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SYDNEY OPERA-TESS AT 51.46 WR PACE - Nick HT 6th, Lizzie SC NR but Heartbreak for KJT

Women's 400H: Sydney Thunder

Maybe 51.46 isn't quite 45.94 but Sydney McLaughlin ran a stunning WR time that would have won the 400m flat in the 1964 and 1968 Olympics and been a world record in 1970 which certainly isn't the case with Warholm's time. It took well over a second off of Melaine Walker's Olympic record and improved on her own previous WR of 51.90. It was a great race with World and Olympic champion Dalilah Muhammad pushing her all the way as she led most of the race and still ran superb 51.58 to go well inside the old WR. Femke Bol smashed her European record with 52.03 for bronze.

GOLD: Sydney McLaughlin (USA) **51.46 (WR)**
SILVER: Dalilah Muhammad (USA) **51.58**
BRONZE: Femke Bol (NED) **52.03 (ER)**

Women 3000SC: Peruth is the pudding

A dramatic steeplechase race which saw many of the expected favourites finish way back. Uganda's Peruth Cheptegai, who was only 8th in the Diamond League in Doha and 5th at Hengelo. Her previous best result was a 5th in Doha in 2019, after failing to make global finals in 2016 and 2017, and she won in a Ugandan record 9:01.45. Courtney Frerichs, a shock 2nd in the London World Champs, but unable to repeat that form since, put a series of fast laps including a 69.2 sixth lap which pulled her a few secs clear of the Ugandan but she struggled on the last lap and was caught on a 74.1 last circuit. Kenya matched the men's bronze through former world champion Hyvin Kiyeng as WR-holder Beatrice Chepkoech was a poor 7th. 2017 world champion Emma Coburn was disqualified. Lizzie Bird, GB's first ever finalist, ran brilliantly and finished 9th and broke her British record with 9:19.68.

GOLD: Peruth Chemutai (UGA) **9:01.45**
SILVER: Courtney Frerichs (USA) **9:04.79**
BRONZE: Hyvin Kiyeng (KEN) **9:05.39**

Men's 800: A good Korir move

So much for super spikes and a super fast track as Emmanuel Korir ran a time almost identical to Peter Snell's 1964 win on cinders in 1:45.1 and slower than 1968. The last lap was 51 seconds but Steve Ovett ran a similar time in 1980 with a similar last lap and faster last 200m. The race was disappointing with Peter Bol leading through 200m in 24.9, 400m in 53.8 and 600m in 79.7. It was Kenyan Emmanuel Korir in his first global 800m final using his 44.1 400m speed who won by a metre from team-mate Ferguson Cheruiyot Rotich with European Indoor champ Patryk Dobek third

GOLD: Emmanuel Korir (KEN) **1:45.06**
SILVER: Ferguson Rotich (KEN) **1:45.23**
BRONZE: Patryk Dobek (POL) **1:45.39**

Men's 200m Final: Keep off de Grasse

Andre De Grasse won his 5th Olympic medal and 9th global medal but his first gold as he deservedly sprinted to another NR 19.62 as he narrowly won from Kenneth Bednarek's 19.68 PB. While he may not have the gold medals to prove it there is no doubt the consistent Canadian is the best all-round sprinter competing today. World champion Noah Lyles finished 3rd in 19.74 with 17-year old Errion Knighton making it 3 Americans in the top 4. US-based NCAA champion Joseph Fahnbulleh who set a Liberian record 19.98 was 5th.

GOLD: Andre de Grasse (CAN) **19.62**
SILVER: Kenneth Bednarek (USA) **19.68**
BRONZE: Noah Lyles (USA) **19.74**

Hammer Final: Yeswicky for Nowicki

European champion Wojciech Nowicki went into the event as the Polish no.2 but in the knowledge he has been the most consistent world class athlete in recent years. He was a clear favourite for a medal with four previous global third places and a European bronze but he has largely been in the shadow of 4 time world champion Pawel Fajdek who has previously struggled in Olympic competition and here he had to make do with bronze. Nowicki dominated with 5 of the best 7 throws and led all the way. He opened with 81.18m then 81.72m and a PB 82.52 in the 3rd round backed up by 81.39m and 82.06m. Norwegian Elvind Henriksen was 2nd after the first round but dropped to 5th before regaining 2nd with a NR 81.58m in the 5th round. That just pipped Fajdek who threw 81.53m with Euro Under-23 champion Mykhaylo Kokhan 4th with 80.39m. Nick Miller had an excellent competition with 4 throws between 77.46m and 78.15m and his 6th place was the highest GB placing since Malcolm Nokes' bronze 97 years ago!

GOLD: Wojciech Nowicki (POL) **82.52**
SILVER: Elvind Henriksen (NOR) **81.58**
BRONZE: Pawel Fajdek (POL) **81.53**

Men's 110m Hurdles: Pozzi-tively delighted

Grant Holloway was fastest with 13.13 but Britain's former world indoor champion Andy Pozzi ran better than in the heats to bag a fastest losers spot - his 4th place 13.32 just edging USA 13.00 performer Daniel Roberts' 13.33.

Tomorrow

01.00 M Dec 110H.	01.10 W High J Qual
01.40 W Hept Long J	01.50 M Discus Qual
02.00 W 4x100 heats.	03.00 M Triple Jfinal
03.05 M Shot final.	03.30 M 4x100m heats
03.55 M 110mH final	
04.30 W Hept Javelin.	04.45 M Dec Pole Vault
08.30 W 20km walk.	11.00 W Pole Vault final
11.15 M Dec Javelin	11.25 W 4x400 heats
12.00 M 1500 semis.	13.00 M 400 final
13.20W Hept 800	13.40 M Dec 1500

Women's 1500m heats: Faith healer

In the history of the Olympic women's 1500m, the fastest heat had been 4:01.03 but 9 athletes bettered that mark in the semi-finals. The previous fastest non-qualifying mark, including the World Champs, had been 4:03.60 and four athletes went faster in the two semis but failed to qualify. They included Britain's Katie Snowden (4:02.93), though the new unwanted record holder is Canadian Lucia Stafford, who ran 4:02.12 in finishing 6th in the second semi-final. Faith Kipyegon won the opening semi in a remarkable 3:56.80, a time only bettered in three of the 12 Olympic finals. The second heat was not quite at the same pace and was won by world champion Sifan Hassan in 4:00.23 to Laura Muir's 4:00.73 in 2nd as the new 5000m champion ran a 59.3 last circuit compared to Muir's 60.4.

Decathlon Day one: Warner smothers

Damian Warner made a stunning start to the Decathlon with a 10.12 world equalling decathlon record 100m followed by a Olympic decathlon record in the long jump of 8.24m. He remained on target for a 9000+ pts score with better marks than his 8995 in Gotzis in the shot (14.80m) and 400m (47.48) but was well down at the high jump and he has 4722 points overnight. A surprise second is World junior champion Ashley Moloney whose PB is 700 points worse than the Canadian's and his marks of 10.34, 7.64, 14.49, 2.11m and a superb 46.29 400m has him a clear second on 4641. Pierce LePage is third (4529) with WR-holder Kevin Mayer looking off-form in fifth with 4340 points.

Heptathlon: Vetter than nothing

Another world champion to come to grief was Katarina Johnson-Thompson - she won her hurdles heat in 13.27 and was on course for a high placing after a 1.86 high jump and 13.31 shot and lying fifth before in her best event the 200m she pulled a calf muscle and walked/limped home. The surprise leader is Anouk Vetter who ran 13.09, jumped 1.80, threw 15.29 and ran 23.81 at 200m for 3968 points with Belgian Noors Vidts 2nd on 3941 ahead of compatriot and defending champion Nafi Thiam on 3921, whose below par marks were 13.54, 1.92, 14.82 and 24.90.

Women's 400 semis: Williams Racing

Jodie Williams set a PB by almost a second to run 49.97 to become the sixth British woman to break 50 seconds and qualify second in her semi-final behind defending champion Shaunae Miller-Uibo's 49.60. The fastest was Stephenie-Ann McPherson with a 49.34 PB and just 0.63 of a second covers the eight qualifiers. The other semi winner Marileidy Paulino (49.38) also impressed with 17-time global champion Allyson Felix (49.89) still on for more!

Javelin qualifying: Chopper Harrasses

Neerah Chopra headed qualifying with a 86.65m throw with world champion Johannes Vetter struggling in the first two rounds and then producing a 85.64m final throw.