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USA Gidey over clean sweep as Pawel “high fives” – Wang & Ealey win plus GB ‘chase Pratt record too.

Women’s 10,000m: Gidey up

A superb race saw a surprise finish in that world record-holder Letsenbet Gidey who has looked vulnerable in close finishes in the past held off from the front as she won by just eight hundredths of a second from twice world 5000m champ Hellen Obiri, slightly running across the Kenyan in the last 10 m. The time was a world lead and was achieved with a fast 8:40 last 3000m and 59 secs final circuit. Margaret Kipkemboi was a close third to deny defending and Olympic champion Sifan Hassan who, in her first proper race of the year, was not at full fitness lacking her usual kick with her first ever defeat at 25 laps: she missed a medal by half a sec. Seven of the first nine set PB’s while in tenth was Eilish McColgan (30:34.60) who led early on until the Ethiopians picked it up around 7km and switched the pace from 74 to 71. Just behind there was a 45 second PB by an inspired Jess Judd who went third all time in the UK with 30:35.93.

GOLD: Letsenbet Gidey (ETH) 30:09.94
SILVER: Hellen Obiri (KEN) 30:10.02
BRONZE: Margaret Kipkemboi (KEN) 30:10.07

Men’s Hammer: Fajdek famous five

He might not like the Olympics with just one bronze but Pawel Fajdek won his fifth consecutive world title which only Serguy Bubka has bettered. He was only ninth after round one as France’s Quentin Bigot led with 79.52m but he improved to 80.57m just second to Eivind Henriksen’s 80.87m. In round three Olympic winner Wojciech Nowicki went ahead with 81.03m but Fajdek responded with a world leading 81.98m and that proved to be the winning throw as Poland went one-two and Norway won bronze as Bigot and Bence Hlasz were also over 80 metres. Nick Miller couldn’t replicate his qualifying form and was 11th with 73.74m.

GOLD: Pawel Fajdek (POL) 81.98
SILVER: Wojciech Nowicki (POL) 81.03
BRONZE: Elvind Henriksen (NOR) 80.87

Men’s 1500m heats: Wightman is the right man

All three Britons qualified. Jake Wightman was the quickest Brit (3:35.31) as Josh Kerr controlled his heat to win (3:38.94) while Neil Gourley, who had only just recovered from Covid got through with a late burst to finish sixth in 3:36.54. Australian Stewart McSweyn was fastest with 3:34.91.

Women’s 100m heats: Dina time

Dina Asher-Smith just missed her British record by just 0.01 of a second with a mighty impressive 10.84 win - her second best ever time. Defending champion Shelly-Ann Fraser Pryce (10.87) won her heat from a very happy Daryll Neita (10.95). Imani Lansiquot (11.24) just missed out with fourth in her heat and would have needed 11.17 to qualify by time for the semi-finals.

Men’s 100m: Right said Fred

USA dominated to win their first clean sweep in the event since 1991. Fred Kerley, third in the 400m in 2019, and second in the Olympic 100m, ran a really strong second half to win in 9.86 with Marvin Bracy (9.874) and Trayvon Bromell (9.876) separated by just two thousandths of a second with young Jamaican Oblique Seville (9.97) the best of the rest, Defending champion Christian Coleman started fast (0.104 near illegal reaction) but faded to sixth, In the semis Zharnel Hughes was unable to match his heat from but finished strongly for third in 10.13 as Olympic champion Marcell Jacobs withdrew with injury.

GOLD: Fred Kerley (USA) 9.86
SILVER: Marvin Bracy (USA) 9.88
BRONZE: Trayvon Bromell (USA) 9.88

Men’s Long Jump: Wang bang

He ranked just 64th on 2022 marks - his 7.98m from finishing just 10th in qualifying in Eugene - but Wang Jianan pulled off a shock gold medal. He was third in 2015 and then seventh and sixth in the last two editions but there was nothing in his 2022 form to suggest he would win: until his last round 8.36m leap he was just sixth with 8.03m, Olympic champion Miltiadis Tentoglou dominated otherwise with five of the best six jumps including a 8.32m in round two, then 8.29m, 8.24m but he could only produce a 8.20m response in the last round. Swiss decathlete Simon Ehammer just managed one decent jump and won bronze by a single centimetre in what was a rather modest level competition.

GOLD: Jianan Wang (CHN) 8.36m
SILVER: Miltiadis Tentoglou (GRE) 8.32m
BRONZE: Simon Ehammer (SUI) 8.16m

Women’s Shot: Chasing the dream

Chase Ealey, who has a British-based coach came within two cms of her PB as she won her first major title having been seventh in 2019. It was he first throw of 20.49m that ensured USA’s first ever title in the event - her next best was a 20.07m in round four. Olympic champion Gong Lijiao chasing her third world title had to settle for her seventh world medal as she had successive throws of 20.23m, 20.08m and 20.39m in rounds three to five.. Jessica Schilder won bronze with Dutch records of 19.77m in both second and fifth rounds. Those two marks proved crucial as Sarah Mitton also threw 19.77m but her next best was 19.18m.

GOLD: Chase Ealey (USA) 20.49m
SILVER: Lijiao Gong (CHN) 20.39m
BRONZE: Jessica Schilder (NED) 19.77m

Women’s 1500m semis: Keeping Faith

Laura Muir qualified easily in second in 4:01.78 behind Gudaf Tsegay’s 4:01.28 which was the overall fastest. Olympic champion Faith Kipyegon won the second semi (4:03.98) as Katie Snowden struggled in 11th in 4:08.29 and was eliminated as was former Briton Adelle Tracey (4:06.96)

Women’s 3000m steeplechase: Norah Batty?

Norah Jeruto ran one of the fastest steeplechase heat times in history as she won her heat in a totally unnecessary 9:01.54. In a heat won by Alice Finot’s French record 9:14.34, in sixth Aimee Pratt set a British record 9:18.91 to make the final bravely taking the lead just before the bell. Pratt’s race took 3 hours to show on the BBC and then it was just one lap. Just missing out was Elizabeth Bird who was fifth in a top class heat (and beat Kenyan Jackline Chepkoech) in 9:23.17.

Men’s 110m hurdles: Grant Snaps

Defending champion Grant Holloway was fastest with 13.14 with his Olympic conqueror Hansle Parchment (13.17) next best. All three Britons made the semi finals automatically - Joshua Zeller (13.41) Andrew Pozzi (13.45) and Daniel King (13.57) but all will need considerably quicker to make the final.

Men’s 400m hurdles heats: Super Khallifah

Khallifah Rosser was fastest in 48.62 in a rather modest first round which saw 50.09 make the semis. Olympic champion and world record-holder Karsten Warholm returned to competition with a 49.34. Alastair Chalmers did well from lane one to qualify by time with a 49.34 which was eighth fastest overall. Chris McAllister had a below par run with a 51.55 in sixth in his heat.

Women’s HJ qualifying: Mahuchikh flicks

It only took a 1.90m to make the final rather than the advertised 1.95m. World Indoor champion Yaroslava Mahuchikh was one of those who cleared 1.93m with a perfect record Morgan Lake missed the event with Covid and Emily Borthwick and Laura Zialor could only clear 1.81m.

Women’s TJ qualifying: Rojas rolls

As expected Yulimar Rojas headed qualifying with 14.72m with Naomi Metzger missing out by 30 centimetres with 13.97m leaving her 18th best overall.

Tomorrow (local time - GB 8 hours later)

- 06.15 Men’s Marathon**
- 10.35 Heptathlon 100mH (HJ 11.35, SP 13.25)
- 11.05 Men’s 400m heats
- 11.35 Women’s Hammer final**
- 12.00 Women’s 400m heats
- 13.00 Men’s 10,000m final**
- 17.05/18.30 Men’s Discus qualification
- 17.10 Women’s pole vault final**
- 17.33 Women’s 100m semis
- 18.03 Men’s 400m hurdles semis
- 18.27 Men’s Shot final**
- 18.38 Women’s Hept 200m
- 19.00 Men’s 1500m semis
- 19.30 Men’s 110m hurdles final**
- 19.50 Women’s 100m final**

Medals

1 USA	2 1 2
2 Poland	1 2 0
3 China	1 1 1
4 Japan	1 1 0