

**HASSAN, ALLMAN, EL BAKKALI REIGN IN THE RAIN AS CAMACHO-QUINN & TENTOGLU WIN GOLDS TOO**

**Women 5000m: Hassan one done this before?**

Sifan Hassan may have run and won a 1500m heat in the morning despite falling heavily but it made no difference as the opposition obliged by a steady comfortable pace of around three minutes per km (3:00.7, 6:00.3, 8:59.9 and 11:57.1). World champion Hellen Obiri picked up the pace to 69.3 and 68.1 to the bell but effectively it was a 300m race as Hassan destroyed the opposition. The times of 14:36.79 and last lap splits showed the dominance of the Dutch runner as she covered the last 200m in a stunning 27.7, 300m in 41.8 and 400m in 57.1, times unprecedented in Olympic history or indeed any major women's 5000m race.

Her last 800m was 2:04.7 and 1500m in 4:07.0. Obiri ran her last lap in 58.9 and Tsegay 59.4 which was faster than anyone had previously managed in an Olympic final but left them totally outclassed.

**GOLD:** Sifan Hassan (NED) **14:36.79**  
**SILVER:** Hellen Obiri (KEN) **14:38.36**  
**BRONZE:** Gudaf Tsegay (ETH) **14:38.87**

**Men 3000m SC – non-Kenyan winner shock!**

Kenya have won every steeplechase final they have been in starting in 1968 all the way up to 2016 - missing out on boycotts in 1976 and 1980 but here had to settle for third Soufiane El Bakkali, fourth in Rio but a medallist in two World Championships used the speed that took him to a 3:31.95 1500m this summer and blasted an extraordinary 2:32.4 final kilometre, 2:00.2 last 800 and 57.9 last lap - unheard of in any previous Olympic races. Lamecha Girma who had been a late team addition livened the race up with a 62.5 penultimate lap was a distant second and Benjamin Kigen took bronze in what is proving to be a poor Olympics for Kenya. Getnet Wale came 4th having slipped before the last water jump.

**GOLD:** Soufiane El Bakkali (MAR) **8:08.90**  
**SILVER:** Lamecha Girma (ETH) **8:10.38**  
**BRONZE:** Benjamin Kigen (KEN) **8:11.45**

**Women Discus: Allman bothers gold record**

Valarie Allman won USA's first athletics gold of the Games. Only 7th in Doha she opened with a 68.98m before the rain and that proved enough for gold in an event that was temporarily stopped. A shock second was Kristin Pudenz, who was only 11<sup>th</sup> in Doha but excelled to set a PB 66.86. The world champion Yaime Perez denied defending champion Sandra Perković the bronze.

**GOLD:** Valarie Allman (USA) **68.98**  
**SILVER:** Kristin Pudenz (GER) **66.86**  
**BRONZE:** Yaime Perez (CUB) **65.72**

**Men Long Jump: Greek Takeaway**

It appeared Cuba were sailing to an easy 1-2. However, both of their athletes – world indoor champion Juan Miguel Echevarría and Maykel Masso – injured themselves in the competition and were denied in a stunning final round as Miltiádis Tentóglou snatched gold with what turned out to be the final jump of the competition. It was Cuba's former world youth and junior champion Masso who led the opening round with a 8.21/0.4 leap and that held first until Echevarría finally got it right and he jumped 8.41/0.2 – a distance that has never failed to win an Olympic medal and would have been good enough to win gold at the last three Games. Crucially, he had 22 cms to spare on the board but the battle for top spot looked over. JuVaughn Harrison, who had finished 7th in the previous night's high jump moved into third with a 8.15/0.0 fifth round effort. He did not stay in that position for long, though, as Tentoglou matched that distance in the same round and his 8.15/0.1 moved him ahead of the American on countback. In the final round Eusebio Caceres jumped 8.18/-0.1 which moved him up to third briefly. Tentóglou was next to jump and he responded brilliantly to losing his medal by sailing out to 8.41/0.1. That distance matched the Cuban but importantly put him ahead on countback (8.15m to 8.09m). In theory there were still two jumps to go but Masso was injured and couldn't make his attempt. Echevarría tried but halfway through his run-up, it was clear his injury was too severe and he pulled up before the board.

**GOLD:** Miltiádis Tentóglou (GRE) **8.41**  
**SILVER:** Juan Miguel Echevarría (CUB) **8.41**  
**BRONZE:** Maykel Masso (CUB) **8.21**

**Women 100mH Final: Camacho snatcho**

As expected Jasmine Camacho-Quinn won Puerto Rico's first ever athletics gold but she failed to match her Olympic record 12.26 from her semi losing a little momentum as she clipped the ninth hurdle but she still won easily by well over a metre in 12.37. With Britany Anderson, who ran 12.40 in her semi finishing last, a clear silver went to world record-holder Kendra Harrison with Megan Tapper third.

**GOLD:** Jasmine Camacho-Quinn (PUR) **12.37**  
**SILVER:** Kendra Harrison (USA) **12.52**  
**BRONZE:** Megan Tapper (JAM) **12.55**

**Women 400H Semis: Sydney harbours gold**

Sydney McLaughlin was fastest with 53.03 with rivals Muhammad 53.30 and Bol 53.91 winners too. Injured Jessica Turner struggled 7th in her heat with 60.36 in treacherous Helsinki 2005 conditions.

**Women Pole Vault Qual: Budding Holly**

15 athletes qualified for the final including Holly Bradshaw who only needed a single jump at 4.55m

**Men's Hammer qualifying: Miller like**

Commonwealth champion Nick Miller qualified for the hammer final with a 76.93m throw to be 6th best overall. Taylor Campbell disappointed though as 28<sup>th</sup> best with 71.34m. European champion and 4 time global bronze medallist Wojciech Nowicki headed qualifying with 79.78m as team-mate and world champion Pawel Fajdek who has twice failed to make the Olympic final again struggled coming 9th with 76.46m.

**Women's 1500m heats: Keeping Faith**

Defending champion Faith Kipyegon won heat three in the fastest ever Olympic heat of 4:01.40 in a race Katie Snowden ran a PB 4:02.77 to qualify in 6th. Laura Muir was second in her heat and despite holding back ran 59.3 for her last 400m and 2:04.4 for her last 800m in 4:03.89. World champion Sifan Hassan who was hoping to ease around with a 5000m final in the evening had to run hard as she fell heavily just after the bell. She had to run a 43.8 last 300m to go from 11<sup>th</sup> to first as she won in 4:05.17. Reveen Walcott-Nolan ran a PB 4:06.23 for 7th in her heat but missed out by 1/100 sec as a fastest loser.

**Women's 200m heats & semis: Elaine draw**

Christine Nboma, banned from the 400m due to her testosterone levels won her semi-final in a huge PB and world junior record 22.11. Olympic 100m medallist Shericka Jackson stupidly eased up prematurely and was pipped on the line and failed to qualify with 23.26 by 4/1000 sec. Beth Dobbin equalled her season's best of 22.78 to finish second in her heat. In the semi Dobbin ran 22.85 in a non-qualifying 5th with 22.40 the slowest qualifying. Easily fastest was 100m champion Elaine Thompson-Herah who virtually stopped before the line and still ran a PB equalling 21.66 - a time only five athletes in history had beaten. Nboma improved her world junior record to 21.97 which is also a African senior record.

**Men's 400m semis: James bonds final spot**

The 2012 champion Kirani James ran his fastest time since the Rio final five years ago as he won his semi in 43.88 from Anthony Zambrano's area record 43.93. The third semi had four of the 10 fastest ever in the same race and was won by a very easy looking world champion Steven Gardiner (44.14) as a clearly unfit defending champion and world record-holder Wayne Van Niekerk faded to run a non-qualifying 45.14 in 5th.

**TOMORROW – Tues 3 August**

01.00 M Triple J Qual    01.05 M 1500 heats  
01.20 W Javelin Qual    01.45 W 400 heats  
**02.50 W Long J final**    03.05 M 200 heats  
**04.20 M 400H final** (Benjamin L4, Warholm L5)  
11.10 M 110H heat.    11.15 M Shot Qual  
**11.20 M Pole Vault final**    11.55 M 5000 heats.  
**12.35 W Hammer final**    12.50 M 200 semis  
**13.25 W 800 final.**    **13.50 W 200 final**