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HISTORY FOR SIFAN THE GREAT & JAKOB THE N"OR"SE LEADER – BRONZE AGE FOR KERR

Men's 1500: Jakob's leader

Jakob Ingebrigtsen won a stunning 1500m race breaking the Olympic record and European record with 3:28.32 to go 8th all-time. The young Norwegian was ahead at 200m in 27.8 and 400 in 56.2 but world champion Timothy Cheruiyot led at 500m in 70.3 and then picked up the pace passing 800m in 1:51.8 and was ahead at 1000m in 2:19.7 with Ingebrigtsen and Stewart McSweyn still close. Cheruiyot kicked on past 1200m in 2:47.3 but he had nothing left when Ingebrigtsen sprinted past to gain his first win over Cheruiyot at the 11th attempt though his last 100m was slower than Hassan in the 10k! Cheruiyot held on for second but only just as Josh Kerr, ran a 54.2 last circuit, sub 1:50 for his last 800 (in a fast race) and 2:46.2 for his last 1200m. Kerr had been 10th at 400m in 57.3 and 7th at 800m in 1:53.2 and 4th at 1200m in 2:48.4. Five of the first 6 set PB's as Jake Heyward ran 3:34.43. Jake Wightman was 10th in 3:35.09 paying for a big move as he ran 13.5 for the 100m between 700m and 800m to reach that point in 1:52.5 in 4th and then drop back.

GOLD: Jakob Ingebrigtsen (NOR) **3:28.32 OR**
SILVER: Timothy Cheruiyot (KEN) **3:29.01**
BRONZE: Josh Kerr (GBR) **3:29.05**

Men's Javelin: So Neeraj and yet so far:

Neeraj Chopra won India's first ever gold medal in Athletics and led all the way. It was the surprise Czech pair coming 2nd and 3rd as favourite Johannes Vetter was only 9th in 82.52.

GOLD: Neeraj Chopra (IND) **87.58**
SILVER: Jakub Vadlejch (CZE) **86.67**
BRONZE: Vitezslav Vesely (CZE) **85.44**

Women's High Jump: Mariya rises to occasion

Multi World champion Mariya Lasitskensk proved a class apart winning the title with a big 2.04m leap. In second, Australia had their best result of the Games as Nicola McDermott excelled to take silver in an Oceania record 2.02. Ukraine's European Indoor champion Yaroslava Mahuchikh took bronze in 2.00 to deny team-mate Iryna Gerashchenko's 1.98m. Sadly Morgan Lake failed to recover from an injury sustained in qualifying

GOLD: Mariya Lasitskensk (ROC) **2.04**
SILVER: Nicola McDermott (AUS) **2.02**
BRONZE: Yaroslava Mahuchikh (UKR) **2.00**

Women's Marathon: Peres drops the rest

Half marathon WR holder Peres Jepchirchir won her first major marathon title with a very strong last few miles and she won with a quicker second half and ran away from WR holder Brigid Kosgei. Molly Seidel was a surprise third. Stephanie Davis worked her way through well to 39th in 2:36:33 but Steph Twell (68th 2:53:26) and Jess Piasecki (71st 2:55:39) both struggled in the heat and humidity.

GOLD: Peres Jepchirchir (KEN) **2:27:20**
SILVER: Brigid Kosgei (KEN) **2:27:36**
BRONZE: Molly Seidl (USA) **2:27:46**

Women's 10,000: Hassan Treble Queen

In what was her sixth race in Tokyo, and after 24,500m of track running, Sifan Hassan won 10,000m gold to achieve an unprecedented Olympic distance running treble. The Dutchwoman became the first athlete to win medals in the 1500m (bronze), 5000m (gold) and 10,000m (gold) in a single Olympics. Despite her huge workload in Japan, and this race coming less than 24 hours since she had contested the 1500m final, Hassan won the 25-lap event with relative ease, even though Letesenbet Gidey set a torrid pace in stifling heat and humidity. The winning time was 29:55.32 and it was Bahrain's Kalkidan Gezahegne who ran Hassan closest as she took silver in 29:56.18, while WR holder Gidey had to settle for bronze in 30:01.72. It had been Ririka Hironaka who led early on but it was Gidey ahead at 3000m in 9:10.05 at the head of a 15-strong group which included Eilish McColgan in 8th. Jess Judd was in 22nd, but both Britons were well ahead of their PB pace at this stage. Gidey upped the pace and her 4000m time of 12:10.4 saw the contenders whittled down to eight, with McColgan having to give way. At halfway, reached in 15:08.3, there were only six remaining just ahead of Olympic 800m silver medallist Francine Niyonsaba. McColgan was still on course for a PB in 10th (15:19.2) with Judd 20th (15:37.0). Gidey showed no signs of relenting and indeed picked the pace up further with a 6th km of 2:56.0. Now she had just Hassan, Obiri and Gezahegne for company. The 7th km was again a relentless 2:57.0 and as the pace even reached a 69-secs lap it proved too much for Obiri. Gidey had thrown everything in but was now getting frustrated and gesticulated at Hassan, lingering on her shoulder. The pace dropped to 74 and 75-second laps as she reached 9000m in 27:02.2. Gidey picked up at the bell but did not respond when Hassan passed her and then stretched out and, though the Bahraini followed, the race was run. The winner had covered the last 100m in an astonishing 13.6 – faster than Athing Mu and Faith Kipyegon in their 800m and 1500m wins. The first three athletes were Ethiopian-born. Niyonsaba finished in 5th place in a Burundi record of 30:41.93: 5th and 2nd in the past two Olympic 800m races, the twice world indoor champion competed due to the DSD rule changes at 800m and 1500m. McColgan finished a fine 9th in 31:04.46 as she just fell short of her mother Liz's Scottish record 30:57.07 and her PB 30:58.94. Judd was 17th in 31:56.80.

GOLD: Sifan Hassan (NED) **29:55.32**
SILVER: Kalkidan Gezahegne (BRN) **29:56.18**
BRONZE: Letsenbet Gidey (ETH) **30:01.72**

Men's 4x400: Baton Rouge / Bleu Part I

USA's men's track athletes failed to win any of the events from 100m to 400m and the 4x400 did not start perfectly as despite a 44.2 opener from the blocks by Olympic finalist Michael Cherry, Botswana's Isaac Makwala ran a truly sensational 43.8 which is probably the fastest opening leg in history at any event. Michael Norman ran a controlled 2nd leg for the USA finishing well running 44.0 and USA were ahead at halfway in 1:28.29 but the lead was modest ahead of Botswana on 1:28.67 (Baboloki Thebe 44.7) just up on Poland on 1:28.71 (Karol Zalewski – another brilliant leg of 43.6) but also in contention were Netherlands (Terence Agard a shock 43.7) on 1:28.78. Bryce Deadmon, the one athlete retained from the heats stretched out on leg three and his 44.01 meant the USA were clear in 2:12.30 with the Dutch now surprisingly in 2nd on 2:13.06 after a 44.28 and strong finish by Tony van Diepen. The minor medals were still all up for grabs though as Botswana were right behind on 2:13.07 (Zibane Ngozi 44.40) and Belgium on 2:13.70 (Dylan Borlee 44.68) and Poland. On the final leg USA went further away as 400mH silver medallist Rai Benjamin ran 43.40 leg to give USA victory in 2:55.70 for the 2nd fastest ever time in the Olympics. A great finish by Angela Ramsey who ran 44.12 to complete a Dutch record 2:57.18 for a silver medal. Botswana were 3rd as Bapayo Ndori ran 44.20 to complete an African record 2:57.27 as 4 of the top 5 set national records.

GOLD: USA **2:55.70**
SILVER: Netherlands **2:57.18**
BRONZE: Botswana **2:57.27**

Women's 4x400 Baton Rouge / Bleu Part II

USA didn't have many 400m specialists but their team of Sydney McLaughlin (50.2), Allyson Felix (11th medal!), Dalilah Muhammad (48.94) and Athing MU (48.32) gave them a three secs win over Poland's national record winning their first medal in the event. Britain were too far back initially (Ama Pipi 52.3) but Jodie Williams moved from 8th to 5th (49.4) and that was held by Emily Diamond (50.41) and Nicole Yeargin (50.44) as Britain ran one of their fastest ever times (3:22.59). Fenke Bol ran a 48.97 anchor for the Dutch in sixth but not good enough to medal

GOLD: USA **3:16.85**
SILVER: Poland **3:20.53**
BRONZE: Jamaica **3:21.24**

Games Points: 1st > 8th places - 8 pts > 1 pts

1 USA 262 2 JAM 106 3 KEN 91
4 POL 74 5 CAN 70 6 CHN 67
7 GBR 65 8 ETH 64 9 NED 61
10 AUS 52 11 GER 50 12 ITA 50 (5 golds)