

GOLD FOR JKT, McCOLGAN & JONES / SILVER for O'CONNOR – A UNITED KINGDOM OF MEDALS

Women's 10,000m: Eilish by an eyelash

Thirty six years after her mother Liz McColgan won in Edinburgh (and then retained in Auckland in 1990, the year of her birth), Eilish won her families third gold at the event. While Liz won comfortably, Eilish had to fight all the way as she smashed the Games record. The first lap was led by McColgan in a painful 83.2 and the opening kilo 3:17.86 before she lost patience and picked the pace up with a 3:05.99 and 3:04.03 and the pack was down to eight as she ran one 73 second lap after another. She carried on with a 3:04.82 and 3:05.32 to pass halfway in 15:38.02 and soon after it was down to six. Sheila Kiprotich took over at 6km with a 3:04.86 and it was down to five contenders - two Kenyans, a Scot, a English runner (Jess Judd) and defending champion Stella Chesang. Kiprotich then drove the fastest kilo of the race - 3:02.31 and only McColgan and Irine Cheptai, who beat the Scot in the Olympics went with it. The pace dropped though 8km (3:06.79) and McColgan went ahead again but Cheptai was back ahead at 9km with a 3:05.01 as an injured Kiprotich dropped back but McColgan hung on as the Kenyan ran a 72.5 penultimate lap. She looked far from comfortable as the pace upped to 31.9 for the next 200m but the Scot was beside the Kenyan as they swung into the straight and as the crowd roared she eased away to win by a few metres with a 63.0 last lap. Kiprotich limped to third Judd was fifth (31:18.47) just ahead of Sam Harrison (PB 31:21.53). Sarah Inglis was ninth (32:04.74) and NI's Hannah Irwin dropped out.

GOLD: Eilish McColgan (SCO) 30:48.60
SILVER: Irene Cheptai (KEN) 30:49.52
BRONZE: Sheila Kiprotich (KEN) 31:09.46

Men's 100m: Riot Ferdinand

A curious final with eight different nations but no Caribbean athletes saw Kenya denied a gold at the 10,000m races win their first title at Birmingham at 100m. Ferdinand Omanyala won easily by a metre in 10.02 as defending champion Akani Simbine again proved his consistency. Sri Lankan Yupun Abeykoon was a surprise third with Jeremiah Azu a close fifth (10.19) as Nethaneel Mitchell-Blake jogged across the line last in 11.10. The latter's semi time of 10.13 would have medalled Azu ran 10.15 in his semi while Ojie Edoburun (10.30), Adam Thomas (10.40) were eliminated

GOLD: Ferdinand Omanyala (KEN) 10.02
SILVER: Akani Simbine (RSA) 10.13
BRONZE: Yupun Abeykoon (SRI) 10.14

Women's 100m The first Herah

Multi Olympic champion Elaine Thompson-Herah won her first Commonwealth gold as she fought off the challenge of St Lucia's NCAA champion Julien Alfred. Daryll Neita, who ran a sensational 10.90 in her semi - quicker than anyone in the final got a poor start but came through strongly to easily win bronze. Imani Lansiquot just missed the final with 11.18 while Asha Philip (11.35), Alisha Rees (11.47) and Hannah Brier (11.61) were also eliminated.

GOLD: Elaine Thompson-Herah (JAM) 10.95
SILVER: Julien Alfred (LCA) 11.01
BRONZE: Daryll Neita (ENG) 11.07

Men's High jump: Hamish rolls it

World Indoor medallist Hamish Kerr won a modest competition as he had a perfect record up to 2.25m. Defending champion Brandon Starc took silver after four combined failures between 2.19m and 2.22m even though he cleared 2.25m at the first attempt. Tejaswin Shankar won bronze on countback with a perfect record up to 2.22m as he pushed 38 year-old former world champion Donald Thomas into fourth. England's Joel Clarke-Khan who cleared 2.22m at the third attempt was fifth. Scots Will Grimsey was 7th (2.19m) and Dave Smith 9th (2.15m).

GOLD: Hamish Kerr (NZL) 2.25m
SILVER: Brandon Starc (AUS) 2.25m
BRONZE: Tejaswin Shankar (IND) 2.22m

Women's Shot: You have to hand it to Mitton

Sarah Mitton - fourth in the World Championships - remarkably improved round by round. Fifth with 17.13m, fourth with 17.33m, third with 17.77m and 17.83m and 18.29m but a final round 19.03m snatched gold from Jamaican defending champion Danniell Thomas-Dodd who had led with 18.98m. Kiwi Maddison-Lee Wesche was third with her opening 18.84m which led the opening two rounds. Divine Oladipo (5th 17.28m) narrowly headed English team-mates Amelia Strickler and Sophie McKinna (both 17.18m).

GOLD: Sarah Mitton (CAN) 19.03m
SILVER: Danniell Thomas-Dodd (JAM) 18.98m
BRONZE: Maddison-Lee Wesche (NZL) 18.84m

Women's 400m heats: Queen Victoria

Victoria Ohuruogu, the sister of the champion from 16 years ago, Christie, was fastest with 51.34 with favourite Sada Williams second best with 51.66 and Scotland's Zoey Clark next with 51.84. Ami Pipi (52.46), Jodie Williams (52.47) and Nicole Yeargin (52.52) all made it to the semis.

Men's 800m heats: Big Ben strikes

A lack of entries meant again just a few heats and no semi finals. All three Britons qualified for the final as Ben Pattison (1:48.00) and Jamie Webb (1:48.66) won their heats with sub-26 last 200's and Guy Learmonth (1:49.15) also qualified as Aussie Peter Bol was fastest with 1:47.01.

Men's 400m heats: Muzala muzzles opposition

Teenager Muzala Samukonga of Zambia ran flat out to win his heat in the fastest time of 44.89 though Jamaican Nathan Allen (45.18) looked like he was jogging in winning his heat.

Only two Britons competed and Matthew Hudson-Smith (1st in 46.26) and Joe Brier (46.84) qualified for the semi-finals in an event that could have done with more home competitors.

Double world 800m champion Emmanuel Korir was disqualified after winning his heat for running inside his lane on a number of strides.

Para events: Smart Aled

Aled Davies won the F42 discus with 51.39m with Harrison Walsh of Wales the best F44 thrower with 54.76m. Aussie Evan O'Hanlon (11.23) won the T37-38 100m with England's Shaun Burrows a close fourth in 11.69.

Women's Heptathlon: Top Kat litters opposition

Katarina Johnson-Thompson defended her title with her best competition since her world title in 2019 as she showed her true class on the second day of competition as she continues her recovery from the Tokyo Olympics. Initially, Jade O'Dowda bounced back into contention with a 6.52m leap as Johnson-Thompson jumped a solid 6.33m, Crase set a PB 6.23m, Mills 6.19m and O'Connor lost ground with 5.82m. After five events the score was Johnson-Thompson (4718) from O'Dowda (4596), Crase (4525), Mills (4510) and O'Connor (4451). O'Connor actually jumped from fifth to first with her first throw of 50.76 as KJT threw just 36.19m but the defending champion went back ahead with a fine 41.37m and then threw an excellent PB of 44.33m to extend her lead O'Dowda threw 42.15m as Mills struggled with a 38.63m. The scores going into the final event were KJT 5469, O'Connor 5333; O'Dowda 5305; Crase 5153; Mills 5151.

Johnson-Thompson has not impressed in her 800s this year but with the spur of a title she ran a gutsy 2:13.93 for second behind Mills (2:11.42) and ahead of O'Dowda (2:14.00) and O'Connor (2:14.48) which meant the latter won Northern Ireland's first multi event medal since Mary Peters gold in 1974 and just about hold off O'Dowda as Mills (6095) moved up to fourth after a slightly disappointing competition to give home athletes the top four places. Anna McCauley finished 6th (5426) and Lauren Evans 7th (5209).

GOLD: Katarina Johnson-Thompson (GBR) 6377
SILVER: Kate O'Connor (NIR) 6233
BRONZE: Jade O'Dowda (ENG) 6212

Athletics medal table (Inc Para)

1 ENG 4 5 5
2 AUS 4 2 1
3 WAL 2 0 1
4 UGA 2 0 0
5 KEN 1 3 3
6 JAM/SCO 1 1 0
8 NZL 1 0 2
9 CAN/NGR 1 0 1
17 teams have medals

Tomorrow's Events

10.00 Women's hammer qualifying
10.15 Decathlon 100m
10.25 Women's 200m heats. Mboma, Thompson-Herah and Aldred but no English and 1 Scot
11.00 Decathlon long jump
11.05 Women's HJ Qualifying
11.25 Men's 1500m heats
11.45 Men's 200m heats
12.20 Decathlon Shot
19.00 F42-44/61-64 Women's Discus
19.02 Decathlon high jump
19.38 Women's 400m hurdles heats
19.42 Men's long jump
20.10 Men's T11-12 100m
20.25 Women's T53-54 1500m
20.35 Men's Discus final
21.00 Decathlon 400m
21.44 Men's 110m hurdles final