

Greg completes glorious global golden grand-slam

Men's Long Jump

Rutherford's justice as makes history

Greg Rutherford joined the British all-time greats as he dominated his rivals. His 8.41m winning leap is his second best jump ever behind his controversial 8.51m in Chula Vista last year and he joins our Olympic champions Mo and Jess from London 2012 Super Saturday as world champions in Beijing.

This victory also means Rutherford joins Sally Gunnell, Linford Christie, Daley Thompson and Jonathan Edwards in being athletes who own Olympic, World, European and Commonwealth titles at the same time.

After a big first round foul, his second jump, seemed perfect and his 8.29m leap was enough to take the lead. Ultimately that would have been good enough for gold in Beijing and in London in 2012 but there was much more to come from the pumped-up Brit.

In round four Rutherford, now relaxed as his anticipated major rival Jeff Henderson was out of the competition shot out to the 8.41m. There was no need to jump again.

The winner said: "Dan basically told me after the third round, 'what an earth are you playing at, why are you fouling? Just get one in and close the night.' The next round I managed to catch one and I hope 8.41m is acceptable for people this time. I'm pretty sure that is a stadium record, so I'll take that – maybe I'm not too bad a long jumper."

Second place went to the former world indoor and Commonwealth champion Fabrice Lapierre. He improved as the competition went on. He jumped 7.85m in the second, 8.10m in the third, 8.20m in the fourth and 8.24m in the final round.

The atmosphere was superb in the stadium thanks to the inclusion of three top class Chinese jumpers. They won the team competition with ease as they took the next three places.

Jianan Wang's 8.18m gave him the bronze ahead of Xinglong Gao's 8.14m and Jinzhe Li's 8.10m.

Rutherford's cause was greatly helped by the big failure of world leader Henderson. The 8.52m jumper had achieved 8.36m in qualifying but in his first global final, he wilted with a narrow foul, 7.95m and then a huge foul. Sixth when he jumped he was ninth by the end of the third round and out. Another bad day at the office for USA as Mike Hartfield had three no jumps.

GOLD: Greg Rutherford (GBR) 8.41

SILVER: Fabrice Lapierre (AUS) 8.24

BRONZE: Jianan Wang (CHN) 8.18

Men's 800

Rudisha Awakening

The Olympic champion and world record holder David Rudisha regained the world title he last won in 2011.

After the once invincible Kenyan began to lose more regularly in the last two years, many were worried he was past his best. However, the great front runner showed he is now a great kicker. He still controls the races but saves his best to last and after practicing in the rounds he produced his best tactical race to date.

Rudisha soon assumed his normal position up front but after a good first 200m in 25.06 to get to the front, he slowed dramatically by over four seconds with 29.11 to go through 400m in 54.17 – five seconds down on his Olympic winning split.

Rudisha was in control through the third 200m as he repelled a challenge from the inside from European champion Adam Kszczot to pass 600m in 81.50.

On the final bend, Rudisha began to accelerate and with his compatriot Ferguson Rotich on his shoulder, any challenger was going to have run wide and find extra metres to challenge the leader.

He didn't need it though as in the straight he opened out and a clear margin quickly opened up. He won in 1:45.84. His last 200m was 24.34 and his final lap was 51.69.

Rudisha said: "I am delighted about this gold medal. It means a lot to me especially after all these disappointments, I've had this year and last. During the last month I had a problem with my speed but when I solved it and got my speed back I knew no matter what the pace in this final whether slow or fast I can win."

The Pole, who had to check his stride in his first move managed to find a gap along the straight and kicked to second and held the two metres margin to the line for his first global outdoor medal.

Rotich couldn't quite keep his form and was pipped by Amel Tuka.

The Bosnia-Herzegovina athlete won his country's first ever World Championship medal with their previous best placin just eighth Tuka, who was a surprise European finalist last year had a pre-season best of just 1:46.14 from 2014 and was only fourth in the European Indoor Championships. This summer he has improved over three seconds when he ran 1:42.51 to beat many of the world's best in Monaco.

GOLD: David Rudisha (KEN) 1:45.84

SILVER: Adam Kszczot (POL) 1:46.08

BRONZE: Amel Tuka (BIH) 1:46.30

Women's 1500m

Dibaba destroys the hares

She had previously had a poor outdoor championships record but this year Dibaba has moved up a gear and in this race she ran the fastest ever third lap of 57.24

The first lap was the slowest at 77.06 and the second was a slightly more respectable 68.58 as Dibaba stretched out.

It became a near sprint as they went through the bell but she still had company despite that staggering lap. Eventually the gap opened and she could celebrate her win by around a second from Faith Kipyegon and European champion Sifan Hassan.

There was an exceptional run from Laura Muir. Holding back when Dibaba first kicked, she picked runners off on the last lap to cover the final 800m in 2:01 and finish a superb fifth. With a time of 4:11.48 the Scot beat the 2003, 2005, 2011 and 2013 world champions (Tomashova, Simpson, Jamal)

Dibaba covered the last 800m inside 1:58 despite easing down before the line and could probably win the 800m if she wasn't contesting the 5000m. She said: "Because I am the world record-holder, and trained so hard in the last months I was very confident in the last 400m."

GOLD: Genzebe Dibaba (ETH) 4:08.09

SILVER: Faith Kipyegon (KEN) 4:08.96

BRONZE: Sifan Hassan (NED) 4:09.34

Men's 400mH

All Betts are off

Last year Nicholas Bett couldn't make the Commonwealth final and hadn't broke 49 seconds. He broke through in the Kenyan trials with a 48.29 but some thought that might have been a freak result. In the semi finals he only qualified as eighth fastest after a stride problem and wasn't even the best Kenyan as Boniface Tumuti also ran 48.29 in his semi final.

Drawn in lane nine, he finished much the strongest and powered away in the last 100 metres to win in a world-leading Kenyan record of 47.79 – a half second PB!

Denis Kudryavtsev led into the straight and he ran his third PB of Beijing and broke the Russian record with 48.05. Not to be left out, Jeffery Gibson pipped former champion Kerron Clement for third and set a Bahamian record. All of the first three also won their country's first medals at the event. USA's misery was compete as the early leader Olympic and world silver medallist Michael Tinsley struggled in last in a poor 50.02.

GOLD: Nicholas Bett (KEN) 47.79

SILVER: Denis Kudryavtsev (RUS) 48.05

BRONZE: Jeffery Gibson (BAH) 48.17

Women's Discus

It's Denia time but last supper for Perkovic

Cuba won their first ever discus gold but their fifth successive medal as Denia Caballero brought the long domination in the event of Sandra Perkovic to an end.

The contest looked might be over right from the very first throw when the Cuban launched the discus 69.28m. It was the longest discus throw in the Championships since Tokyo in 1991 and the third best winning mark in history.

The Cuban had three throws of around 66 metres to finish and four of the five best throws but didn't need to throw big again.

Nadine Muller of Germany opened with a 65.53m and didn't improve and that was sufficient for a medal but she dropped to third when Perkovic finally after two fouls perked up in the last round to throw 67.39m.

Caballero said: "The first throw gave me self confidence. I feel satisfied and emotional right now.

"Winning at the Pan American Games didn't give me confidence, but it was very good preparation for the World Championships."

GOLD: Denia Caballero (CUB) 69.28

SILVER: Sandra Perkovic (CRO) 67.39

BRONZE: Nadine Muller (GER) 65.53

Men's 200m qualifying

A kick in the Guliyevev but Zharnel Huge

Zharnel Hughes shook off the bad second lane draw with a superfast finish and won his heat in 20.13.

The quickest runner though was Ramil Guliyevev. He won in a Turkish record 20.01 and was a tenth quicker than Alonso Edward. The standard was excellent and Justin Gatlin was seventh fastest with 20.19 and Usain Bolt only 13th best with 20.28.

Dan Talbot got through with third in his heat with a near PB 20.35.

A time of 20.39 proved insufficient to get through the first round with Nickel Ashmeade with 20.40 the slowest of the 24 qualifiers. 19.93 man this year Isiah Young of USA failed to qualify and Wallace Spearmon withdrew.

Women's 400m semis

Felix flies fast

Allyson Felix looks set for a ninth gold and 11th medal as she trotted around a lap in an effortless 49.89.

Shericka Jackson followed her in a PB 50.03. The other semi final winners were Shaunae Miller who won in 50.12 and Christine Ohuruogu, who ran her fastest for two years with a superb controlled run of 50.16.

She won't go without a fight and usually goes faster in the final, where a medal looks a distinct possibility. She beat Stephenie McPherson who ran 50.32.

Whilst she didn't get through to the final Anyika Onoura again set a PB and she broke 51 for the first time with a fifth place 50.87.

It moved her to 12th all-time in Britain.

In this event we actually lost Patience as Patience George ran 50.76 and failed to qualify for the final and it was also a Pygyda of a day for Natalia Pygyda, who ran a PB 50.62 and also didn't make the final. But it was a very good Day for Christine Day though as she ran 50.82 and made it through.

Day 4

A good day for Britain in qualifying – a final place for Ohuruogu – fast times for the sprinters and even the out was a huge PB!

Through qualifying day 4: Ohuruogu,

Hughes, Talbot

Out: Onuora

Medal table

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

Today's Timetable

- 9.30 Women's Hammer qualifying
- 9.35 5000m heats – Farrell heat 1, Farah heat 2
- 10.00 Men's triple qualifying
- 10.25 Women's 800m qualifying
- 11.20 Men's 110H heats

- 19.00 Women's PV final
- 19.05 Men's Javelin
- 19.15 Women's 200m heats
- 20.10 Women's 400H final
- 20.30 Men's 200 semis
- 21.00 Women's steeplechase final
- 21.25 Men's 400m final

Quiz Answers

- 1 The two nations who had two men in the top 8 in the shot were USA and New Zealand
- 2 India had their first ever track woman finalist in the steeplechase
- 3 The slowest ever 200m time in a WC final – man or woman was Usain Bolt's 26.27 in 2005
- 4 The only Briton who has topped the world 10,000m rankings 3 times is Dave Bedford
- 5 The only athlete who topped the world 5000m rankings six years in a row was Bekele
- 6 The only Briton to top the world 800m rankings three times was Steve Cram

Questions

- 1 Who won the Summer Youth Olympics in 2010 at 1000m and a 800m WC gold?
- 2 Who is the only male sprinter to contest 10 world champs?
- 3 which athlete in the 400m final could win their 10th WC medal?
- 4 which 2 Brits finished fifth in a WC 3000m?
- 5 How many WC medals have Belgium won?

Placing Table

- 1 KEN 90
- 2 USA 77
- 3 GER 41
- 4 POL 39
- 5 CHN 38
- 6 JAM 35
- 7 ETH 31
- 8 CAN 28
- 8 GBR 28; 10 NED 19; 11 RUS 17; 12 FRA 16

BEIJING TOUR NOTES

Yesterday's **excursion to the Great Wall** was the ideal opportunity to get out of the city and feel some fresher air. Whilst the steep climbs there meant that we had to break into a sweat in places I think most that visited enjoyed the change of tempo and magnificence of the incredible achievement and splendour of the Great Wall. Truly a wonder. The BBC were very pleased with the opportunity that the visit gave them to interview some of the several GBR athletes families and fans that were with our group on the trip – their piece will be shown in their 7.00 pm (UK time) highlights show – probably today.

There are still places remaining on the **Temple of Heaven trip on Thursday 27th August** if anyone wishes to join the group please see David or Lee.

Just as we are all getting into the championships groove we have a number of clients departing Beijing as others arrive to join us. We wish those departing a successful onward journey home or to their next destination in some cases and welcome the new arrivals too.

Special wishes are sent from all of us to June and David Peggs who will unfortunately be leaving us earlier than expected today following June's fall on the Pre-Tour as she needs to go back to the UK for an operation to fix her fractured arm and wrist.

PREDICTION CONTEST

After four days of competition and 19 finals new joint leaders are David Wilkinson and Hilary Hardie with 10 correct predictions with Per Andersson, Dan Jelcic, Paul King, Keith Adamson and Allan McLaren just a point behind.