

Men's 400m: Norman wisdom

World leader Mike Norman won an exciting race which Kirami James led at 100m (10.81) from Norman (10.83) with Matthew Hudson Smith 4th in 10.98. At 200m James (20.95) was still ahead of Norman (21.12) and MHS (21.14), who had a clear margin over world record-holder Wayde Van Niekerk (21.33). At 300m James (31.98) was still leading from Norman (32.04) and Hudson-Smith (32.13) with Van Niekerk closing (32.21).

Norman, who had failed to medal in his previous championships, fought past James to win clearly in 44.29 as 2011 champion James won his sixth global medal. Very briefly Van Niekerk got past the MHS but the Brit held his form well to regain 3rd as Champion Allison - last at 200m in 21.57 - finished fastest over the last 100m but was a metre short in gaining a podium position. It was Britain's first medal since Roger Black though MHS couldn't match his semi-final time.

GOLD: Michael Norman (USA) 44.29
SILVER: Kirani James (GRN) 44.48
BRONZE: Matthew Hudson-Smith (GBR) 44.66

Women's 400m: Shaunae rides easy

In her fifth World Championships, double Olympic champion won her first World outdoor title with a world-leading 49.11.

The Bahamas athlete led through 100m in 11.76, 200m in 23.24 and 300m in 35.61 and lost no ground in the straight.

Olympic silver medallist Marleidy Paulino was only fifth at 200m in 23.78 and third at 300m in 36.10 and finished strongly to overhaul Sada Williams (23.55/35.80) who set a Barbadian record.

GOLD: Shaunae Miller Uibo (BAH) 49.11
SILVER: Marleidy Paulino (DOM) 49.60
BRONZE: Sada Williams (BAR) 49.75

Women's 4x100m heats: Hobbs Choice

Britain won their heat easily in a short-lived world lead of 41.99 with timed splits of Asha Philip (11.52), Imani Lansiquot (9.98), Ashleigh Nelson (10.55) and Daryll Neita (9.94). Lansiquot and Neita were quickest on their legs though it was close to the zone on the last change-over,

Jamaica, with none of their three individual medallists were second in 42.27 and Germany (42.44) also qualified.

USA (41.56) were much quicker with a team of Melissa Jefferson (11.44), Aleia Hobbs (9.91), Jenna Prandini (10.36) and Twanisha Terry (9.85) being quickest on all four legs. Spain (42.61) set a national record 42.61 with Nigeria (42.68) third and Italy (42.71) and Switzerland (42.73) took the fastest losers spots.

Men's Pole Vault Qualifying - Coppell out

A very neat 12 athletes cleared 5.75m and Olympic top two Mondo Duplantis and Chris Nilsen had perfect records along with Oleg Zernikel.

Harry Coppell could only clear 5.50m and was a non qualifying 19th.

Women's 400mHs: Sydney harbours greatness

It was no surprise Sydney McLaughlin won or even set a WR but the time was totally shocking - 50.68 which was quicker than two of the 400m final finishers and bettered her 51.41 WR time at the US Championships - she has now she has run 0.90 quicker than anyone else.

Femke Bol was a clear second from defending champion Dalilah Muhammad and when running 52.27 but was made to look ordinary.

McLaughlin (12.26) led at 100m from McLaughlin (12.39) and Bol (12.66). At 200m, the medallists were in their eventual order (24.25, 24.97, 25.03) and the gaps continued to grow at 300m (37.02, 38.24, 38.45). Holding her form superbly, the young American who is still only 22, covered the last 100m in 13.66 quicker than 400m flat bronze medallist Williams for arguably the greatest female performance ever - it was a privilege to have witnessed her perfection.

GOLD: Sydney McLaughlin (USA) 50.68
SILVER: Femke Bol (NED) 52.27
BRONZE: Dalilah Muhammad (USA) 53.13

Women's Javelin: Barber cut above rest

After modest performances all year defending world champion showed what a superb competitor she is by improving her 2022 best by five metres to set a world leading 66.91m. Her team-mate Mackenzie Little led round one with 63.22m as Barber started with 62.67m & 62.92m before her third round throw.

Little stayed second until Olympic champion Shiying Liu threw 63.25m in the fifth round. In the final round Haruka Kitaguchi and Kara Winger moved past Liu and Little.

GOLD: Kelsey-Lee Barber (AUS) 66.91m
SILVER: Kara Winger (USA) 64.05m
BRONZE: Haruka Kitaguchi (JPN) 63.27m

Men's 4x100 qualifying: House of Cardoso

USA won heat one easily in 37.87 (Coleman 10.31, Lyles 9.26, Hall 9.26, Bracy 9.04) ahead of a very ragged GB 38.49 (Gemili 10.65, Hughes an excellent 9.13, Mitchell-Blake 9.44 and Prescod 9.27) and were very close to a DQ on the last changeover. Ghana were third in 38.58 (8.92 anchor from Joseph Amoah).

All 5 qualifying teams in heat two were faster than GB headed by France (38.09 - Vicaut 9.07), Canada (38.10 - de Grasse 9.01); 3 South Africa 38.31 (Simbine 8.95). Jamaica were fourth (38.33) but quickest individual leg was 8.94 by Erik Cardoso of Brazil (38.41).

Women's 800m semis: Moraa than this

Mary Moraa (1:59.65) won the first semi from Ajee Wilson (1:59.97). Adelle Tracey (2:00.21) finished fast for third with Jemma Reekie fifth in 2:00.43.

Keely Hodgkinson ran a controlled 1:58.51 to defeat Natoya Goule (1:58.73) and Raevyn Rogers (1:58.77). Ellie Baker was seventh in 2:02.77 after a good 600m.

Athing Mu won the final semi in 1:58.12 narrowly won from Diribe Welteji (1:58.16) while Anita Horvat (1:59.60) PB'd to gain a fastest losers spot. Alex Bell (2:00.82) was seventh in 2:00.82.

Women's 35km walk: Leon proves main woman

The first ever women's 35km walk championships looked very much like the earlier 20km as the first three finished in the same order. The eventual first two Kimberly Garcia-Leon and Katarzyna Zdziebło were clear at 5km by five seconds in 23:26 and they had stretched the gap to 28 seconds in 46:27 at 10km and 36 seconds at 15km (69:25) as they covered that section in 22:58. By 20km, the Peruvian was clear in 1:31:49 (22:24) from the Pole (1:32:00) and in third was the 20km bronze medallist (Shijie Qieyang in 1:33:05) and she had 84 seconds on the fourth athlete. At 25km, the gap had closed with Garcia Leon (1:54:33 in 22:44) just seven seconds ahead. But at 30km, the margin had opened up again with Garcia Leon (2:17:05 in 22:32) 21 seconds ahead with the Chinese a further 68 seconds back and the medals looked set. Over the last 5km, which she covered in the fastest split of all of 22:11 for an Area record. The Pole set a PB while the Chinese also set an Area record with a strong last 5km. All the first 10 set a PB.

GOLD: Kimberly Garcia Leon (PER) 2:39:16
SILVER: Katarzyna Zdziebło (POL) 2:40:03
BRONZE: Shijie Qieyang (CHN) 2:40:37

Tomorrow (local time - GB 8 hours later)

09.50 Decathlon 100
10.40 Decathlon LJ
11.20 100m hurdles heats
12.00 Women's Long Jump qualifying
12.10 Decathlon SP
16.10 Decathlon HJ
17.10 Women's 4x400 heats
17.40 Men's 4x400m heats
18.00 Men's Triple jump final
18.10 Men's 800m final
18.25 Women's 5000m final
18.35 Men's Javelin final
18.55 Decathlon 400
19.30 Women's 4x100
19.50 Men's 4x100

Medals

1 USA	9 7 10
2 ETH	3 4 1
3 JAM	2 3 1
4 CHN	2 1 2
5 AUS	2 0 1
6 PER	2 0 0
7 KEN	1 3 2
8 POL	1 3 0
9 JPN	1 1 1
10 DOM	1 1 0
11 GBR	1 0 3

Placings

1 USA	256
2 ETH	82
3 JAM	70
4 KEN	63
5 CHN	53
6 POL	49
7 NED	44
8 GBR	42
9 AUS	40
10 CAN	30
11 JPN	28