

Fraser-Pryce and Kemboi's historic wins

Women's 100

Fraser-Pryce defends successfully

It was no surprise that double Olympic champion Shelly-Ann Fraser-Pryce won her third world 100m title and fourth individual gold.

She may not be the fastest but she is now the most successful women's 100m runner in history with five global titles over the shorter distance.

Her reaction was modest (0.161) but she was soon clear of the field and seemingly on her way to an easy victory.

European champion Dafne Schippers got a much quicker reaction time of 0.129 but was much slower into her running. After halfway, she eased from the pack and then in the last 30 metres, as the Jamaican seemed to slow with victory assured, she closed quickly and was finishing much the stronger. Fraser-Pryce won by half a metre in 10.76. Schippers was a magnificent second in another Dutch record of 10.81. She went one better in medals than she had in Moscow's seven-eventer and justified moving from the Heptathlon. She could be favourite for the 200m with Fraser-Pryce now not defending after all.

The 2007 champion Veronica Campbell-Brown was fourth in 10.91 to show her longevity. It was her ninth individual sprint final.

Fraser-Pryce said: "I am happy to defend my third world title in a row. I will always work hard and do my best but the 200m is not in my plans."

Schippers said: "Wow. I'm the second in the world. I didn't believe it. It is good for my country and for Europe. I knew after the record in the semi I could run faster in the final and I did it. I think I can get a medal in the 200m."

In the semi finals, Fraser-Pryce won the first in 10.82. Asha Philip was close until halfway but ended up seventh in 11.21. Surprisingly it was the fastest ever time by a Briton in the World Championships and she equalled that mark in the heat.

It took 10.97 to make the final and there was a record fastest non qualifying time of 10.98 for Murielle Ahoure.

Bowie won the second semi in 10.87 while the final heat was won by Schippers in a short-lived Dutch record 10.83.

GOLD: Shelly-Ann Fraser-Pryce (JAM) 10.76

SILVER: Dafne Schippers (NED) 10.81

BRONZE: Tori Bowie (USA) 10.86

Day 3

A solid day for Britain with Bradshaw, Rutherford, Yousif and Child making track finals.

Through qualifying day 3: Bradshaw, Rutherford, Child, Yousif, Ohuruogu, Onuora
Out: Beesley, Bramble, Rooney, Philip

Women's 10,000

Cheruiyot on the top again

Vivian Cheruiyot last won a major race in the 2011 World Championships. In Daegu, she sprinted to a double distance gold, and here she won a hard fought race against world-leader Gelete Burka. Like Jess Ennis, she was on maternity leave for the last world Championships.

The Kenyan controlled a last lap of 60.98 keeping the inside lane and forcing the Ethiopian to take the longest route before easing a few metres clear in the finishing straight. Her last kilometre was 2:48.

Molly Huddle did most of the work in the final kilometre and seemed safe for bronze. However, she inexplicably eased up before the line with hands raised, her team-mate Emily Infeld squeezed by to medal by 0.09 of a second. USA with three in six effectively 'won' the team race.

The race had started steadily with a 3:13.74 opening kilometre and the pace pretty much continued at an even 32 minute tempo with the Japanese leading through 2km in 6:27.87 and 3km in 9:40.47.

After halfway in 16:11.99, the pace was picked up and the second half ended up being 40 seconds quicker than the first.

Kate Avery ran well for 15th (32:16.19).

The winner said: "This is my real comeback. It is even more precious now after I became a mother. I dedicate this to my son. I am not going to double. The race was slow and everything was decided on the final bend."

GOLD: Vivian Cheruiyot (KEN) 31:41.31

SILVER: Gelete Burka (ETH) 31:41.77

BRONZE: Emily Infeld (USA) 31:43.49

Women's Triple Jump

Ibarguen power gives Colombian gold

Caterine Ibarguen took the lead with her second round 14.80m, which she improved to 14.90m in the fourth. She comfortably defended her title and won her 29th competition in succession.

Israeli Hanna Knyazyeva-Minenko went out to 14.78m in the second round to break her Israeli record but couldn't regain that form after that.

Altogether she had four no jumps in total and had to settle for silver.

Kazakhstan's Olympic champion Olga Rybakova came to life in the last round. She was the last person to defeat the Colombian in London and her 14.77m denied Gabriela Petrova a medal.

The winner remarked, "I am very happy and satisfied. All my work was aimed on this. I would have liked to have jumped further."

GOLD: Caterine Ibarguen (COL) 14.90

SILVER: Hanna Knyazyeva-Minenko (ISR) 14.78

BRONZE: Olga Rybakova (KAZ) 14.77

Men's 3000sc

Kemboi racer as Jager bombs

Ezekiel Kemboi made history for a track athlete when he won his fourth successive gold and seventh successive medal.

The brilliant Kenyan was content to play a waiting game as Conseslus Kipruto led through 1000m in 2:49.50 and 2000m in 5:36.77.

American record holder Evan Jager who had looked a threat in the Diamond League races, tried to takeover but Kipruto resisted him every time with a task of sacrificing himself to ensure a clean sweep.

Even 800m out, 12 were in contention but a 63-second penultimate lap reduced the contenders to 6. Kipruto maintained the lead through the early part of the final lap from his namesake Brimin and world-leader Jairus Birech as Jager was lost for pace. Down the back straight, Kemboi unleashed a stunning burst to lead. His team-mates all chased and the four went away from the rest. Kemboi kept a furious pace going though early leader Kipruto wasn't finished and looked dangerous 100m out. Kemboi went slightly wide into the final barrier and that took the momentum from his pursuer and he eased away for a one second victory. His last lap was an incredible 56 seconds, water jump and all and the final kilometre was 2:34 - 7:42 pace.

"I am so happy about my fourth consecutive world title. I only went ahead on the last lap and no one could follow me."

Brimin Kipruto took third. Jager, who ran 8:00.45 despite falling in Paris wasn't even the best American as Daniel Huling finished the stronger to take fifth.

GOLD: Ezekiel Kemboi (KEN) 8:11.28

SILVER: Conseslus Kipruto (KEN) 8:12.38

BRONZE: Brimin Kipruto (KEN) 8:12.54

Men's Pole Vault

Barber a cut above the rest

Canadian Shawnac Barber, the Commonwealth bronze medallist won gold with a perfect record up to 5.90m.

Five vaulters were in contention at 5.80m but crucially only Barber got over first time. Defending champion Raphael Holzdeppe got over on the third attempt and three athletes shared bronze including world record holder and Olympic champion Renaud Lavillenie, who gained his fourth successive medal but he is still without a gold.

The winner said: "I've carried momentum from the big meets through the year and been consistent."

GOLD: Shawnac Barber (CAN) 5.90

SILVER: Raphael Holzdeppe (GER) 5.90

BRONZE: Renaud Lavillenie (FRA) 5.80

BRONZE: Piotr Leseck (POL) 5.80

BRONZE: Pawel Wojciechowski (POL) 5.80

Women's 400H qualifying

Child's play for Eilidh but Beesley stung

Eilidh Child finished third in her semi final in 54.80 and though not at her best qualified as fastest loser for the final.

Meghan Beesley couldn't replicate her outstanding heat run. If she had, she would have qualified comfortably

Men's 400m semis

Rabah ducks elimination. Rooney out

Isaac Makwala, who only qualified as a fastest loser yesterday blasted a 44.11 to win his semi Rabah Yousif moved up 10 places up the UK all time list to seventh and within 0.2 of the British record.

Rusheen McDonald who ran 43.93 in his heat, was nowhere near making the final with 44.86. GB Team captain Martyn Rooney was another who peaked the day before and was sixth in 45.29.

Generally times weren't quite as astounding in the heats but all who qualified for the final ran 44.64 or faster and 17 runners broke 45 seconds.

Long Jump Qualifying

Rutherford through but Bramble prickled

Greg Rutherford started with a huge foul but got it right second jump with an excellent 8.25m.

That placed him second best to Jeff Henderson's 8.36m.

A mere 7.98m made the final and Dan Bramble was 18th best with 7.83m. Casualties included Zarck Visser (7.79m) and Marquis Dendy (7.78m) who were ranked second and third in 2015 to Henderson.

Pole Vault qualifying

Holly and the high V as Li goes high

Holly Bradshaw had a perfect qualifying competition going clear first time at 4.35m, 4.45m and 4.55m to finish joint first and qualify easily for the final.

There should be a good atmosphere for the final as China's Ling Li qualified.

Women's 400m heats

Razor sharp as Brits qualify for semis

Allyson Felix looked majestic, Christine Ohuruogu looked controlled as she won her heat in 51.01 and Bianca Razor won her heat in a big PB 50.37 but Stephenie McPherson was fastest with 50.34.

In Razor's heat, Anyika Onoura made the cut by time with an excellent PB of 51.14.

Altogether 10 athletes broke 51 seconds and it looks like will take a low-50 to make the final.

Women's discus qualifying

Denia time for Cuban missile

Denia Caballero of Cuba headed qualifiers with a throw of 65.15m. Defending champion Sandra Perkovic was second best on 64.51m.

A modest 60.72m made the final.

Six of the 12 in the final are Europeans and former world champion Dani Samuels is the only Commonwealth athlete.

Women 3000m steeplechase heats

Habiba nice day over Diamond Gesa

Habiba Ghribi was fastest with 9:24.38 with Gesa Kruase of Germany second fastest on 9:24.92.

It took a time of 9:30.23 to make the final and all 15 qualifiers were separated by just over five seconds. 8 of them are Africans, but there are two Asians, two Europeans and three Americans.

Australian Madeline Heiner was unlucky setting the pace for much of the first heat and missing out on qualification by half a second.

Men's Javelin Qualifying

The Hoff's on top

German Andreas Hofman's PB headed qualifying with his 86.14m throw.

Commonwealth and African champion and world leader Julius Yego was the first of the big names in third with 84.46m

Four athletes achieved the automatic qualifying distance of 83.00m and 80.86m qualified for the final.

Correction from Issue 2: David Storl 2nd in the Men's Shot is of course from Germany

Today's Timetable

Nb the evening times listed yesterday were possibly Japanese times and not Chinese!

- 19.00 Women's discus final
- 19.05 Women's 400 semi finals. Ohuruogu, sf 2 v McPherson, Onuora sf 3 v Razor, Jackson, Williams-Mills, Felix
- 19.25 Men's long jump final
- 19.30 Men's 200m first round Bolt ht 3, Gatlin ht 4, Hughes ht 5, Talbot ht 6
- 20.25 400mH final
- 20.35 1500m women final
- 20.55 Men's 800m final

Quiz Questions

- 1 Which two nations had two men in the top 8 in the shot?
- 2 What event did India get their first ever track woman finalist in?
- 3 Who has the slowest ever 200m time in a WC final?
- 4 In the last 50 years, who is the only Briton who has topped the world 10,000m rankings 3 times?
- 5 Who is the only athlete who topped the world 5000m rankings six years in a row
- 6 Who is the only Briton to top the world 800m rankings three times?

Medal table

- 1 KEN 2 2 2
- 2 JAM 2 0 1
- 3 GBR 2 0 0
- 4 GER 1 2 0
- 5 USA 1 1 4
- 6 CAN 1 1 2
- 7 POL 1 0 3
- 8 COL 1 0 0
- 8 ERI 1 0 0
- 8 ESP 1 0 0

Placing Table

- 1 USA 69
- 2 KEN 57
- 3 JAM 35
- 4 GER 29; 4 POL 29; 6 CAN 28; 7 CHN 22; 8 ETH 18; 9 GBR 16; 10 HUN 13

BEIJING TOUR NOTES

BADALANG GREAT WALL & SUMMER PALACE TOUR – Tues 25th August

Departs Oriental Bay hotel at 07.45 hrs and Celebrity International hotel at 08.00 hrs.

The drive to the Wall is approx. 2 hours. Clients will spend 2 hours at the Badalang section of the Great Wall and then transfer to the lunch venue en-route to the Summer Palace where clients will also spend approx. 2 hours before returning back to the stadium drop off at the Celebrity hotel. The BBC will 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 so we hope you will all be on your best behaviour.

BEIJING TOUR CHANGES – please note that Tian'anmen Square & the Forbidden City and the roads in the vicinity were closed by the Chinese Government to ALL tourists from August 22 until September 4 and that this was only advised to all local travel agencies on August 20 hence the need to change our Beijing Tour schedule from a walking to a guided bus tour at very short notice.

Further Stadium Eating Options

Adjacent to the Olympic Green metro station the underground XIN'AO SHOPPING CENTRE which lies beneath the Olympic Park not only has a great variety of shops but also a good selection of western style eateries. A number of clients have discovered this and can recommend it.

PREDICTION CONTEST - after three days of competition Allan McLaren has put in a fast lap to ease ahead with 8 correct predictions from 14 events. He is followed by 10 others just waiting on his shoulder.