

FAST 200m WINS FOR JACKSON (21.45) AND LYLES (19.31) AS DINA TAKES BRONZE

Women's 200m: Shericka Marvel Powers

Shericka Jackson ran the second fastest time in history as she destroyed what was the best quality 200m field in history to win her first major title.

However, the athlete who failed to qualify from her heat in the Olympics, was only second at 100m in a very fast 11.04 as the 100m champion Shelly-Ann Fraser Pryce (11.03) narrowly headed her.

Only just behind was Dina Asher-Smith who ran 11.08 for the bend and she was two metres up on the best of the rest led by Abby Steiner (11.28) ahead of Aminatou Seyni (11.29), Mujinga Kambundji (11.31), Tamara Clark (11.33) and an out of sorts Elaine Thompson-Herah (11.36).

Gradually Jackson's speed endurance proved decisive (49.47 400m PB and three global medals) and she pulled clear but that wasn't surprising as she covered the last 100m in 10.41. Only Florence Joyner-Griffith has run faster at 21.34 34 years ago.

Fraser-Pryce had previously won a world title in 2013 (in just 22.17) but is not really regarded as a 200m specialist but she held on well to run her second fastest ever time.

Everyone expected Asher-Smith (in her fourth final) to have to run a British record for a medal but it wasn't needed and like all bar the first two, she was quicker in the semi finals but she held on comfortably for third in 22.02 a metre ahead of DSD athlete Seyni (22.12) as Steiner (22.26) and Clark (22.32) failed to live up to their US Championships form.

GOLD: Shericka Jackson (JAM) 21.45 CBP
SILVER: Shelly-Ann Fraser Pryce (JAM) 21.81
BRONZE: Dina Asher-Smith (GBR) 22.02

Men's 800m semis: Moula on the money

In the first semi-final Olympic champion Emmanuel Korir had to come from behind to win with a 12.88 last 100m and overtake Wycliffe Kinyamal (1:45.49) as Peter Bol (1:45.58) was going to have rely on time. The fastest finisher though was Kyle Langford. He ran 12.87 for his last 100m and 25.91 for the last 200m but he came from too far back and was fourth in 1:45.91. He stayed in a fastest losers spot after the second semi as though the pace in the second race was a second faster at 400m they slowed mid-race as Djamel Sedjati (1:45.44) and Gabriel Tual (1:45.53) got the two automatic spots.

Dan Rowden, was seventh at 700m but he finished well moving up to third place but was well short of a qualifying position in 1:46.27.

Langford was hoping for a slow race in the third semi but it was 52.07 at 400m and 78.95m at 600m - almost identical to the second heat but the finish was faster and Slimane Moula blasted the last 100m (12.66) to win in 1:44.89 from Marco Arop (1:45.12). Emmanuel Wanyonyi (1:45.42) gained a fastest losers spot as Benjamin Robert (1:45.67) and Mark English (1:45.78) just missed out.

Men's 200m: Ark win for Noah

As expected, as in the 100m, USA gained a clean sweep (with three different athletes) but the major talking point was the stunning US and championships record by Noah Lyles, who easily retained his title with 19.31.

Lyles blasted the bend in 10.15 and had a clear metre on Olympic runner-up Kenny Bednarek (10.26) and world leader Erriyon Knighton (10.31).

The metre soon grew as the Tokyo bronze medallist powered down the straight and he kept the speed going throughout to complete the second 100m in 9.16 and remove Michael Johnson's 1996 record of 19.32 from the books as he went third all-time.

Bednarek (9.51 for his last 100m) just got the better of the 18-year-old Knighton who won his first of no doubt many major medals.

US-based NCAA champion Joseph Fahnbulleh finished strongly for fourth in 19.84 ahead of Alex Ogando's 19.93 as Jereem Richards won the Commonwealth battle for sixth place.

GOLD: Noah Lyles (USA) 19.31
SILVER: Kenneth Bednarek (USA) 19.77
BRONZE: Erriyon Knighton (USA) 19.80

5000m heats: Pick of the Krop

Most of the heat one runners threw away a chance of qualifying by dawdling the early laps (8:18.57 at 3km) and it was a huge burn up on the last lap. Oscar Chelimo (13:24.24) won from Grant Fisher (13:24.44), Olympic 10,000m champion Selemon Barega (13:24.4), Olympic champion Joshua Cheptegei (13:24.47) and Abdihamid Nur (13:24.48). Just missing out on automatic qualifying was Nicholas Kipkorir (13:24.56).

Also missing out was Andy Butchart (9th in 13:31.26) and Sam Atkin (10th in 13:34.36) though both were in qualifying positions.

The second heat was much faster (8:05.08 at 3000m) and it seemed all the qualifiers would come from that heat. Jakob Krop won in 13:13.30 - just outside the fastest heat time in history - with Olympic 1500m winner Jakob Ingebrigtsen easing around in 13.13.92 and playing to the crowd. Luis Grijalva (13:14.04) who made much of the pace.

Global medallists Yomif Kelelcha (13:14.87) and Mo Ahmed (13:15.17) got the other automatic spots.

Daniel Ebenyo (13:15.17) and double world champion Muktar Edris (13:21.19) and Marc Scott (13:22.54) all qualified by time and surprisingly Kipkorir was fractionally fastest than the tenth runner and qualified from the first heat.

Triple Jump Qualifying - Pichardo of the pops

Disappointing standard saw Olympic winner Pedro Pichardo best with a modest 17.16m ahead of world indoor record holder Hugues Fabrice Zango's 17.15m with 16.68m making the top 12, Ben Williams jumped just 15.98m for 26th.

Women's 800m heats: Welteji well fast

Diribe Welteji won the opening heat in 1:58.83 and was chased hard by Jemma Reekie (1:59.09) and former Brit now Jamaican Adelle Tracey (PB 1:59.20).

Keely Hodgkinson won a messy heat two in 2:00.88 with a tripped Elena Bello being advanced despite finishing sixth.

Olympic champion Athing Mu controlled heat three in 2:01.30 ahead of defending world champion Halimah Nakaayi (2:01.41) and Ellie Baker who made an excellent championships debut in third in 2:01.72.

Renelle Lamote (2:00.71) won a good quality heat four in 2:00.71 from Freweyni Hailu (2:00.93) and World indoor champion Ajee' Wilson (2:01.02) while Alex Bell (2:01.25) got through as a fastest loser to make it a unique GBR four through to the semi finals. Olympic bronze medallist Raevyn Rogers (2:01.36) had to produce a 13.93 last 100m to win heat five.

Natoya Goule (2:00.06) won heat six after Mary Moraa had run an extravagant 26.80 first 200m (1:47 pace!).

Men's Javelin qualifying: Peters pans opposition

World champion and world leader Anderson Peters (89.91m) headed Olympic winner Neeraj Chopra (88.39m) as 80.03m qualified.

Tomorrow (local time - GB 8 hours later)

- 06.15 Women's 35km walk
- 17.05 Men's pole vault qualification
- 17.40 Women's 4x100m heats
- 18.05 Men's 4x100m heats
- 18.20 Women's javelin final
- 18.35 Women's 800m semis
- 19.15 Women's 400m final
- 19.35 Men's 400m (Taylor, Jones, James, Norman, Hudson-Smith, Allison, van Niekerk, Ndori)
- 19.50 Women's 400mH (Wilson, Clayton, Little, Bol, McLaughlin, Muhammad, Woodruff, Ryzhykova)

Medals

1 USA	7 6 9
2 ETH	3 4 1
3 JAM	2 3 1
4 CHN	2 1 1
5 KEN	1 3 2
6 POL	1 2 0
7 JPN	1 1 0
8 GBR	1 0 2

Placings

1 USA	213
2 ETH	82
3 KEN	63
4 JAM	59
5 POL	41
6 CHN	40
7 GBR	36
8 NED	32
9 CAN	30
10 AUS	28
11 JPN	22