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FEMKA Triple / KEELY Gold as GBR 4x400s & Lizzie medal / DUPLANTIS soars again to CR

Women's 800m: Keely really easy

After three successive championships silvers in Tokyo, Eugene and Birmingham, Keely Hodgkinson won her first major senior outdoor title, having already won European Indoor and European youth titles.

The 20 year-old Brit was first at 100m in 13.66 but settled in to be fifth at 200m in 27.54 as Jemma Reekie led in 27.41 alongside home favourite Christina Hering.

The German pushed ahead at 300m and led in 42.77 with Reekie third (43.01) and Hodgkinson still fifth in 43.11.

The German slowed slightly through 400m in 58.60 as twice runner-up Renelle Lamote moved up to second in 58.73 from Reekie (58.81) and Hodgkinson (58.84) who was following Lamote. The third Briton Alex Bell was a passive sixth in 59.02.

Hering was still ahead at 500m (74.44) but slowing and the whole field was covered by just five metres.

Along the backstraight, Hodgkinson accelerated into the lead and at 600m (89.36) after a 14.70 100m and had a metre on Reekie (89.47) with Hering and Lamote (89.51) the closest of a still bunched field.

The Briton kept a similar pace of 14.79 on the bend to lead past 700m (1:44.15) with still Reekie second (1:44.30) with Lamote third (1:44.58).

Hodgkinson did not really need any further acceleration and covered the final 100m in 14.89 and still won easily by three metres.

Lamote was happy enough with her silver and a further three metres back Anna Wielgosz was delighted to take the bronze.

Reekie still looked she could medal in the finishing straight but a painful last 100m of 16.01 saw her run 2:00.31 in fifth just ahead of Bell in 2:00.68 with Ireland's Louise Shanahan eighth in 2:01.64.

GOLD: Keely Hodgkinson (GBR) 1:59.04
SILVER: Renelle Lamote (FRA) 1:59.49
BRONZE: Anna Wielgosz (POL) 1:59.87

Men's Pole Vault: Swede dreams are made of this

Predictably Mondo Duplantis defended his title with ease and also set a championships record of 6.06m as he won by a whopping 21 centimetres.

He cleared 5.65m with his first jump and went into gold medal position when he cleared 5.85m also at the first attempt while German Bo Kanda Lita Baehre did so at his second attempt much to the crowd's great excitement.

Duplantis then went over 5.90m first time and Lita Baehre failed and had his last two attempts at 5.95m as the Swede also cleared that height first time.

With the competition won the Swede moved up to 6.06m which he again comfortably cleared and chose to not go higher in the cool, damp conditions. Pal Lilliefosse took the bronze on countback from three others who cleared 5.75m.

GOLD: Mondo Duplantis (SWE) 6.06m CR
SILVER: Bo Kanda Lita Baehre (GER) 5.85m
BRONZE: Yasmani Coppell (TUR) 5.75m

Women's 3000m steeplechase: Bird third as Gega gets it

Luiza Gega deservedly went one better than she did in 2016 with a brave front run and became the first ever Albanian champion and she is their only ever medallist.

She led through the opening kilometre in 3:00.33 with Elizabeth Bird tracking her closely and the pair seemed to be clear as they hit 2km in 6:06.89.

Much to the crowd's delight Lea Mayer closed the gap and passed a tiring Bird who faded in the last 600m but Gega was able to go away again on the last lap

An exhausted Bird held on for third to get Britain's second medal in the event while Aimee Pratt was seventh in 9:35.31 having been in third until just before 2km.

GOLD: Luiza Gega (ALB) 9:11.31 CR
SILVER: Lea Meyer (GER) 9:15.35
BRONZE: Elizabeth Bird (GBR) 9:23.18

Men's 4x400: Baton charge

The GBR men's 4x400 team failed to qualify for Eugene, due to a lack of forethought and competition and the England selectors curiously chose to not select a team for the Commonwealths but they still proved to be the best in Europe. In a time that would have finished fourth in Eugene and easily first in Birmingham, the four English runners combined to win their tenth title in the event but only their second since 2002.

On paper it looked a formality with the 400m champion and bronze medallist plus 200m fourth-placer Charlie Dobson who ran a 45.11 earlier in the year but it proved to be hard-fought.

Matthew Hudson-Smith eased through the first 200m and then powered away in the second and at the first change-over Britain had a clear lead though the time was not 41.45 as given in the results but probably high 44's!

Belgium through Alex Doom's 45.35 were second with Czech Republic (45.67) third and Netherlands fourth (45.76).

Charlie Dobson, in his first major senior relay, held back a little and then pushed the second half with a time well inside 45 seconds and Britain led at halfway on 1:29.35, six metres clear of Belgium on 1:30.08 (Julian Watrice 44.73) and France on 1:44.09 (a great leg from Loic Prevot with 44.21 with Netherlands fourth on 1:30.38 (Liemarvin Bonevacia 44.62)

Lewis Davey had run brilliantly in the heat but there he was chasing down but here was now being pursued by a pack.

Her maintained first place with a 45.53 but the gap was down to a metre as Britain led on 2:14.88 just ahead of France (2:14.96), Belgium (2:15.00) and Spain (2:15.49).

Alex Haydock Wilson led throughout the final leg but France, Belgium and Spain were lined up behind him as he hit the straight but moving slightly wide his 44.47 leg gave Britain victory by a metre with a closing Dylan Borlee timed at 44.69 and bronze medallists France anchored by Thomas Jordier's 44.68.

GOLD: Great Britain 2:59.35
SILVER: Belgium 2:59.49
BRONZE: France 2:59.64

Women's 4x400: Dutch Courage drunk from Bol

Femke Bol won her third gold of the Championships as she ran a brilliant anchor to bring the Netherlands home in a Dutch record and win their first ever medal in the event and only the GDR have gone faster.

Poland with their two individual medallists, snatched second on the line from Britain, who had led for much of the race.

Victoria Oshurougu got them off to a good start as they battled with Belgium.

Ami Pipi ran an aggressive first 200m but just lost out to Lieke Klaver's strong finish with the Dutch world 400m finalist later getting a rendition of Happy Birthday sung by the crowd.

Jodie Williams kicked past the Dutch down the back straight and went ahead but struggled in the last 50 metres and Belgium went past and at the last changeover it was Britain second with Netherlands and Poland close enough to challenge.

Belgium led into the straight until Bol powered past for a comfortable win and 400m silver medallist Natalia Kaczmarek edged by Nicole Yeargin on the line.

Britain's time was much faster than their Eugene bronze where the Dutch and Poles didn't make the final and was the fastest ever third place time.

GOLD: Netherlands 3:20.87
SILVER: Poland 3:21.68
BRONZE: Great Britain 3:21.74

Medal table

1 GER 5 7 2; 2 GBR 5 5 8; 3 GRE 4 1 0; 4 NED 4 0 2; 5 ESP 3 3 3; 6 NOR 3 0 2; 7 POL 2 5 4; 8 ITA 2 2 5; 9 CRO/FIN 2 1 0; 11 SUI 1 3 1; 12 SER/SWE 1 2 0

Men's 20km Walk: Aiming Martin

Alvaro Martin, the Eugene seventh-placer, retained his title after he was chased home by double Eugene medallist Perseus Karlstrom.

The pair were part of an eight lead pack at 10km in 40:16 but a big acceleration around 15km when the pace hit 3:47 kilometre pace saw the Spaniard break clear with his teammate Diego Garcia Carrera his closest challenger but he faded to third as Spain took three of the first four places.

Olympic champion Massimo Stano, who won the 35km in Eugene, led early on but faded to eighth in 1:21:18.

Callum Wilkinson, who was the official leader at 6km, was disqualified before he got to 10km.

GOLD: Alvaro Martin (ESP) 1:19:11
SILVER: Perseus Karlstrom (SWE) 1:19:23
BRONZE: Diego Garcia Carrera (ESP) 1:19:45

Women's 20km Walk: Greece Lightening

38 year-old Antigoni Drisbioti had never won anything of note until she won the European 35km four days earlier and here the Eugene 35km fourth placer added the 20km title in pouring rain in 1:29:03.

Only tenth at 10km in 45:14 as defending champion and championships record-holder Maria Perez led with 45:02.

The Greek joined the front at 12km and pushed clear at 16km as she upped the pace to 4:20 kilometre pace.

At the finish she has stretched the gap to 17 seconds over Katarzyna Zdziebilo (1:29:20) who won her third silver medal in five weeks having gained a double second in Eugene.

Saskia Feige, only 15th in Eugene, was inspired by the German support to be a close third in 1:29:25.

Heather Lewis was 15th at halfway in 46:54 and worked her way up to 13th in 1:35:36.

GOLD: Antigoni Ntrimpoti (GRE) 1:29:03
SILVER: Katarzyna Zdziebilo (POL) 1:29:20
BRONZE: Saskia Feige (GER) 1:29:25

Women's 100m hurdle heats: Hunter hunts down semis

Without the leading athletes this was a modest standard event with Elisa Di Lazzaro fastest with 13.11 but Jessica Hunter excelled to win her heat in 13.27.

Women's Javelin: Greek Goodness

Elina Tzengko dominated throughout leading with a 60.82m opener and then a 65.81m PB second throw ended the competition and she backed that up with a 64.57m final throw and only Adriana Vilagos of Serbia could get within five metres of her after a final round 62.01m.

Tzengko at 19 became the youngest event winner having won world junior and European junior last year but was only 20th in the Eugene qualifying

Barbora Spotakova in her sixth Europeans, having competed in 2002, became the oldest ever medallist at the event at 41 in third with a 60.68m throw and it was her fourth medal.

GOLD: Elina Tzengko (GRE) 65.81m
SILVER: Adriana Vilagos (SRB) 62.01m
BRONZE: Barbora Spotakova (CZE) 60.68m

Sunday Timetable

19.05 Women's High Jump
19.18 Women's 100m hurdles
19.40 Men's 800m
19.50 Men's Javelin
20.00 Men's 10,000m
20.45 Women's 100m hurdles
21.12 Men's 4x100m
21.22 Women's 4x100m

Placings table (1st = 8 pts > 8th = 1 pt)

1 GBR 199.50; 2 GER 177; 3 ITA 122.5; 4 ESP 119; 5 POL 107; 6 FRA 91; 7 NED 80; 8 SUI 59.5; 9 SWE 55; 10 UKR 52