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**Wightman surprise 1500m gold with world lead. Dos Santos 46.29 400mH & Ceh 71.13 Discus CBP's**

**Men's 1500m: What a man Wightman**

To most people, Jake Wightman, though the British champion (his first ever), went in as GB's second best bet for a medal after Olympic medallist Josh Kerr had won the heat and semis but Wightman, fifth in 2019 but 10<sup>th</sup> in the Olympics, had run fast in the qualifying but tried to conserve his energy. The race started fast with World leader Abel Kipsang leading in 27.46 with Wightman fourth in 27.76. At 400m, Kipsang was ahead in 55.51 with Wightman fourth (55.75) with Kerr 9<sup>th</sup> (56.38). Olympic champion Ingebrigtsen went ahead just before 700m (1:37.69) with Wightman still fourth (1:38.06) and it was the same at 800m with the Norwegian on 1:52.04 to the Brit's 1:52.41 with Kerr up to sixth (1:52.67).

Defending champion Cheruiyot looked keen to pass and was on the Norwegian's shoulder at 1000m in 2:20.28 with Wightman (2:20.40) and Kerr (2:20.73) in third and fifth. Ingebrigtsen seemed to want to control it from the front and he hit the bell in 2:34.23 but despite the pace there were still seven others within a second. There was no acceleration at 1200m (2:48.28) and along the backstraight Wightman passed the World champion and moved up to the shoulder of the Tokyo winner. The Norwegian initially held him off but a more decisive move from the Brit saw him ahead 200m out (3:02.12) by a single hundredth of a second and then another kick got him past and he could cut across.

The gap was a tenth as he hit the straight and he went clear and won in a PB and world lead of 3:29.23. The finishing speed was not exceptional (54.84 last lap) but his last 100m splits showed his speed endurance - 13.65, 13.47, 13.64).

It was Britain's first medal since the first race in 1983 and that winner Steve Cram was the BBC commentator here and the stadium announcer was his father and coach Geoff. Seb Coe presented the medal. Mo Katir, who was last at 400m, used his strength to hold off team-mate Mario Garcia and a late burst from Kerr that got him past the two Kenyans as Europe had an unprecedented top five.

**GOLD: Jake Wightman (GBR) 3:29.23**  
**SILVER: Jakob Ingebrigtsen (NOR) 3:29.47**  
**BRONZE: Mohamed Katir (ESP) 3:29.90**

**Women's High Jump- Lady Eleanor**

World indoor silver medallist Eleanor Patterson went in with an outdoor best of 1.96m and won with a PB and Oceania record of 2.02m on a good day for the Commonwealth. Four athletes were still in contention as the bar went up to two metres as the leading quartet cleared 1.98m. Patterson was only fourth then as she cleared at the third attempt and she was still fourth after a second-time clearance at 2.00m.

However, she cleared 2.02m at her first attempt and though favourite world indoor champion Yaroslava Mahuchikh also cleared it, it was only at the second attempt and as neither could clear 2.04m, Australia had the gold. Elena Vallortigara, who had a perfect record all the way up to two metres won bronze on countback from Iryna Gerashchenko.

**GOLD: Eleanor Patterson (AUS) 2.02m**  
**SILVER: Yaroslava Mahuchikh (UKR) 2.02m**  
**BRONZE: Eleanor Vallortigara (ITA) 2.00m**

**Men's 400m hurdles: Alison - his aim is true**

Alison dos Santos with 46.29 ran the third fastest time in history with a Championships record as there was another great race between the three fastest runners of all-time. Though he had been injured early season, the double world champion, Olympic winner and world record-holder Karsten Warholm made no allowance for that missed training as he started fast and led through 100m in 11.09 to Dos Santos (11.26) with Rai Benjamin fifth (11.35). At 200m Warholm (21.50) was still clear of Dos Santos (21.67) with Benjamin still fifth (21.97) However, just as they came into the straight, Warholm faded badly and at 300m Dos Santos (33.55) and Benjamin (33.67) were past Warholm (33.75). Over the last 100m the Brazilian pulled clear with a 12.74 last 100m, and he won by 0.60 of a second as Benjamin won his third successive global silver medal. Trevor Bassitt was only sixth into the straight in 34.46 but a 12.93 last 100m compared to Warholm's 14.67 and his big PB just pipped the best time of France's improving Wilfried Happio (47.41).

**GOLD: Alison dos Santos (BRA) 46.29**  
**SILVER: Rai Benjamin (USA) 46.89**  
**BRONZE: Trevor Bassitt (USA) 47.39**

**Men's Discus - Just Ceh yes - Kristjan soldiers on**

Though he was not the world leader, Kristjan Ceh has been the clear world number one and the Olympic fifth-placer was clearly the best here as he set a championships record 71.13m.

He started slowly with a 65.27m but a 69.02m second round put him ahead and then the 71.13m third round sealed gold and he also threw a 70.51m in the fifth. Teenager Mykolas Alekna, whose father Virgilius held the previous record of 70.17m from 2005 matched his father's 2001 silver with a 69.27m fourth throw while his compatriot 2017 winner Andrius Gudzius took bronze just ahead of Olympic and world champion Daniel Stahl.

As in the 1500m, Europe gained a top five.

**GOLD: Kristjan Ceh (SLO) 71.13m**  
**SILVER: Mykolas Alekna (LTU) 69.27m**  
**BRONZE: Andrius Gudzius (LTU) 67.55m**

**Men's 200m semis: Just say Noah**

The first semi saw Alexander Ogando run 19.91 and Joseph Fahnbulleh 19.92 as Nethaneel Mitchell-Blake faded to fourth in 20.30. 100m champion Fred Kerley cramped and was sixth in 20.68. The second semi was much faster as defending champion Noah Lyles blazed a 19.62 with splits of 10.36 and 9.26.

Olympic silver medallist Kenneth Bednarek made it a US one-two with a 19.84 and he just held off Jereem Richards who ran 19.86 (9.35 last 100m). Joe Ferguson struggled in lane two ran 20.52 in seventh. In the third race Erriyon Knighton blazed the bend in 10.27 and returned with a 9.50 for a clear win in 19.77. It was close for second with Aaron Brown (20.10) getting a final spot by three thousandths of a second from Filippo Tortu who just missed out on an automatic spot and also by a time place as Luxola Adams ran 20.09 in heat two.

**Women's 400m hurdle heats: Hollywood Bol**

European record-holder Femke Bol won her heat by over a second in 53.90. Just slightly slower was world record-holder Sydney McLaughlin who was just a second ahead of the rest. Defending champion Dalilah Muhammad was the next best in 54.45 Jessie Knight qualified in fourth (in Bol's heat) in 55.48 but Lina Nielsen struggled in eighth in 57.42 in her heat.

**Women's 200m semi finals: Jackson thrive**

The first semi was of better quality than the 2019 final as Shericka Jackson made up for her Olympics debacle (when she eased down prematurely and was eliminated) with a time of 21.67 which only six other athletes have ever bettered. The wind was a perfect 2.0mps. Her 100m splits were 11.16 and 10.51.

DSD athlete Aminatou Seyni finished very fast (10.50 last 100m) and her 22.04 got her into the final as she caught Mujinga Kambundji, who set a Swiss record 22.05 got through as a fastest loser. Jenna Prandini's 22.08 proved insufficient to get through but that time would have won silver in 2017 & 2019.

The next semi was a great race as Olympic champion Eliane Thompson-Herah (11.23 at 100m) narrowly led in into the straight ahead of Dina Asher-Smith (11.24) but both were runs down by Tamara Clark who won in 21.95 to Asher-Smith's 21.96 and Thompson-Herah's 21.97.

In the third semi, Shelly-Ann Fraser-Pryce has previously won a world title but not always been convincing at 200m but she blazed the bend in 11.08 and finished in her second best ever time of 21.82. with Abby Steiner second in 22.15.

**Tomorrow (local time - GB 8 hours later)**

- 15.20/16.50 Women's javelin qualification
- 16.25 Women's 5000m heats
- 17.20 Men's 800m heats (Max Burgin in ht 1 with Olympic champ Emmanuel Korir, Kyle Langford in ht 2 with world champ Donovan Brazier, Dan Rowden in ht 8 with Euro indoor champ Patryk Dobek)
- 18.15 Women's 400m hurdles semis
- 18.30 Women's Discus final
- 18.45 Women's 400m semis
- 19.15 Men's 400m semis
- 19.45 Women's 3000m steeplechase final

**Medals**

1 USA	6 5 7
2 ETH	3 3 0
3 KEN	1 3 2
4 JAM	1 2 1
5 POL	1 2 0
6 CHN	1 1 1
7 JPN	1 1 0
8 AUS/BEL/GBR/UGA	1 0 1

**Placings**

1 USA	175
2 ETH	69
3 KEN	63
4 JAM	42
5 POL	41
6 CHN	32
7 = CAN/AUS/GBR	28
10 NED	27