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ROJAS WR EXCITES CARACAS & JACOBS GOES CRACKERS – A “SUPER SUNDAY” BISCUIT TREAT !!

Men's 100 final: Jacobs gladder

What a year for Italy – the football Euros, the Eurovision song contest, a share in the High Jump gold but the big shock record the 100m title. As he had not broken 10 seconds before this summer and failed to even make the European 100m final in 2018, you would have got very long odds on Lamont Jacobs winning Olympic gold in the sport's blue riband event.

Jacobs won the European Indoor title 60m in the winter, ran an Italian record 9.95 in the summer and improved that to 9.94 in his Tokyo heat followed by an European record 9.84 in the semi that placed him third behind Su Bingtian (9.827) and Ronnie Baker (9.829) and he advanced as a fastest loser.

In the final, Zharnel Hughes, who had won his semi in 9.98, false-started as his calf cramped, and was DQ-ed. Neither Su or Baker could replicate their semi form but Jacobs went even quicker even after a slow reaction time (0.161) won fairly comfortably improving his European record to 9.80. In second Fred Kerley justified his decision to move down from 400m with a PB 9.84 while Andre de Grasse also went faster than ever before as he won his fourth Olympic medal (and sixth global bronze) in 9.89.

GOLD: Lamont Marcell Jacobs (ITA) **9.80**
SILVER: Fred Kerley (USA) **9.84**
BRONZE: Andre de Grasse (CAN) **9.89**

Triple Jump: Rojas rolls to world record

It was hardly a surprise when Rio runner-up and world champion Yulimar Rojas smashed the world record with a 15.67m final leap.

She started with an Olympic record 15.41m and also had a good 15.25m on the fourth but got it right when she already had the gold in the bag. Close to the board (3cm) she hopped 5.86m, stepped a rather modest 3.82m but jumped a huge 5.99m as she added 17 centimetres to Inessa Kravets' 26 year-old mark. It's worth noting a 16 metre jump is on the cards as she hopped 4.21m in her earlier Olympic record which had she replicated in her last jump she would have jumped 16.06m. It was noted her speed at take-off was a stunning 40.2 kmh.

Patricia Mamona jumped a Portuguese record of 15.01m backed up by a 14.97m last round while on a good day for Iberian jumpers Ana Peleteiro set a Spanish record 14.87m to deny Jamaica's Shanieka Ricketts 14.84m the bronze.

Defending champion Caterine Ibarguen was not a factor and finished tenth.

GOLD: Yulimar Rojas (COL) **15.67 (WR)**
SILVER: Patricia Mamona (POR) **15.01**
BRONZE: Ana Peleteiro (ESP) **14.87**

Women's Shot: More gong for Gong

Gong Lijiao was competing in her fourth Olympics and had previously finished third, second and fourth and she completed the missing piece to score gold and complete the 1-2-3-4 The double world champion and world leader dominated with the five best throws-opening with a 19.95m improving to 19.98m in the third and then setting PB's of 20.53 in the fifth and 20.58m in the final round.

The colourful Raven Saunders was always second best with a 19.65m opener which she improved to 19.79m in the fifth.

The world's most successful ever shot putter Dame Valerie Adams, the 2008 and 2012 champion had a 3-0 previous record against Dong in Olympic finals but she seemed delighted to win her fourth Olympic medal and 14th global indoor or outdoor medal. She threw 19.62m in the third round and just about repelled the challenge of European Indoor champion Auriol Dongmo who had four throws between 19.29m and 19.57m.

GOLD: Lijiao Gong (CHN) **20.58**
SILVER: Raven Saunders (USA) **19.79**
BRONZE: Valerie Adams (NZL) **19.62**

Men High Jump: Tying up loose ends

Three athletes cleared 2.37m for the first time in the history of the Games. The biggest news, though, was that friends Mutaz Essa Barshim and Gianmarco Tamberi decided against a jump off and settled for a share of the gold which disappointed some who believe there should only be one Olympic winner. It's not unique, as two pole vaulters shared gold in London in 1908. There were shared silvers in the 1896 and 1908 high jump as with bronze medals in 1992 and 2012 – Barshim won one. For Tamberi it completed a sensational day for Italy as he made up his 2016 disappointment when he badly injured himself just before Rio.

World champion Barshim and Tamberi were inseparable both clearing 2.24m, 2.27m, 2.30m, 2.33m, 2.35m and a share of the world lead of 2.37m at the first attempt before failing at 2.39m and agreeing not to contest a jump off. They weren't totally out on their own though as seven jumpers were still in at 2.37m and six at 2.39m, though there were 14 failed attempts at the higher height. Maksim Nedasekas equalled his Belarus national record to take third by also clearing 2.37m, Sanghyeok Woo set a Korean record of 2.35m for fourth. Tom Gale cleared 2.27m but ended up 11th.

GOLD: Mutaz Essa Barshim (QAT) **2.37**
GOLD Gianmarco Tamberi (ITA) **2.37**
BRONZE: Maksim Nedasekau (BLR) **2.37**

Men's 400mH semis: Karsten calls the shots

The semi final draw brought the two major contenders together and Karsten Warholm won a close race in 47.30 to Rai Benjamin's 47.37. Alison dos Santos won another semi in a similar 47.37 to break his South African record. Thomas Barr ran 48.26 in his semi and was seventh fastest overall but did not get a fastest losers spot.

Men's 800m semis: Hollywood Bol

Very close qualifications with similar times for all with less than a second covering the fastest 16 with semi wins for Ferguson Rotich (1:44.04), Peter Bol (1:44.11) and Patryk Dobek (1:44.60). The Brits just missed out with Daniel Rowden falling short by 0.05 of a second as he failed to find the space to get through as he ran 1:44.35. Elliot Giles tried to front run but tied up in the last 50 metres and was powerless to hold off world medallist Amel Tuka who has struggled for form this year and he passed the Brit who ran 1:44.74 in third and just missed out on a place.

Men's 400m heats' Cherry on top

The men's 400m took place with the fairly unique situation of there being no Brits. There were heat wins for Botswana's 2015 world finalist Isaac Makwala (44.86), Mazen Al Yassin (45.16), Michael Cherry (44.82 the fastest of the day), Anthony Zambrano (44.87), world champion Steven Gardiner (45.05) and Liemarvin Bonevacia of (44.95) World leader Randolph Ross made little effort to make the top three and his fourth place 45.67 was insufficient for a fastest losers spot while fourth heat saw the curiosity of Emmanuel Korir seemingly getting himself deliberately disqualified with a false start so he could focus on his later 800m semi.

Womens 100mH semis: Jasmine flowers

Jasmine Camacho-Quinn set an Olympic record to go sixth all-time to be easily fastest with 12.26. Britons Cindy Sember (12.76) and Tiffany Porter (12.86) were way short of qualifying.

Long Jump Qualifying: Ivana trumps field

Ivana Spanovic headed qualifying with 7.00m as Abilgail Irozuru (6.75m) and Jazmin Sawyers (6.62m) both made the final but Lorraine Ugen was 28th best with 6.05m

3000m steeplechase: High flying Bird

Elizabeth Bird made the final with a superb 9:24.34 to just miss her British record but Aimee Pratt (9:47.56) suffered in the heat. Winfred Yavi was fastest with the quickest heat time in Olympic history

TOMORROW – Mon 2 August

01.00 M Hammer Qual 01.35 W 1500 heats

02.20 M Long J final 02.30 W 200 heats

03.50 W 100H final.

11.20 W PV Qual 11.25 W 200 semis.

12.00 W Discus final 12.05 M 400 semis.

12.35 W 400H semis 13.15 M 3000SC final.

13.40 W 5000 final