

**Jepruto 'chase CBP & UK Rec No.2 for Aimee Pratt / Bin DT Gold / MHS 2<sup>nd</sup> fastest in 400m semi**

**Women's Steeplechase: Flaming Norah**

This was a sensational race with five of the first seven setting PB's and four of them were National records with a stunning seventh place for Aimee Pratt breaking her heat time with her 9:15.64 timing.

Former Kenyan Norah Jeruto, now in Kazakhstan colours, led the opening kilometre in 2:57.72. Pratt was 14<sup>th</sup> in 3:01.28 at this stage running her own race but still operating at an unparalleled pace for her.

At halfway Jeruto was still leading in 4:28.33 with seven in contention including former champion Emma Coburn. Pratt was still on her own in 14<sup>th</sup> in 4:36.16. It was down to four at 2000m in 5:58.29 and Pratt was now 13<sup>th</sup> in 6:13.49. Another former Kenyan Winfred Yavi appeared ahead briefly at the bell in 7:46.37 but Jeruto went ahead again and Yavi messed up the final water jump and it was Jeruto, the former world youth champion, who missed the Olympics due to her nationality transfer, kicked away to set a Championships best and go third all-time.

Werkuha Getachew and Mekides Abebe went fourth and fifth all-time with the former setting an Ethiopian mark.

Pratt, 10<sup>th</sup> at the bell, moved up to seventh with a fast last lap and she picked off Coburn late and she also beat Olympic champion Peruth Chemutai and all the actual Kenyan runners!

**GOLD: Norah Jepruto (KAZ) 8:53.02 CBP**  
**SILVER: Werkahu Getachew (ETH) 8:54.61**  
**BRONZE: Mekides Abebe (ETH) 8:56.08**

**Women's 400 metres semis: Shaunae sure enough**  
Olympic champion Shaunae Miller-Uibo won the first heat in a PB 49.55 from Candace McLeod (50.05). Ireland's Rhasidat Adeleke was fourth (50.81) ahead of Victoria Ohuruogu who finished very strongly and set a PB 50.99.

Fiordaliza Cofil, who won a mixed relay gold, won the second race in 50.14 ahead of Lieke Klaver's Dutch record 50.18 Nicole Yeargin was fourth in 51.22.

Marleidy Paulino won the third heat in 49.98 ahead of Sada Williams' 50.12. Ami Pipi, who was another Briton drawn in lane eight, finished eighth in 52.28.

**Men's 400m semis: Norman conquers**  
The first semi was won by world leader Mike Norman (44.30) who had to work hard to catch Matthew Hudson-Smith (44.38) who came close to his British record 44.35 set on the Oregon track in May. He was leading in 21.06 at 200m and 32.02 at 300m.

Former champion Kirani James won heat two in 44.74 from Bayaop Ndori's 44.94. The final semi saw Wayde Van Niekerk lead through 200m in 20.97 and 300m in 32.35 but begin to struggle and he was piped by fast finishing Champion Allison who ran 44.71 to the world record-holder's 44.75. In fourth Alex Haydock-Wilson, so disappointing in the mixed relay, ran a stunning 45.08 to move into the UK all-time top 20, in fourth. His previous best was 45.57.

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**Women's Discus: Bin Collection**

Olympic champion Valarie Allman started well with a 67.62m but her lead didn't last the opening round as previous champion Sandra Perkovic threw 67.74m and then there was a big shock as Feng Bin smashed her PB by 3 metres with 69.12m.

Perkovic improved to 68.45m in round two to consolidate her second place and though Allman improved in round three, her 68.30m kept her in third. Allman maintained her consistency with a 68.05m fourth round but there was no change in the medal standings in the latter throws.

That meant the Chinese athlete who had been 17<sup>th</sup> in qualifying in Tokyo but fifth in Doha, had pulled off a shocking win ahead of five-time European champion Perkovic who won her seventh global medal

**GOLD: Bin Feng (CHN) 69.12m**  
**SILVER: Sandra Perkovic (CRO) 68.45m**  
**BRONZE: Valarie Allman (USA) 68.30m**

**Men's 800m heats: Marco strong**

Olympic champion Emmanuel Korir won a very slow first heat in 1:49.05 with a 25.5 last 200m which sadly missed World leader Max Burgin who was a late withdrawal with a calf injury.

Peter Bol won a much faster heat two in 1:45.50 from Commonwealth medallist Kyle Langford (1:45.68) who finished strongly after having just recovered from Covid as defending champion Donavan Brazier struggled home sixth in a non qualifying 1:46.72.

Moroccan Moad Zahafi controlled heat three in 1:46.15.

Algerian Djamel Sedjati won heat four in 1:46.39. Canadian Marco Arop won a competitive heat five in 1:44.56 from Jesus Lopez's 1:44.67 and Ireland's Mark English's 1:44.76 as American Jonah Koech who was initially in the first three was disqualified.

That meant all four Americans failed to progress to the semi finals. In the final heat Dan Rowden ran a very fast pace leading through 200m in 25.61 and at 400m he easily had the quickest time of 50.81.

He also had the best 600m time of 77.50 and led into the straight and though three came past his brave run was rewarded with a fastest losers time of 1:45.53.

A very fast finishing Slimane Moulal of Algeria was the winner in 1:44.90 as Olympic medallist Patryk Dobek (1:46.80) was eliminated.

**Women's 400mH semis: Sydney operates fast**

Defending champion Dalilah Muhammad who has raced lightly this year won the first semi in a season's best 53.28. Olympic medallist Femke Bol carried on her promising form with a clear win in 52.84 and there was a good battle for second with Shamier Little (53.61) winning that from Rushell Clayton (53.63) and Britton Wilson (53.72) as Jessie Knight was seventh in 55.39.

Sydney McLaughlin was even faster in the third semi final in 52.17 for the eight fastest performance of all-time but only her fifth best and she was taking it fairly easy. Gianna Woodruff set an Area record of 53.69 in second.

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**Women's Javelin qualifying: Maggie may not**

Only three athletes could get the automatic qualifying mark of 62.50m and qualifiers were headed by Haruka Kitaguchi's 64.32m.

Shying Liu threw 63.86m and Liveta Jasiunaite's 63.80m but the fourth best was 61.30m and that allowed a very modest 59.06m to make the final.

That did not include world leader Maggie Malone an American who has thrown 65.73m this summer but threw just 54.19m here.

**Women's 5000m heats: Running Gidey**

The heats were run at the hottest time of the day in gruelling conditions.

The fastest time came in heat two as 10,000m champion Letesenet Gidey was fastest with 14:52.27 ahead of Olympic champion Sifan Hassan (14:52.89) while 1500m runner-up Gudaf Tsegay (14:52.64) was also quick in heat one.

Eilish McColgan did most of the pacing for the second heat knowing that a top nine place in sub-15 would have a guaranteed final place and she paced it perfectly finishing seventh in 14:56.47 just ahead of Jess Judd who was eighth in 14:57.64 and both qualified as fastest losers.

European Indoor 3000m champion Amy Eloise Markovc struggled in the heat and was half a minute from qualifying in 12<sup>th</sup> in her heat.

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

17.05 Men's Javelin qualifying 18.35 Group B

17.10 Women's 800m heats

18.10 Men's 5000m heats

18.20 Men's triple jump qualifying

19.00 Men's 800m semis

19.35 Women's 200m final (draw Kambundji, Thompson-Herah, Asher-Smith, Jackson, Clark, Fraser-Pryce, Seyni, Steiner)

19.50 Men's 200m final (Adams, Richards, Knighton, Ogando, Bednarek, Lyles, Fahnbulleh, Brown)

**Medals**

1 USA 6 5 8

2 ETH 3 4 1

3 KEN 1 3 2

6 CHN 2 1 1

5 JAM 1 2 1

6 POL 1 2 0

7 JPN 1 1 0

8 AUS/BEL/GBR/UGA 1 0 1

(19 countries have golds and 32 have medals)

**Placings**

1 USA 185

2 ETH 82

3 KEN 63

4 JAM 42

5 POL 41

6 CHN 40

7 NED 32

8 GBR 30

9 AUS 28

9 CAN 28

11 JPN 22

12 ESP/UKR 20