he set a PB 44.45 to knock a second off his season's best and go to close to the UK record. Incredibly he only qualified as a fastest loser – albeit sixth quickest overall. Both Yousef Mahrani's area record and Rusheen McDonald's Jamaican record of 43.93 were the fastest ever WC non final. Altogether 18 runners broke 45 seconds. Rabah Yousif was only 24<sup>th</sup> fastest but qualified easily enough by winning his heat in 45.24. Jarryd Dunn went too fast in his first 200m and faded to sixth in his heat in 45.49.

**Men's 800m Semis**

**Amos gathers no stone**

Olympic champion David Rudisha again practiced his kick, controlling a slow semi final and then sprinting to the line. Commonwealth champion and favourite Nijel Amos only challenged in the last 100 metres but couldn't get near Rudisha, who won in 1:47.70 and was piped by Musaeb Balla for the final automatic spot. Defending champion Mohammed Aman was disqualified for obstruction. World leader Amel Tuka was fastest with 1:44.84.

**Women's 100m heats**

**Wowie Bowie**

Tori Bowie ran the fastest ever 1st round heat with a 10.88 victory. Shelly-Ann Fraser-Pryce then matched that with a windy time though easing up. Asha Philip qualified in third but 11.28 left her 21<sup>st</sup> fastest and she will need 0.2 quicker to make the final

**Men's 20km walk**

**Lopez lopes to victory as Wang wanes**

Last night the Germans spoiled the Chinese quest for gold and this time it was Spain. A big pack contested the first 5km with Germany's Hagen Pohle in pole position on 20:10. At 15km Zhen Wang burst clear to a 11 second lead (59:53) with European champion Miguel Angel Lopez second. The latter was far the strongest and his 19:10 5km caught the Chinese and opened up a clear winning margin. Ben Thorne, only the third best Canadian was third in a national record 1:19:57. Britain's Tom Bosworth found the last 5km hard in the heat but acquitted himself well in 25<sup>th</sup> from a field of 61. Injured World record holder Yusuke Suzuki conked out after 10km.

**GOLD:** Miguel Angel Lopez (ESP) 1:19:14

**SILVER:** Zhen Wang (CHN) 1:19:29

**BRONZE:** Benjamin Thorne (CAN) 1:19:57

**Women's 1500 semis**

**Muir fields a run well above par**

Laura Muir ran a superb tactical race accelerating into a good position close to the front over the last 600m. She couldn't go with world record Genzebe Dibaba's 58.0 closing lap but a sub-60 got her a clear third in a race where the first seven made the final.

Sifan Hassan ran an even faster last lap in a very slow first semi final.

Laura Weightman who concussed herself in the heat after falling and was withdrawn.

**Men's 400mH semis**

**Denis the menace from Tumuti beauty**

The surprise fastest was Russian Denis Kudryatsev, who won his heat in a PB 48.23 while Boniface Tumuti also set a PB in winning his semi in 48.29. There were national records for Bahamian Jeffery Gibson (48.37) and Turk Yasmani Copello (48.46). All eight qualifiers ran between 48.23 and 48.54. Any of the eight looks a potential winner.

Neil Flannery was only 17<sup>th</sup> fastest. He started slowly and though he ran a good bend, he was well short of qualifying in fourth in 49.17.

**Today's Timetable**

- 9.30 WPV Qualifying – Bradshaw Group B.
- 9.35 Women's DT qualifying
- 9.45 Women's 3000sc qualifying. No Brits (wrongly!) but 3 Irish
- 10.00 LJQ – Bramble Gp A, Rutherford Gp B
- 10.45 W400: Ohuruogu ht 2, Onuora heat 4
- 18.00 Men JT qualifying
- 18.05 Pole Vault final
- 18.10 W 400H semis – Child sf 1, Beesley sf3
- 18.30 Women's TJ final
- 18.40 W100sf Philip sf 1 v Fraser-Pryce
- 19.05 M 400 semis
- 19.35 Women's 10,000 final
- 20.15 3000sc final – Kenyan 4 v Jager?
- 20.35 Women's 100 final

**Quiz Answers – more questions tomorrow**

- 1 The world junior mile record between were Ron Clarke, Herb Elliott and Jim Ryun
- 2 No answer to why Vernon wasn't selected!
- 3 Holly Bleasdale holds the age 19 PV record
- 4 Yohan Blake is the fastest teenager at 9.93
- 5 Lauryn Williams ran 23.71 aged 12
- 6 Heike Drechsler holds youth/W35 records

**Medal table**

- 1 GB 2 0 0 2 USA 1 1 2, GER 1 1 0, JAM 1 0 1, POL 1 0 1, ERI 100, ESP 1 0 0

**Placing Table**

- 1 USA 42; 2 CHN 22; Eq 3 CAN/GER 19; 5 KEN 18; 6 POL 17; 7 GB/JAM 16

**Heptathlon extra**

Jess Ennis said: "This is one of the greatest moments in my career. I thought gold would be out of my reach so we aimed for a bronze which would have been a huge achievement When I look back now and think it has taken a while to get in great shape".

KJT said: "I'm obviously disappointed – to be in medal contention and miss the board by such a small fraction is hard to take. I've just got to take confidence from a strong set of results up until that point. I'd like to congratulate Jess on winning gold. To come back to action and win the world title is amazing."

**BEIJING TOUR NOTES**

**BEIJING GUIDED BUS TOUR – Today from 13.45 until 17.45 hrs**

We run the first of our two 4 hours guided bus tours for our Beijing group today - for those clients that have tickets for Monday 24<sup>th</sup> **March** - departing from the Celebrity International Grand hotel at 13.45 hrs and Oriental Bay International hotel at 14.00 hrs. We have two buses and these will both return to the Celebrity IG hotel for 17.45 hrs ready for the evening competition session. Please be ready at both pick-ups at least 10 minutes before departure. As a buffet lunch is available at the Celebrity there will be time for those that attend the stadium to have this as the AM session today will be over by 11.45 on the track and 12.30 in the field.

**BADALANG GREAT WALL & SUMMER PALACE TOUR – Tues 25<sup>th</sup> August**

There are a few places remaining on our 2 buses that are booked for this full day tour so if you want to join the group please see David or Lee to book as soon as possible. The BBC are likely to be joining us as they are scheduling a small feature on fans attending the championships and the Great Wall provides a good back drop for this – final details are being arranged.

**PREDICTION CONTEST**

After two days of competition and 9 events our pace making Kenyans with 5 correct predictions are Rebecca Hutchinson, Allan McLaren, William Jackson from the Oriental Bay and Brian Hardie and Dan Jelcic from the Celebrity.