

Elaine H-T Oly Rec 10.61 / Jamaica 1-2-3 / Sweden 1-2 / Poles No. 1 Mixed 4x4 – “Tokyo’s Lottery numbers”

Women’s 100 final: Not the last Herah

Elaine Herah-Thompson defended her 100m crown and broke Florence Griffith Joyner’s Olympic record 10.62 from 1988 with the second fastest time ever.. She won surprisingly easily going away over the second half to beat the 2008 and 2012 champion Shelly-Ann Fraser-Pryce by over a metre with the 34 year-old in the end barely holding off her team-mate Shericka Jackson who set a PB 10.76 - the way Jackson closed suggests the 200m should be even better as Jamaica clean sweep-ed by some margin. Marie-Josée Ta Lou was unable to match her African record form from the heats and was a well beaten 4th in 10.91 with European Indoor winner Ajla del Ponte the best Europeans with 10.97 in 5th with Switzerland boosting their 4x100 chances as Mujinga Kambundji finished 6th ahead of US and GBR rivals. That Briton was surprisingly Daryll Neita who was unable to match her heat and semi times and finished eighth in 11.12 after a blistering reaction (0.108). She qualified for the final with a 11.00 semi as world silver medallist Dina Asher-Smith was third in the first semi in 11.05 and clearly not at her best. Afterwards admitted she had torn her hamstring when winning the British trials and came close to pulling out of Tokyo completely. She has withdrawn from the 200m but hopes to run the relay.

GOLD: Elaine Thompson-Herah (JAM) **10.61**
SILVER: Shelly-Ann Fraser-Pryce (JAM) **10.74**
BRONZE: Shericka Jackson (JAM) **10.76**

Mixed 4x400 Duszynski leaves US in his dust

USA were controversially reinstated late in the day yesterday but couldn’t win as Poland (Karol Zalewski (45.1), Natalia Kaczmarek (49.9), European champion Justyna Swiety-Ersetic (50.47) and Kajetan Duszynski (44.38) combined superbly to win the first ever running of the event.

Surprisingly, the Poles have never won a 4x400 women’s medal in the Olympics, with the men being the owner of a single silver from way back in 1964.

The shock was how easily they won considering their men poorly ranked at 400m with Duszynski brilliant on the anchor despite being ranked 60th!

Dominican Republic who were also originally disqualified in the heats were second thanks largely to a 48.7 second leg by Marileidy Paulino which was easily the quickest women’s run of the day.

USA with effectively a B team probably thinking it was more than good enough with Trevor Stewart (44.9), Kendall Ellis (50.2), Kaylin Whitney (50.59) and Vernon Norwood (44.43). Had they been able to field a team of from say Felix, Mu, McLaughlin, Benjamin, Norman and Ross) they would have won by a huge margin but the timetabling suggests that even the organisers don’t yet think this event matches the other relays importance.

Britain were 6th with a team of Nicklas Baker (46.2), Nicole Yeargin (50.6), Emily Diamond (50.36) and Cameron Chalmers (44.79) always on the back foot and they were slightly slower than the heat in 3:12.07. British 400m champion Jodie Williams might have strengthened the team’s chances.

GOLD: Poland OLY & EUR rec **3:09.87**
SILVER: Dominican Republic **3:10.21**
BRONZE: USA **3:10.22**

Women 400m hurdles heat: Knight out

World and Olympic champion Dalilah Muhammed may have lost her WR but she was fastest with an impressive 53.97. The new WR holder Sydney McLaughlin eased to victory in her heat in 54.65. It wasn’t a great qualification for Britain. Meghan Beesley finished seventh in her heat in 55.91 - it took 55.67 to get a fastest losers spot. Jessie Knight did not even get to the first hurdle falling heavily as she approached it. Jessica Turner did get through in 4th in her heat though her time was almost a second slower than the other 23 qualifiers..

Women’s Discus QT: Allman not created equal

American Valarie Allman easily topped qualifying with 66.42m with Indian Kamalpreet Kaur the only other automatic qualifier with 64.00m as a modest 61.52m sufficed for a top 12 spot.

Pole Vault QT: Harry’s Game

Harry Coppell was perfect up to 5.65m and that good record meant though he couldn’t clear 5.75 like the top 11 he got through on countback in joint 12th as 14 made the final. Just Bo Kanda Lita Baehre and Christopher Nilsen had perfect clearance records.

Men’s 800m Heats: Fergie time!

Ferguson Rotich not only easily ran the fastest ever Olympic heat but the fastest qualification. He won in 1:43.75 compared to 1:44.69 for Wilson Kipketer’s 1:44.69 heat in 2004 and the 1:43.79 by Norberto Tellez in the 1996 semi-finals.

In second place Australia’s Peter Bol set an area record of 1:44.13 and British indoor record-holder Elliot Giles ran a controlled, sensible 1:44.49 in third. Dan Rowden also qualified comfortably with a 1:45.73 for second in his heat though Oliver Dustin was a disappointing non qualifying sixth in his heat in 1:46.94. The very slowest qualifier was former world champion Pierre-Ambroise Bosse who went from first to 6th in the straight but was rewarded for his front-running with his 1:45.97 scraping through.

Women’s 100mh heats: Mighty Camacho-Quinn

World leader Jasmine Camacho-Quinn was comfortably quickest with a 12.41 win in heat five. World record-holder Kendra Harrison was less impressive with a 12.74 heat two win.

The two Brits got through but not convincingly. Tiffany Porter was 13th fastest with a 4th place 12.85 while Cindy Sember was 22nd best with a disappointing 13.00. It will likely take a 12.7 to make the final.

Men’s 100m heats: Jacobs cracker

All three Britons got through to the semis with Zhanel Hughes (3rd heat two 10.04) the quickest with CJ Ujah (3rd heat 7 in 10.08) and Reece Prescod, who was lucky not to be disqualified for an earlier false start fifth in heat five in 10.12 squeezing through as the fastest loser after a terrible start but very fast finish.

Andre de Grasse was quickest in 9.91 from Lamont Marcell Jacobs’ Italian record 9.94. Favourite Trayvon Bromell only got through as a fastest loser with 10.05 in Hughes’ heat..

Men’s Discus: Swede dreams are made of this

As expected world champion Daniel Stahl won his first Olympic title but it was a minor surprise that the silver went to Simon Petterson who had a previous global championship best of just ninth despite plenty of long throws in recent years.

Stahl was only third after the first round in 63.72m but a 68.90m second round proved sufficient for the title. His next best throw was a fifth round 67.03m but that was not the best of the round as Petterson went from third to second with a 67.39m effort.

Third place went to Lukas Weissshaidinger with the Austrian matching his European and world medal to underline his consistency which saw him have three of the top six throws with a best of 67.07m.

Australian Matthew Dennis just missed a medal with a 67.02m PB final throw with Euro under-23 champ Kristjan Ceh a disappointing 5th with 66.37m.

GOLD: Daniel Stahl (SWE) **68.90**
SILVER: Simon Petterson (SWE) **67.39**
BRONZE: Lukas Weissshaidinger (AUT) **67.07**

Women’s 800m semis; Three’s company

Britain gained an unprecedented three final spots. The first semi saw Jemma Reekie go out fast before slowing while on the inside to the extent that she was almost jogging when Natoye Gaoule passed her on the second bend to led through 400m in 61.57.

Goule stretched out down the back straight to accelerate through 600m in 1:31.22, with Reekie still well placed on the inside bend, as world medallist Ajee’ Wilson faded from the challenge of the closing surge Goule won in 1:59.57 from Reekie’s 1:59.77, which meant she had covered the second lap inside 58 seconds. World champion Halimah Nakaayi of Uganda was last in 2:04.44.

The second heat was a much faster race, even though world leader Athing Mu looked like she was jogging as she passed 400m in 57.92, 600m in 1:28.05 to ease through the line in 1:58.07. Habit Alemu ran her close in second in 1:58.40 - the American teenager looks like she has more gears to go through. Alex Bell, who was a late replacement for Laura Muir, had the race of her life – placing herself close to Mu and coming into the straight a clear third. Despite starting to struggle in the last 100m, she easily held off the challengers behind to finish in 1:58.83 and gain a fastest losers spot..

The final Briton in action, European indoor champion Keely Hodgkinson, ran a different race to her teammates – she was only 7th at halfway in 60.0 as the leaders passed 400m in 59.41 and 600m in 1:29.87.

The 19-year-old was still 6th with 50 metres to go and out in lane four but she produced a 28.8 final 200m and eased into a qualifying position in the last few metres as she passed her opponents to win in 1:59.12 from Chunyu Wang’s PB of 1:59.14. In third, world silver medallist Raevyn Rogers 1:59.28 took a fastest loser’s spot.

TOMORROW – Sun 01 August
01.10 W HT qualifying. 01.40 W 3000sc heats
01.50 W LJ qualifying. **02.35 W Shot final**
02.45 M400 heats. **11.10 M High J final**
11.15 M 100 semis. 11.45 W 100H semis
12.15 W Triple J final. 12.25 M 800 semis
13.05 M 400H semis. **13.50 M 100m final**