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GB's BEST WORLD'S MEDAL HAUL – Keely Silver & Relay Bronzes - AS FEMKA & JAKOB THRILL

Women's 800m - Mary Mary quite contrary

The three medallists from Eugene returned but this time first and third swapped in one of the most eagerly awaited clashes of the week.

World and Olympic champion Athing Mu set a fast pace with 26.51 at 200m and 56.01 at 400m.

Mary Moraa, Jemma Reekie and Keely Hodgkinson were all close with no one brave enough to back off slightly to then come through later.

Mu stayed ahead at 600m in 1:26.21 and now it was down to who was strongest. In the straight that proved to be Moraa who eased clear to win by three metres in a PB 1:56.03.

Overtaking Mu on the inside, European champion Hodgkinson won her fourth Games silver in 2 years but finally beat Mu. It is the fourth successive time though that Moraa has beaten the Brit outdoors.

Jemma Reekie ran bravely but just faded a little in the straight to finish a fine fifth in 1:57.72.

All the medallists ran around four seconds slower on the second lap than they did in the first.

Gold: Mary Moraa KEN 1:56.03
Silver: Keely Hodgkinson 1:56.34
Bronze: Athing Mu USA 1:56.61

Women's 4x400m - Hollywood Bol finish

Femke Bol finished day one falling in the mixed relay but on the final day as if part of a Netflix plot, she produced a stunning well-timed effort to catch Jamaica on the line as Netherlands set a world lead of 3:20.72 in the championship's final race.

Unfortunately, after a number of errors, Seiko refused to list any splits and one can only speculate if Bol did break 48 secs as it seemed she may have done.

Lieke Klaver had also run a strong leg taking Netherlands into the lead on leg two before dropping around eight metres back

GB's quartet were again magnificent without Britain's fastest individual runner, Victoria Ohuruogu. All four legs were excellent with Laviai Nielsen Amber Anning Ami Pipi and Nicole Yeargin all running brilliantly and coming within a second of the UK record set in Osaka in 2007.

Gold: Netherlands 3:20.72
Silver: Jamaica 3:20.88
Bronze: GBR 3:21.04

Men's Marathon - Victor who goes not les miserable

Commonwealth champion Victor Kiplangat, who is aged just 23, won the world title in his fifth completed marathon over the four-lap scenic course around the city which attracted good crowds.

A 34 man pack passed halfway in 65:02 but by 35km, with the heat rising, the Ugandan was clear alongside 2022 London runner-up Leul Gebresilase but by 40km Kiplangat was 13 seconds clear of the fading Ethiopian. The latter was picked off by Israel's Maru Teferi who matched his European silver, despite a drinks station fall. There were 60 finishers from 85 starters.

Gold: Victor Kiplangat 2:08:53
Silver: Maru Teferi ISR 2:09:12
Bronze: Leul Gebresilase ETH 2:09:19

Men's 4x400m - Happy Hoo Rai and Bonny Charlie
USA won easily as expected with legs by Quincy Hall of 44.54, Vernon Norwood 44.01, Justin Robinson 44.74 and Rai Benjamin 44.02. France - winning their first medal at this event - were second in a national record 2:58.45. Britain without Matthew Hudson-Smith were a magnificent third. There were superb runs from Alex Haydock-Wilson, Charles Dobson (43.7?), Lewis Davey, and Rio Mitcham with the latter extraordinarily holding off and running away from individual champion Antonio Watson. Davey and Mitcham won their second medals. It was GB's 7th fastest ever time and their quickest time since 2015 and almost identical to their Budapest 1998 time of 2:58.68 when winning the European title in the golden era of GBR Men's 4 x 400 running.

Gold: USA 2:57.31
Silver: France 2:58.45
Bronze: GBR 2:58.71

Women's High Jump - Mahuchikh flick

Winning her first world outdoor title Yaroslava Mahuchikh gained her third successive world medal at the age of just 21. and it's her eighth senior medal indoor or out. It was Ukraine's first gold in Budapest and only their second medal.

She survived a failure at 1.94m with first time clearances at 1.97m and 1.99m to go ahead. At 2.01m her second-time clearance sewed up the gold.

Australia took the other medals with both Olympic silver medallist Nicola Olyslagers and defending champion Eleanor Patterson clearing 1.99m

Morgan Lake was an exceptional fourth and she survived two failures at both 1.94m and 1.97m to produce superb third time clearances behind the top three.

Gold: Yaroslava Mahuchikh UKR 2.01m
Silver: Eleanor Patterson AUS 1.99m
Bronze: Nicola Olyslagers AUS 1.99m

Men's 5000m - Jakob NOT Cream Crackered

Jakob Ingebrigtsen retained his title but it took a greater effort than in Eugene as he again claimed that he was not 100-per-cent.

His finishing speed though was still impressive - 52.45 last 400m and 1:50.65 last 800m but the rest of the race was instantly forgettable.

The Ethiopians matched their lack of 5K medals from the women's 5000m despite a strong squad by just allowing the best 1500m runners to warm up before the final kick. Ishmael Kipkirui was allowed to slip away and he had a six second lead at 2000m (5:29.34) but no one took his bid seriously as they passed 3000m in 8:13.11.

The real racing only began in the final kilometre as Hagos Gebrhiwet -who followed Mo Farah home in Moscow in 2015 - ran a 57.8 penultimate circuit as Ethiopia still had three of the top four 300 metres out. However European 5000m record-holder Mo Katir kicked hard and it took a tremendous effort by the Norwegian to run him down.

The leading Ethiopian was eventually Yomif Kejelcha who finished in fifth.

Gold: Jakob Ingebrigtsen NOR 13:11.30
Silver: Mohamed Katir ESP 13:11.44
Bronze: Jacob Krop KEN 13:12.28

Women's 3000m - Winfred wins not just by a thread

World record-holder Beatrice Chepkoech set a fast pace with 2:58.90 for the opening kilo and maintained the sub nine tempo through 2000m in 5:57.75 and only two athletes could stay in contact with her.

One of these, former Kenyan Winfred Yavi, who has been fourth at the last two World Champs, kicked ahead and a strong last lap gave her a world lead of 8:54.29 which places her fourth all-time.

The 2019 champion Chepkoech got inside nine minutes for the eighth time while under-20 Faith Cherotich held off the chasing group to set a PB but just missed this time barrier. Alice Finot in fifth (9:06.15) and Marusa Mismas Zrimsek (9:06.37) set respective French and Slovenian records.

Gold: Winfred Yavi BRN 8:54.29
Silver: Beatrice Chepkoech KEN 8:58.97
Bronze: Faith Cherotich KEN 9:00.69

Men's Javelin - Neeraj enough

Olympic champion Neeraj Chopra took the lead with a 88.17m second throw and his next best was a 87.73m in round five.

In second place, Commonwealth champion Arshad Nadeem won his first global medal coming close to winning with a 87.82m third round and then backed up with 87.15m in the fourth.

European champion Julian Weber looked as though he might be on for Germany's first medal of these championships - an astonishing fact in itself - when he threw 85.79m but he was overtaken by world leader Jakub Vadlejch's 86.67m in round five.

Gold: Neeraj Chopra IND 88.17m
Silver: Arshad Nadeem PAK 87.82m
Bronze: Jakub Vadlejch CZE 86.67m

Medal Table

Britain equalled their all-time World Championships best medal haul of 10 from Stuttgart in 1993.

1	USA	12 8 9
2	CAN	4 2 0
3	ESP	4 1 0
4	JAM	3 5 4
5	KEN	3 3 4
6	ETH	2 4 3
7	GBR	2 3 5
8	NED	2 1 2
9	NOR	2 1 1
10	SWE	2 1 0 (46 countries medalled)

Points (8 for 1st and 1 for 8th)

1	USA	277
2	JAM	139
3	KEN	112
4	GBR	102
5	ETH	96
6	CAN	70
7	ESP	55
8	AUS	51
9	ITA	51
10	NED	51 (71 teams placed)