

BRITISH & INTERNATIONAL SUPPORTERS EVENT INFORMATION SERVICE

TOKYO 2020 NEWSLETTER No 1

FRIDAY 30th July 2021

Ethiopia win first gold on a mixed day for GB on the track and field

Men's 10,000

King Selemon mines gold

Selemon Barega won an exciting if underwhelming 10,000m final in terms of quality.

Ugandan Stephen Kissa ran out well ahead as the rest ignored him initially and he led through 1000m in 2:43.93, 2000m in 5:34.79, 3000m in 8:22.91 and 4000m in 11:14.00 but almost everyone was back in contact as halfway was reached in a very disappointing 14:08.56.

Kissa was still ahead at 6km (16:58.3) but then Rhonex Kipruto was ahead at 7km (19:45.74) and 8km (22:36.58) as Kissa dropped out.

Most expected world record-holder and world champion Joshua Cheptegei to run a blazing second half to put pressure on the expected faster finishers from Ethiopia but though he did run ahead a few laps later on he was soon back in the pack.

The 28:20 tempo only really picked up significantly through the ninth kilometre of 2:40.94 with Canadian Mo Ahmed bursting ahead.

Selemon Barega was ahead at the bell and blasted the last lap and broke clear and though losing ground in the straight held on to win from Cheptegei who ran a curious race as Uganda took silver and bronze. The 2:25 final km was not particularly special considering how slow it was. The last 5 km took 13:34.

Marc Scott was in contact until the last mile but ended up 14th in 28:09.23 as Sam Atkin dropped out.

GOLD: Selemon Barega (ETH) **27:43.22**

SILVER: Joshua Cheptegei (UGA) **27:43.63**

BRONZE: Jacob Kiplimo (UGA) **27:43.88**

Women's 100m heats: Ta very much

Marie Josee Ta Lou headed qualifying with an African record-equalling 10.78 ahead in her heat that included Daryl Neita's PB of 10.96.

In other heats there were fast times for favourites Elaine Thompson-Herah (10.82) and Shelly-Ann Fraser Pryce with 10.84.

Dina Asher-Smith ran a controlled 11.07 for second in her heat but was only 11th fastest.

Asha Philip (11.32) also qualified for the semis but looked like she may have been limping slightly.

Women's 800m heats: Gem from Jemma

All three Brits made the semi-finals with Jemma Reekie winning her heat in 1:59.97 to be second fastest overall with Keely Hodgkinson second in her heat in 2:01.59. Alex Bell was only fourth but qualified by time easily with 2:00.96. Natoya Goule was fastest with 1:59.83

Mixed Relay heats: Diamond dogs opposition

Britain finished 4th but in a UK record 3:11.76 to qualify as a fastest loser with legs of Cameron Chalmers (45.8), Zoey Clark (50.4), Emily Diamond (50.18 - the quickest woman in the heat) and Lee Thompson (45.42) as Poland won in an European record 3:10.44. Huge favourites USA were disqualified as Ireland qualified in third.

Women's SP qualifying: Gong with the wind

Another world champion on top here with Lijiao Gong easily beith a 19.46m throw though Britain's Sophie McKinna was only 17th best with a non qualifying 18.57m

Men's 400m Hurdles heat: Samba Partly

The 400m hurdles were well contested and world record-holder Karsten Warholm virtually jogged home in his heat in 48.65 with Ireland's Thomas Barr following him home in 49.02.

Qatar's world medallist Abderrahman Samba was fastest overall with a 48.38 opening heat victory just ahead of Brazil's Alison dos Santos's 48.42.

Warholm's expected biggest rival Rai Benjamin won his heat in 48.60.

Men's 3000m SC heats: Girma catches Ryuji

World silver medallist and world leader Lamecha Girma, who was a very late addition to the Ethiopian team, won heat one in 8:09.83 - easily the fastest Olympic heat in history and he was quickly followed by Japanese teenager Ryuji Miura who smashed his National record with 8:09.92.

The second heat was not much slower and five broke the previous Olympic heat fastest of 8:15.11 led by Kenyan Abraham Kibiwot's 8:12.25 just ahead of Getnet Wales's 8:12.55.

Soufiane El Bakkali won heat three in 8:19.00 Kenyan trials winner Leonard Bett was a casualty in the big sprint finish for places and his 8:19.62 fifth place means Kenya will only have two finalists.

In heat one GB's Phil Norman finished 13th in 8:46.57 with kilos of 2:45, 2:53 and 3:08.

Zak Seddon, seemingly initially enjoying being free after having been confined to isolation after sharing a plane with an effected Covid traveller, also ran similar splits. However he was a leader at 1000m in 2:45.5 but was back to tenth at 2000m in 5:35.6 just three seconds off of the leader but he lost close to half a minute in the final kilometre and finished 13th in 8:43.29. His km were 2:45, 2:50 and 3:08.

Women 5000m heats: New PB Markovc

No Britons made the final as again we had the fastest Olympic heat in history.

That was won in 14:47.89 by double world champion Sifan Hassan who attempts a ridiculous 1500m, 5000m and 10,000m triple.

Jess Judd was in contention until 800m to go but lost 20 seconds to just miss her PB with 15:09.47.

Eilish McColgan was in contact until her last few laps but was constantly caught from behind and faded to finish 10th in 15:09.68 and was passed late by Amy-Eloise Markovc who ran a 65 last lap to run a PB 15:03.22.

Women Triple jump QT: Rojas rolls to final

World champion Yulimar Rojas remains on course for Venezuela's first ever athletics gold as she headed qualifying with 14.77m

TOMORROW Sat 31 JULY

01.00 W 400H heats	01.30 W DT qualifying
01.40 M PV qualifying	01.50 M 800 heats
02.45 W 100H heats	03.35 M 100m prelims

11.10 M J qualifying	11.15 W 100 semis
11.45 M 100m heats	12.15 Discus final
12.50 W 800 semis	13.35 Mixed 4x400 final
13.50 W 100m final	

High jump: Gale forces way into final

Tom Gale has competed sparingly in 2021 but he did superbly to make the high jump final on what was a disappointing morning for British male athletes.

The advertised guarantee final qualification was 2.30m or top 12 and Gale finished 13th with 2.28m and was listed at one stage as not qualifying.

He cleared 2.17m and 2.21m at the first attempt and then 2.25m at the second. However he failed his first two attempts at a season's best of 2.28m but managed it - just - on his final attempt and was the 13th to do so. No one wanted to go up to 2.30m to eliminate just one athlete so the judges settled for a 13-man final.

Discus qualifying: Stahl council

While Gale excelled, it was less of a good day for London 2012 finalist Lawrence Okoye who has looked almost back to his very best this season after his American football sojourn winning the European Team Championships as he had three no throws.

World champion Daniel Stahl was the only athlete in either group to get the automatic qualifying mark with a 66.12m.

World silver medallist Fedrick Dacres surprisingly missed out on qualifying with a 62.91m best and he was ironically denied a top 12 place by his Jamaican team-mate's Chad Wright's 62.93m with the very poor distances achieved disappointing and making Okoye's elimination all the more frustrating.

WATCHING THE GAMES ON TV

The decision of the IOC to sell the European TV rights to the Discovery+ Channel rather than the European Broadcasting Union confederation of traditional terrestrial TV broadcasters has been hampering the BBC's coverage of all sport since the start of the Tokyo Games - they are limited to how many live streams they can broadcast at any one time. Having received disappointed comments from fans on this issue here is an outline of other options.

Many sports fans will, of course, have access to Sky and Eurosport that have made their deals with the Discovery+ Channel for Olympic coverage. For Sky subscribers, the Discovery+ Channel is free to access, just by making an account. If you have not got a contract with these providers you can access these live streams, where all the Athletics is being broadcast and many other Olympic sports are available in real time, by purchasing a one month trial with Eurosport for just £6.99 or a special offer deal to the Discovery+ Channel for £29.99 for 12 months - this deal runs out on 1 August.

If you do not have a satellite TV it is possible, if you have WiFi in your home, to download the appropriate App to your smart phone and then by having a Chromecast "dongle" - if you do not have a modern smart TV - you can broadcast the coverage from your phone, iPad or laptop device to your TV. Some of you are probably doing this already but if it all too seems complicated for some older fans, get your children / grand children to assist you!

START LISTS & LIVE RESULTS:

Available at: www.Olympics.com

Have the stadium big screen in your hand with live performances posted in real time.