

BRITISH & INTERNATIONAL SUPPORTERS EVENT INFORMATION SERVICE

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RICKETTS GAMES W TJ RECORD / SILVER BIRD / BRONZE AGE METZGER & LINCOLN

Women's steeplechase: Bird flies home second

This race started sensationally when Jackline Chepkoech blasted the opening 400m in 65 secs but gradually Olympic champion Peruth Chemutai seemingly took control through 1000m in 2:59.90 and 2000m in 6:08.32 but on the penultimate lap while behind Chepkoech, she fell heavily but got up and held second until Elizabeth Bird shot by in the last 200 metres. Chepkoech set a Games record and PB 9:15.68 while Bird set a PB 9:17.79 to strengthen her hold on 2nd place on the UK all-time lists. Aimee Pratt wasn't able to replicate her Eugene UK record form but finished a strong fourth as Northern Ireland's Eilish Flanagan finished sixth in 9:57.18.

GOLD: Jackline Chepkoech (KEN) 9:15.68
SILVER: Elizabeth Bird (ENG) 9:17.79
BRONZE: Peruth Chemutai (UGA) 9:23.24

Men's Shot: Walsh wizard

When defending champion and former world champion Tom Walsh opened with a 21.98m it seemed over. He carried on with four more 21 metre throws but team-mate Jacko Gill himself improved to 21.20m then 21.29m and then a big PB of 21.90m in the last round. With the gold in the bag, Walsh responded with a huge 22.26m. England's Scott Lincoln started solidly but inspired by the occasions he went third with a 20.57m fifth throw for his best ever major competition.

GOLD: Tom Walsh (NZL) 22.26
SILVER: Jacko Gill (NZL) 21.90
BRONZE: Scott Lincoln (ENG) 20.57

Men's 200m semis Hughes dream Jereem rematch

Zhanel Hughes, DQ-ed 4 years ago, is on course for a rematch with 2018 200m winner Jereem Richards after the pair won their semis. Hughes looked better than ever as he won in a marginally wind assisted 20.32/2.1 despite easing down long before the line, Richards also eased back significantly and won in 20.40/0.1. Udodi Onwuzurike won the other semi in 20.59/1.9 in which Adam Gemili faded to fourth in 20.97 as 20.89 made the final.

Women's 400m semi: Victoria crosses into final

With another well judged race and strong finish Victoria Ohuruogu was again fastest with a 51.00 with Ami Pipi (51.95) third and Zoey Clark (51.99) also qualifying. In the second semi world bronze medallist Sada Williams remains final favourite as she won in a relaxed 51.59 with Jodie Williams (51.98) setting a season's best in third but Scotland's Nicole Yeargin (52.24) just missed out.

Women's 200m semis: Elaine draw

100m champion Elaine Thompson-Herah was quickest with 22.63 as Favour Ofili (22.66) and Christine Mboma (22.93) won the other heats. Beth Dobbin (23.28) gained a fastest losers spot. Hannah Brier ran 23.84 for sixth in her heat.

Men's 400m semis: Matt finish first

Cold blustery conditions saw modest timed wins for Haron Adoli (45.80), Jonathan Jones (45.82) and Matthew Hudson-Smith (45.77) was fastest with a relaxed run as just 46.30 qualified for the final. Wales' Joe Brier (47.50) struggled.

Women's 100m Hurdles heats: Tobi jogs 12.40

World record-holder Tobi Amusan produced another great race and with a controlled 12.40, only a marginal over the limits 2.4 mps denied her a Games record. Cindy Sember won her heat in 12.67 (2.5) with wind just over the limits to head former world champion Danielle Williams (12.80) as all eight qualifiers for the final were inside 13 seconds in one of the better quality events here. Scotland's Heather Paton ran a season's best and legal 13.39.

Women's 1500m heats: Magic Mageean

It should have been a straight final with 15 participants but it was still competitive and Melissa Courtney-Bryant (4:14.46) and Jemma Reekie (4:16.23) only got through as fastest losers - the latter ran 30.3 for her last 200m but was boxed in along the straight. Northern Ireland's Ciara Mageean - with a 2:05.8 last 800m was fastest with a 4:13.52 in the first heat with Laura Muir doing the bare minimum (4:14.11 in fifth). Sole English runner Katy Snowden finished 2nd in her heat in 4:16.09 in what should be a quality final with three Australians, two Kenyans, a Ugandan, a Canadian and five home athletes.

Men's 4x400m Heats: Jones graces heats

Moronic scheduling - held on the day of the 400m semis - meant some teams had to rest athletes and others may have spoiled their chance of making the 400m final. Botswana won heat one in 3:05.11 and Jamaica (3:05.20) and Zambia (3:06.02) with the latter's Muzala Samukonga (he of excessive 400m heat) running 45.49 on the last leg but lucky to avoid disqualification having moved right across other runners to pick up the baton in lane one having been lined up in lane four. Kenya won heat two in 3:06.76 from India (3:06.97) and Trinidad (3:07.12). Barbadian Jonathan Jones with a 45.1 was fastest..

Women's Long Jump qualifying: Acquah main

Surely one of the greatest qualifying competitions at any event in Commonwealth history as five jumped 6.79m or better. Only on two Commonwealth Games has a 6.79m failed to win the gold medal. They were headed by Ghana's NCAA runner-up Deborah Acquah's 6.85m (1.1) leading Australian world leader Brooke Buschkuehl 6.84 (2.5), Nigerian world silver medallist Ese Brume 6.81 (0.3), and England's world finalists Jazmin Sawyers 6.80m (2.1) and Lorraine Ugen's 6.79m (-0.2) showed potential gold medal form while England's third jumper - Doha seventh placer and Olympic finalist Abigail Irozuru just about avoided a third no jump with a 6.59 (1.3) to qualify eighth best with a season's best of 6.59m.

Para events: Nathan stones gets Carter

In the 1500m T53-54 wheelchair there was an exciting race as England's Nathan McGuire (3:11.83) edged past team-mate Daniel Sidbury (3:12.15) who had led most of the way with a bold mid-race acceleration and Aussie Sam Carter took bronze in 3:12.82. McGuire is the partner of another gold medallist Hannah Cockroft.

Women's Triple Jump: Ricketts bats opposition

Shanieka Ricketts has been second in the last two World Championships and was second in 2018 but she went top of the podium with a superb Games record 14.94m with her opening jump, a longer distance than she managed in Eugene. Thea Lafond, fifth in Eugene and fourth in the World Indoors opened with a 14.39m and that proved sufficient for second but only just. Naomi Metzger (14.22m PB) had a dream competition opening with a PB 14.32m, followed by jumps of 14.23m and 14.37m and then 14.36m in the fifth. Her 14.37m has strengthened her hold on third place all-time in the UK.

GOLD: Shanieka Ricketts (JAM) 14.94 CR
SILVER: Thea Lafond (DMA) 14.39
BRONZE: Naomi Metzger (ENG) 14.37

Decathlon Day 2: Victor Ludorum

Eugene 5th-placer Lindon Victor won as expected but was pushed all the way by Australians Daniel Golubovic and Cedric Dubler who were respective 14th and 8th in America He lost the lead after a 14.89 hurdles, regained it with a 46.54 discus, lost it with a 4.70m pole vault, regained it with a 65.16m javelin to go 200 points clear but lost most of the lead as he lost over 20 seconds at the 1500m. Golubovic, only fifth overnight on 4066 points, moved up throughout the second day with a 14.32 hurdles, 49.85m discus, 4.90m pole vault, 58.26m javelin and then a clear win in the 1500m in 4:30.95. Dubler went ahead with a 14.20 hurdles, regained it with a 5.00m pole vault but struggled in the last two events and faded to third. England's Harry Kendall started day two badly with a 15.72 hurdles but finished well with a 42.09m discus, 4.40m outdoor PB pole vault, 59.90m PB javelin and a 4:50.22 1500m second place and he ended up sixth on 7480 points as he got fantastic support throughout.

GOLD: Lindon Victor (GRN) 8233
SILVER: Daniel Golubovic (AUS) 8197
BRONZE: Cedric Dubler (AUS) 8030

Athletics medal table (Inc Para)

1	AUS	6 5 3
2	ENG	5 9 8
3	JAM	3 1 1
4	KEN	2 3 3
5	NZL	2 1 2
6	NGR/WAL/UGA	2 0 1
9	RSA	1 2 1
10	SCO	1 1 1

Saturday's Events

- 10.17 Women's High Jump final
- 10.20 Women's F55-57 Shot
- 10.30 Women's 10,000m walk
- 11.48 Men's Hammer final
- 11.50 Men's steeplechase final
- 12.15 Women's 4x100m relay heats
- 12.45 Men's 4x100m relay heats
- 13.10 Men's 1500m final
- 19.00 Women's Hammer final
- 19.10 Men's pole vault final
- 19.30 Women's 400m hurdles final
- 19.45 Women's 800m final
- 20.10 Men's 5000m final
- 20.45 Men's 400m hurdles final
- 21.18 Men's 200m final
- 21.44 Women's 200m final