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WARHOLM'S ASTONISHING 45.94 WR – TEENAGE KICKS IS A THING FOR MU & KEELY H

Men's 400H: Whorrrrrrrrholm!

Surely this was the most amazing race in the history of athletics. This event had long been shaping up to be the race of the Tokyo Games - some people were slightly disappointed when Karsten Warholm smashed Kevin Young's long-standing world record with his run of 46.70 in Oslo last month. Yet they need not have worried. The hugely talented Rai Benjamin produced one of the greatest performances ever seen as he obliterated the old WR with 46.17 but the American was still two metres adrift of Warholm's space-age 45.94 and his run had to suffice for silver. The WR had fallen by 0.45 of a second in 41 years and it had dropped 0.76 in a single race. Warholm started fast and clearly had an advantage down the back straight, reaching the 5th hurdle in 20 seconds. Gradually Benjamin closed the gap and, as Warholm hit the 300m mark in around 33 seconds, the American was easing onto his shoulder. The race still looked on as they approached the last hurdle but Warholm took it perfectly in his stride and finished full of running, while his rival was unable to get on terms despite his stunning US record. Alison dos Santos of Brazil was a distant third but only just missed Warholm's previous record with 46.72 to go third all-time with his S. American record. Kyron McMaster improved his British Virgin Islands record with a Commonwealth record 47.08 to go 7th all-time just ahead of Abderrahman Samba's 47.12, which netted him a mere 5th. Yasmani Copello equalled his Turkish record with 47.81 in sixth while Rasmus Magi set an Estonian record of 48.11 in 7th. This was the 5th world record to be set in Olympic 400m in the last 50 years: David Hemery (48.12 1968), John Akii-Bua (47.82 1972), Ed Moses (47.64 1976) and Kevin Young (46.78 1992).

GOLD: Karsten Warholm (NOR) **45.94 (WR)**

SILVER: Rai Benjamin (USA) **46.17**

BRONZE: Alison dos Santos (BRA) **46.72**

Men Triple Qualifying: Pichardo perfect

World leader Pedro Pichardo with a 17.71m leap was 58cm better than anyone else. Ben Williams was a non-qualifying 22nd in 16.30m

Men 1500m heats: First class Ismael

Ismael Debjani was fastest with 3:36.00. The Jakes - Heyward (1st 3:36.14 h3) and Wightman (3rd 3:41.12) qualified easily but Josh Kerr struggled in the straight and only got through as the fastest loser (7th h1 3:36.29)

Men 5000m heats: Top Katir

Mohamad Katir was fastest with 13:30.10 as Andrew Butchart (7th 13:31.23) got through but Marc Scott (6th 13:39.61) missed out by just 0.19 secs in the first of the two heats.

Women's Long Jump: Last Round Heist No 2

It was a very close contest with just three cms between the medallists and 20 cms between the top eight. Ese Brume led the opening round with 6.97m and two-time champion Brittney Reese matched that mark and went ahead on countback. World champion Malaika Mihambo who jumped 6.83m and 6.95m in the opening round was in a medal position and in her final jump she leapt 7.00m to snatch gold with the other two unable to respond. Jazmin Sawyers performed admirably and her 6.80m second round jump got her 8th place and she also had some long fouls later in the comp...

GOLD: Malaika Mihambo (GER) **7.00**

SILVER: Brittney Reese (USA) **6.97**

BRONZE: Ese Brume (NGR) **6.97**

Women's 400m heats: All fine Marleidy?

Marleidy Paulino, who ran a brilliant mixed 4x400 leg backed it up with the fastest time of 50.06. Shaunae Miller-Uibo warmed up for the 200m final with a 50.50. Jodie Williams impressively won her heat in 50.99 with Ami Pipi easily through by time (4th 51.17) but Nicole Yeargin was disqualified for a lane infringement.

Women's Javelin Qualifying: Ave Maria

World leader Maria Andrejczyk confirmed her role as favourite with a 65.24m throw. 60.94m qualified but the 12 did not include WR holder Barbora Špotáková who missed out with 60.52m.

Men's 200m heats: Bednarek and breakfast

Kenneth Bednarek was fastest in the morning with 20.01 but the disappointment for GB sprinters continued as Adam Gemili injured himself in warm-up and was unable to run and walked 1:58.58. Nethaneel Mitchell-Blake just missed out on a fastest losers spot with a 20.56 fifth place. In the semis Andre De Grasse was fastest with a Canadian record 19.73 from Bednarek's 19.83. World champion Noah Lyles was lucky to get through as a fastest loser as he went from 1st to 3rd in the last inch as he eased off in his 19.99. 17 year-old Erriyon Knighton won his semi in 20.02 despite five look rounds in the straight.

Men's 110m Hurdles heats: Holloway prism

World champion Grant Holloway was a class apart winning his heat in 13.02. Andrew Pozzi was an 4th in his heat in 13.50 while David King got through as a fastest loser with 13.55 by just 0.09 of a second.

Men's Shot Qualifying: Crouser Rouser

World record-holder Ryan Crouser dominated with 22.05m with Tomas Walsh second best after being initially given a no throw for his 21.49m. Scott Lincoln threw a solid 20.42m for 18th best but needed 20.90m for the final

Women's 800m: Mu cows the opposition

Juniors went one-two as Athing Mu ran a stunning US record from the front made up of splits of 27.4, 30.5, 29.3 and 28.0. Keely Hodgkinson was also brilliant and ran a 57.5 second lap to smash Kelly Holmes' GB record for Britain's first middle distance medal since Holmes' in 2004 and win Britain's first Athletics medal in Tokyo.. She kicked past Jemma Reekie down the straight. The Scot ran a PB 1:56.90 but a 28.2 200m from 300m out left her weak in the straight and Rodgers went from 7th to 3rd in the straight with a 14.0 last 100m to Reekie's 15.3 to pip her with her final stride. Six of the first seven set PBs including a superb 1:57.66 from Alex Bell.

GOLD: Athing Mu (USA) **1:55.21**

SILVER: Keely Hodgkinson (GBR) **1:55.88**

BRONZE: Raevyn Rogers (USA) **1:56.81**

Women's 200m: Elaine at the double

Elaine Thompson Herah became the first woman to complete a sprint double double with a stunning 21.53 to go a clear second all-time and finally break Merlene Ottey's 30 year-old Jamaican record. She had the slowest reaction time (0.173) but once past Shelly-Ann Fraser-Pryce she won by almost three metres. Christine Nboma, who only ran this event because she was barred from the 400m because of her Testosterone level ran her third successive world junior record coming from sixth 50 metres out to run an African record 21.81 as Gabrielle Thomas was third in 21.87.

GOLD: Elaine Thompson-Herah (JAM) **21.53**

SILVER: Christine Nboma (NAM) **21.81**

BRONZE: Gabrielle Thomas (USA) **21.87**

Men's Pole Vault: Armand dangerous

Armand Duplantis dominated with first time clearances at 5.55, 5.80, 5.92, 5.97 and 6.02 before two good attempts at a world record 6.19m. Chris Nilsen excelled to jump 5.97m while Rio champion Thiago Braz cleared 5.87m to take bronze. Britain's Harry Coppel had the competition of his life to finish seventh with a 5.80m leap one place up on former Olympic champion Renaud Lavillenie.

GOLD: Armand Duplantis (SWE) **6.02**

SILVER: Chris Nilsen (USA) **5.97**

BRONZE: Thiago Braz (BRA) **5.87**

Women's Hammer: Pole's apart

There is no doubt as to who is the greatest ever women's hammer thrower as Anita Wlodarczyk won her 3rd Olympic title and 4th medal as her 78.48m gave her gold with Zheng Wang the best of the rest. Malwina Kopron was 3rd as world champ DeAnna Price was a poor eighth.

GOLD: Anita Wlodarczyk (POL) **78.48**

SILVER: Zheng Wang (CHN) **77.03**

BRONZE: Malwina Kopron (POL) **75.49**

TOMORROW

01.00 M Dec 100.	01.05 M Javelin Qual
01.35 W Hept 100H.	01.55 M Dec Long J
02.35 W Hept High J	03.00M 110H Semis
03.30 W 400H final	03.40 M Dec Shot

WED 4 AUGUST

10.30 M Dec High J	11.00 W 1500 semis.
11.05 W Hept Shot	11.30 W 400 semis
12.00 Women's 3000sSC	12.15 M Hammer final
12.30 W Hept 200m.	13.05 M 800m final
13.30 Dec 400.	13.55 M 200 final