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A LIFE IN ATHLETICS



Euan Crumley
Editorial Director

Not long after Josh Kerr had strained every sinew to win an enthralling 1500m contest from Jake Wightman by the narrowest of margins at the British Championships, a picture emerged on social media which really was worth a thousand words.

The image (below) was of the same two athletes, at the Scottish East District Championships and very much at the fledgling stage of their athletics careers, grinning from ear to ear after representing Edinburgh AC.

There were bigger prizes at stake in Manchester at the end of last month, where both were wearing their club vests again as they matched each other stride for stride before Kerr dipped for the line to take the British title. Now those two boys are about to become Olympians.

In the coming weeks we will, rightly, get caught up in the top-level competition in Tokyo – and some of the performances at the various national trials suggest we could be in for quite a treat – but the wonderful thing about that image of Kerr and Wightman is that it is the perfect illustration of the pathway which stretches right from the grassroots to the greatest stage.

That route can be muddied at times but this was a reminder that a love of the sport nurtured at club level, combined with a hefty level of hard work, can take you a very long way. Perhaps even more importantly, there is a very evident friendship between the two which has stood the test of time.

The other image which you see at the top of this page was taken by Mark Shearman, another individual whose life revolves around athletics. The long-time *AW* photographer first had a picture published in this magazine in 1962 and it set him off on a journey which has seen him cover every Summer Olympics since 1964, the last time they took place in Tokyo. We asked him to look out some of his favourite images from those intervening Games which have captured some truly great moments (p68).

Who will provide the next ones? In this issue we take a detailed look at every event and try to answer that very question. Who are your medal picks? To my mind, Kerr and Wightman have certainly put themselves in the running.

▶ We have rescheduled our next issue so that we can bring you in-depth analysis of the events in Tokyo. We'll be on sale again in mid-August.



PHOTO BY KEITH DUNLOP

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COVER IMAGES BY GETTY IMAGES

PICTURE THIS

SPLASH LANDING

Mike Leet jumps behind Jordan Mann after he crashed into the water as they compete in the first round of men's 3000m steeplechase during day four of the US Olympic Track & Field Team Trials. Turn to p21 to read about some of the standout performances from Hayward Field in Eugene, Oregon. AW



PHOTO BY GETTY IMAGES


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GEORGE GANDY'S LEGACY

Loughborough University will be the venue for a service celebrating the life of revered coach George Gandy later this month, but the July 24 event will also see the launch of a Legacy Fund in his name which will aim to support athletes and coaches at the university.

Gandy, who had an association with Loughborough dating back to 1971 and was a long-time Director of Athletics there, coached more than 80 international athletes, including the likes of Sebastian Coe and Paula Radcliffe.

He passed away in October of last year and, with social distancing measures having since eased, plans have been made to stage a memorial at the campus which will feature contributions from Coe and others.

"It was part of George's make-up that he always had sympathy for those with financial difficulties so we thought, by way of a memorial to him, those athletes going to Loughborough College or University who may struggle to support themselves in order to progress in athletics should have some sort of funding available to them, whether that be for trips to training camps or kit," say the event organisers. "It would apply to coaches, too."

There will be a BMC meeting taking place at Loughborough later in the day and organisers have pointed out that one of the best ways to commemorate Gandy will be to head to the track at 5pm, given that that is where the man himself would have been found.

*Donations can already be made to the George Gandy Legacy Fund at:**justgiving.com/campaign/GeorgeGandyLegacy***

There will be a capacity for numbers at the service. Those who wish to attend must book in advance and can do so via: ***www.lboro.ac.uk/news-events/events/george-gandy---celebration-of-life-service.html***

NEW ROLE FOR ROONEY

Olympic sprinter Martyn Rooney is one of the elite athletes who will deliver unique athletics and triathlon academies to nurture the next generation of track and field stars at Loughborough College.

Rooney, who works as an elite sport assessor at the College, and former Olympic marathon runner Matt O'Dowd, will co-ordinate the new Athletics Academy.

It will provide a specially designed curriculum that balances academic study with physical training and talent development for students aged 16-18, but with the option to stay on into higher education on a special five-year pathway.

FIRST PARALYMPIC SELECTIONS

Sophie Hahn, Hannah Cockroft and Aled Davies are among 12 British athletes selected to represent ParalympicsGB at the Tokyo Paralympics.

The trio won gold in Rio five years ago, as did Hollie Arnold, Jo Butterfield and Richard Whitehead, all of whom have also been picked in this first wave of selections.

The rest of the para athletics team will be announced on July 21.

GB Paralympics selections

Kare Adenegan – Women's T34 100m and 800m; Hollie Arnold – Women's F46 Javelin; Jonathan Broom-Edwards – Men's T64 High Jump; Jo Butterfield – Women's F51 Club Throw; Hannah Cockroft – Women's T34 100m and 800m; Aled Davies – Men's F63 Shot Put; Sabrina Fortune – Women's F20 Shot Put; Sophie Hahn – Women's T38 100m; Maria Lyle – Women's T35 100m and 200m; Andrew Small – Men's T33 100m; Richard Whitehead – Men's T61 200m; Thomas Young – Men's T38 100m

EUROPEAN U23 TEAM NAMED

A total of 54 athletes have been named in a strong Great Britain team for the European Under 23 Championships taking place on July 11-18 in Tallinn, Estonia.

Five athletes ranked in the top three of this year's European U23 rankings – Kristal Awuah (100m), Erin Wallace and George Mills (1500m), Eleanor Bolton (10,000m) and Tom Mortimer (5000m) – are selected, while Shemar Boldizsar will be looking to retain his European U23 200m title.

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CHANGE OF PERSPECTIVE

The way athletes are assessed for selection has a big impact on the sport and they need much more of an input in the process, writes **Steph Twell**

It's a very exciting time for those of us who have been selected for Tokyo. Even though this will be my third Olympics, that feeling when you pick up the official kit is still incredibly special and it is the point where the dream you set out with starts to become a reality.

Understandably, the next couple of months will see the focus fall on the athletes right at the very top end of the sport and my immediate focus is competing in the marathon in Japan.

However, I keep a close eye on the wider sport and a lot of my work with the UKA Athletes' Commission (AC) has involved looking into how we can have a more joined up approach between those at the grassroots level right through to the very elite.

I have been with the AC for almost a year now and, throughout that time, age group selection policies have been a dominant issue. We've all been through these cases of not knowing about selections and the thinking behind the decisions which have been made – I've even been on the other side of it with my marathon selection for Tokyo, when there was some controversy around myself and Jess Piasecki being included but Charlotte Purdue was left out.

How those decisions and selections are made can have a big trickle-down effect in the sport and I recently sat in on my first selection meeting, for the European U20 Championships, in a non-voting role more as an independent observer.

I want the AC to continually be able to influence selection and offer insight from an athlete point of view to help shape the national governing body's philosophy on how they develop athletes and create competitive opportunity. I also hope to continue to share more of an understanding about how we can make selection policies a lot fairer, a lot more transparent and efficient for athletes at what is a highly stressful time.

Right now, British Athletics' top five philosophy is influenced by the *What It Takes To Win* model, which is a stats-based tool that provides data on certain criteria to help determine if an athlete is deemed to be a medal contender or worthy of funding.

I am checking and challenging this tool because bridging the gap from grassroots to the top of global athletics is going to be very tough if we rely on data which was based on medallists alone or inaccurate historic data.

What we need to happen more – and it is starting to happen – is for the athlete voice to inform and to put real context behind what it's like to train, the factors which can help or hinder

THERE ARE POINTS WHERE AN ATHLETE NEEDS SUPPORT RATHER THAN BEING JUDGED AS A MEDAL CONTENDER "

your development rate and why certain outcomes can occur.

The best way forward would be to create a clearer pathway between junior, U23 to senior. I know there are points in an athlete's career where they need support, rather than just being judged as medal contenders or having medal potential – and there's definitely a lack of discourse on what that actually means. It's important for an athlete to know where they stand – and why.

Athletes and coaches should also have belief there will be competitive international opportunities available for them. With being involved in the U20 selection policies and by going through *Power of 10* ranking website you can actually see in Britain now where our event weaknesses are in relation to qualification standards– and sadly there are some serious gaps.

I'm concerned that this time of Covid, where athletes have struggled either because of a lack of facilities or because they weren't included in the elite athlete exemption to have access to training facilities, is going to leave a void in the sport, particularly in our technical events.

I know there were health implications but I was disheartened by the news that Britain is not taking a team to the World U20 Championships in Nairobi this summer, because those moments can be pivotal in an athlete's career.

I went to the World Juniors and I got selected for the Olympics after that, I got an agent after that and I got into races after that, which enabled me to go on to the European and Diamond League circuit. This is a key competition which is the last stepping stone for our juniors before senior level.

If we're not providing a springboard between the earlier stages of a career and the top level, it can put athletes' development off and our governing body has to look beyond National Performance to help continue building a depth and mitigate dropout rates.

My key area of interest is athletes' long-term development and I think sometimes they don't really get a voice until beyond their junior years or when they've had a taste of success – and by then they know what is and isn't working in athletics.

A lot of people don't actually know how the sport exists in certain ways. You have some breakthrough performances by athletes and coaches and, to be honest, they're working in their own independent environment and don't actually know how the system works. It tends to be either through setbacks or injustices that people learn more.

I think part of the role for those who are in charge is to constantly and consistently listen to the sport, to be proactive and aware. We at the AC are always trying to do that so we can raise current issues, as well as foresee future issues which affect our athletes and coaches.

The top issues tend to be about the selection policies and understanding them. Competition opportunities and planning strategy is next.

There needs to be more of an understanding of what the sport's growth is – not just who has run what time at the top but who's coming through and how everyone deserves a chance.

I'm looking forward to continuing to working away within the AC to continually bring about positive change for a collaborative, competitive and inclusive sport. AW

WHAT IS THE ATHLETES' COMMISSION?

Formed in 2017, the Athletes' Commission is a group of 12 former and current British international athletes who work together to represent athletes' views and voices to the British Athletics Performance Team and the UK Athletics Board with the aim of ensuring the athlete perspective is heard and understood by the decision makers in our sport.

WHO IS INVOLVED?

Holly Bradshaw *(pole vault)*
Ashley Bryant *(decathlon)*
Nathan Douglas *(triple jump)*
Hannah England *(1500m) Commission Chair*
Adam Gemili *(200m)*
Dan Greaves *(F44 discus)*
Andrew Heyes *(3000m, cross country) Chair elect*
Stephen Miller *(club throw)*
Naomi Ogbeta *(triple jump)*
Steph Twell *(10km, marathon)*
Vanessa Wallace *(F34 shot put)*
Richard Whitehead *(T61 100m & 200m)*

WHO IS IT FOR?

While the Athletes' Commission is immediately to serve athletes who have competed for Great Britain over the past six years, they know that coaches, assistants or staff may wish to highlight issues on behalf of their athletes.

HOW DO I GET IN TOUCH? WHERE DO I GO IF I HAVE A QUESTION OR A CONCERN?

There are a number of ways to get in touch with the Athletes' Commission on any issue in the sport you think worth raising.

- Email **athletescommission@britishathletics.org.uk**
- Follow and message the Athlete Commission via Twitter – **@UKA_AC**
- You can also air your concerns via the AW social media channels or by emailing **haveyoursay@athleticsweekly.com**

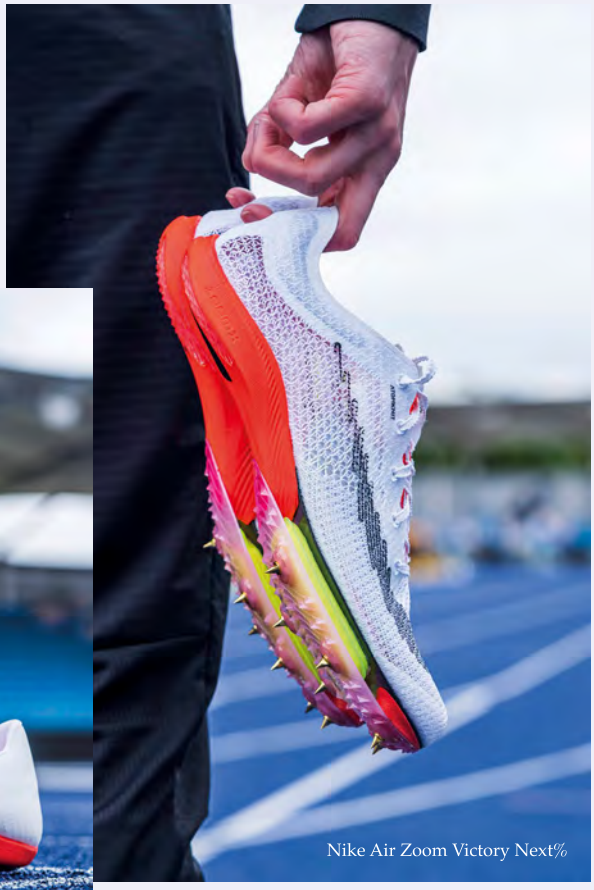
  Your message will be relayed to the Commission and answers could appear in the pages of *AW* as the magazine publishes regular columns with Athletes' Commission members.


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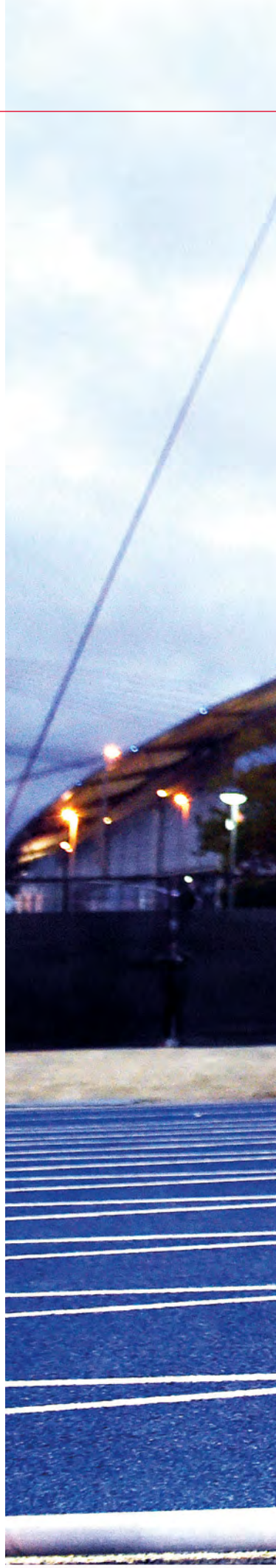
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THE BIG MOMENTS IN MANCHESTER

Euan Crumley looks back on the some of the major talking points from what was a very eventful British Championships



The Müller British Championships last month had an extra edge to them, with athletes vying for Olympic qualification as well as national titles. For those who had achieved the necessary performance standard, a top two place automatically meant a ticket to Tokyo.

Over three packed days at the Manchester Regional Arena, where conditions veered from cold, wet and very windy to blazing sunshine, there was agony, ecstasy and a little poignancy too.

TIME RUNS OUT FOR FARAH

This wasn't how it was supposed to end. Sir Mo Farah has 10 global titles to his name and is a four-time Olympic champion, so to be standing behind a trestle table at the back of an indoor warm-up track on a chilly June evening, clearly still a little shocked as he tried to explain to the media why he had just failed to qualify for Tokyo, felt hugely incongruous.

"Maybe age has caught up with me. Maybe it's time to spend more time with my kids," he grinned, but there was a hollow ring to the laugh which followed as he tried to digest a performance which bore all the hallmarks of the end of an era.

Covering 10,000m in 27:28.00 or quicker had been the target – a mark which represented the Olympic qualifying standard and which would have been a mere formality for Farah at his peak.

That he was in Manchester at all was due to the staging of an invitational race – designed specifically for him to achieve that qualifying time – after he failed to hit it during the British 10,000m Championships at the beginning of June where he was hampered by a foot problem.

Finishing second to Marc Scott in that race had meant he would have a shot at defending the Olympic title he won in 2012 and 2016 *if* he could run the time. Those close to him fully expected their man to get the job done with ease and, for the opening half of his second attempt, it looked like it might happen, as the pacers he had paid to help him stuck to the schedule.

The problem was that that schedule gave him no room for manoeuvre and, in cold and damp conditions, when left with the task of running the final nine laps solo as pacer and training partner Bashir Abdi stepped off the track, there was a sadness to seeing one of Britain's athletics greats slipping further off the pace. His finishing time of 27:47.04 might have been a British M35 record but it wasn't quite what he was looking for. ▷



Mo Farah couldn't summon the speed he needed in Manchester

BELOW: Mo Farah is consoled by coach Gary Lough after his Olympic bid fell short

RIGHT: Keely Hodgkinson celebrates her remarkable 800m victory

BELOW RIGHT: Dina Asher-Smith reacts to seeing 10.71 on the clock, then is not so happy at the time being adjusted

There were emotional scenes with the small crowd in the stadium, particularly with a young boy for whom it all got a bit much.

"It was nice to have that crowd," said Farah. "I associate myself with a packed stadium and people stayed behind for the last event so I just wanted to say thank you. There was a little boy gave me a hug. He was crying quite a bit.

"It's nice to just see so many people support me over the years, and particularly in that case when he was barely even born, you know, when I was winning."

Sadly, those days seem to behind him when it comes to major track competitions.

"If I can't compete with the best, why bother?" was his extremely honest assessment.

What happens next? Farah is scheduled to run 3000m at the Gateshead Diamond League meeting and is certainly deserving of a more fitting farewell than he had in Manchester.

The easy option for him would have been not to try at all, but instead he chose to put it all on the line one last time. This was the day, however, when time ran out.

"

IF I CAN'T COMPETE WITH THE BEST, WHY BOTHER? SIR MO FARAH





THE TWO-LAP TUSSLES LIVE UP TO TOP BILLING

There's always a danger in placing too much expectation on the shoulders of a young athlete, but Keely Hodgkinson seems insistent on providing very strong reasons to get extremely excited about her potential.

The 19-year-old began the year by breaking the U20 800m indoor world record before stepping into the first major senior championships of her career – the European Indoors – and looking every inch like a seasoned pro as she won gold in Toruń.

In Manchester, the defending champion was very much seen as a main contender but the expectation had been that Jemma Reekie and Laura Muir would put themselves ahead of her in the queue for Tokyo tickets.

That was the scenario which looked like it was about to play out as Reekie came past the leading Muir as they came off the final bend. However, it was Hodgkinson's closing speed which caught the eye as she glided through to win in 1:59.61.

"To come away with the win wasn't just a confidence booster but a testament to how hard I've worked," she said. "One of my heroes is Michael Jordan. I watched the documentary [*The Last Dance*] on Netflix and I just thought he had the mentality that he wants it so he's going to go and get it. I like that."

Now she has an Olympics to prepare for and the British trio of Hodgkinson, Reekie and Muir can all go to Tokyo with genuine medal-winning aspirations.

The men's 800m race was similarly brilliant, with just 0.03 of a second separating the top three of Elliot Giles, Oliver Dustin and Daniel Rowden. But, while there was an honest scrappiness and heart to that contest, Hodgkinson's smooth classiness really stood out.

THE CLOCK STRIKES ON DINA'S RECORD RUN

In the shadow of Manchester City's Etihad Stadium there was a moment which provided the athletics equivalent of the ball hitting the back of the net, only for the offside flag to be raised. On a day when Jamaican world champion Shelly-Ann Fraser-Pryce had clocked 10.71 to win her national title, the watching crowd had roared as Dina Asher-Smith became the 100m British champion and the clock also flashed up 10.71.

That time would have destroyed her British record of 10.83, on a track which is not conducive to speedy performances, and been the perfect message to send out to her Olympic rivals. Just as the enormity of the run was beginning to sink in, however, the atime was adjusted. To 10.97.

There was a collective slumping of the shoulders as the bubble was burst but Asher-Smith was honest enough to admit that it hadn't felt like a record-breaking run.

There was also a contentment about how her preparations have been progressing and an insistence that she will be a force to be reckoned with in Tokyo.

"I think I definitely have faster in me, that race was not perfect," said Asher-Smith, who had run 10.91 at the semi-final stage. "The women have been running incredibly quickly this year and it's amazing for world sprinting but I always back myself because I know what kind of shape I'm in. It's going to really exciting in a few weeks' time.

"We all run in different continents in different conditions but, when you all meet, that's what really matters." ▷



GREAT BRITAIN & NORTHERN IRELAND TEAM FOR THE TOKYO OLYMPICS

WOMEN

100m Dina Asher-Smith *(John Blackie, Blackheath and Bromley)*
Daryll Neita *(Rana Reider, Cambridge)*
Asha Philip *(Steve Fudge, Newham and Essex Beagles)*

200m Dina Asher-Smith *(John Blackie, Blackheath and Bromley)*
Beth Dobbin *(Leon Baptiste, Edinburgh)*

400m Ama Pipi *(Linford Christie, Enfield and Haringey)*
Jodie Williams *(Ryan Freckleton, Herts Phoenix)*
Nicole Yeargin *(Quincy Watts, Pitreavie)*

800m Keely Hodgkinson *(Trevor Painter, Leigh)*
Laura Muir *(Andy Young, Dundee Hawkhill)*
Jemma Reekie *(Andy Young, Kilbarchan)*

1500m Laura Muir *(Andy Young, Dundee Hawkhill)*
Katie Snowden *(Dan Stepney, Herne Hill)*

5000m Jess Judd *(Mick Judd, Blackburn)*
Amy-Eloise Markovc *(Chris Fox, Wakefield)*
Eilish McColgan *(Liz Nuttall, Dundee Hawkhill)*

10,000m Jess Judd *(Mick Judd, Blackburn)*
Eilish McColgan *(Liz Nuttall, Dundee Hawkhill)*

Marathon Stephanie Davis *(Phillip Kissi, Clapham Chasers)*
Jessica Piasecki *(Robert Hawkins, Stockport)*
Steph Twell *(Aldershot Farnham and District)*

3000m Steeplechase
Elizabeth Bird *(Pat McCurry, Shaftesbury Barnet)*
Aimee Pratt *(Vicente Modahl, Sale Harriers Manchester)*

100m Hurdles Tiffany Porter
(Jeff Porter, Woodford Green Essex Ladies)
Cindy Sember *(Jeff Porter, Woodford Green Essex Ladies)*

400m Hurdles Meghan Beesley *(Benke Blomkvist, Birchfield)*
Jessie Knight
(Marina Armstrong, Windsor Slough Eton and Hounslow)
Jessica Turner *(Nick Dakin, Amber Valley and Erewash)*

High Jump Morgan Lake
(Fuzz Caan, Windsor Slough Eton and Hounslow)

Pole Vault Holly Bradshaw *(Scott Simpson, Blackburn)*

Long Jump Abigail Irozuru
(Aston Moore, Sale Harriers Manchester)
Jazmin Sawyers *(Lance Brauman, City of Stoke)*
Lorraine Ugen *(Dwight Phillips, Thames Valley)*

Shot Put Sophie McKinna *(Mike Winch, Great Yarmouth)*

Heptathlon Katarina Johnson-Thompson
*(Bertrand Valcin, Liverpool) *Subject to fitness*

4x100m Dina Asher-Smith
(John Blackie, Blackheath and Bromley)
Beth Dobbin *(Leon Baptiste, Edinburgh)*
Imani-Lara Lansiquot *(Steve Fudge, Sutton and District)*
Daryll Neita *(Rana Reider, Cambridge)*
Ashleigh Nelson *(Michael Afilaka, City of Stoke)*
Asha Philip *(Steve Fudge, Newham and Essex Beagles)*

4x400m Zoey Clark *(Eddie McKenna, Thames Valley)*
Emily Diamond *(Benke Blomkvist, Bristol and West)*
Jessie Knight *(Marina Armstrong, Windsor Slough Eton and Hounslow)*
Laviai Nielsen *(Christine Bowmaker, Enfield and Haringey)*
Ama Pipi *(Linford Christie, Enfield and Haringey)*
Jessica Turner *(Nick Dakin, Amber Valley and Erewash)*
Hannah Williams *(Glyn Hawkes, Herts Phoenix)*
Jodie Williams *(Ryan Freckleton, Herts Phoenix)*
Nicole Yeargin *(Quincy Watts, Pitreavie)*

** Does not include any subsequent World Athletics ranking invitations*



BRADSHAW'S BIG MOMENT

Holly Bradshaw describes it as "building momentum". It had felt like she was on the right path and that a big jump was in the offing. It arrived in Manchester.

That her 2012 indoor clearance of 4.87m still stood as a British record going into the Championships had been a real source of frustration, but all of that was about to change.

At the British Championships last year, it was Harry Coppell who grabbed the pole vaulting plaudits by clearing a national record. Bradshaw also won her competition that year but was in a very different mental and emotional place as the meeting came just a matter of hours after the death of her grandfather. The overriding sensation this time around was one of utter joy.

There had been annoyance that she didn't turn good form (jumping 4.85m indoors at the start of the year) into more than a bronze medal at the European Indoor Championships in the spring, but a 4.82m British outdoor record at the beginning of last month offered encouragement.

In Manchester it took two attempts to clear 4.55m and 4.70m, jumps which secured the title and comfortably made her Tokyo spot safe. With the main job done, it left the way clear to have a little fun and to raise the bar to 4.83m. Over she went, but the record breaking didn't stop there.

The bar was raised to 4.90m – a record height both indoors and out – and as the men's 5000m final was unfolding on the track, Bradshaw took her shot at glory.

When she successfully made it, her celebratory sprint off the mat and on to the track to find coach Scott Simpson made it look for all the world like she might try to join in with the distance runners.

"When I was going into 2016 I'd had a lot of injuries and surgery," she said of her last Olympic appearance. "There were months when I was missing training. Because of the injuries I felt I was always on the back foot.

"From 2017 to 2020 I've just built momentum. I've had no injuries that kept me out for more than a couple of days so each week I've been able to get faster, stronger and do more vaulting. Doing that every week has made a massive difference. I'm in a much better place."

With Katie Nageotte's world lead currently sitting at 4.95m and 4.85m the winning height in Rio, Bradshaw will now travel to Tokyo with more expectation than hope. AW

For full results from the British Championships, turn to page 122

GREAT BRITAIN & NORTHERN IRELAND TEAM FOR THE TOKYO OLYMPICS

WOMEN

100m CJ Ujah *(Ryan Freckleton, Enfield and Haringey)*
Zharnel Hughes *(Glen Mills, Shaftesbury Barnet)*
Reece Prescod *(Marvin Rowe, Enfield and Haringey)*

200m Adam Gemili *(Rana Reider, Blackheath and Bromley)*

800m Oliver Dustin *(Graeme Mason, Border)*
Elliot Giles *(Jon Bigg, Birchfield)*
Daniel Rowden *(Matt Yates, Woodford Green Essex Ladies)*

1500m Jake Heyward *(Mark Rowland, Cardiff)*
Josh Kerr *(Danny Mackey, Edinburgh)*
Jake Wightman *(Geoff Wightman, Edinburgh)*

5000m Andrew Butchart *(Barry Fudge, Central)*
Marc Scott *(Jerry Schumacher, Richmond and Zetland)*

10,000m Sam Atkin *(Mike Collins, Lincoln Wellington)*
Marc Scott *(Jerry Schumacher, Richmond and Zetland)*

Marathon Ben Connor *(Steve Vernon, Derby)*
Callum Hawkins *(Robert Hawkins, Kilbarchan)*
Chris Thompson
(Alan Storey, Aldershot Farnham and District)

20km Race Walk Tom Bosworth
(Andi Drake, Tonbridge)
Callum Wilkinson *(Rob Heffernan, Enfield and Haringey)*

3000m Steeplechase Phil Norman
(Tomaz Plibersek, Woodford Green Essex Ladies)
Zak Seddon *(Jeff Seddon, Bracknell)*

110m Hurdles Andrew Pozzi *(Santiago Antunez, Stratford-upon, Avon)*

High Jump Tom Gale *(Denis Doyle, Team Bath)*

Pole Vault Harry Coppell
(Scott Simpson, Wigan and District)

Triple Jump Ben Williams *(Aston Moore, City of Stoke)*

Shot Put Scott Lincoln *(Paul Wilson, City of York)*

Discus Lawrence Okoye
(Zane Duquemin / John Hillier, Croydon)

Hammer Taylor Campbell
(John Pearson, Windsor Slough Eton and Hounslow)
Nick Miller *(Tore Gustafsson, Border)*

4x100m Adam Gemili
(Rana Reider, Blackheath and Bromley)
Zharnel Hughes *(Glen Mills, Shaftesbury Barnet)*
Richard Kilty *(Gateshead)*
Nethaneel Mitchell-Blake
(Lance Brauman, Newham and Essex Beagles)
Reece Prescod *(Marvin Rowe, Enfield and Haringey)*
CJ Ujah *(Ryan Freckleton, Enfield and Haringey)*

4x400m Niclas Baker *(Piotr Spas, Crawley)*
Cameron Chalmers *(Matt Elias, Guernsey)*
Matthew Hudson-Smith *(Lance Brauman, Birchfield)*
Michael Ohioze *(Dan Tomlin, Shaftesbury Barnet)*
Lee Thompson *(John Henson, Sheffield and Dearne)*

** Does not include any subsequent World Athletics ranking invitations*



PHOTOS BY GETTY IMAGES



THE AMERICAN DREAM

USA team looking incredibly strong after stunning trials performances

It was a tale of two world records – and a whole lot in between. The US Olympic Trials, staged at the revamped Hayward Field in Eugene, were bookended by two quite brilliant performances, but the overall quality of the meeting also underlined just how dominant American athletes could be in Tokyo.

Ryan Crouser started it, on day one, by breaking the shot put record Randy Barnes set back in 1990. That mark had stood at 23.12m but Crouser, who seems to be operating in a league of his own, threw 23.37m.

"It felt like a huge weight lifted," said the Oregon native. "I knew it was a possibility or potential to do it since 2017."

On the final day of competition, Sydney McLaughlin garnered most of the attention as she broke the women's 400m hurdles world record with a time of 51.90, beating the previous holder and world champion Dalilah Muhammad, who was second.

"This is the result of trusting the process," said McLaughlin, who became the first woman to break the 52-second barrier in the event and was just 16 when she was selected for Rio. "Working with my new coach (Bobby Kersee) and my new support system is truly just faith and trusting the process. I couldn't ask for anything more."

It wasn't just the established athletes who shone, however, as a number of younger stars made their presence felt.

JuVaughn Harrison chalked up an amazing long jump and high jump double, becoming the first American to qualify for the Olympics in those two events since the legendary Jim Thorpe in 1912. His long jump winning mark was 8.47m, while he took the high jump title with 2.33m.

Britain is rightly getting excited about the country's young 800m talent, but 19-year-old Athing Mu looks like being a serious Olympic threat after clocking 1:56.07 in winning the two-lap event at the US trials. It was a world lead and the second-fastest time ever run by an American.

Noah Lyles may have won the men's 200m but in third place was a 17-year-old who has become the youngest man to make the American Track and field team since Jim Ryun in 1964.

Erriyon Knighton broke the world U18 record with 20.04 in the heats, then bettered that and broke Usain Bolt's 17-year-old U20 world record of 19.93 with a run of 19.88 in the semis, before topping it all off with 19.84 in the final. Watch this space. AW

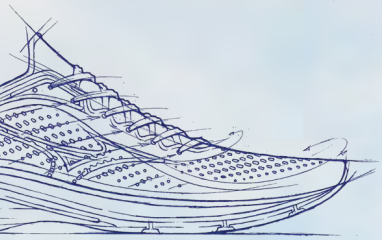
For full results from the US Olympic Trials, turn to page 120

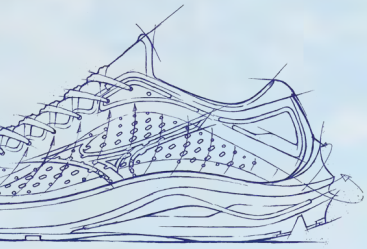
ABOVE: Ryan Crouser smashed the shot put world record

BELOW: Sydney McLaughlin broke the 52-second barrier



REACH BEYOND





WAVE RIDER 25

PROPULSIVE

前進

前進



AW–21

PROPULSIVE

THE WORLD AT YOUR FEET

WAVE RIDER 25

MIZUNO

TIME FOR



PHOTO BY GETTY IMAGES



TOKYO

THE LIGHTS ARE ABOUT TO GO UP ON THE XXXII OLYMPIAD AND OVER THE FOLLOWING PAGES WE'LL LOOK FORWARD TO THE GAMES, PROVIDING BACKGROUND TO THE HOST NATION'S RELATIONSHIP WITH ATHLETICS AND PICKING OUT THE ATHLETES TO WATCH, WHILST ALSO CASTING A GLANCE BACK TO SOME OF THE GREAT OLYMPIC MOMENTS

A VERY DIFFERENT KIND OF OLYMPICS

WILL THIS BE THE GAMES REMEMBERED FOR PROTOCOLS AND PROTESTS OR WILL THE ATHLETES STILL MANAGE TO CREATE A REAL SPORTING SPECTACLE?

WORDS: EUAN CRUMLEY

Tokyo 2020. Given that we're now halfway through 2021, even the name of this Olympics doesn't sit quite right. Yet it's perhaps in keeping with the mood: the disjointed prelude to this global behemoth of commercialism and sport has carried more of an air of ire and inconvenience than international acclaim.

A lingering sense of discomfort has been a recurring theme throughout the build-up to an Olympics which really will be like no other – and not for the reasons that organisers would have originally hoped.

When they were postponed in spring of last year, there was a widespread assumption inside the sport that all would be well with the world by the time it came to let these Games begin. The reality today is somewhat different. The Japanese public have been unsurprisingly steadfast in their view that, with Covid continuing to wield such an enormous influence across the globe, there are more important things to worry about than who can run fastest, jump highest or throw furthest.

The 'will they, won't they?' debate around giving the Games the green light has developed into a saga which has seen the Olympics occupy an odd kind of conflicted half-life. On the one hand, logical reason would point towards cancellation being the only right and proportionate answer. On the other, this is the Olympics.

Money talks, and in sport it swears. With contracts signed and deals done, it was always likely to be decided that, irrespective of public opinion, the show would go on. Just how much of a show *can* actually be put on remains to be seen.

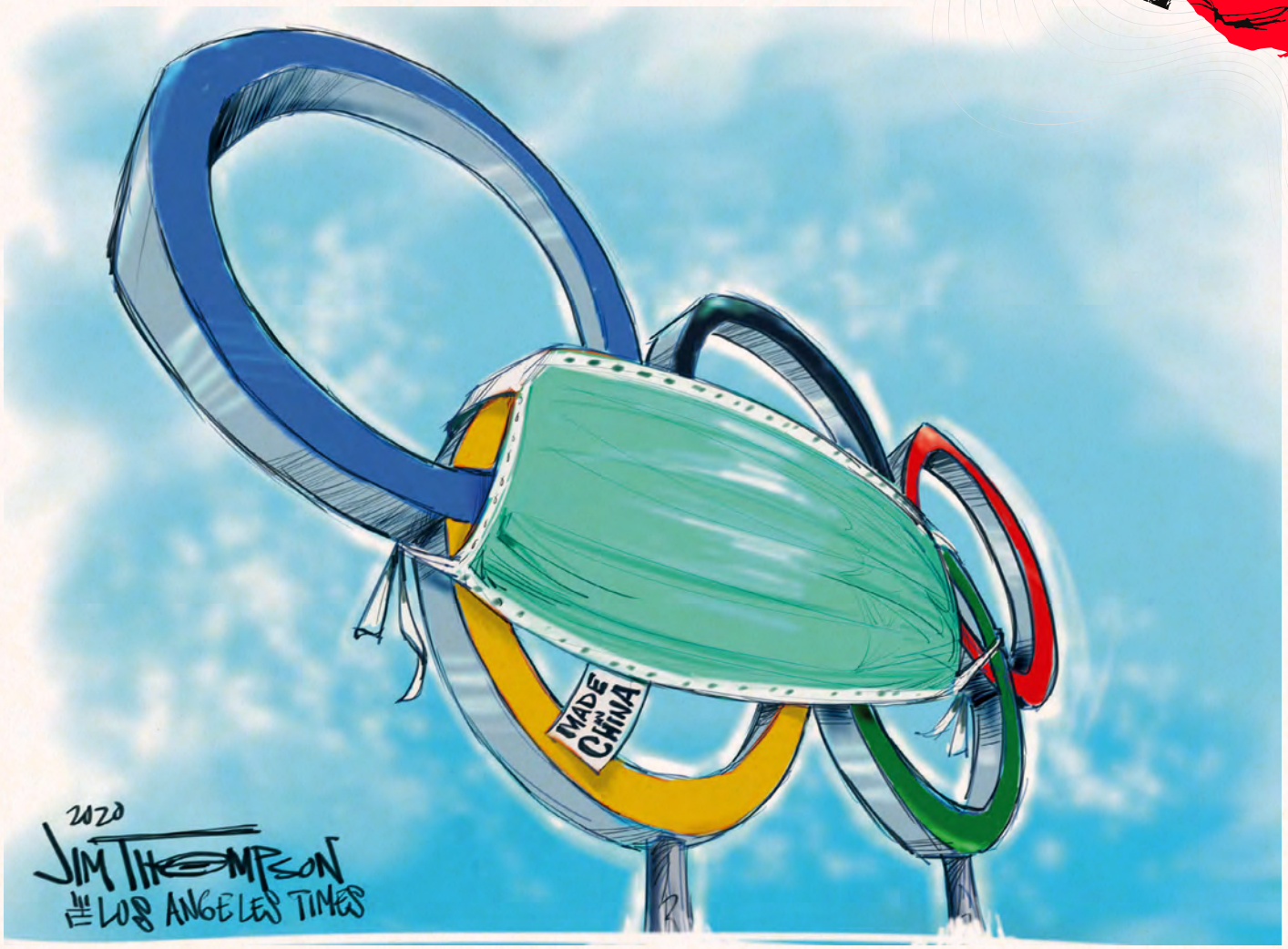
The latest version of the official 'Playbook' for athletes and officials – the set of guidelines as to what is and is not permitted during the Games – stretches to 70 pages. Bubbles abound, and with so many public assurances given that everything will be delivered 'safely and securely', those involved will be under scrutiny and surveillance like never before.

There seems little doubt that athletes will be challenged in ways that do not just centre around their sporting ability. Competing may be the easy part.

But will the athletes be able to do their job in front of any spectators? At the time of going to press it remained to be seen. For those who ply their trade in track and field the scenario of an



The Masked Rings, by Jim Thompson (USA), is taken from the new book *Toon In! – The stories you never got to hear: an insider's unofficial and entirely unsanctioned Olympic history* (Vision Sport) by former Director of the IOC, Michael Payne. **olympiccartoon.com.**



empty stadium is not uncommon – just ask anyone who competed during the first vacuous days of the 2019 World Championships in Doha – but few will be accustomed to an audience which has been forbidden from shouting encouragement and even asked to refrain from talking loudly. The recommended course of action, if a public presence is ultimately permitted – is to clap politely.

How inconducive this intentionally sterile environment will be to athletic excellence will only become apparent once the action gets underway. Some athletes can take themselves to a place where they become oblivious to the outside world, whether they are competing in front of one person or 100,000; while others feed off the swell of noise created by a full house and its fuel-giving energy.

"I would have found it [limited crowds or no fans] tough," says two-time Olympian Eilidh Doyle. "Having been to two previous Olympics, with one of those being a home Olympics, and where the crowd was such an important part of that Games, I think I would have found it quite difficult."

Yet former 110m hurdles world record-holder and world champion Colin Jackson says he couldn't care less. "I've trained hard. I'm ready. It's the Olympic Games and I'm ready to go. My focus is on the line. If the stadium is packed, great. If the stadium is empty, I don't mind. It wouldn't have made any difference to the way that I performed."

We should be hopeful that most of the athletes feel the same way. Usain Bolt left big running spikes to fill but, in recent times, there has been a growing number who seem intent on expressing themselves through their sport, to stamp their personality on their events. In Tokyo 2020 they have been given what is, essentially, a blank canvas upon which to do so.

Will this be the Games remembered for protocols and protests? Or will there be enough room for the athletes to breathe and produce the kind of brilliant performances to which we have become accustomed this year?

As with any Olympics, it will dominate the news cycle. Let's just hope the sport is able to grab some headlines, too. AW

> "THERE SEEMS LITTLE DOUBT THAT ATHLETES WILL BE CHALLENGED IN WAYS THAT DO NOT JUST CENTRE AROUND THEIR SPORTING ABILITY. COMPETING MAY BE THE EASY PART


MITSUKOSHI
UBS
KONICA MINC
HONDA
東京メトロ
22
HITARA
STARTS
Yakult
121
MHPS
156



BIG IN JAPAN

MARK WOODS EXAMINES THE OLYMPIC HOST NATION'S RELATIONSHIP WITH ATHLETICS AND DISCOVERS A UNIQUE AND RICH RUNNING TRADITION WHICH GOES MUCH DEEPER THAN THE PURSUIT OF SPORTING SUCCESS

Toshihiko Seko has a lot to answer for, says Tad Hayano, in hurling running front and centre on to Japan's sporting map. His three successive wins in the Fukuoka Marathon, then the biggest show in town, were followed by victories outside his native land on the streets of Boston, Chicago and London.

A dominant figure in the eighties, he left a huge imprint. "He was maybe the most popular and the strongest runner in the world," says Hayano, the race director of the Tokyo Marathon and a vital figure in Japanese athletics. "And then, on the women's side, you had Naoko Takahashi and Mizuki Noguchi, both Olympic gold medallists."

The public adored them all and wanted to follow in their quicksilver footsteps as never before.

Cause and effect. It has also worked the other way around, too, with past generations and historic traditions sowing the seeds for the astonishing culture of running to be found in the country that is set to host the Olympic Games. It is a philosophy, embedded with passion but also myriad strands of civic pride, which has created something quite unique.

"In the UK, the London Marathon is quite a popular thing to watch but most people are watching for the spectacle, and to see if they can spot their friends, or just to see people in costumes," says Adharanand Finn, author of the seminal book, *The Way of the Runner*, that peeked behind the curtain of Japan's collective fleetness of foot. "It's like a festival. In Japan, the big races are mainly only for elites, they're not mass races. They see it as a serious sport, not just a pastime.

"People have a favourite team and they wear the flag and cheer the team on. And then, separately to that, then they might go and run themselves in a marathon. But they're almost like two separate things."

These are not teams, as we know them, in football or athletics. Instead they are divisions of corporations – predominantly, the brand names in neon lights doubling up as track clubs with lavish funding designed to reflect honour above ardent self-promotion.

Their superstars have status in themselves. "It is a bit like any sport – the more popular you are, the bigger name you are, the better you are, the more money you demand in contract talks and all that kind of stuff," Finn outlines. "But, in Japan, ▷



PHOTO BY ALAMY



ABOVE: The Hakone Ekiden is watched by an enormous percentage of the Japanese population
RIGHT: Athletes such as Naoko Takahashi are revered in the country



JAPANESE ATHLETES TO WATCH

SHUNSUKE IZUMIYA – 110M HURDLES

The 21-year-old national indoor record-holder produced a shock at the recent Japanese championships with a stunning national 110m hurdles record of 13.06, with former record-holder Taio Kanai second in 13.22 and Shunya Takayama third in 13.37.

ASUKA TERADA – 100M HURDLES

Japan look strong in the sprint hurdles and, like Kanai, Terada also broke a national record at the same Hiroshima meeting in April, lowering her own mark by 0.01 to 12.96.

The 31-year-old, who was the youngest 100m hurdles competitor at the 2009 World Championships in Berlin, switched sports to become a rugby sevens player, but returned to the global athletics scene at the 2019 World Championships in Doha.

ABDUL HAKIM SANI BROWN – 100M AND 200M

The sprinter with a Japanese mother and Ghanaian father shot to prominence when winning the sprint double at the 2015 World U18 championships in Cali and reaching the 200m final at the senior World Championships later that year in Doha.

The man who holds the Japanese 100m record with 9.97 made it to the 200m final at the 2017 World Championships in London before anchoring his country to 4x100m relay bronze in London.

SUGURU OSAKO – MARATHON

The 30-year-old (left) broke his own national marathon record when finishing fourth at last year's Tokyo Marathon in a time of 2:05:29. As a long-distance runner, he can be sure to attract plenty of attention at the Olympic marathon which will take place in Sapporo and could well be in the mix for a medal.





PHOTO BY: GETTY IMAGES

> MARATHON RUNNING WAS SEEN AS A VERY HONOURABLE THING AND INSTILLED ALL THE RIGHT QUALITIES IN PEOPLE - OF DEDICATION AND HARD WORK AND COMMITMENT. IT WAS LAUDED AS A REALLY VALUABLE THING TO DO

ABOVE: The Tokyo Marathon has made a huge impact on the consciousness of runners in Japan

loyalty counts for a lot so they [athletes] don't change teams that often."

Because they are taken care of and rewarded well. These are employee-athletes, asked to nominally put in a few hours in the office, before being freed to train and compete on an astonishingly broad circuit that runs up and down the land.

"For example," adds Brett Lerner, the editor of *Japan Running News*, "on the Toyota Corporation team, the members of the team are supposed to work together to create the successful unit. And that's supposed to be a model that the rest of the company workers can be inspired to do the same in their day-to-day jobs.

"It's a morale builder where people can feel like they really identify with their employer."

The concept grew legs out of a time when Empire collapsed and face was lost.

"Japan was completely destroyed by the Second World War," Finn adds. "So they had this big rebuilding process. Marathon running was just seen as a very honourable thing and instilled all the right qualities in people – of dedication and hard work and commitment. It was lauded as a really valuable thing to do and support and give credence to."

When Lerner moved to Japan in 1997, it was to complete a graduate degree. A keen runner, life plans changed and he put down roots that involve chronicling the twists and turns of the country's domestic circuit whose opening, on April 1, coincides with the start of the fiscal and academic year.

"Then you have the outdoor track season in April, May, into June," he explains. "And then in the summer everybody goes up to Hokkaido because that's the only place that's cool enough in Japan in summer to train hard. There's a really good track series up there."

Like most foreigners who stumble into contact with the country's often inscrutable universe, Lerner was unaware of the running festival that dwarfs everything else in the athletics sphere. It takes place each New Year and attracts wildly huge viewing figures.

The Hakone Ekiden, held each January 2 and 3, involves 20 teams drawn from the brightest and quickest young men from the universities – plus a select additional line-up. Ten members per student squad take turns to run their relay leg on a course which begins outside a newspaper office in downtown Tokyo and heads west toward the mountainous town of Hakone, returning on the second day.

Astonishingly, 49.8 million people tuned in on day one this year, while the climax was watched by 52.6 million.

"There's a big music festival on New Year's Eve every year and that always gets the number one TV ratings of the year," Lerner outlines. "But Hakone is number two. It's watched by over 40 per cent [of the population] … it's the biggest running event in the world. It's the world's premier race and nobody knows about it outside Japan."

The original idea, Finn says, dates back to almost a century ago. "When they had messengers running from city to city and delivering messages. 'Eki' literally means a station, and 'Den' is message. So that's the idea.

"But they weren't so popular until after the war. And then, suddenly, running became a very popular thing. Before the running boom in the West, and obviously before East Africans discovered marathon running, the Japanese were a real dominant force."

Fukuoka was a trailblazing event in showcasing talents from home and abroad. The advent of the Tokyo Marathon in 2007, he adds, was a game-changer in bringing the mass-style events

JAPAN'S LANDMARK OLYMPIC MOMENTS

HISTORY FOR ODA AND HITOMI

The 1928 Olympics were hugely significant for Japanese athletes. Firstly triple jumper Mikio Oda, who placed sixth at the Paris Games of 1924, became the first Japanese athlete to win Olympic gold when he took victory in Amsterdam with a leap of 15.21m.

Then Kinue Hitomi, an all-round athlete who was also a fine long jumper and thrower, became the first woman to represent Japan at the Olympics and the first from her nation to win an Olympic medal, taking silver in the 800m.

TSUBAYARA'S ANGUISH

After finishing sixth at the 10,000m in the Tokyo Games of 1964, Kokichi Tsubayara took part in the marathon on the final day of competition. It was the day when Ethiopia's Abebe Bikila successfully defended his title and set the world record but, behind him, Tsubayara entered the National Stadium in second place. He was overtaken on the final bend by Britain's Basil Heatly and had to settle for third. Despite winning his nation's only athletics medal of those Games, Tsubuyara was mortified by having lost out on silver and, when injury prevented him from attempting to make amends at the 1968 Games, he sadly took his own life.

DOUBLE SILVER IN 1992

There were more medal winning marathon moments in 1992, when Koichi Morishita and Yuko Armori – who would win bronze four years later in Atlanta – both landed silver at the Barcelona Games.

MARATHON GOLD

Japan was able to celebrate two consecutive female marathon Olympic champions when Naoko Takahashi broke the Olympic record with 2:23:14 on her way to victory in the Sydney Games of 2000, while Mizuki Noguchi finished on the top of the podium in Athens four years later in 2:26:20.
There was a rare success in the field, too, as Koji Murofushi won hammer gold in the Greek capital. He would also win bronze at London 2012.

RELAY SILVER

At the 2008 Games in Beijing, the Japanese quartet of Naoki Tsukahara, Shingo Suetsugu, Shinji Takahira and Nobuharu Asahara won the nation's first ever men's Olympic track medal when taking bronze in the 4x100m relay behind Jamaica and Trinidad and Tobago.
The Jamaicans were subsequently stripped of their title following Nesta Carter's doping violation, meaning the Japanese medal was upgraded to silver.

WIDE RANGE IN RIO

The most recent Olympic successes for Japan have come in wildly contrasting events. In Rio, the men's 4x100m relay squad took silver behind Jamaica and ahead of Canada in a then Asian record of 37.60, while their other athletics medal in Brazil came thanks to Hirooki Arai's bronze in the 50km walk.



to the fore. "Everybody watched it, and everybody came down because they were super-curious. And everybody was like: 'I want to do that'.

"The Japanese marathon market became the largest in the world – over half of the world's marathons with more than 10,000 finishers are in Japan. It just transformed everything. You had a huge explosion of mass participation marathons."

Liz McColgan won the Tokyo Marathon in 1992 and enjoyed it so much, she kept coming back. "They are a nation of endurance runners, they love marathons, so it was one of the best to run to get support," she says.

It has spurred a concerted push to increase the number of runners in Japan from ten million to double that number, Hayano underlines. The race network creates a stage, an outlet.

"Stories are made by each person," he says. "We don't care what kind of story they make."

Some for fitness, others fusing fashion or culture. "They can choose anything they want."

To chase Olympic and Paralympics medals, too. That would add to the legacy of the Games, Hayano hopes – one that might widen the circle of influence of athletics beyond road running and walks and into track and field.

The absence of contenders in so many events is historic too, Lerner outlines. "The first Olympics that Japan participated in was Stockholm in 1912. They had two Olympians. One of them was a marathoner. And the other one was a sprinter.

"That had a big influence when they came back. It really proselytised the whole development of sport and the Olympic movement and such and so those were the two areas that got particular development. Sprints have taken longer than distance running to get up towards the real elite level. But it's building steadily over the last 15 years and you've seen that in the relays in particular.

"Once they started having some success with a relatively small group of athletes around the time of Beijing's Olympics in 2008, I think that attracted more talent and more investment into development and that's paying off now."

The next wave of popularity, Hayone trusts, will wash inland when the most unusual of Games has been and gone. Perhaps the impact is already being felt on a culture of running which is deeply enshrined in Japan but remains open to change – and growth.

"When Jacques Rogge made the announcement about Tokyo becoming the host city for 2020," he smiles, "the next day, there were three times more runners running around the Imperial Palace."

He will cheer enthusiastically on if more follow in Toshihiko Seko's footsteps into the streets and mountains from sunrise to fall. AW

AW TOKYO 2020

KEEPING TRACK

AW'S RESIDENT STATTO STEVE SMYTHE TELLS YOU EVERYTHING YOU NEED TO KNOW ABOUT EVERY ATHLETICS EVENT IN TOKYO, STARTING WITH TWO MOUTHWATERING 100M CONTESTS

* ALL INFORMATION CORRECT AT TIME OF GOING TO PRINT

PHOTOS BY GETTY IMAGES

MEN'S 100M

FINAL: AUGUST 1

In what will be the most watched sporting event of the year, there will be no defending champion in the retired Usain Bolt and no world champion due to Christian Coleman's suspension.

The Americans will start as huge favourites and could take all of the podium spots, with Trayvon Bromell in ominous form. However, Canada, China, Japan and Italy also have major contenders, with Britain hoping to at least get one finalist.

TOP CONTENDERS:

TRAYVON BROMELL (USA):
The 2016 World Indoor champion sped to a world lead of 9.88 in April which he lowered to 9.77 in early June and will be out to improve on eighth place in the 2016 final.

ANDRE DE GRASSE (CAN):
A reliable bet for a medal, having been third in both Rio and the World Championships in Doha, and a consistent sub-10 performer.

AKANI SIMBINE (RSA):
Another consistent athlete who was in the top five in Rio, London 2017 and Doha without ever winning a medal. Due a big race breakthrough.

OUTSIDE BET: MARCELL JACOBS (ITA):
The European Indoor 60m champion ran a world lead in winning in Toruń and opened his outdoor season with a 9.95 Italian record.

AW PREDICTION: Having struggled with injuries since Rio, Bromell is now in pole position.

FACTS & FIGURES:

2016 OLYMPIC CHAMPION:
USAIN BOLT (JAM), 9.81

2019 WORLD CHAMPION:
CHRISTIAN COLEMAN (USA), 9.76

WORLD RECORD-HOLDER:
USAIN BOLT (JAM), 9.58, 2009

OLYMPIC RECORD-HOLDER:
USAIN BOLT (JAM), 9.63, 2012

WORLD LEADER:
TRAYVON BROMELL (USA), 9.77

BRITISH INTEREST:
European champion Zharnel Hughes and Rio semi-finalist CJ Ujah could make the final but Reece Prescod may struggle.



WOMEN'S 100M

FINAL: JULY 31

This event has been on fire in 2021, with two of the best six all-time performances being achieved. Jamaica, USA and Britain look likely to be vying for the medals. The Jamaicans have the two proven championship performers but don't discount a first-time victory. Britain could have two finalists.

FACTS & FIGURES:

2016 OLYMPIC CHAMPION:
ELAINE THOMPSON-HERAH (JAM), 10.73

2019 WORLD CHAMPION:
SHELLY-ANN FRASER-PRYCE (JAM), 10.71

WORLD RECORD-HOLDER:
FLORENCE GRIFFITH-JOYNER (USA) 10.49, 1988

OLYMPIC RECORD-HOLDER:
FLORENCE GRIFFITH-JOYNER (USA), 10.61 (10.54W), 1988

WORLD LEADER:
SHELLY-ANN FRASER-PRYCE (JAM) 10.63

BRITISH INTEREST:
Dina Asher-Smith, who thrashed many of her rivals in Gateshead, is a real contender. Daryll Neita and Asha Philip will need PBs to survive the semis.

TOP CONTENDERS:

SHELLY-ANN FRASER-PRYCE (JAM):
The world champion and two-time Olympic champion may be 34 but is faster than ever, given her 10.63 to go second all-time in early June and a 10.71 trials win.

SHA'CARRI RICHARDSON (USA):
A 10.72 in April, a 10.74 in May and a wind-assisted 10.64 at the trials confirmed she has speed to burn but her participation was in doubt as we went to print after reports of her testing positive for cannabis.

ELAINE THOMPSON-HERAH (JAM):
The defending Olympic champion ran a legal 10.78 in early May and is only going to get faster come the Games.

OUTSIDE BET: BLESSING OKAGBARE (NGR):
Eight years after winning 200m world bronze, the Nigerian can't be discounted and has regularly been under 11 seconds. Won the Nigerian trials in a windy 10.63.

AW PREDICTION: Fraser-Pryce is in the form of her life and should just about repel the potentially faster finishers.



MEN'S 200M

FINAL: AUGUST 4

This looks like being a far more open contest than the 100m but should still be dominated by the Americans – all three US men are potential winners. World champion Noah Lyles has not shown his 2019 form so far this summer but will still be hard to beat and could win what would be his nation's 18th title at the event.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: USAIN BOLT (JAM), 19.78

2019 WORLD CHAMPION: NOAH LYLES (USA), 19.83

WORLD RECORD-HOLDER: USAIN BOLT (JAM), 19.19, 2009

OLYMPIC RECORD-HOLDER: USAIN BOLT (JAM), 19.30, 2008

WORLD LEADER: NOAH LYLES (USA), 19.74

BRITISH INTEREST: In 2016 Adam Gemili missed out on a medal by the smallest of margins but has had injury struggles to contend with this year.

TOP CONTENDERS:

NOAH LYLES (USA): Has been beaten once at 200m since his opening race of the 2019 season and remains the favourite after his 19.74 trials win.

KENNY BEDNAREK (USA): The owner of a 19.65 this year, he is guaranteed to do better than the Doha World Championships where he exited in the heats.

ERRIYON KNIGHTON (USA): Will become the youngest US team member for 57 years after breaking Bolt's world under-20 record with 19.81 at the the trials.

OUTSIDE BET: DIVINE ODUDURU (NGR): The former world junior silver medallist has yet to fully make his mark in a senior championships but has run a 19.88 this summer.

AW PREDICTION: Noah Lyles has proved himself to be a performer for the big occasion and should lead a USA clean sweep.

WOMEN'S 200M

FINAL: AUGUST 3

She won't be leading as she hits the straight and may even still be behind with 40 metres to go but, judging by her form of the last four seasons, Shaunae Miller-Uibo will fly past the rest of the field towards the finish. World champion Dina Asher-Smith should be the hardest to catch.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: ELAINE THOMPSON (JAM) 21.78

2019 WORLD CHAMPION: DINA ASHER-SMITH (GBR) 21.88

WORLD & OLYMPIC RECORD-HOLDER: FLORENCE GRIFFITH-JOYNER 21.34, 1988

WORLD LEADER: GABBY THOMAS, 21.61

BRITISH INTEREST: Dina Asher-Smith was fifth in 2016 after an injury-ravaged build-up and will be chasing gold. Beth Dobbin has an outside final chance.

TOP CONTENDERS:

SHAUNAE MILLER-UIBO: The 2016 400m champion is the favourite and hasn't lost a 200m race she has completed since the 2017 World championships.

SHELLY-ANN FRASER-PRYCE (JAM): Has not contested a major 200m since winning the 2013 world title but a 21.79 trials win took a stunning 0.30 of a second off her nine year-old PB.

ELAINE THOMPSON-HERAH (JAM): The 2016 double champion was a third in the Jamaican Trials but a 22.02 suggests she is in improving form.

OUTSIDE BET: GABBY THOMAS (USA): Three world leads in three races at the trials culminated in 21.61, the second-fastest run of all-time, but she has never contested a major international event.

AW PREDICTION: If she hits top form, Miller-Uibo simply looks like being too quick to stop. Asher-Smith will run her close, however.

MEN'S 400M

FINAL: AUGUST 5

The last few years have seen some exceptional one-lap running but 2021 was slow to get going, with many of the world's best lying low and a number have been a second down on their PBs. That all changed at the NCAA Champions and USA Trials. America has won 21 golds at the event and have never lost three in a row.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: WAYDE VAN NIEKERK, 43.03

2019 WORLD CHAMPION: STEVEN GARDINER (BAH), 43.48

WORLD AND OLYMPIC RECORD-HOLDER: WAYDE VAN NIEKERK 43.03, 2016

WORLD LEADER: RANDOLPH ROSS (USA) 43.85

BRITISH INTEREST: No Britons have been selected for the individual event.

TOP CONTENDERS:

WAYDE VAN NIEKERK (RSA): Has run some fast 200m races and bounced back from injury to run a 44.56. Unlikely to be in Rio form but may not need to be.

MICHAEL NORMAN (USA): Ran 43.45 in 2019, yet failed to make the world final in Doha that year, meaning a doubt remains about his big-time temperament. He did win the US trials in 44.07.

STEVEN GARDINER (BAH): Since his second place in the London World Championships in 2017, the current world champion has only lost two races and has been in good, but not great, form in 2021.

OUTSIDE BET: KIRANI JAMES (GRN): The 2012 champion has been overlooked in recent years but he ran a 44.88 opener in April and 44.61 in May.

AW PREDICTION: Steven Gardiner can strike in an event which looks very open.

WOMEN'S 400M

FINAL: AUGUST 6

World champion Salwa Eid Naser is banned, Olympic champion Shaunae Miller-Uibo is said to be focusing on the 200m and Athing Mu is targeting the 800m – which leaves the event wide open. Namibian teenagers Christine Mboma and Beatrice Masilingi were late withdrawals.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: SHAUNAE MILLER-UIBO (BAH), 49.44

2019 WORLD CHAMPION: SALWA EID-NASER (BRN), 48.14

WORLD RECORD-HOLDER: MARITA KOCH (GER), 47.60, 1985

OLYMPIC RECORD-HOLDER: MARIE-JOSE PEREC (FRA), 48.25, 1996

WORLD LEADER: CHRISTINE MBOMA (NAM), 48.54

BRITISH INTEREST: Nicole Yeargin, Jodie Williams and Ami Pipi all have the potential to reach the semi-finals.

TOP CONTENDERS:

ALLYSON FELIX (USA): The owner of 17 global titles lost out on gold by inches in Rio and has not raced extensively over one lap since but a 50.02 squeezed her into the US team for her fifth Olympics.

STEPHENIE ANN MCPHERSON (JAM): The Rio silver medallist is heading to Tokyo in form after winning the Jamaican title in 49.61.

QUANERA HAYES (USA): The 29-year-old has a great 4x400m relay record and had not looked to be an individual performer until she won the US trials in 49.78.

OUTSIDE BET: MARILEIDY PAULINO (DOM): Last year her best was 51.88 and the World Championships 200m semi-finalist has improved to 49.99.

AW PREDICTION: After the shock withdrawal of the Namibian duo, don't rule out six-time Olympic champion Felix but also don't be surprised if Miller-Uibo decides to make an appearance.

MEN'S 800M

FINAL: AUGUST 4

With two-time winner David Rudisha absent, there will be a new champion crowned in Tokyo. The surprise failure of world champion Donavan Brazier to qualify leaves the door open for Clayton Murphy to target America's tenth title and first since 1972. However, Britain – with six previous winners – and Kenya five also have strong trios.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: DAVID RUDISHA (KEN), 1:42.15

2019 WORLD CHAMPION: DONAVAN BRAZIER (USA), 1:42.34.

WORLD AND OLYMPIC RECORD-HOLDER: DAVID RUDISHA (KEN), 1:40.91, 2012

WORLD LEADER: CLAYTON MURPHY (USA), 1:43.17

BRITISH INTEREST: Elliot Giles, Daniel Rowden and Oliver Dustin are all potential medallists if they get in the right positions at the right time.

TOP CONTENDERS:

CLAYTON MURPHY (USA): The shock 2016 Olympic bronze medallist surprised again at the US trials with a stunning 51.5 last lap as Donavan Brazier faded.

MICHAEL SARUNI (KEN): Apart from an NCAA Indoor title in 2018, he had won little of note until his Kenyan trials victory. Possesses 45.43 400m speed.

PATRYK DOBEK (POL): After his European Indoor win he suggested he would return to the 400m hurdles but, after a 51.12 seasonal debut, he showed far better form at two laps which was highlighted by a temporary 1:43.73 world lead.

OUTSIDE BET: NIJEL AMOS (BOT): He has not won a global medal since the 2012 Olympics silver and hadn't run a 800m in 2021 as we went to print but a 45.69 400m and a 3:44 1500m suggests good range.

AW PREDICTION: He might not be the American many were expecting to see at the top of the podium, but Clayton Murphy should finish first.

WOMEN'S 800M

FINAL: AUGUST 3

This event is missing the first three from Rio, who are all ineligible due to the testosterone controversy. Ethiopia, USA and Cuba look strong, as does the British challenge.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: CASTER SEMENYA (RSA), 1:55.28

2019 WORLD CHAMPION: HALIMAH NAKAAYI (UGA), 1:58.04

WORLD RECORD-HOLDER: JARMILA KRATOCHVÍLOVÁ (CZE), 1:53.28, 1983

OLYMPIC RECORD-HOLDER: NADEZHDA OLIZARENKO (URS), 1:53.43, 1980

WORLD LEADER: ATHING MU (USA), 1:56.07

BRITISH INTEREST: Trials winner Keely Hodgkinson leads the UK challenge but Jemma Reekie and training partner Laura Muir are also potential medalists.

TOP CONTENDERS:

HALIMAH NAKAAYI (UGA): The shock world champion has shown no notable form so far in 2021 but, if she can replicate her Ugandan record form then the fast finisher could well medal again.

AJEE' WILSON (USA): The former world under-20 champion was favourite for Doha where she gained her second world bronze. She hasn't lost over 800m since and the strong finisher will be keen not to miss out on the final as she did in Rio.

WERKWUHA GETACHEW (ETH): The 26-year-old had never been outside Ethiopia and broken two minutes before the Ethiopian trials at Hengelo, when she ran a staggering 1:56.67.

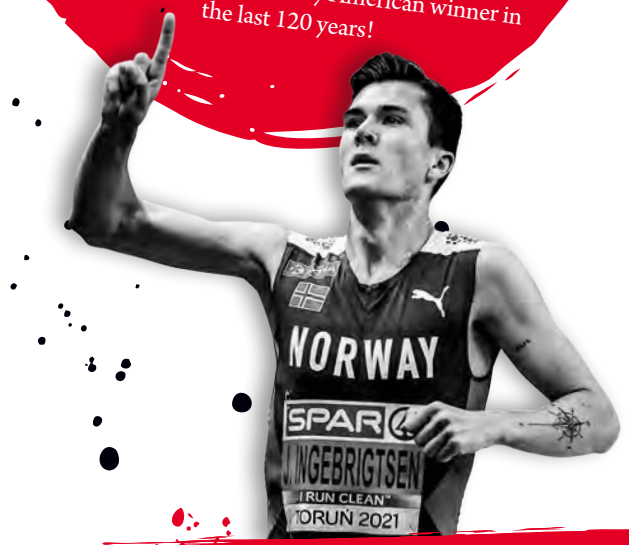
OUTSIDE BET: ATHING MU (USA): With her 49.57 400m form, the American junior will be the fastest 400m runner in action and her Olympic trials win showed that this being her first major 800m looks likely to be irrelevant.

AW PREDICTION: Getachew looks like being the one to beat in a fascinating contest.

MEN'S 1500M

FINAL: AUGUST 7

World champion and huge favourite Timothy Cheruiyot failed to negotiate either the Kenyan trials or the short-sighted selectors, opening the race up completely. Kenya still field a strong trio as they hope to join the most successful nation, Britain, on five golds. USA are also on four, though Matt Centrowitz is the only American winner in the last 120 years!



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: MATT CENTROWITZ (USA), 3:50.00

2019 WORLD CHAMPION: TIMOTHY CHERUIYOT (KEN), 3:29.26.

WORLD RECORD-HOLDER: HICHAM EL GUERROUJ, 3:26.00, 1998

OLYMPIC RECORD-HOLDER: NOAH NGENY (KEN), 3:32.07, 2000

WORLD LEADER: TIMOTHY CHERUIYOT, 3:30.48

BRITISH INTEREST: The evenly matched Edinburgh AC pair Jake Wightman and Josh Kerr both have medal chances while Josh Heyward could join them in the final.

TOP CONTENDERS:

MATTHEW CENTROWITZ: The defending champion is dangerous in a slowly run race. It's hard to see it unfolding that way, but the kick is still there, judging by the US trials.

ABEL KIPSANG (KEN): Only third in the Kenyan trials, but has shown far better international form than his two team-mates.

JAKOB INGEBRIGTSEN (NOR): The timetable just about allows a 5000m/1500m double, with the finals on successive days, but Cheruiyot's demise has opened the door.

OUTSIDE BET: COLE HOCKER (USA): The 20-year-old NCAA and US trials winner is in line for a late World Athletics ranking reprieve and could outkick everyone.

AW PREDICTION: Ingebrigtsen's strength and mental game should land him gold, while Wightman or Kerr could land the global medal they covet.

WOMEN'S 1500M

FINAL: AUGUST 6

A lot may depend on which events the best athletes choose with World champion and world leader Sifan Hassan expected to focus on the 5000m/10,000m while World record-holder Genzebe Dibaba looks totally out of form and did not contest the Ethiopian trials. It could still be one of the races of the Games, with Faith Kipyegon in tremendous form and Britain's Laura Muir also looking in great shape.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: FAITH KIPYEGON (KEN), 4:08.92

2019 WORLD CHAMPION: SIFAN HASSAN (NED) ,3:51.95

WORLD RECORD-HOLDER: GENZEBE DIBABA (ETH), 3:50.07, 2015

OLYMPIC RECORD-HOLDER: PAULA IVAN (ROU), 3:53.86, 1988

WORLD LEADER: SIFAN HASSAN (NED), 3:53.63

BRITISH INTEREST: Laura Muir was seventh in Rio, fifth in Doha and will surely be in the thick of the battle for gold once again. Katie Snowden can aspire to a final place.

TOP CONTENDERS:

FAITH KIPYEGON (KEN): The Olympic and former world champion is the most consistent of the top-line performers, with no lower than second in her last four global events. A Kenyan record 3:53.91 shows she is in brilliant form again.

GUDAF TSEGAY (ETH): A late change of mind suggested she was focusing on the longer events but she is the 1500m world indoor record-holder this winter with 3:53.09 and would be in the hunt of a medal at least if she opted for this distance.

ELLE PURRIER ST PIERRE (USA): After her 11th place in the World Championships 5000m, she has focussed on 1500m this year and an assured 3:58.03 win from the front in the US trials showed her race control.

OUTSIDE BET: FREWEYNI HAILU (ETH): With no senior championships experience at the age of 20 she will need to step up further but an Ethiopian trials win in 3:57.33 shows her potential.

AW PREDICTION: Kipyegon's championships record should prove the difference.

MEN'S 5000M

FINAL: AUGUST 6

This should be an interesting battle between those seen more as 1500m athletes (Jakob Ingebrigtsen, Stewart McSweyn and Mohamed Katir) and those who will probably come from the 10,000m (Joshua Cheptegei, Jacob Kiplimo and Hagos Gebrhiwet).



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: MO FARAH (GBR), 13:03.30

2019 WORLD CHAMPION: MUKTAR EDRIS (ETH), 12:58.85.

WORLD RECORD-HOLDER: JOSHUA CHEPTEGEI (UGA), 12:35.36, 2020

OLYMPIC RECORD-HOLDER: KENENISA BEKELE (ETH), 12:57.82, 2008

WORLD LEADER: JAKOB INGEBRIGTSEN (NOR) 12:48.45

BRITISH INTEREST: Marc Scott should be in sub-13 minute form but will still need to be at his very best just to make the final.

TOP CONTENDERS:

JAKOB INGEBRIGTSEN (NOR): His European record at Florence saw him beat many major potential rivals and no-one in the race will have his 1500m speed.

GETNET WALE (ETH): He might be coming off the steeplechase but, having run 7:24.98 indoors for 3000m and won the Ethiopian trials in 12:53.28, he has every chance of two medals.

MUKTAR EDRIS (ETH): Only fifth in the Ethiopian Trials (in 13:04.69) but the double world champion looks in far better form than he showed in 2019.

OUTSIDE BET: PAUL CHELIMO (USA): Outside the top 100 on 2021 outdoor times but a 52-second last lap to win the trials showed he could be a factor.

AW PREDICTION: Ingebrigtsen has the ability to complete what would be an astonishing Olympic double, though he will be pushed all the way by Wale.

WOMEN'S 5000M

FINAL: AUGUST 2

This could be an amazing race if Sifan Hassan, Hellen Obiri, Letesenbet Gidey and Gudaf Tsegay all feature in the field. Ethiopia have won three of the six titles.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION & OLYMPIC RECORD: VIVIAN CHERUIYOT (ETH), 14:26.17

2019 WORLD CHAMPION: HELLEN OBIRI (KEN), 14:26.72

WORLD RECORD-HOLDER: LETESENBET GIDEY (ETH), 14:06.62, 2021

WORLD LEADER: GUDAF TSEGAY (ETH), 14:13.32

BRITISH INTEREST: British record-breaker Eilish McColgan is in the form of her life while Amy-Eloise Markovc and Jess Judd would need big PBs to progress.

TOP CONTENDERS:

HELLEN OBIRI (KEN): The Olympic runner-up has won the last two world championships and always runs to her potential. She possesses a particularly strong finish, though may need to move up a level to match the astonishing quality at this event and was only second in the Kenyan trials.

SIFAN HASSAN (NED): Already the owner of global titles at 1500m and 10,000m, she will be keen to fill the gap at 5000m and there appears little she can't do.

LETESENBET GIDEY (ETH): The world record-holder at both 5000m and 10,000m has a better chance at the longer event but will likely set a torrid pace.

OUTSIDE BET: GUDAF TSEGAY (ETH): The 1500m world indoor record-holder this winter (3:53.09) and Doha bronze medallist has run 1:57.52 for 800m and 29:32.42 for 10,000m, as well as her 5000m world lead this summer. that incredible mixture of speed and endurance puts her in contention.

AW PREDICTION: Hassan has a number of tools at her disposal and looks capable of keeping her rivals at bay.

MEN'S 10,000M

FINAL: JULY 30

The opening track final of the Games should be an all-African affair. World record-holder Joshua Cheptegei and the Kenyans will surely set a fast pace but will the Ugandan get any help from his compatriot – world leader and world half marathon champion Jacob Kiplimo?



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: MO FARAH (GBR), 27:05.17

2019 WORLD CHAMPION: JOSHUA CHEPTEGEI (UGA), 26:48.36

WORLD RECORD-HOLDER: JOSHUA CHEPTEGEI, 26:11.00, 2020

OLYMPIC RECORD-HOLDER: KENENISA BEKELE (ETH), 27:01.47, 2008

WORLD LEADER: JAKOB KIPLIMO (UGA), 26:33.93

BRITISH INTEREST: Marc Scott qualified with ease but Sam Atkin had a tougher route and a top 12 place would be good for either.

TOP CONTENDERS:

JOSHUA CHEPTEGEI (UGA): He won the world title with a sprint finish but his last lap speed looked vulnerable in the Florence Diamond League 5000m.

JACOB KIPLIMO (UGA): His finishing speed looks superior to his compatriot and he has the better endurance, judging by his world half marathon win.

YOMIF KEJELCHA (ETH): Had to settle for silver in Doha but he looks stronger and the world indoor mile record-holder will be hard to outkick.

OUTSIDE BET: GEOFFREY KAMWOROR (KEN): The former world medallist was 11th in Rio and sixth at London 2017 before he focused more on the marathon but he returned with a Kenyan all-comers record 27:01.06 at their trials.

AW PREDICTION: Kejelcha can see off the Ugandan challenge.

WOMEN'S 10,000M

FINAL: AUGUST 7

This event hit the headlines when two world records were set in two days and the two protagonists, who had a great race at the World Championships in Doha should meet again here. While it looks like being a two-way battle, there is a top quality supporting cast.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION & RECORD-HOLDER: ALMAZ AYANA (ETH), 29:17.45

2019 WORLD CHAMPION: SIFAN HASSAN (NED), 30:17.62

WORLD RECORD-HOLDER & WORLD LEADER: LETESENBET GIDEY (ETH), 29:01.03, 2021

BRITISH TEAM: Eilish McColgan and Jess Judd qualified in the trials at Birmingham and all eyes will be on the Scot as she returns to Tokyo 30 years after her mother's world title win in the Japanese capital.

TOP CONTENDERS:

SIFAN HASSAN (NED): The world champion showed unprecedented finishing speed in Doha (3:59.09 for the last 1500m) and it seems almost inconceivable that any pace will drop her or blunt her sharp edge.

LETESENBET GIDEY (ETH): The way she finished her world record suggests there is more to come but it will be no easy to task to get rid of Hassan.

AGNES TIROP (KEN): The double world bronze medallist has not raced this year but she proved the best of a strong Kenyan trio in Qatar and ran 8:22 for 3000m last summer so has good speed.

OUTSIDE BET: HELLEN OBIRI (KEN): Only fifth in Doha and third-best Kenyan, she has the advantage here of being able to focus on her main event the 5000m and then tackle this as a bonus. Possesses a stunning last-lap kick.

AW PREDICTION: This has the makings of a truly memorable race and you can expect Hassan to land the fatal blow in this battle of the distance heavyweights.

AW

MEN'S 3000M STEEPLECHASE

FINAL: AUGUST 2

Kenyans have dominated this event and will be going for their tenth successive Olympic gold (or 12th if you don't include Games they boycotted). They won't start as favourites, however, with defending champion and double world winner Conseslus Kipruto absent. It is the Ethiopians who look like they have the strongest trio, even though their record-holder Lamecha Girma has not raced outdoors in 2021.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: CONSESLUS KIPRUTO (KEN), 8:03.28

2019 WORLD CHAMPION: CONSESLUS KIPRUTO, 8:01.35

WORLD RECORD-HOLDER: SAIF-SAEED SHAHEEN (QAT), 7:53.63

OLYMPIC RECORD-HOLDER: CONSESLUS KIPRUTO 8:03.28

WORLD LEADER: SOUFIANE EL BAKKALIM (MAR) 8:08.54

BRITISH INTEREST: If Doha finalist Zak Seddon shows his 2019 form and Phil Norman can replicate his qualifying performance a final place is feasible for both.

TOP CONTENDERS:

LEONARD BETT (KEN): With Kipruto dropping out of the trials, the 20-year-old former world youth champion and a very young Doha finalist won the event and heads the Kenyan challenge.

GETNET WALE (ETH): Only fourth in Doha but much improved since and he has run 8:09.47 this summer. More impressively, however, he has clocked 12:53.28 for 5000m and 7:24.98 for 3000m indoors.

SOUFIANE EL BAKKALIM (MAR): The double world medallist who was fourth in Rio probably worried his opponents more with his 3:31.95 1500m in Doha than his world lead in the steeplechase.

OUTSIDE BET: TAKELE BIKILA TADESE: The 18-year-old raw talent has already run 8:09.37 this summer and is only going to get faster.

AW PREDICTION: Expect Wale's improvements to continue and for the Ethiopian to stop Kenya's Olympic dominance.

WOMEN'S 3000M STEEPLECHASE

FINAL: AUGUST 4

Kenya have never won an Olympic women's steeplechase title but they should do so this time in what is only the fourth running of the event.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: RUTH JEBET (BRN), 8:59.75

2019 WORLD CHAMPION: BEATRICE CHEPKOECH (KEN), 8:57.84

WORLD RECORD-HOLDER: BEATRICE CHEPKOECH (KEN), 8:44.32, 2018

OLYMPIC RECORD-HOLDER: GULNARA SAMITOVA-GALKINA (RUS), 8:58.81

WORLD LEADER: NORAH TANUI (KEN), 9:00.67

BRITISH INTEREST: Aimee Pratt and Elizabeth Bird have every opportunity of making the final but might need to produce a British record to do so.

TOP CONTENDERS:

BEATRICE CHEPKOECH (KEN): The world record-holder was only fourth in Rio but looked unbeatable in Doha, albeit she was only second in the Kenyan trials after a good indoor season.

EMMA COBURN (USA): The shock 2017 world champion was third in Rio and second in Doha. She is ultra reliable and will be in the thick of it again.

HYVIN KIYENG (KEN): The 2015 world champion was second in Rio but only eighth in Doha in 2019. However, a trials win ahead of Chepkoech shows she is potentially back to her very best.

OUTSIDE BET: MEKIDES ABEBE DEMEWOZ (ETH): The teenager made the final in Doha but has moved up a level since, setting a 9:02.52 Ethiopian record in the Doha Diamond League.

AW PREDICTION: Demewoz is making waves but Chepkoech has what it takes to ride the storm and land gold.

MEN'S

MARATHON

FINAL: AUGUST 8

Traditionally an event which is hard to predict, it has been more clear-cut in recent years thanks to Eliud Kipchoge's dominance. This summer's contest looks like being far more open and should be between Kenya and Ethiopia. Japan will also have high hopes while. USA hopeful Galen Rupp, the Rio bronze medallist, is in the field.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: ELIUD KIPCHOGE (KEN), 2:09:44

OLYMPIC RECORD HOLDER: SAMUEL WANJIRU (KEN), 2:06:32, 2008

2019 WORLD CHAMPION: LELISA DESISA (ETH), 2:10:30

WORLD RECORD-HOLDER: ELIUD KIPCHOGE (KEN), 2:01:39, 2018

WORLD LEADER: TITUS EKIRU (KEN), 2:02:57

BRITISH INTEREST: Callum Hawkins, who will be out to gain his fourth global top ten, heads the UK team along with Chris Thompson and Ben Connor.

TOP CONTENDERS:

ELIUD KIPCHOGE (KEN): The world record-holder and defending champion suffered a rare loss in London last year. He was back to winning ways in Enschede but has shown he can be beaten.

LELISA DESISA (ETH): The world champion and former New York winner was beaten in the Ethiopian Trials but he does have a proven championships record.

SHURA KITATA (ETH): The 25-year-old 2020 London winner has also won Rome and Frankfurt and been second in New York. Won the Ethiopian trials.

OUTSIDE BET: SUGURA OSAKO (JPN): The Japanese team was effectively chosen from a 2019 race in Tokyo which was won in 2:11. The third-placed athlete there ran a 2:05:29 Japanese record in 2020 and a 27:56.44 10,000m in May.

AW PREDICTION: Osako will have the home support but Kipchoge should mark what will surely be his final Olympic appearance with another gold medal.

WOMEN'S

MARATHON

FINAL: AUGUST 7

On paper Kenya have one of the strongest trios ever to grace an Olympic marathon team and the Ethiopian opposition just doesn't look at the same level. Both Japan and Ethiopia have previously won two gold medals.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: JEMIMA SUMGONG (KEN), 2:24:04

2019 WORLD CHAMPION: RUTH CHEPNGETICH (KEN), 2:32:43

WORLD RECORD-HOLDER: BRIGID KOSGEI (KEN), 2:14:04, 2019

OLYMPIC RECORD-HOLDER: TIKI GALANA (ETH), 2:23:07, 2012

WORLD LEADER: HIWOT GEBREKIDAN (ETH): 2:19:35

BRITISH INTEREST: Trials winner Stephanie Davis is the athlete in form while Steph Twell and Jess Piesecki complete a British trio hoping to move through the field.

TOP CONTENDERS:

BRIGID KOSGEI (KEN): The world record-holder last lost a marathon in London 2018 and has looked unbeatable over 26.2 miles since but her only race in 2021 was a below-par 66:01 fifth place at the Istanbul half-marathon.

PERES JEPCHIRCHIR (KEN): The double world half-marathon champion won Valencia in 2:17:16 in December and has been in training since.

RUTH CHEPNGETICH (KEN): The world champion was only third in the London Marathon in October but a 64:02 half-marathon world record in Istanbul in April shows what cracking form she is in.

OUTSIDE BET: TIGIST GIRMA (ETH). The Ethiopian trials winner has won little else of note and was only fifth in her two marathons in 2020 in Tokyo and Valencia but has sub 2:20s in her last three marathons

AW PREDICTION: Chepngetich can come out on top in what looks likely to be a Kenyan clean sweep of the medals

MEN'S

110M HURDLES

FINAL: AUGUST 5

This is shaping up as a fairly straightforward battle between America's World champion Grant Holloway and Jamaican Olympic champion Omar McLeod, while the battle for third looks to be very open. A win for USA would be their 21st title Olympic title in this event.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: OMAR McLEOD (JAM), 13.05

2019 WORLD CHAMPION: GRANT HOLLOWAY (USA), 12.81

WORLD RECORD-HOLDER: ARIES MERRITT (USA), 12.80, 2012

OLYMPIC RECORD-HOLDER: LIU XIANG (CHN), 12.91, 2004

WORLD LEADER: OMAR MCLEOD, 13.01

BRITISH INTEREST: Former world indoor champion Andy Pozzi should be in the battle for third.

TOP CONTENDERS:

OMAR McLEOD (JAM): The Olympic champion had a long break from competition but won at the Florence Diamond League.

GRANT HOLLOWAY (USA): The indoor world record-breaker and world champion has looked superb all year and will be hard to beat.

SERGEY SHUBENKOV (ANA): The 2015 world champion ran 12.92 in 2018 but has been short of good competition in recent years because of the Russian ban.

OUTSIDE BET: SHUNSUKE IZUMIYA (JPN): The world junior bronze medallist has improved from a 13.36 pre-2021 best to a Japanese record 13.06 this season.

AW PREDICTION: Holloway, who almost broke the world record in the US trials semis, looks ready to continue his year as it began – with victory.

WOMEN'S

100M HURDLES

FINAL: AUGUST 2

The world champion will be absent and the Olympic champion is banned but USA will still have a world-beating trio. The Americans, who have previously won five sprint hurdles titles, and Puerto Rico provide the favourites.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: BRIANNA ROLLINS (USA), 12.48

2019 WORLD CHAMPION: NIA ALI (USA), 12.34

WORLD RECORD-HOLDER: KENDRA HARRISON (USA), 12.20, 2016

OLYMPIC RECORD-HOLDER: SALLY PEARSON, 12.35, 2012

WORLD LEADER: JASMINE CAMACHO-QUINN (PUR), 12.32

BRITISH INTEREST: Cindy Sember was fourth in Rio and Tiffany Porter also made the final. Judging by their 2021 form, there could well be a repeat for the sisters.

TOP CONTENDERS:

KENDRA HARRISON (USA): The world record-holder who famously missed Rio and was second in Doha has looked in good form and been ultra consistent around the 12.50 mark, winning the US trials in 12.47.

JASMINE CAMACHO-QUINN (PUR): The Puerto Rican was disqualified from the Rio semi-finals but has been the clear world No.1 this season.

DANIELLE WILLIAMS (JAM): The 2015 world champion was third in Doha but hasn't impressed to the same level in 2021.

OUTSIDE BET: TOBI AMUSAN (NGR): The then teenager exited in the Rio semis but has progressed, coming fourth fourth in Doha, and running 12.48 this season.

PREDICTION: Harrison can rise to the top of the podium, five years after she was denied the Olympic experience.

MEN'S 400M HURDLES

FINAL: AUGUST 3

Kevin Young's world record had been coming under increasing pressure and the brilliant Karsten Warholm responded to Rai Benjamin's run of 46.83 at the US trials by creating history with a remarkable performance in Oslo and a time of 46.70.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: KERRON CLEMENT (USA), 47.73

2019 WORLD CHAMPION: KARSTEN WARHOLM (NOR), 47.42

OLYMPIC RECORD-HOLDER: KEVIN YOUNG (USA) 46.78, 1992

WORLD LEADER AND WORLD RECORD-HOLDER: KARSTEN WARHOLM (NOR), 46.70

BRITISH INTEREST: NO BRITISH ATHLETES MADE THE QUALIFYING TIME.

TOP CONTENDERS:

KARSTEN WARHOLM (NOR): The double world champion did not run a 400m hurdles until the beginning of July, but chose his season opener in Oslo to finally break Young's world record.

ABDERRAHMANE SAMBA (QAT): His 46.98 came three years ago and the Doha bronze medallist had not broken 48 seconds by the end of June.

RAI BENJAMIN (USA): The Doha runner-up ran 47.13 in early May and then produced a run of 46.83 at the trials to suggest he will push Warholm very close indeed. Will have to be in the form of his life for gold.

OUTSIDE BET: KYRON McMASTER (USA): The Commonwealth champion and Doha fourth-placer has improved to 47.50 this summer.

AW PREDICTION: Expect Warholm to add the Olympic title to his World and European golds as both he and Benjamin threaten the world record again.

WOMEN'S 400M HURDLES

FINAL: AUGUST 4

The USA have a good chance of enjoying a clean sweep of the medals, with only the young Dutch talent Femke Bol looking like she has any chance of challenging their dominance. The Americans have won nine medals in this event at the nine previous Games, though they have only won one title.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: DALILAH MUHAMMAD (USA), 53.13

2019 WORLD CHAMPION: DALILAH MUHAMMAD, 52.16

OLYMPIC RECORD-HOLDER: MELAINE WALKER (JAM), 52.64, 2008

WORLD LEADER & WORLD RECORD-HOLDER: SYDNEY MCLAUGHLIN (USA), 51.90

BRITISH INTEREST: One of Jessie Knight, Jessica Turner and Meghan Beesley could make the final if they hit their very best form.

TOP CONTENDERS:

DALILAH MUHAMMAD (USA): The world and Olympic champion ran 52.41, inside her old world record, in the US trials but she is far from favourite.

SYDNEY MCLAUGHLIN (USA): Pushed Muhammad all the way in Doha and a 52.83 in her event debut has been backed up by a 12.65 100m hurdles performance. The 21 year-old made history with a sub-52 in the trials.

SHAMIER LITTLE (USA): The 2015 world silver medallist looks back to her best this year and ran 53.12 in May. Perhaps more encouragingly she ran a 49.91 PB on the flat.

OUTSIDE BET: FEMKE BOL (NED): The European Indoor 400m champion has improved her Dutch record to 53.44 and will clearly lead the European challenge. She needs to improve further to get amongst the medals.

AW PREDICTION: McLaughlin has come a long way since reaching the Olympic semis as a teenager in 2016 and should reach the summit this summer.

MEN'S HIGH JUMP

FINAL: AUGUST 1

So far the outdoor season has not matched the fireworks which were produced indoors earlier in the year but the final could go a number of ways in what is a very open competition. World champion Mutaz Essa Barshim perhaps has a slight edge with his proven competitive record.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: DEREK DROUIN (CAN), 2.38M

2019 WORLD CHAMPION: MUTAZ ESSA BARSHIM (QAT), 2.37M

WORLD RECORD-HOLDER: JAVIER SOTOMAYOR (CUB), 2.45M, 1993

OLYMPIC RECORD-HOLDER: CHARLES AUSTIN (USA), 2.39M, 1996

WORLD LEADER: ILYA IVANYUK (ANA), 2.37M

BRITISH INTEREST: Tom Gale has yet to replicate his indoor form of last year, which saw him clear 2.33m.

TOP CONTENDERS:

GIANMARCO TAMBERI (ITA): The 2016 world indoor and European champion missed out on Olympic glory after a 2.39m jump pre-Rio but is now gradually getting back to form, jumping 2.35m indoors.

MAKSIM NEDASEKAU (BLR): The 2021 European indoor champion, fourth in Doha, has not yet hit his 2.37m form outdoors this year.

MUTAZ ESSA BARSHIM (QAT): The current world champion no longer looks the 2.43m jumper from 2014, but he has been ultra consistent at 2.30m this summer and can't be overlooked.

OUTSIDE BET: JUVAUGHN HARRISON (USA): The 2018 world junior bronze medallist has dominated the college scene this year with a 2.36m leap and also won the US trials. He has never competed in a major international senior event but is still the best bet to win what would be the USA's 14th title.

AW PREDICTION: Barshim's experience could be the crucial factor.

WOMEN'S HIGH JUMP

FINAL: AUGUST 7

This was shaping up as a predictable Russia v Ukraine battle but the lack of notable early season form suggests it could be very open. Currently USA and Russia have won three golds apiece in this event.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: RUTH BEITIA (ESP), 1.97M

2019 WORLD CHAMPION: MARIYA LASITSKENE (ANA), 2.04M

WORLD RECORD-HOLDER: STEFKA KOSTADINOVA (BUL), 2.09M, 1987

OLYMPIC RECORD-HOLDER: YELENA SLESARENKO (RUS), 2.06M, 2004

WORLD LEADER: VASHTI CUNNINGHAM (USA), 2.02M

BRITISH INTEREST: Morgan Lake could make the final in an event where Britain won five successive silvers between 1936 and 1956.

TOP CONTENDERS:

VASHTI CUNNINGHAM (USA): The former world indoor champion was only 13th in Rio but came third in Doha and has achieved 2.02m this year. She could be the first US winner for 65 years.

YAROSLAVA MAHUCHIKH (UKR): The European indoor champion and Doha runner-up had a great indoor season but has been quiet outdoors so far.

MARIYA LASITSKENE (ANA): The owner of five world golds (indoor and outdoor) cleared 2.00m indoors this winter but is another who has shown poor summer form. She appears to have lost that unbeatable aura.

OUTSIDE BET: NICOLA MCDERMOTT (AUS): The Commonwealth bronze medallist failed to make the 2017 and 2019 world finals but a 2.00m Australian record in at the national championships in March puts her in the medal mix.

AW PREDICTION: If she can tap back into that impressive indoor form, Mahuchikh will leap highest.

MEN'S POLE VAULT

FINAL: AUGUST 3

While the high jump has numerous potential medallists, all eyes are likely to be on the world record-holder Mondo Duplantis. He has an excellent chance of breaking the Olympic record at the very least to deny the USA a record 19th title.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION & RECORD-HOLDER: THIAGO BRAZ (BRA), 6.03M

2019 WORLD CHAMPION: SAM KENDRICKS (USA), 5.97M

WORLD RECORD-HOLDER: MONDO DUPLANTIS (SWE) 6.15M (6.18MI), 2020

WORLD LEADER: MONDO DUPLANTIS (SWE), 6.10M

BRITISH INTEREST: Harry Coppell secured the qualifying mark when winning the British title with a 5.85m leap which would be more than enough to make the final.

TOP CONTENDERS:

MONDO DUPLANTIS (SWE): The 21-year-old European champion lost out in Doha but has looked a class above the others, despite their great quality.

SAM KENDRICKS (USA): The double world champion was third in Rio and while not quite at his best so far in 2021 (he was second in the US trials), he has still been very consistent around the 5.85m mark.

RENAUD LAVILLENIE (FRA): The 2012 champion and former world record-holder may be a level down on the big favourite but a 6.06m vault indoors this winter shows he can still compete with the very best.

OUTSIDE BET: CHRIS NILSEN (USA): A non-qualifying 13th in the World Championships, he has moved up a level in 2021 with five vaults at 5.90m or better by June and a clear US trials win.

AW PREDICTION: It's not *if* Duplantis will win, but by how much.

WOMEN'S POLE VAULT

FINAL: AUGUST 5

This is only the sixth time that this event has been contested, with America and Russia (both have two golds in the history of this event) likely to be main protagonists again.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: KATERINA STEFANIDI (GRE), 4.85M

2019 WORLD CHAMPION: ANZHELIKA SIDOROVA (ANA), 4.95M

WORLD RECORD-HOLDER: YELENA ISINBAYEVA (RUS), 5.06M, 2009

OLYMPIC RECORD-HOLDER: YELENA ISINBAYEVA (RUS), 5.05M, 2008M

WORLD LEADER: KATIE NAGEOTTE (USA), 4.95M

BRITISH INTEREST: The consistent Holly Bradshaw has five global top seven finishes and should be in the medal hunt after her British record of 4.90m.

TOP CONTENDERS:

ANZHELIKA SIDOROVA (ANA): The world champion has been consistent around the 4.90m mark in recent seasons and is a steely competitor who will be making her Olympic debut.

SANDI MORRIS (USA): The 2018 world indoor champion was runner-up in Rio and also at the last two world championships. Extremely reliable.

KATERINA STEFANIDI (GRE): The Rio champion also won the world title in 2017 and two European golds but has lacked her previous dominance and was only third in Doha.

OUTSIDE BET: KATIE NAGEOTTE (USA): Much improved, the American tops the world rankings in 2021 but she was only seventh in Doha in her one global outdoor final so won't be used to the pressure of being one of the favourites.

AW PREDICTION: Sidorova's strength of character should see her to gold ahead of a stern American challenge.

MEN'S

LONG JUMP

FINAL: AUGUST 2

Recent Olympics have been won with low distances compared to the past but it may take a big jump in Tokyo, with around five big contenders all capable of at least 8.60m. The USA team is strong as ever as they go for their 24th Olympic title but Greece and Jamaica could win their first.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: JEFF HENDERSON (USA), 8.38M

OLYMPIC RECORD HOLDER: BOB BEAMON (USA), 8.90M, 1968

2019 WORLD CHAMPION: TAJAY GAYLE (JAM), 8.69M

WORLD RECORD-HOLDER: MIKE POWELL (USA), 8.95M, 1991

WORLD LEADER: MILTIÁDIS TENTÓGLOU (GRE), 8.60M

BRITISH INTEREST: No Britons have qualified.

TOP CONTENDERS:

MILTIÁDIS TENTÓGLOU (GRE): The European champion was 10th in Doha but looks in his best ever form this year, jumping 8.60m.

TAJAY GAYLE (JAM): The shock world champion – thanks to his Jamaican record 8.69m – has not looked quite in the same form so far this summer.

JUAN MIGUEL ECHEVARRIA (CUB): The world indoor champion won bronze in Doha and a wind-assisted 8.55m shows the 22 year-old is in good form ahead of his first Olympics.

OUTSIDE BET: JUVAUGHN HARRISON (USA): The high jump contender also has a chance here if he can replicate his 8.47m winning trials form but he was only ninth in the World Juniors at this event.

PREDICTION: Tentóglou has the greater distance but Harrison is most consistent.

WOMEN'S

LONG JUMP

FINAL: AUGUST 3

Few events in Tokyo have so many prospective medallists as this one and some big names are almost sure to fall in qualifying. Including one GDR victory, Germany are the most successful nation with four golds and could make it five with the current world champion.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: TIANA BARTOLETTA (USA), 7.17M

2019 WORLD CHAMPION: MALAIKA MIHAMBO (GER), 7.30M

WORLD RECORD-HOLDER: GALINA CHRISTYAKOVÁ (RUS), 7.52M

OLYMPIC RECORD-HOLDER: JACKIE JOYNER-KERSEE (USA), 7.40M

WORLD LEADER: ESE BRUME (NGR), 7.17M

BRITISH INTEREST: Lorraine Ugen and Jazmin Sawyers were both ranked in the top dozen, with leaps in the 6.90s, and Abigail Orozuru jumped 6.86m a few years ago. That form would take them into the final at the very least.

TOP CONTENDERS:

MALAIKA MIHAMBO (GER): The European and world champion is a proven competitor and, after jumping 7.30m in Doha will be keen to make up for her fourth place in Rio.

BRITTNEY REESE (USA): The 2012 champion was second in Rio and has also won seven world titles indoors and out. Won her fourth US Trials with 7.13m.

ESE BRUME (NGR): The world leader was third in Doha and fifth in Rio and is clearly on an upward trajectory.

OUTSIDE BET: TARA DAVIS (USA): The former world youth champion has won NCAA titles indoors and out this year with a 7.14m best and will be worth watching in her first main senior competition.

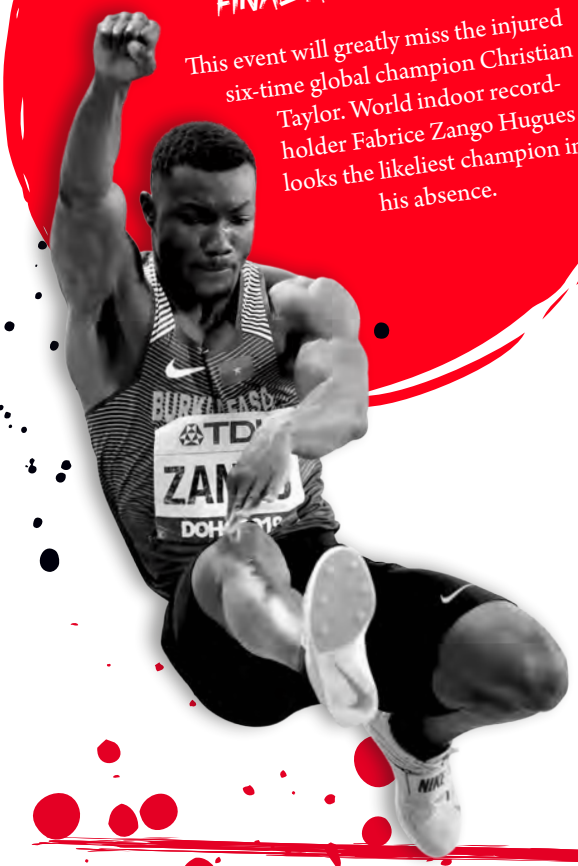
AW PREDICTION: Brume leads the but Reese will add to her medal collection.

MEN'S

TRIPLE JUMP

FINAL: AUGUST 5

This event will greatly miss the injured six-time global champion Christian Taylor. World indoor record-holder Fabrice Zango Hugues looks the likeliest champion in his absence.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: CHRISTIAN TAYLOR (USA), 17.86M

2019 WORLD CHAMPION: CHRISTIAN TAYLOR (USA), 17.92M

WORLD RECORD-HOLDER: JONATHAN EDWARDS (GBR), 18.29M, 1995

OLYMPIC RECORD HOLDER: KENNY HARRISON (USA) ,18.09M, 1996

WORLD LEADER: PEDRO PICHARDO (POR), 17.69M

BRITISH INTEREST: Ben Williams will need to find his 17.27m PB form of 2019.

TOP CONTENDERS:

FABRICE ZANGO HUGUES (BUR): The Burundian was a lowly 34th in Rio but improved to third in Doha and, though he has yet to match his 18.07m indoor form, a marginally wind-assisted 17.83m makes him a clear favourite.

WILL CLAYE (USA): The owner of seven global outdoor medals but no golds and he usually plays second fiddle to Taylor. Had only one competition pre US trials which he won with a last-round 17.21m.

PEDRO PICHARDO (POR): The two-time world silver medallist has been in good form in 2021, with European Indoor gold and a world lead of 17.69m.

OUTSIDE BET: ANDY DIAZ (CUB): The Cuban has largely been a bit player and did not compete in Rio. He was only 24th in Doha but a 17.63m in Havana in June suggests he is in the form of his life.

AW PREDICTION: Zango Hugues will step out of Taylor's shadow.

WOMEN'S

TRIPLE JUMP

FINAL: AUGUST 1

Venezuela who should win their first ever Olympic title at any event thanks to Yulimar Rojas. The battle for second is slightly more open.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: CATERINE IBARGUEN (COL), 15.17M

2019 WORLD CHAMPION: YULIMAR ROJAS (VEN), 15.37M

WORLD RECORD-HOLDER: INESSA KRAVETS (UKR), 15.50M, 1995

OLYMPIC RECORD-HOLDER: FRANCOISE MBANGO (CMR), 15.39M, 2008

WORLD LEADER: YULIMAR ROJAS (VEN), 15.43M

BRITISH INTEREST: Naomi Ogbeta just missed the qualifying standard.

TOP CONTENDERS:

YULIMAR ROJAS (VEN): The runner-up in Rio is now on a totally different level to all of her rivals and could break the world record at any time to add to her indoor mark. She is one of the biggest favourites at any event.

CATERINE IBARGUEN (COL): The Rio winner and two-time world champion was third in Doha but, aged 37, is now struggling for form.

SHANIEKA RICKETTS (JAM): The Doha runner-up should be second again based on her 14.98m PB in May.

OUTSIDE BET: KETURAH ORJI: USA have never won a medal at this event but, after coming fourth in Rio, Orji has improved to 14.92m this summer and is in the form of her life.

AW PREDICTION: Only a major shock looks like stopping Rojas from making history.

MEN'S SHOT

FINAL: AUGUST 5

This event could see another world record, with a dominant victory from Ryan Crouser, or could be there be a repeat of the stunning World Championships competition Doha where it all changed in the final round?



FACTS & FIGURES:

2016 OLYMPIC CHAMPION & OLYMPIC RECORD HOLDER: RYAN CROUSER (USA), 22.52M

2019 WORLD CHAMPION: JOE KOVACS (USA), 22.91M

WORLD RECORD-HOLDER: RANDY BARNES, 23.12M, 1990

WORLD LEADER: RYAN CROUSER (USA), 23.37M

BRITISH INTEREST: Scott Lincoln has moved up a level this summer and his 21.28m form from June would see him make the final.

TOP CONTENDERS:

RYAN CROUSER (USA): The defending champion looks to be on a different level to his rivals this year, having set a world indoor mark of 22.82m and then shattered the world outdoor record at the US Trials.

JOE KOVACS (USA): He won the greatest ever shot competition in Doha (one centimetre between the top three) and threw 22.72m in May.

TOM WALSH (NZL): The 2017 world champion was third in both Rio and Doha but might struggle to match the Americans if they are at their best.

OUTSIDE BET: JACKO GILL (NZL): The multi-global under-20 champion finally broke through as a senior this winter and twice threw 21.52m, but has not competed since February.

AW PREDICTION: Crouser's irresistible form should put him on top.

WOMEN'S SHOT

FINAL: AUGUST 1

China have never won gold in this event but, in Gong Lijiao, they field the clear favourite. New Zealand have the sentimental favourite in Valerie Adams.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: MICHELLE CARTER (USA), 20.63M

2019 WORLD CHAMPION: GONG LIJIAO (CHN), 19.55M

WORLD RECORD-HOLDER: NATALYA LISOVSKAYA (RUS), 22.63M, 1987

OLYMPIC RECORD-HOLDER: ILONA SLUPIANEK (GDR) 22.41M, 1980

WORLD LEADER: GONG LIJIAO (CHN), 20.39M

BRITISH INTEREST: Doha finalist Sophie M°Kinna could make the top 12 again.

TOP CONTENDERS:

GONG LIJIAO (CHN): The double world champion was second in 2012 and fourth in Rio but she dominates the world lists.

AURIOL DONGMA (POR): The former Cameroon athlete and 2021 European indoor champion has greatly improved since her 12th place in Rio.

VALERIE ADAMS (NZL): The athlete with 10 global outdoor and indoor titles is going for her third Olympic gold and fourth medal in her fifth Olympics at the age of 36. A throw of 19.65m in February was her best since 2016.

OUTSIDE BET: FANNY ROOS (SWE): The 2017 European Junior champion was second to Dongma in Toruń and is improving all the time, with seven Swedish records indoors and out by the end of-June.

AW PREDICTION: Adams has the experience but Gong has all the momentum going into the Olympics.

MEN'S DISCUS

FINAL: JULY 31

Sweden's Daniel Ståhl looks to be the class of the field and his main challenge may even come from compatriot Simon Pettersson, who threw 69.48m to defeat him in May but has a modest championships record.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: CHRIS HARTING (GER), 68.37M

OLYMPIC RECORD-HOLDER: VIRGILIJUS ALEKNA (LTU), 69.89M, 2004

2019 WORLD CHAMPION: DANIEL STÅHL (SWE), 67.59M

WORLD RECORD-HOLDER: JÜRGEN SCHULT (GER), 74.08M, 1996

WORLD LEADER: DANIEL STÅHL (SWE), 70.55M

BRITISH INTEREST: Lawrence Okoye made the London 2012 final and a throw of 67.13m in June shows he could come close to a medal this time around.

TOP CONTENDERS:

DANIEL STÅHL (SWE): The world champion was only 14th in Doha but is much more consistent and was back over 70 metres again at the end of June.

LUKAS WEISSHAIDINGER (AUS): The world bronze medallist was sixth at Rio and is improving gradually, with a 69.04m Austrian record in June.

CHRIS HARTING (GER): A Harting has won the last two Olympics – Robert in 2012 and Chris in 2016 – but won't in 2021. The shock Rio winner should make the final but has not thrown even 69m at his best.

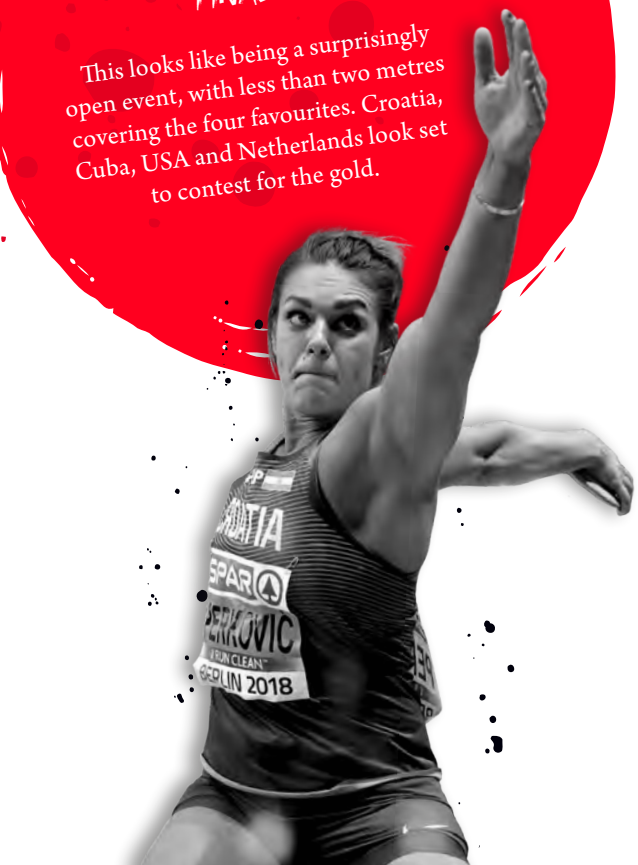
OUTSIDE BET: ANDRIUS GUDŽIUS (LTU): The 2017 world champion is now 30 and was only 12th in Rio and Doha but a 68.62m this year shows he will still be a factor.

AW PREDICTION: Ståhl will stay out in front.

WOMEN'S DISCUS

FINAL: AUGUST 2

This looks like being a surprisingly open event, with less than two metres covering the four favourites. Croatia, Cuba, USA and Netherlands look set to contest for the gold.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: SANDRA PERKOVIC (CRO), 69.21M

2019 WORLD CHAMPION: YAIME PEREZ (CUB), 69.17M

WORLD RECORD-HOLDER: GABRIELE REINSCH (GDR), 76.80M

OLYMPIC RECORD-HOLDER: MARTINA HELLMANN (GDR), 1988

WORLD LEADER: JORINDE VAN KLINKEN (NED), 70.22M

BRITISH INTEREST: No Britons achieved the Olympic qualifying standard.

TOP CONTENDERS:

SANDRA PERKOVIC (CRO): Going for a third successive Olympic title, the five-time European champion no longer dominates the event as in the past but has a fighting chance with a 68.31m win in Florence.

YAIME PEREZ (CUB): A non-qualifier in 2012, she headed qualifying in 2016 before producing three no-throws in the final but she goes into this event as the world champion.

VALARIE ALLMAN: Only seventh in Doha, she has been in 70m form the last two seasons and could win USA's third title at the event.

OUTSIDE BET: JORINDE VAN KLINKEN (NED): The 21-year-old NCAA champion and European Junior went to the top of the world in May.

AW PREDICTION: She might not be quite the force of old, but Perkovic can complete an Olympic hat-trick.

MEN'S

HAMMER

FINAL: AUGUST 4

There are unlikely to be any records set here but the rankings suggest it could be a competitive battle between Poland and the USA. World champion Pawel Fajdek is the favourite if he survives the qualifying.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: DILSHOD NAZAROV (TJK), 78.68M

OLYMPIC RECORD-HOLDER: SERGEY LITVINOV (URS), 84.80M, 1988

2019 WORLD CHAMPION: PAWEL FAJDEK (POL), 80.50M

WORLD RECORD-HOLDER: YURIY SEDYKH (URS), 86.74M, 1986

WORLD LEADER: PAWEL FAJDEK (POL) 82.98

BRITISH INTEREST: Nick Miller and Taylor Campbell both rank close to the top 12 and have every opportunity of making the final.

TOP CONTENDERS:

PAWEL FAJDEK (POL): The four-time world champion surprisingly failed to make the final in both of the last two Olympics so will be keen to make amends.

WOJCIECH NOWICKI (POL): The European champion is a good bet for a medal and has got the better of his compatriot quite a few times this season.

QUENTIN BIGOT (FRA): Missed Rio because of a doping ban but he returned successfully and was second in Doha. The Frenchman has been in PB form this summer with a 79.70m throw in June.

OUTSIDE BET: RUDY WINKLER (USA): Finishing 18th in Rio and 11th in Doha does not suggest a proven competitor, but a 82.71m US Trials win and US record confirms he is improving fast.

AW PREDICTION: Fajdek can finally break his Olympic duck.

WOMEN'S

HAMMER

FINAL: AUGUST 3

This event has only been contested five times in the Olympics and Poland have won three of them. They could land a fourth but it is the USA, who have never won an Olympic medal at this event, who will have the strongest trio as they had four of the top five in the world rankings at the end of June.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION & OLYMPIC RECORD: ANITA WLODARCZYK (POL), 82.29M

2019 WORLD CHAMPION: DEANNA PRICE (USA), 77.54M

WORLD RECORD-HOLDER: ANITA WŁODARCZYK (POL), 82.98M

WORLD LEADER: DEANNA PRICE (USA), 80.31M

BRITISH INTEREST: With Olympic bronze medallist Sophie Hitchon just retired there will be no British competitors.

TOP CONTENDERS:

ANITA WŁODARCZYK (POL): The six-times global champion is going for a third successive Olympic title but has not been at her best since winning the European crown in 2018.

DEANNA PRICE (USA): The world champion (in Wlodarczyk's absence) was only eighth in Rio but should fare much better this time around and a 80.31m US trials win moved her to second in the all-time rankings.

ALEXANDRA TAVERNIER (FRA): The former European junior champion and 2015 world bronze medallist was only 11th in Rio but a French record 75.38m this year shows she is in form.

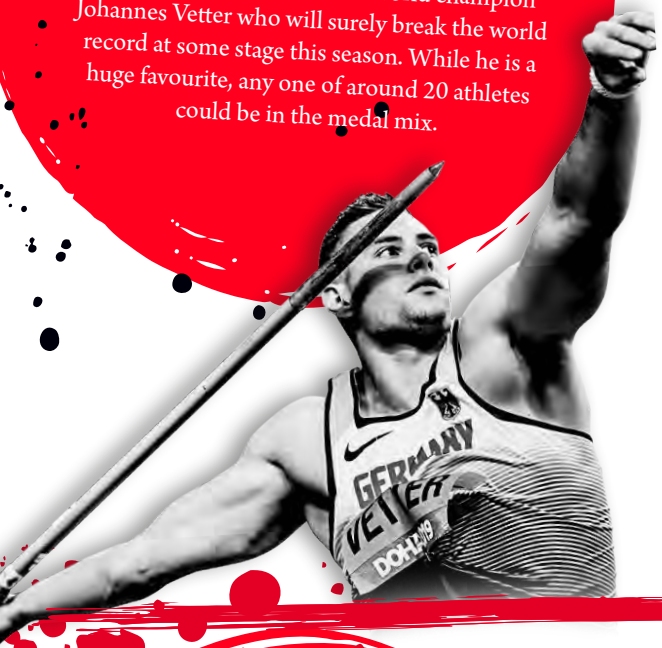
OUTSIDE BET: BROOKE ANDERSEN (USA): She was only 20th in Doha but now sits fifth all-time after her her 78.18m throw in April.

AW PREDICTION: Price is right to make history for the USA.

MEN'S JAVELIN

FINAL: AUGUST 7

All eyes will be on the 2017 World champion Johannes Vetter who will surely break the world record at some stage this season. While he is a huge favourite, any one of around 20 athletes could be in the medal mix.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: THOMAS RÖHLER (GER), 90.30M

2019 WORLD CHAMPION: ANDERSON PETERS (GRN), 86.89M

WORLD RECORD-HOLDER: JAN ŽELEZNÝ (CZE), 98.48M, 1996

OLYMPIC RECORD-HOLDER: ANDREAS THORKILDSEN (NOR), 90.57M, 2008

WORLD LEADER: JOHANNES VETTER (GER) 96.29M

BRITISH INTEREST: There will be no British competitors.

TOP CONTENDERS:

JOHANNES VETTER (GER): Only fourth in 2016, he has dominated 2021 with an average of 92m in his first six competitions of the year. He did pick up an injury worry in May, but returned with 93.59m at the end of June.

MARCIN KRUKOWSKI (POL): A non-qualifier in 2016, the Pole is much improved in 2021 with an 89.55m Polish record in Turku in June.

ANDERSON PETERS (GRN): Competed in the world juniors in 2016 rather than the Olympics and though aged just 23 the world champion is proving ultra consistent even if his PB of 87.31m is modest.

OUTSIDE BET: NEERAJ CHOPRA (IND): Defeated Peters to win the world junior title and the Commonwealth champion threw an 88.07m Indian record in March. Could be India's first superstar athlete.

AW PREDICTION: Provided he is fully fit, Vetter should lead the way.

WOMEN'S JAVELIN

FINAL: AUGUST 6

This event could go one of 10 ways while the world record-holder, Olympic champion and World champion are all struggling to throw 60m so far this summer.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: SARA KOLAK (CRO), 66.18M

2019 WORLD CHAMPION: KELSEY BARBER (AUS), 66.56M

WORLD RECORD-HOLDER: BARBORA ŠPOTÁKOVÁ (CZE), 72.28M, 2008

OLYMPIC RECORD-HOLDER: OLISDEILYS MENÉNDEZ (CUB), 71.53M, 2004

WORLD LEADER: MARIA ANDREJCZYK (POL), 71.40M

BRITISH INTEREST: There will be no British contenders.

TOP CONTENDERS:

MARIA ANDREJCZYK (POL): Fourth in Rio but only 22nd in Doha, she broke through to a different level when her 71.40m throw in May added over five metres to her PB and moved her to third all-time.

CHRISTIN HUSSONG (GER): The European champion was 12th in Rio and fourth in Doha but a 69.19m European Team Championships win gives her a chance of becoming the sixth German winner.

LU HUIHUI (CHN): Only seventh in Rio after fifth in London but she is a consistent performer who has won a medal the last three World Championships.

OUTSIDE BET: MAGGIE MALONE (USA): The American was 25th in Rio – her one global event thus far – but a 66.82m US record in May shows she could win a medal.

AW PREDICTION: Andrejczyk can use the momentum of her excellent year so far to strike gold.

DECATHLON

AUGUST 4-5

This looks a straightforward two-man battle between Rio's second and third placers Kevin Mayer and Damian Warner. The Frenchman and World record-holder had the edge in the past but the Canadian is the man in form, based on his world lead and Canadian record in Götzis.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: ASHTON EATON (USA), 8893

OLYMPIC RECORD HOLDER: ASHTON EATON & ROMAN SEBRLE (CZE), 8993, 2008

2019 WORLD CHAMPION: NIKLAS KAUL (GER), 8691

WORLD RECORD-HOLDER: KEVIN MAYER (FRA), 9126, 2018

WORLD LEADER: DAMIAN WARNER (CAN), 8995

BRITISH INTEREST: None, with Tim Duckworth not fully fit.

TOP CONTENDERS:

KEVIN MAYER (FRA): Doubts remain about whether the 2017 world champion is quite at his best and he certainly doesn't look in 9000-point form but he did win European indoor gold.

DAMIAN WARNER (CAN): With six global top fives, his competitiveness is unquestionable and he arrives in Tokyo as the world's fourth best ever performer after a stunning 200-point PB in Götzis.

NIKLAUS KAUL (GER): After a shock win in Doha at the age of 21, the world champion has not backed it up and was only fifth in Götzis. Still a proven competitor with plenty of potential.

OUTSIDE BET: KAREL TILGA (EST): The NCAA indoor and outdoor champion carries on the great Estonian tradition at the event and, at the age of 23, is only going to get better.

PREDICTION: The scene is set for Warner to be crowned king of the multi-eventers.

HEPTATHLON

FINAL: AUGUST 4-5

Great Britain, the most successful nation with three previous golds, won't have world champion Katarina Johnson-Thompson firing on all cylinders to challenge 2016 gold medallist Nafi Thiam.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: NAFI THIAM (BEL), 6810

2019 WORLD CHAMPION: KATARINA JOHNSON-THOMPSON (GBR), 6981

WORLD & OLYMPIC RECORD: JACKIE JOYNER-KERSEE (USA), 7291, 1988

WORLD LEADER: ANNA KUNZ (USA), 6703

BRITISH INTEREST: Injury has meant Katarina Johnson-Thompson won't be in her 2019 form but she should still mount a stern medal challenge.

TOP CONTENDERS:

NAFI THIAM (BEL): The Olympic and world champion was well beaten in Doha by Johnson-Thompson but she has shown good form in 2021 to start as clear favourite.

XÉNIA KRIZSÁN (HUN): The European indoor bronze medallist won Götzis in a Hungarian record and world lead and she has greatly improved since her 16th place in Rio.

ANNA KUNZ (USA): In the US trials, the Americans took the top three places on the world lists but Kunz won the title from Kendell Williams.

OUTSIDE BET: TYRA GITTENS (TTO): The NCAA indoor and outdoor champion has never competed in a big event but scored a National record 6418 points during her SEC Heptathlon win.

PREDICTION: Everything is pointing towards a second consecutive gold for Thiam.

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AW

MEN'S 20KM WALK

AUGUST 5

Japan and China look like they have the strongest trios and it is Toshikazu Yamanishi who will start as favourite.

FACTS & FIGURES:

2016 OLYMPIC CHAMPION:
ZHEN WANG (CHN), 1:19:14

OLYMPIC RECORD-HOLDER:
DING CHEN (CHN), 1:18:46, 2012

2019 WORLD CHAMPION:
TOSHIKAZU YAMANISHI (JPN), 1:26:34

WORLD RECORD-HOLDER:
YUSUKE SUZUKI (JPN), 1:16:36, 2015

WORLD LEADER: WANG KAIHUA (CHN), 1:16:54

BRITISH INTEREST: Tom Bosworth was sixth in Rio but Callum Wilkinson won the trials and both could place highly.

TOP CONTENDERS:

TOSHIKAZU YAMANISHI (JPN): The world champion won the Japanese title in 1:17:20 but will be under huge pressure.

WANG KAIHUAI (CHN): The Chinese champion and world leader has only been seventh and eighth in the last two World Championships.

VASILIY MIZINOV (ANA): The Doha runner-up won the Russian title in1:18:45 in February.

OUTSIDE BET: PERSEUS KARLSTRÖM (SWE): A strong competitor who was third in Doha.

AW PREDICTION: Yamanishi can deliver the gold medal which the Japanese public is hoping for.

WOMEN'S 20KM WALK

FINAL: AUGUST 6

China look certain to win their fourth Olympic gold in this event, thanks to the presence of defending champion and world champion Liu Hong.

FACTS & FIGURES:

2016 OLYMPIC CHAMPION:
LIU HONG (CHN), 1:28:35

2019 WORLD CHAMPION: LIU HONG (CHN), 1:32:53

WORLD RECORD-HOLDER: YELENA LASHMANOVA (RUS), 1:23:39, 2018

OLYMPIC RECORD-HOLDER: YELENA LASHMANOVA (RUS), 1:25:02, 2012

WORLD LEADER: YANG JIAYU (CHN) 1:23:49

BRITISH INTEREST: None.

TOP CONTENDERS:

YANG JIAYU (CHN): The 2017 world champion was disqualified in Doha but bounced back with a stunning world record in March.

LIU HONG (CHN): The defending champion is also the world champion and though she set a PB in March (1:24:27), she was well beaten by her compatriot.

QIEYANG SHENJIE (CHN): The runner-up in London 2012 and in Doha was fifth in Rio and should complete the clean sweep.

OUTSIDE BET: ANTONELLA PALMISANO (ITA): The 2017 world bronze medallist was fourth in Rio and won the European Cup race in May to suggest she will be the best of the rest

AW PREDICTION: In top form, Jiayu should head the Chinese challenge.

MEN'S 50KM WALK

AUGUST 6

Yusuke Suzuki is expected to give the home nation a title and, just as in the 20km, Japan have a very strong trio, with Satoshi Maruo another good medal hope.

FACTS & FIGURES:

2016 OLYMPIC CHAMPION:
MATEJ TOTH (SVK) 3:40:58

OLYMPIC RECORD-HOLDER:
JARED TALLENT (AUS), 3:36:53, 2012

2019 WORLD CHAMPION:
YUSUKE SUZUKI (JPN) 4:04:20

WORLD RECORD-HOLDER:
YOHAN DINIZ (FRA), 3:32:33, 2014

WORLD LEADER: SATOSHI MARUO (JPN), 3:38:42

BRITISH INTEREST: Dominic King, who set a UK record this year, will be trying to avoid an 11th major walk disqualification.

TOP CONTENDERS:

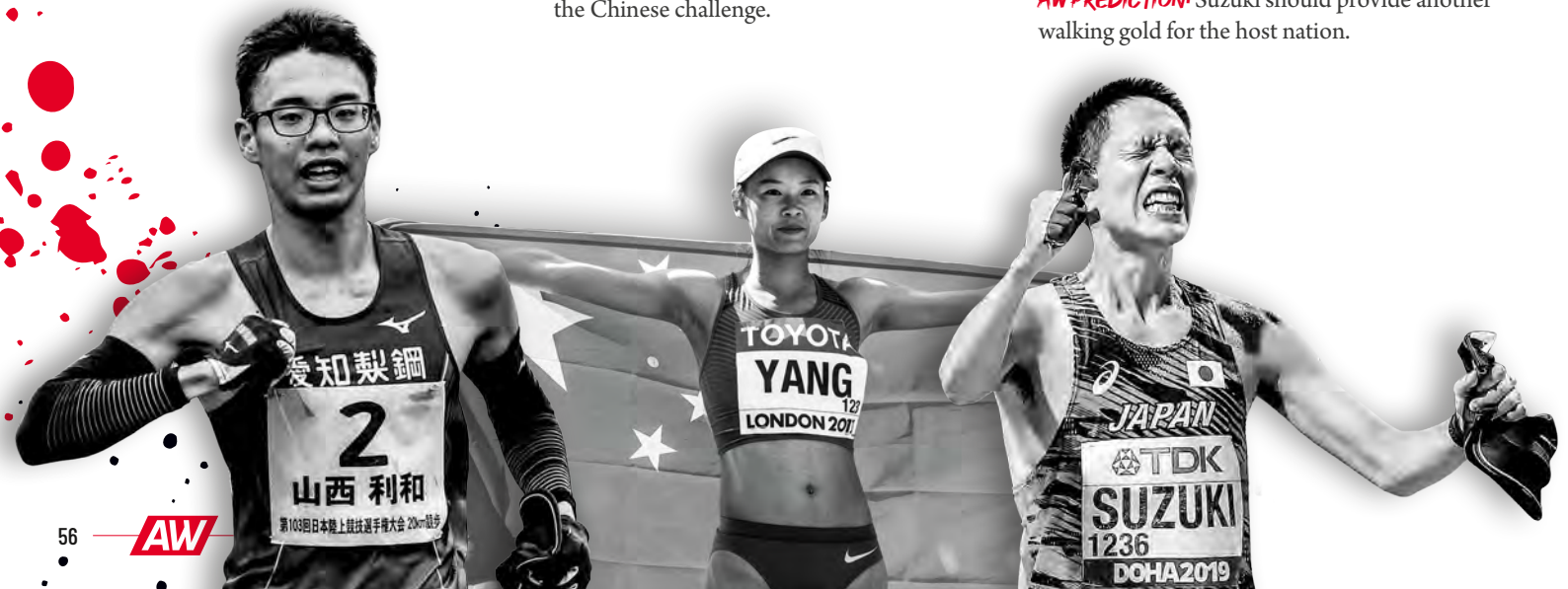
YUSUKE SUZUKI (JPN): He has not done a 50km since his Doha win or competed at all for a year but the 20km world record-holder will be hard to beat.

MATEJ TOTH (SVK): The defending champion has not shown his very best form in recent years but remains a fearless competitor.

LUO YADONG (CHN): The Doha fifth-placer won the Chinese Championships in 3:46:51 in March.

OUTSIDE BET: EVAN DUNFEE (CAN): Will be competitive after third place in Doha and fourth in Rio.

AW PREDICTION: Suzuki should provide another walking gold for the host nation.



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In 2001, a review in the *British journal of Sports Medicine* concluded that athletes should avoid exercising where exposure to pollutants is high and World Athletics is now trying to capture the impact of air pollution on athletes' health.

Dr Adam Cooper, London Marathon doctor for the last 29 years, began to research methods of dealing with the problem and how he might help to allow athletes to exercise with greater levels of safety, wherever they may be. Thus, the *RunAire* was born.

It is a sports mask featuring a removeable, porous carbon filter which offers protection down to five microns (five thousandths of a millimetre). Research suggests that the filter, combined with moisture exhaled whilst exercising, may reduce this further to improve its efficiency in capturing small pollutants.

It is made to suit the runner and uses a lightweight and easy-wash, soft-handle fabric for a comfortable fit and feel against the skin during exercise.



- **British-made sports mask with UK patent and patents pending in Europe and the USA**
- **Tested by Olympic athletes**
- **Helps athletes to train safely, wherever they may be**

MEN'S

4x100M

FINAL: AUGUST 6

With so many sub-10 performers at their disposal, the USA should only need to play it safe to win gold. The battle for second looks wide open, however, with Japan having an excellent medal chance.



FACTS AND FIGURES:

2016 OLYMPIC CHAMPIONS: JAMAICA, 37.27

2019 WORLD CHAMPIONS: USA, 37.10

WORLD & OLYMPIC RECORD-HOLDERS: : JAMAICA, 36.84 (2012)

WORLD LEADERS: CHINA, 38.29

BRITISH TEAM: Maybe aren't at their very best but they ran a European record 37.36 for silver in Doha and a repeat performance should secure another medal.

TOP CONTENDERS:

USA: They may be minus world champion Christian Coleman but the strength of the squad makes them huge favourites.

JAMAICA: The world record-holders and Olympic champions have six of the 10 fastest ever times but they don't look the same outfit minus Usain Bolt.

JAPAN: They don't have the big names but the runners-up from Rio and bronze medallists from Doha are improving. They have home advantage and will probably be the best-drilled quartet in town.

OUTSIDE BET: CHINA: The 2015 World Championships runners-up have been top six in the three global events since.

AW PREDICTION: It's hard to see past the Americans winning.

WOMEN'S

4x100M

FINAL: AUGUST 6

USA and Jamaica should dominate proceedings, however slick baton passing could bring Britain, whose best sprinters are all in good form, into the picture.



FACTS AND FIGURES:

2016 OLYMPIC CHAMPIONS: USA, 41.01

2019 WORLD CHAMPIONS: JAMAICA, 41.44

WORLD RECORD-HOLDERS: : USA, 40.82 (2012)

OLYMPIC RECORD-HOLDERS: : USA 40.82 (2012)

WORLD LEADERS: LSU (USA) 41.82

BRITISH TEAM: Medallists in the last three global championships and, with Asher-Smith at the heart of the team, they should make it on to the podium again.

TOP CONTENDERS:

JAMAICA: The world champions have the best top two in Shelly-Ann Fraser-Pryce and Elaine Thompson-Herah, as well as 10.87 performer Natasha Morrison. They should only need three good changeovers to win.

USA: The Olympic champions and world record-holders were a well-beaten third in Doha but they should have a much stronger team, including Sha'Carri Richardson, in Tokyo.

GERMANY: Always well-drilled, they have finished in the top five at the last six global championships.

OUTSIDE BET- SWITZERLAND: Just missed a medal in Doha and European indoor 60m champion Ajla Del Ponte has moved up a level since.

AW PREDICTION: Jamaica should take gold ahead of USA and Britain.

MEN'S 4X400M

FINAL: AUGUST 7

USA are hugely dominant when it comes to this year's 400m rankings and the traditional medal challengers Jamaica, Great Britain and Belgium are not quite as strong as they have been in the past.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: USA, 2:57.30

OLYMPIC RECORD HOLDER: USA, 2:55.39, 2008

2019 WORLD CHAMPION: USA, 2:56.69

WORLD RECORD-HOLDER: USA, 2:54.29, 1993

WORLD LEADER: USA, 3:00.75

BRITISH TEAM: The second most successful nation at the event last won a medal in 2008 and may struggle to even make the final, even if they get the baton round and don't incur the wrath of the judges, which has been a recent problem.

TOP CONTENDERS:

USA: They are hugely dominant when it comes to this year's 400m rankings (14 of the top 21) and the traditional medal challengers Jamaica, Great Britain and Belgium are not quite as strong as they have been in the past.

SOUTH AFRICA: With four athletes at 45.58 or faster – not counting world record-holder Wayde van Niekerk – they clearly should be a factor.

TRINIDAD: It looks they will have a trio of 400m runners only topped by USA but the Doha fifth-placers do look like they have a vulnerable fourth runner based on individual times.

OUTSIDE BET: NETHERLANDS: There has been a great improvement of Dutch one-lap running and this year they have won the European Indoor title and the World Relays.

AW PREDICTION: Only some sort of baton calamity will stop the USA from winning.

WOMEN'S 4X400M

FINAL: AUGUST 7

USA will be going for their seventh successive title (eighth in total) and it already looks like a foregone conclusion, with their quartet capable of going well inside 3:20.



FACTS & FIGURES:

2016 OLYMPIC CHAMPION: USA, 3:19.06

2019 WORLD CHAMPION: USA, 3:18.92

WORLD AND OLYMPIC RECORD-HOLDER: SOVIET UNION, 3:15.17, 1988

WORLD LEADER: TEXAS A&M (USA) 3:22.34

BRITISH TEAM: Third in Rio, second at London 2017 and fourth in Doha. They have four runners all around the 51-second mark and should again be on the edge of the battle for a medal.

TOP CONTENDERS:

USA: With around 12 runners capable of running a sub-50-second relay leg, they should win at a canter.

JAMAICA: Second in Rio and third in Doha, they have sufficient quality to win a medal again, even if their very best athletes look to be a little past their very best.

POLAND: The Doha runners-up and European champions have surprisingly never won an Olympic medal in this event but they have an experienced, consistent quartet.

OUTSIDE BET: NETHERLANDS: The much-improved Dutch won the European Indoor title but should at least make their first final, especially with Femke Bol in their team.

AW PREDICTION: Another relay gold will be heading back to America.

AW

MIXED 4X400M

FINAL: JULY 31

Having been staged once at the World Championships, and being an event which is hardly ever contested, this was a surprise inclusion for Tokyo. It has been stuck at the start of the programme and the final being contested on the night before the men's 400m morning heats might put off some runners. Doha bronze medallists Bahrain won't be a factor with Salwa Eid Naser's ban.

FACTS & FIGURES:

2019 WORLD CHAMPION & WORLD RECORD-HOLDER: USA, 3:09.34

OLYMPIC RECORD-HOLDER: NEW EVENT

WORLD LEADER: GERMANY, 3:13.57

BRITISH TEAM: They were a close fourth in Doha and have a better chance here than in the men's 4x400m. This is an event that could be quite open, behind the Americans.

TOP CONTENDERS:

USA: With by far the fastest men and women, they should win easily and don't even need to risk their individual event runners. The margin of victory will depend on who they select.

NETHERLANDS: This event suits the Dutch even more than the traditional 4x400m, where their fourth runner isn't quite as strong.

JAMAICA: This has been a relatively poor year for Jamaican one-lap running but the world silver medallists have sufficient quality to put out a medal-winning quartet.

OUTSIDE BET: POLAND: Despite their great success elsewhere, they have failed to match it in Olympic 4x400m relays – a men's silver in 1976 is their one success. They have strong enough women to snatch a medal here.

PREDICTION: USA will land the first of what looks like being three 4x400m relay medals in Tokyo.





EYES ON THE PRIZE

The Tokyo 2020 medals have been created entirely from recycled cosumer devices. Around 32kg of gold was extracted from the 6.2million used mobile phones donated over two years by the Japanese public. Approximately 3.5 tonnes of silver and 2.2 tonnes of bronze was also recovered to make 5,000 Olympic and Paralympic medals.

THE MOST PROLIFIC OLYMPIC ATHLETICS MEDALLISTS

MEN

PAAVO NURMI (FIN, BELOW) – 12 medals; nine gold and three silver
Gold: 10,000m (2), Individual cross country (2), Team cross country (2), 1500m (1), 5000m (1), 3000m team (1)
Silver: 5000m (2), 3000m steeplechase (1)

CARL LEWIS (USA) – 10 medals; nine gold and one silver
Gold: 100m (2), 200m (1), 4x100m relay (2), long jump (4)
Silver: 200m (1)

USAIN BOLT (JAM) – Eight medals; all gold
Gold: 100m (3), 200m (3), 4x100m relay (2)

WOMEN

ALLYSON FELIX (USA) – Nine medals; six gold and three silver
Gold: 4x400m relay (3), 4x100m relay (2), 200m (1)
Silver: 200m (2), 400m (1)

MERLENE OTTEY (JAM, BELOW) – Nine medals; three silver and six bronze
Silver: 100m (1), 200m (1), 4x100m (1)
Bronze: 200m (3), 100m (2), 4x100m (1)

VICTORIA CAMPBELL-BROWN (JAM) – Eight medals; three gold, three silver and two bronze
Gold: 200m (2), 4x100m (1)
Silver: 4x100m relay (3)
Bronze: 100m (2)

WHERE TO WATCH:

Coverage of the Tokyo 2020 Olympics will be across BBC TV, radio and online

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TOKYO TIMETABLE

PLAN YOUR GAMES WITH OUR GUIDE TO WHAT'S HAPPENING AND WHEN IN JAPAN

FRIDAY, JULY 30

(Tokyo time)
09:00 – 12:30
(UK time) 01:00 – 04:30
VENUE: OLYMPIC STADIUM

Men's 3000m steeplechase round 1

Men's High jump qualifying round

Men's discus throw qualifying round

Women's 800m round 1

Men's 400m hurdles round 1

Women's 100m round 1

(Tokyo time)
19:00 – 21:00
(UK time) 11:00 – 13:00
VENUE: OLYMPIC STADIUM

Women's 5000m round 1

Women's triple jump qualifying round

Women's shot-put qualifying round

Men's 4x400m relay round 1

Men's 10,000m final

SATURDAY, JULY 31

(Tokyo time)
09:00 – 12:00
(UK time) 01:00 – 04:00
VENUE: OLYMPIC STADIUM

Women's 400m Hurdles round 1

Women's discus throw qualifying round

Men's pole vault qualifying round

Men's 800m round 1

Women's 100m hurdles qualifying round

Men's 100m preliminary round

(Tokyo time)
19:00 – 21:55
(UK time) 11:00 – 13:55
VENUE: OLYMPIC STADIUM

Men's 10,000m victory ceremony

Men's long jump qualifying round

Women's 100m semi-finals

Men's 100m round 1

Men's discus throw final

Women's 800m semi-finals

Mixed 4x400m relay final

Women's 100m final

SUNDAY, AUGUST 1

(Tokyo time)
09:10 – 12:00
(UK time) 01:10 – 04:00
VENUE: OLYMPIC STADIUM

Women's hammer throw qualifying round

Women's 3,000m steeplechase round 1

Women's long jump qualifying round

Men's discus throw victory ceremony

Women's shot put final

Men's 400m round 1

Men's 4x400m Relay Victory Ceremony

(Tokyo time)
19:00 – 21:55
(UK time) 11:00 – 13:55
VENUE: OLYMPIC STADIUM

Women's 100m victory ceremony

Men's high jump final

Men's 100m semi-finals

Women's 100m hurdles semi-finals

Women's shot put victory ceremony

Women's triple jump final

Men's 800m semi-finals

Men's 400m hurdles semi-finals

Men's high jump victory ceremony

Men's 100m final

MONDAY, AUGUST 2

(Tokyo time)
09:00 – 11:55
(UK time) 01:00 – 03:55
VENUE: OLYMPIC STADIUM

Men's hammer throw qualifying round

Women's 1,500m round 1

Women's triple jump victory ceremony

Men's long jump final

Women's 200m round 1

Women's 100m hurdles final

(Tokyo time)
19:00 – 22:00
(UK time) 11:00 – 14:00
VENUE: OLYMPIC STADIUM

Men's 100m victory ceremony

Men's long jump victory ceremony

Women's pole vault qualifying round

Women's 200m semi-finals

Women's 100m hurdles victory ceremony

Women's discus throw final

Men's 400m semi-finals

Women's 400m hurdles semi-finals

Men's 3,000m steeplechase final

Women's 5,000m final

TUESDAY, AUGUST 3

(Tokyo time)
09:00 – 12:35
(UK time) 01:00 – 04:35
VENUE: OLYMPIC STADIUM

Men's triple jump qualifying round

Men's 1,500m round 1

Women's javelin throw qualifying round

Women's 400m round 1

Women's discus throw victory ceremony

Men's 3,000m steeplechase victory ceremony

Women's long jump final

Men's 200m round 1

Men's 400m hurdles final

Women's 5,000m victory ceremony

(Tokyo time)
19:00 – 21:55
(UK time) 11:00 – 13:55
VENUE: OLYMPIC STADIUM

Women's long jump victory ceremony

Men's 110m hurdles round 1

Men's shot put qualifying round

Men's pole vault final

Men's 400m hurdles victory ceremony

Men's 5,000m round 1

Women's hammer throw final

Men's 200m semi-finals

Women's 800m final

Women's 200m final



WEDNESDAY, AUGUST 4

(Tokyo time) 09:00 – 12:25
(UK time) 01:00 – 04:25
VENUE: OLYMPIC STADIUM

Men's decathlon 100m

Men's javelin throw qualifying round

Women's heptathlon 100m hurdles

Men's decathlon long jump

Men's pole vault victory ceremony

Women's heptathlon high jump

Women's hammer throw victory ceremony

Women's 800m victory ceremony

Men's 110m hurdles semi-finals

Women's 400m hurdles final

Men's decathlon shot put

Women's 400m hurdles victory ceremony

(Tokyo time) 18:30 – 22:00
(UK time) 10:30 – 13:00
VENUE: OLYMPIC STADIUM

Men's decathlon high jump

Women's 1,500m semi-finals

Women's heptathlon shot put

Women's 400m semi-finals

Women's 200m victory ceremony

Women's 3,000m steeplechase final

Men's hammer throw final

Women's heptathlon 200m

Women's 3,000m Steeplechase victory ceremony

Men's 800m final

Men's decathlon 400m

Men's 200m final

THURSDAY, AUGUST 5

(Tokyo time) 09:00 – 15:05
(UK time) 01:00 – 07:05
VENUE: OLYMPIC STADIUM

Men's Decathlon 110m Hurdles

Women's High Jump Qualifying Round

Men's Hammer Throw Victory Ceremony

Women's Heptathlon Long Jump

Men's Decathlon Discus Throw

Women's 4 x 100m Relay Round 1

Men's 800m Victory Ceremony

Men's 200m Victory Ceremony

Men's Triple Jump Final

Men's Shot Put Final

Men's 4 x 100m Relay Round 1

Men's 110m Hurdles Final

Men's Decathlon Pole Vault

Women's Heptathlon Javelin Throw

(Tokyo time) 16:30 – 18:05
(UK time) 08:30 – 10:05
VENUE: SAPPORO ODORI PARK

Men's 20km race walk final

Men's 20km race walk venue ceremony

(Tokyo time) 19:00 – 21:45
(UK time) 11:00 – 13:45
VENUE: OLYMPIC STADIUM

Men's Shot Put Victory Ceremony

Men's Triple Jump Victory Ceremony

Men's Decathlon Javelin Throw

Women's Pole Vault Final

Women's 4 x 400m Relay Round 1

Men's 1500m semi-finals

Men's 110m Hurdles Victory Ceremony

Men's 400m Final

Women's Heptathlon 800m

Men's Decathlon 1500m

FRIDAY, AUGUST 6

(Tokyo time) 05:30 – 10:00
(UK time) 21:30 August 5 – 02:00 August 6
VENUE: SAPPORO ODORI PARK

Men's 50km Race Walk Final

Men's 50km Race Walk Venue Ceremony

(Tokyo time) 16:30 – 18:15
(UK time) 08:30 – 10:15
VENUE: SAPPORO ODORI PARK

Women's 20km Race Walk Final

Women's 20km Race Walk Venue Ceremony

(Tokyo time) 19:50 – 22:55
(UK time) 11:50 – 14:55
VENUE: OLYMPIC STADIUM

Men's 20km Race Walk Victory Ceremony

Women's Pole Vault Victory Ceremony

Women's Heptathlon Victory Ceremony

Men's Decathlon Victory Ceremony

Men's 4 x 400m Relay Round 1

Women's Javelin Throw Final

Men's 5000m Final

Men's 400m Victory Ceremony

Women's 400m Final

Women's 1500m Final

Men's 5000m Victory Ceremony

Women's 400m Victory Ceremony

Women's 4 x 100m Relay Final

Women's 1500m Victory Ceremony

Men's 4 x 100m Relay Final

SATURDAY, AUGUST 7

(Tokyo time) 07:00 – 10:15
(UK time) 23:00 August 6 – 02:15 August 7
VENUE: SAPPORO ODORI PARK

Women's marathon final

Women's marathon venue ceremony

(Tokyo time) 19:00 – 22:20
(UK time) 11:00 – 14:20
VENUE: OLYMPIC STADIUM

Men's 50km Race Walk Victory Ceremony

Women's 20km Race Walk Victory Ceremony

Women's 4 x 100m Relay Victory Ceremony

Men's 4 x 100m Relay Victory Ceremony

Women's High Jump Final

Women's 10,000m Final

Men's Javelin Throw Final

Women's Javelin Throw Victory Ceremony

Men's 1500m Final

Women's 10,000m Victory Ceremony

Men's 1500m Victory Ceremony

Women's 4 x 400m Relay Final

Men's Javelin Throw Victory Ceremony

Men's 4 x 400m Relay Final

Women's High Jump Victory Ceremony

Women's 4 x 400m Relay Victory Ceremony

Men's 4 x 400m Relay Victory Ceremony

SUNDAY, AUGUST 8

(Tokyo time) 07:00 – 09:45
(UK time) 23:00 August 7 – 01:45 August 8
VENUE: SAPPORO ODORI PARK

Men's marathon final

Men's marathon venue ceremony



THE OLYMPIC EXPERIENCE

EILIDH DOYLE TELLS TIM ADAMS HOW THE GAMES SHAPED HER CAREER

Eilidh Doyle is no stranger to the Olympics. The Scot, who recently called time on a career which saw her win 17 major medals and hold four Scottish records, has represented Great Britain at both the 2012 and 2016 Games, winning a bronze medal in the 4x400m relay in the latter.

Tokyo 2020 will be the first she has watched as a fan since 2008, while she vividly recalls the 1992 Olympics in Barcelona, even though she was just five years old.

"It was that generation of Linford Christie, Sally Gunnell and Colin Jackson," says Doyle, who focused on the 400m and 400m hurdles. "Sydney was up there and I remember purposely sitting down to watch Cathy Freeman [win 400m gold]. It's everything which went with what an Olympics was and that went as far as watching them when I was older when I saw Tasha [Danvers] win 400m hurdles bronze in Beijing [2008]," the Scot adds.

Alongside Christine Ohuruogu, Emily Diamond and Anyika Onuora, Doyle got to experience that medal-winning feeling for herself when she captured that relay bronze in Rio. She also reached the 400m hurdles final, finished eighth, and insists her approach was to treat the Olympics like any other race.

"One of the things I've been quite proud of in my career has been my consistency and I will give you what I've got," says the 34-year-old. "Rarely will I run things that surprised me so my mentality was 'execute your race like you have done all season' and I did. I couldn't fault my race and I was eighth.

"There were athletes, though, who valued the Olympics not just as any old race but on another level. Sara Petersen, who won the silver medal, took about half a second off her personal best and lifted her game. To my mind, it was just another race and it didn't work in the hurdles but it worked in the relay."

She adds: "I remember having a conversation with Emily Diamond the day of the relay and she mentioned that she thought we could win a medal when we were walking back from the dining room. I said to her: 'I think we can too but let's not think about that!' as I was really nervous and wanted to focus our energy on running our own legs."

Great Britain finished third behind the US and Jamaica. Doyle, who usually went off first, had swapped legs with Ohuruogu and came up alongside Allyson Felix. The American and six-time Olympic champion has qualified for her fifth Games in Tokyo and Doyle is full of admiration.

"It's amazing to have that longevity but to be able to still qualify," she says. "The US team is one of the hardest teams to qualify for so for Allyson to perform that well over these years is incredible.

"I remember running against her in Rio and she was getting further and further away from me and she looked like she was just taking it easy while I was running as fast as I could! For everything that she's won she's a bit underrated and should get more praise than she's had."

When asked what events she's most looking forward to in Tokyo, the Scot doesn't hesitate.

"As a fan to sit back and watch Dalilah Muhammad battle it out alongside Sydney McLaughlin and Femke Bol in the 400m hurdles could be spectacular." AW



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1964 REMEMBERED

ANN PACKER LOOKS BACK ON HOW THE BRITISH ATHLETES FARED WHEN TOKYO LAST HOSTED THE OLYMPICS



The travel restrictions imposed due to Covid have stranded most of us within a narrow radius of home during the past 16 months. Airports have become a foreign country, summer holidays an exotic treat.

For British athletes preparing to jet off to the Tokyo Olympics, these present abnormal times share DNA with the previous occasion the Japanese capital hosted the Games, in 1964, when their predecessors ventured eastward with a spirit of adventure but also a sense of entering the unknown.

"You have to remember that package holidays really hadn't even started then," recounts Ann Brightwell – then Ann Packer, whose 800m gold medal in a world record time of 2:01.1 remains a classic memory from that showpiece.

"Apart from athletics, I hadn't been abroad but, as a result of being an athlete, I visited places like Russia and Hungary and Czechoslovakia, the sort of places there was never any hope of going to. You wouldn't even have gone there for a holiday."

Two years previously, she was among a generation who had profited from the first wave of long-haul travel to Perth in Western Australia. To additionally sample Japan – a very difficult culture, a wholly distinct environment – was the stuff only the wildest dreams were made of.

"It was just out of our realm of imagination at the time," Brightwell acknowledges. "My parents hadn't even travelled and there was no way they could have gone to Tokyo to watch. They wouldn't have been able to afford that. Things were just very different. For us, that was an amazing experience."

This was a Games – like most, in truth – that was as much a shop window as sporting spectacle. Coming 19 years after the end of the Second World War, these Olympics were designed to showcase the evolution of Japan, one where technological leadership had supplanted imperialism.

Yens were thrown at grand investment in stadia and arenas but also at a high-speed bullet train linking Tokyo and Osaka. More than 5,500 athletes and officials from 93 nations journeyed to what was Asia's maiden Olympiad. Broadcast worldwide via satellites, innovations such as real-time statistics were plugged in for the first time, shoving the humble stopwatch out the door.

Held in the autumn to avoid the sticky, stifling heat of a tropical summertime, there were welcome advances as a consequence of another important fight: equality of the sexes. It was only the second Games where the

IT WAS JUST OUT OF OUR REALM OF IMAGINATION AT THE TIME

women's 800m was enshrined as a staple, with the 400m and the pentathlon also added to the mix.

"They did have it in Amsterdam [in 1928] but they thought the ladies had got a bit distressed and a bit sweaty," notes Brightwell with a heavy irony. "So they abandoned the 800m until Rome [in 1960]. Tokyo was the first time that women had done 400m as an event in the Olympics, and there was nothing above 800m at all."

Baby steps. Ann Packer's feet, by contrast, were moving at a quicker pace. Raised in Oxfordshire, she had won the English Schools title over 100 yards and had also shown huge promise in the long jump. Claiming relay bronze at the European Championships and silver in the Commonwealths two years before, she was a PE teacher by day and athlete by night and weekends, training at the White City Stadium in west London which had originally been constructed for the 1908 Olympics.

"I was still sort of trying to find out what I was best at," she admits. "But it became clear that I wasn't going to be world-class as a sprinter." Engaged then to Robbie Brightwell, now her husband of almost six decades, it was her coach Dennis Watts whose moment of inspiration altered destinies.

"Why don't you have a go at 400m?" he chanced. His charge recalls: "On one very blustery night in Reading, which was my athletic club, I ran a 400m. I did the fastest time in the country that year. That really set me off on my 400m career."

The 800m was the most far-fetched of after-thoughts. She arrived at the Games having only run the distance competitively on five prior occasions.

Favourite in the 400m, she snared silver behind Australia's Betty Cuthbert despite a European record time of 52.20. Her fiancé was even more deflated, coming fourth in the men's 400m.

Both found redemption. Brightwell would anchor the British men to 4x400m relay silver. It came 24 hours – on October 20 – after he had loitered to embrace his future wife when she became the first woman from the UK to win an Olympic gold on the track, bolting past French rival Maryvonne Dupureur on the home straight to emulate her room-mate Mary Rand, who had emerged victorious in the long jump six days earlier.

They were among a British haul of 12 medals in athletics that also saw Lynn Davies (long jump) and Ken Matthews (20km walk) top the podium. The hosts rolled out the red carpet each time. "They had all our hair done before the medal ceremony," says Brightwell.

"They were amazing. Robbie celebrated a birthday during the Olympics and, sure enough, a Japanese lady turned up with a cake with the appropriate number of candles on it."

She would compete only once more – at a post-Games international in Osaka – then channel energies into raising a family that expanded to three boys, and now grandchildren. A brief but extraordinary reign. A humble toast to celebrate was drunk that evening.

"We didn't go wild," giggles Brightwell, now 79 and happily retired in Cheshire. "We celebrated with the media, actually. David Coleman was there. In those days the press were our friends and they were very much involved with us.

"So much so that they used to come down to the track and not only spy on the opposition for us, but in training before the Olympics started, they would hold our stopwatches."

It was quite the journey they chronicled. A simpler time, facemasks not mandatory. Tokyo's Games of 2021 will be quite unique, and unprecedented. Amid the oddity, we can hope the sense of wonder embraced by Mr and Mrs Brightwell and others will remain undimmed. AW

LEFT: Ann Packer enjoyed the experience of being in Tokyo to the full

BELOW: On her way to a gold medal at the 1964 Olympics



TOKYO


LE PLUS IMPORTANT AUX
JEUX OLYMPIQUES N'EST
PAS D'Y VAINCRE MAIS
D'Y PRENDRE PART, CAR
L'ESSENTIEL DANS LA
VIE N'EST PAS TANT DE
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LEGENDARY PHOTOGRAPHER MARK SHEARMAN IS PREPARING TO COVER HIS 15TH SUMMER OLYMPICS, 57 YEARS AFTER COVERING HIS FIRST IN THE JAPANESE CAPITAL. HE TALKS EUAN CRUMLEY THROUGH HIS REMARKABLE CAREER AND SELECTS SOME OF HIS FAVOURITE IMAGES FROM EACH GAMES



First Tooting Bec, then the world. A fateful day back in the summer of 1962 set photographer Mark Shearman on a path which has taken him to virtually every corner of the globe and all with one pursuit in mind: capturing athletic greatness.

He is still walking that path now. Tokyo 2020 will be the 15th Summer Olympics he has covered and it comes 57 years after his first, which also happened to be staged in the Japanese capital. A career which has encompassed and chronicled so much is coming full circle.

He has visited over 100 countries, hasn't missed a single World Championships or European Championships and can only recall being absent from one edition of the Commonwealth Games, while countless national championships, local track meetings and English Schools Championships have also been viewed through Shearman's sharply focused lens. He is no stranger to the mud and thunder of cross-country competition, either.

For a number of top-level British athletes, some of whom have gone on to become household names, the presence of Shearman, vice-president of Croydon Harriers, has been a reassuring constant, capturing literally every stage of their careers. ▷











TOKYO 1964

Yoshinori Sakai, who had been born on the day when the atomic bomb struck Hiroshima, lit the Olympic flame to mark the start of the Games in the Japanese capital (main image). There were some fine British performances for Mark Shearman to capture, too, with Mary Rand (above) winning women's long jump gold, pentathlon silver and 4x100m relay bronze. Lynn Davies (far left) won the men's long jump, while (top right) it was an image of pole vaulter Terry Burton which made the cover of *Athletics Weekly* and sparked a long and illustrious career. Previous pages: the crowd watch on at the opening ceremony.



I remember covering the Manchester International meeting four years ago, part of which was an exhibition race involving a reunion of the Olympic gold medal-winning British men's 4x100m relay team of Athens 2004.

In the crowded hubbub of the finish area afterwards, as Shearman outlined his instructions in typically forthright fashion, the now-retired athletes beamed as they realised who it was taking their picture. When Olympic champions are referring to you as a legend and greeting you like an old friend, then clearly you've done something right.

"I was quite good as a runner at school in Kingston, Surrey, and as a very young guy I won the school cross country in my age category," says the 78-year-old who was awarded an MBE in 2013 for his services to sports photography and is also a 2:48 marathon runner. "I was always interested in athletics and my dad bought me a camera when I was ▷







"I WAS PART OF A TOUR GROUP THAT WENT OUT TO TOKYO AND IT TOOK US THREE DAYS TO GET THERE. AS AN EVENT IT WAS AS BIG AS YOU COULD GET AT THE TIME BUT I JUST GOT ON WITH IT, CLIMBING OVER FENCES TO GET FROM ONE PLACE TO ANOTHER, AND WENT ABOUT TAKING PICTURES

MEXICO 1968

The Mexico Games featured some remarkable performances in the field, such as Bob Beamon's long jump record. The innovative high jump technique of Dick Fosbury (main image), who showcased what was to become known at the "Fosbury Flop" also proved to be a major talking point.
Altitude affected some of the athletes badly (top right), while Mohammed Gammoudi of Tunisia (above, No.781) produced a remarkable performance to take gold in the men's 5000m.


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about 13 because I'd also showed an interest in taking photographs."

The two passions gelled together. "After I left school I started working with a big photo agency in London – Fox Photos – and it was there that I met Gerry Cranham, who was soon to become Britain's leading sports photographer. The agency used to handle some of his work and I tried to make sure that I was around when he came in so I could chat to him and look at his photographs.

"He became aware of my interest in athletics and ▷

MUNICH 1972

The Games were overshadowed by the Munich Massacre which saw 11 members of the Israel team killed by the terrorist group Black September. The competition continued, however, and (left) Great Britain's Brendan Foster led in the final of the men's 1500m before finishing fourth, while Finland's Lasse Viren (top, No.228) broke the 10,000m world record as he struck gold and American Dave Wottle (right, No.1033) landed 800m victory.





encouraged me to go to local athletics meetings."

It was 1962 when Shearman's twin brother, a fine runner in his own right for Wimbledon Athletics Club, informed him of a young hopeful who was going to attempt to break the British pole-vault record at Tooting Bec.

"The athlete's name was Trevor Burton from Stoke AC. I went along and I took one or two pictures, one of which was an image of him going over the bar. My brother said: 'There's a magazine called Athletics Weekly. Why don't you send it to them? They might be interested'. ▷



MONTREAL 1976

Cuba's Alberto Juantorena (far right) became the only athlete ever to win both the 400m and 800m at the same Olympic Games, while New Zealand's John Walker (above, No.694) won 1500m gold as he managed to hold off Ivo Van Damme (103). A total of 28 African countries boycotted the Games, refusing to participate alongside New Zealand, whose rugby team had embarked on a tour of apartheid South Africa that summer. (Right) A heat of the men's 10,000m passes the Olympic flame.


103
375
217
UBA







MOSCOW 1980

As in Montreal, there were boycotts at these Games as a total of 65 nations – led by the USA – stayed away in protest against the Soviet invasion of Afghanistan. The Russians still did their best to put on a show at the Luzhniki Stadium (above). Perhaps the most memorable contests on the track were those featuring British greats Steve Ovett and Seb Coe. Ovett had been 1500m favourite, with Coe expected to take the 800m, so it was a surprise when the former won the two-lap event (above). Coe bounced back from his disappointment to win the 1500m gold and spark an outpouring of emotion (right).

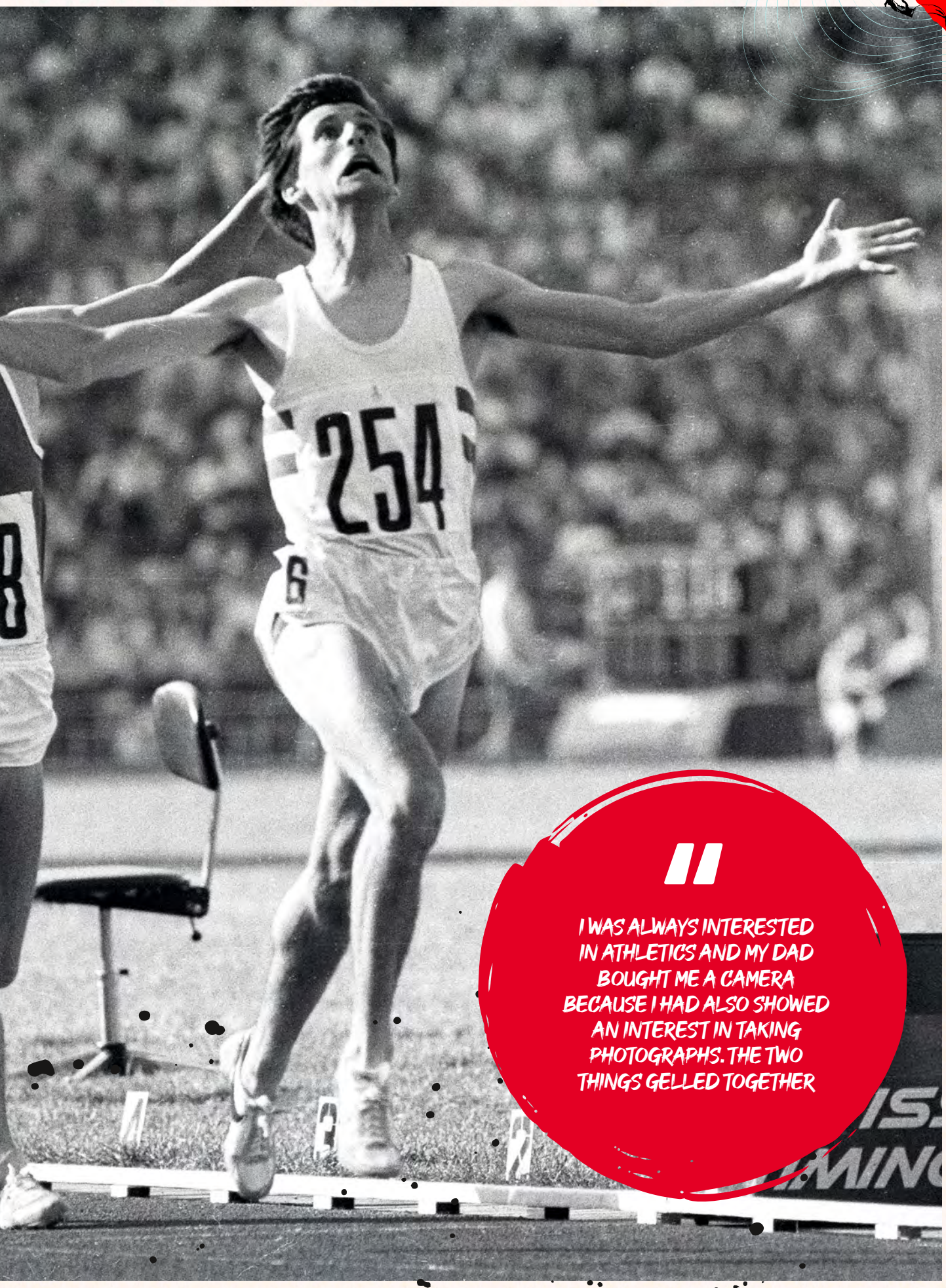
"It was the very first picture I sent to the magazine and they published it on the cover. I thought: 'That was easy, let's continue down this road!'.

"Of course I learned very quickly that it wasn't always that easy but that's how it started. I haven't looked back."

That cover photo was the first of hundreds in what has been a lengthy association with this magazine and Shearman would soon find himself not just making rapid progress but also quickly widening his horizons.

"I started [my photography career] in 1962 and by 1963 they allowed me into the infield at White City for all the major events there," he says. "I was there in 1964 for the Olympic trials – the AAAs Championships – and I thought: 'Well, if I'm here I've got to go and see what they're doing at the Olympics'."

Tokyo beckoned and, for someone who had ▷



"I WAS ALWAYS INTERESTED IN ATHLETICS AND MY DAD BOUGHT ME A CAMERA BECAUSE I HAD ALSO SHOWED AN INTEREST IN TAKING PHOTOGRAPHS. THE TWO THINGS GELLED TOGETHER


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LOS ANGELES 1984

This was the Games where commercialism and marketing really started to make its presence felt but it was packed with incident. Daley Thompson (far left) won his second successive decathlon gold while (above left) the clash between Mary Decker and Zola Budd sparked huge controversy. Joan Benoit (above right) created history when winning the first ever women's Olympic marathon and (left) Carl Lewis won a stunning four gold medals.

never been outside of Europe, it was an eye-opening experience and a substantial undertaking.

"I was part of a tour group that went out to Tokyo and it took us three days to get there," he says. "We had stopovers in Bombay and, I think, Karachi, plus we had stops in places like Bangkok and Hong Kong, Brindisi and Damascus before we got to Tokyo. It hadn't occurred to me at the time but this was only 19 years after they had dropped the atomic bombs on Hiroshima and Nagasaki.

"Tokyo was a completely different atmosphere, it really was a different world. I remember walking down the street and there were people wearing masks. Japanese people always put a mask on when they've got a cold and that was the first time I'd seen it but now we'll go out there this year and everyone will be wearing one. It's quite bizarre."

Not having official media accreditation in 1964 meant having ▷







to improvise but, with security a little more lax than you might expect today, there was room to roam around the stadium via methods both conventional and unconventional.

"As an event it was as big as you could get at the time but I just got on with it. I climbed over fences to get from one place to another and went about taking pictures."

Getting to see the fruits of his labour, however, was not the instant process that it is in today's digital world. "I had someone back in London looking after the pictures. I had to put them on a plane and they were with him about two days later. Now, of course, they're there in two seconds."

The advancement of digital photography is one which Shearman is very grateful for. Gone are the days of having to develop pictures in his hotel bathroom or falling foul of the fickle nature of film.

"I remember photographing Dave Bedford on his way to breaking the 10,000m world record at Crystal Palace in July 1973. The race is over 25 laps and after about 20 laps it occurred to me that I'd taken a lot more than 36 pictures but the film was still winding on," he recalls. "The film had not taken up and I had no pictures. I hurriedly put the situation right and got shots of him during the last four laps and crossing the finish line. These images have been published many times since and Dave ▷





SEOUL 1988

One of the most infamous events in Olympic history played out in South Korea as Ben Johnson stormed to 100m victory in world record time (above), only to be later stripped of his title after being disqualified for doping. The legendary pole vaulter Sergey Bubka (far left) won the only Olympic title of his career at these Games and Rosa Mota (second from the right) won the women's marathon.



is a good friend of mine. He is still happy to remind me of the disaster that I narrowly avoided."

Regardless of the medium, the same principles remain – namely being in just the right place at just the right time, which is no mean feat during an athletics meeting in which myriad events can be unfolding simultaneously.

"It can be like a battle plan," says Shearman. "You work out where you're going to be for one event and then how you'll go into another. I always go through the timetable beforehand and pick out what events are the most important, but I do try and cover every event.

"I keep myself fit – I still walk and run a bit – and I could end up going up and down on the infield, from one end to another, from field events to the finish line, a dozen times. To be quite honest, I don't think I've ever missed anyone at a major Games."

As Shearman puts it, "I don't get a second chance". Whereas a reporter can check a replay, for the man ▷

BARCELONA 1992

Great Britain saw two Olympic champions crowned on the track, with Linford Christie winning the men's 100m title and Sally Gunnell (in full flight, above) securing 400m hurdles gold. Kriss Akabusi (above, right) was also able to celebrate bronze medals in the 400m hurdles and 4x400m relay, while Javier Sotomayor (right) became the first Cuban to win an Olympic jumping gold medal thanks to his high jump victory.









ATLANTA 1996

America finished top of the medals table at these Games and gave the home crowd at the Centennial Olympic Stadium plenty to celebrate thanks to 13 track and field golds, which included Michael Johnson's memorable 200m and 400m sprint double.



behind the camera there's no rewind option. Once the moment's gone, that's it.

This is where the parallels between athlete and photographer can be drawn. Both are aware of the specific jobs which need to be done, both have spent hour upon hour honing their craft and both know that, when it comes to the big occasion, they need to perform. Pre-race anxiety, it would seem, is not exclusive to the competitors.

Take London 2012, his favourite Games to have been a part of (his least favourite is Munich 1972). "In the eight years running up to London, every time I drove past the stadium being built I used to get really a queasy stomach," says Shearman, who is based in Purley. "I felt physically sick with worry, knowing that I was going to have to perform when the Games took place. Even when the Games were finished, and even driving past now, I still get queasy.

"That's the only Games where I've had this feeling that, 'It's the home games, I've got to come away with a good set of pictures'. It was nervous tension and I suppose that obviously helped.

"I've got to perform. In the 100m they run 10 seconds and that's it. I've got to ▷









SYDNEY 2000

Hailed as a huge success, much of the attention at the Sydney Games revolved around Cathy Freeman, who performed under enormous pressure to win 400m gold (above). There was success for Britain, too, as Denise Lewis saw off her opposition impressively to win the heptathlon (left), while Steve Backley (centre) had to settle for silver after a remarkable javelin contest with Jan Zelezny.

An incredible 10,000m battle played out on the track, too, as Haile Gebrselassie retained his Olympic title after winning his sprint finish against Paul Tergat (far left).


ATHENS 2004
1809


1831
1378
1675
1660



perform eight hours a day for seven, eight, 10 consecutive days, so it is quite demanding and I don't think a lot of people appreciate that."

The effort is all worth it when the plan comes together; being the person capturing history can have its benefits.

"The image I took at the 2012 opening ceremony of the British team coming down the ramp with Chris Hoy holding the flag, that was a special moment," he recalls.

"After all the build-up to the Games over the years, there they were, the British flag and the team coming down the ramp. That was it. That's what we had all been aiming for.

"I also remember that the very first athlete to be introduced to the crowd at the Olympic Stadium in 2012 was Louise Hazel in the heptathlon. She was in the third heat of the 100m hurdles.

"The noise from the crowd when her name was read out was like a bomb going off. It happened every time a ▷

ATHENS 2004

There was ecstasy and agony for the British athletes in the Greek capital 17 years ago. Kelly Holmes completed a golden double when she added 1500m victory (left) to the 800m crown she had already won, while Mark Lewis-Francis led the men's team to a memorable 4x100m relay gold (below). The favourite to win the Olympic marathon, Paula Radcliffe, was forced to stop at the 22-mile marker due to injury and ill health. She tried to compete in the women's 10,000m final a few days later but, still suffering from the after-effects of her marathon effort, stepped off the track with eight laps remaining (below, left).




Jamaica
2163
NETHERLANDS ANTILLES
1003







BEIJING 2008

China's distinctive Bird's Nest Stadium had looked like being the star of these Games but Usain Bolt had other ideas as he launched himself towards superstardom thanks to world record-breaking performances in the 100m and 200m (left). Britain's Christine Ohuruogu had cause for celebration, too, as she took the 400m title (above).



British athlete was introduced. You had that same unbelievable sound. That really sticks in my mind."

So, too, does the aftermath of Jessica Ennis-Hill's heptathlon gold and a gesture which perhaps further illustrates how Shearman manages to stand out from the athletics crowd.

"Jess had just been presented with her gold medal and was being very professional, going along a line of what must have been 20 or so photographers and having her picture taken," he recalls. "As she got to me, she smiled and tilted her head slightly to the side to acknowledge me. I do like that picture and I think that tells you about how I get on with the athletes."

Since he began working for himself in 1972, Shearman has branched out into other sports and photographed events such as the FA Cup final, The Derby, Wimbledon and the Grand National but athletics is his first love and the sport with which he is synonymous. He does admit that the wide-eyed young man who stepped off that plane all those years ago would struggle to comprehend his return over five decades later. ▷



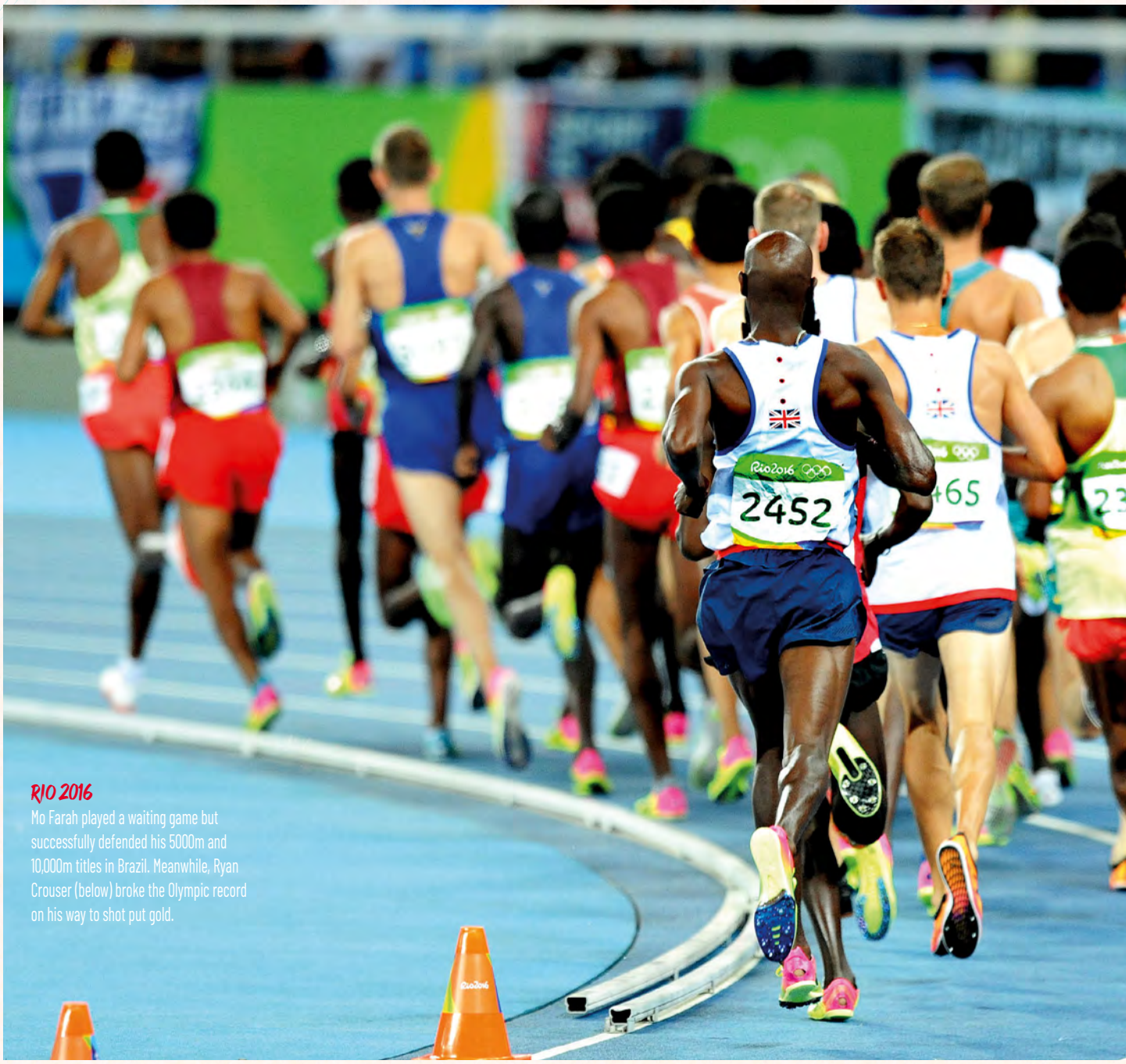


LONDON 2012

This has been Mark Shearman's favourite Games to photograph to date. Jessica Ennis-Hill enjoyed her golden moment and smiled for the camera after her heptathlon success (above), while there was an extraordinary welcome for the British team when they stepped out for the opening ceremony (left) and Mo Farah completed an amazing distance double when kicking to 5000m victory (right).

> "IT CAN BE LIKE A BATTLE PLAN. YOU WORK OUT WHERE YOU'RE GOING TO BE FOR ONE EVENT AND THEN HOW YOU'LL GO INTO ANOTHER


adidas
GREAT BRITAIN
London 2012
FARAH



RIO 2016
Mo Farah played a waiting game but successfully defended his 5000m and 10,000m titles in Brazil. Meanwhile, Ryan Crouser (below) broke the Olympic record on his way to shot put gold.



"I didn't imagine that at the time, but did Seb Coe imagine, all those years ago when he was training up at Richmond with me, that he was going to be on the IOC and president of World Athletics? If someone told me in 1964 that by 2021 I'd have been to 14 Olympic Games, I would have been a bit surprised, but things evolve.

"I enjoy talking to the athletes, I look upon a lot of them as friends, and I'm friends with lots of officials. If and when I retire, what I'll miss is the camaraderie between myself, the athletes, the officials and also the other photographers."

There is work still to be done. Terry Burton may have failed with that British pole vault record attempt in 1962. But he played a key role in a seminal piece of athletics history.



> IF SOMEONE HAD TOLD ME IN 1964 THAT BY 2021 I'D HAVE BEEN TO 14 OLYMPIC GAMES, I WOULD HAVE BEEN A BIT SURPRISED, BUT THINGS EVOLVE

WHAT THE ATHLETES SAY ABOUT MARK SHEARMAN

– SEBASTIAN COE, WORLD ATHLETICS PRESIDENT

"For me, and every other leading British athlete of the last 50 years, Mark Shearman has been a constant – the man behind the camera preserving many of the most important moments of our lives. Mark has been there in good times and bad, whether we were sweating in anonymity or dancing under the lights, to paraphrase Muhammad Ali.

"The measure of a great sports photographer is not just the ability to capture the moment, but also the emotion, and Mark has mastered that art. Our sport is extremely lucky that he has chosen to keep his lens firmly focussed on us for the remarkable span of 15 Olympic Games. Mark, I congratulate you on an outstanding career, I'm most grateful for your contribution to my own career and our sport, and I hope to see you around the track for many years to come."

– PAULA RADCLIFFE

"Mark photographed our wedding. I am sure it was a different challenge for him than the usual action ones! It was nice, though, to have a friendly face we knew behind the camera. I am trying to remember when I first met Mark and I can't because it seems like he was always there. It was always great to see his reassuring presence on the infield or press truck as I progressed from English Schools to European and World Juniors and on to Senior World Championships and the Olympics. If I look back through my scrapbook his name comes up all the time in the photo credits! Of course I treasure the race photos but also those lovely shots Mark shared of post-race times with my coach, Alex and his wife, my team-mates and of course my parents and family."



You can follow Mark's work in the pages of *AW*, on athleticsweekly.com and via Twitter: @athleticsimages



LIZ McCOLGAN-NUTTALL

MY GREATEST RACE

ABOVE: Liz McColgan on her way to a famous victory in Tokyo

World Championships, Tokyo, August 30, 1991

The distance great recounts the women's 10,000 metres final when, just 10 months after the birth of her daughter Eilish, she struck a blow for mothers everywhere by claiming gold in 31:14.31 – 21 seconds clear of Chinese duo Zhong Huandi and Wang Xiuting

AS TOLD TO **MARK WOODS**

The year before, I didn't know I was pregnant for about four months so I was training normally until then. Once I knew I was pregnant, I just stopped all my hard training and switched to steady running but I did a lot of prep work on my back, my hips and legs – a lot of strength work.

As soon as I had Eilish, I just got back into my running right away. Even during the pregnancy, I was very determined to get back because a lot of people just wrote me off. I got dropped from Nike. People said: "When you have a baby, you're never the same athlete. The motivation goes." All those sort of things, so I was quite determined.

Going to Tokyo, I knew I was in 30-minute shape. It was going to take somebody really special to beat

"A LOT OF PEOPLE JUST WROTE ME OFF. I GOT DROPPED FROM NIKE. PEOPLE SAID: 'WHEN YOU HAVE A BABY, YOU'RE NEVER THE SAME ATHLETE.' I WAS VERY DETERMINED"

me. The only little drawback came when we went to Tokyo about three weeks out. It was a little bit earlier than we would normally go because I wanted to do one last really long 10km session in the heat and then ease down for the final two weeks, but I couldn't complete it.

That put me a little bit on the back foot because, after three-quarters of the session, I was dead. I couldn't handle the heat or the humidity. I was really pleased when, ten days later, I did another session and there was a big swing and I knew it was okay. I had adjusted.

When it came to my race plan, for me to win I thought that I would need to surge so I was going to put a really hard kilometre between the four and five-kilometre mark and then I was going to put in another hard kilometre from seven to eight. After that I was going to do a long run for home.

That was what I thought I'd have to do to win the race but I had set a pace that I was going to go out with and everybody else struggled with it right from the start. I didn't need to do the thing that I had prepared to do.

Derartu Tulu went into the lead with eight laps to go to try and slow it. I was able to surge past her because I'd done it in training umpteen times. There was just no way I was going to let that pace stay.

Because I was just so fed up of people sitting on my shoulder and getting outsprinted, I was prepared for a really long run for home but I was still keeping a little bit in case a sprint was needed.

I think it's probably one of the only races where I had every base covered. No matter what somebody was going to fling at me I was able just to keep that pace going and, one by one, people were dropping off. I was feeling good. It ended up being the biggest winning margin in a world final and it was a good old run for me.

But it was tough. From around the three-kilometre mark, I could hear people huffing and puffing around me. I knew that some were in trouble so I kind of knew that I was in control of it. But when you're in that situation, your focus is just on running as hard as you can and there's no easy option.

Even though I knew I was going to win with four laps to go – I could see on the screen I had a big gap – I still was pushing it. I wasn't taking my foot off the pedal at all, because I just wasn't going to take any risks. I was running to the line and it's 25 laps and that's what you do. I didn't take anything for granted at all in the race.

It was a really, really good feeling running the last few laps, knowing that I'd got that win. It's quite hard to actually keep your emotions together more than anything when you know that you're winning. When you realise nobody else is there, it's quite hard just to keep the focus and I had a little stumble as well because I was getting really tired. I lost a bit of concentration but then I was okay again.

There's a plaque of all the world championship winners in Tokyo at the stadium. Eilish went there a few years ago and got a picture and sent it to me. Tokyo's always been a special place for me. I won the Tokyo Marathon. I set my world half-marathon record there. I always had a big connection to the city so I hope Eilish goes there now and has a great experience, too. AW



FACTFILE

Born: May 24, 1964

INTERNATIONAL ACHIEVEMENTS:

1996: London Marathon first place

1992: World Half Marathon Championships gold; Tokyo Marathon first place

1991: World Championships 10,000m gold; World Cross Country Championships bronze; New York Marathon first place

1990: Commonwealth Games 10,000m gold; 3000m bronze

1989: World Indoor Championships 3000m silver

1988: Olympic 10,000m silver

1987: World Cross Country Championships silver

1986: Commonwealth Games 10,000m gold



THE BIG IDEA

WORDS: EUAN CRUMLEY AND TIM ADAMS

It's now just one year to go until the Oregon World Championships and Birmingham Commonwealth Games. Both are looking to make lasting change to athletics in America and Britain



PHOTO BY GETTY IMAGES

The revamped Hayward Field is preparing to welcome the world next summer

For the athletics fans who have felt starved of action over the past 18 months, 2022 should provide a feast. By necessity rather than design, the rejigging of the global calendar to accommodate the postponement of the Tokyo Olympics means that the World Championships, Commonwealth Games and European Championships will all unfold within a six-week period next summer.

For the first two of those events, this month represents the one year to go landmark. In Eugene, Oregon, the dust is only just settling on the US Olympic Trials which proved to be one of the greatest athletics meetings in the history of the sport.

As we have highlighted elsewhere in this issue, records tumbled or came under serious threat at the rebuilt Hayward Field, the venue which is celebrating its centenary year and will welcome the world from July 15-24 of next year. The quality on show could barely have provided a better advert for the World Championships, just as the first tickets are about to go on sale.

But, as the organisers admit, track and field athletics can be a hard sell in the States. It will be a major surprise if several American athletes don't return from Tokyo carrying Olympic gold medals in their hand luggage, while the College scene in the country is massive and youth participation levels enormous.

And yet, while sports such as basketball, baseball and American football eat everything in their path when it comes to media attention, the appetite for athletics tends to be considerably smaller.

It's one of a number of challenges being faced by the British-led team charged with staging a championships which has never taken place in America before and is hoping to prick the public consciousness there.

The project is being overseen by Niels de Vos, the former chief executive of UK Athletics and the event director of the 2017 World Championships in London, and Sarah Massey, Oregon 2022 CEO.

Massey and her family moved to Oregon in 2019 and have seen first hand just how much Eugene lives up to its name of "Track Town". It is, as de Vos puts it, one of the "pockets of obsession" which he feels World Athletics needs to embrace and which are so crucial to the future of the sport.

"When you arrive here, it is one of the things that you really notice," says Massey, whose daughter competes locally, of the athletics culture in Eugene. "Then, having lived here for so long, it's become second nature. Everybody around the area talks about track and field.

"Everybody knows the history, everyone's got a story or a memory from having competed at Hayward Field, whether you competed there as a junior or as a youth, or whether you went to watch the Olympic trials. ▷

BELOW: Organisers are hoping to raise the profile of athletics in America

"Lots of the brand and marketing work that we've been putting in place is all about this being the heart and home of track and field in the USA, and it sounds really cliché, but it actually feels like that because people really believe that it is.

"They believe that this is where it all started and they want to carry it on."

That community feeling is being harnessed but there's a wider ambition at play.

"In Europe people think the sport of track and field must be massive in America because they win all the gold medals, and they've got amazing depth in athletes, and they're just phenomenal," says Massey.

"But it's amazing how, actually, it gets very little press coverage. There are a couple of local journalists here that pick up the stories, but national coverage is really, really difficult to get.

"One of the key reasons for America hosting the event and for USA Track and Field to be involved is obviously to elevate the sport in the US, which is a massive task."

Olympic success this summer will help, and the scheduling of the annual Prefontaine Classic Diamond League meeting on August 21 provides the perfect chance to welcome the US heroes home, but it offers no guarantee of engagement.

"They [American gold medals] will happen but some of [the athletes] even the athletics diehards won't have heard of," says de Vos.

"In a way that depth of talent is also the challenge, because if a British athlete had run [the times some of the American college athletes have managed] they'd already be a national superstar. You'd think that the talent would create money but, actually, sometimes it's the rareness of the nugget that creates the profile."

With the Olympics coming back to Los Angeles in seven years' time, Oregon 2022 is the first stage of a long-term vision designed to bring more high-profile events to American shores. It could also be a sign of things to come where the World Championships are concerned. ▷

"BEING ABLE TO FIND THESE POCKETS OF OBSESSION, AND BUILDING A WORLD CHAMPIONSHIPS IN THOSE KINDS OF PLACES, IS A REALLY INTERESTING WAY FORWARD"

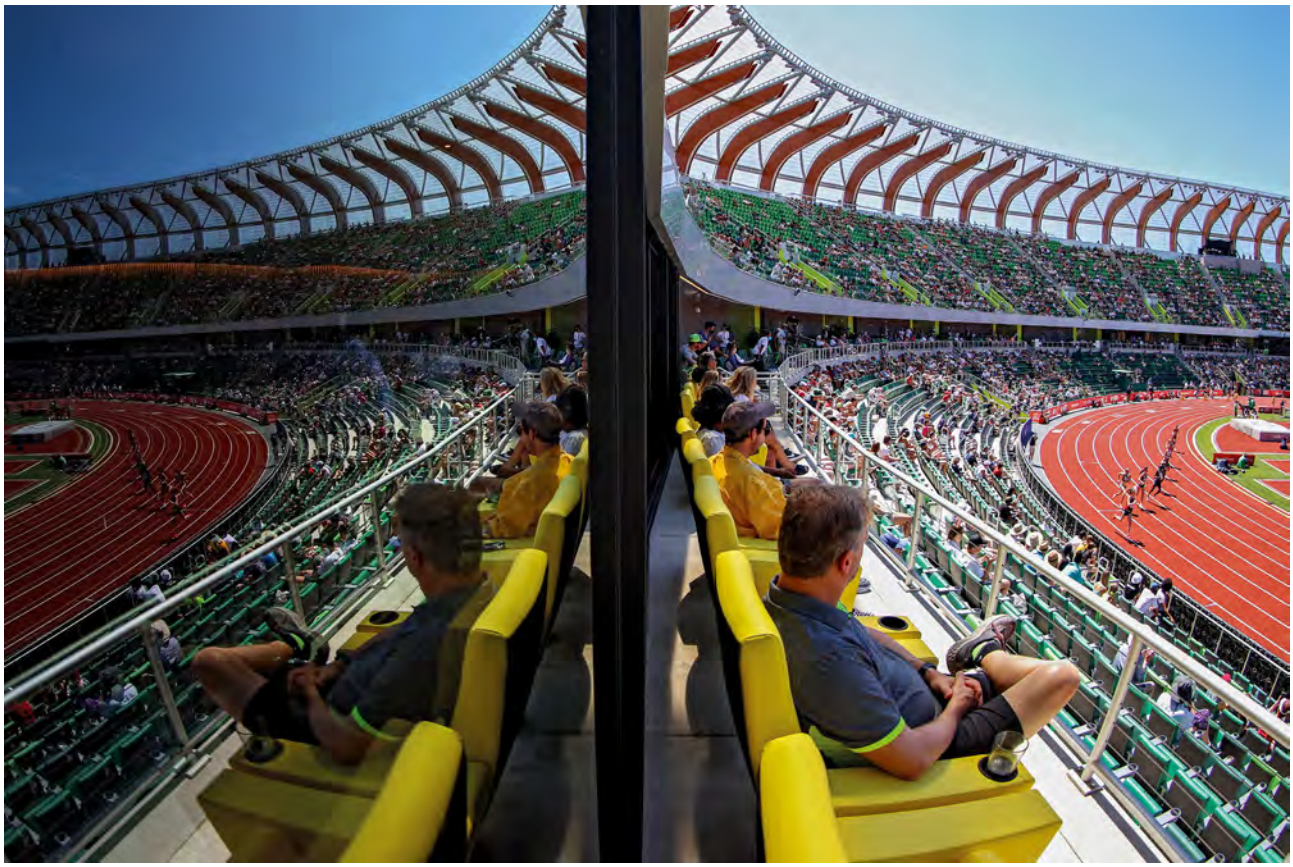


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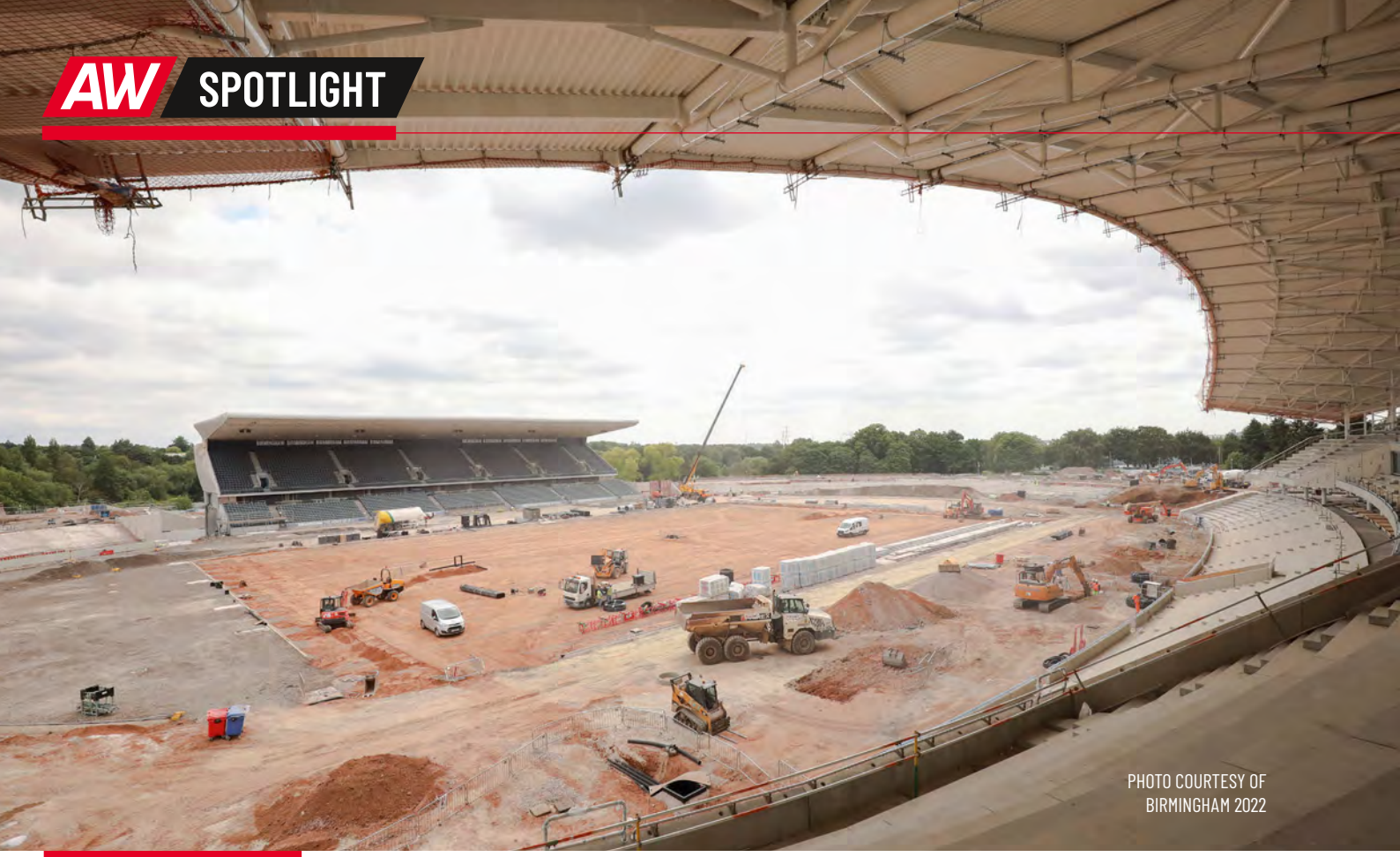


PHOTO COURTESY OF BIRMINGHAM 2022

For Oregon 2022 schedule and ticket information, visit: **worldathletics.org**

For Birmingham schedule and ticket information, visit: **birmingham2022.com**

Hayward Field's capacity is just under 13,000, which will expand to 25,000 during next year's competition. In terms of infrastructure, it's a very different scenario from the London Olympic Stadium but, as was witnessed with the low turnout at Doha 2019, there are times when a big arena does the sport no favours.

"That's probably our biggest challenge – it's putting a quart into a pint pot," says de Vos of working with a venue rebuilt thanks to the donations of Nike founder and former University of Oregon student Phil Knight.

"But I think it's a really positive thing for World Athletics, because they need to start thinking about that if they want to go to other hotbeds of the sport, whether it's Africa or wherever. Not everywhere can have a 60,000 stadium and it's not always necessarily the best solution either, as we saw in Doha.

"So I think being able to find these pockets of obsession, and building a world championships in those kinds of places, is a really interesting way forward.

"It forces you to make different decisions, but decisions that in the end are going to benefit both the athlete and the presentation."

De Vos was also part of the initial bid team which secured the Commonwealth Games for Birmingham, another event which will revolve around the rebuilding of an arena with a long athletics association.

Alexander Stadium's £72 million refurbishment is, say Birmingham 2022 organisers, firmly on track and the arena – which is home to British Athletics – is due to be completed in by the spring. Its normal capacity will be around 18,000 but will rise to over 30,000 during the Games.

The project is being overseen by Birmingham City Council and its leader, Councillor Ian Ward, insists he is witnessing the creation of an athletics legacy for the city, rather than a white elephant.

"This stadium here in Birmingham will become the national stadium for athletics and become by far and away the best athletics venue in the whole of the country," he says.

"I expect to see major national and international events long into the future. We're talking to a number of organisations about future use of the stadium for 365 days of the year and Birmingham University will be the anchor tenants to ensure that it does not become a white elephant and can become an asset to the city long into the future."

He adds: "The construction will end early next year so we can hand the stadium over to the organising committee in April. They can then put all the Commonwealth Games branding in and then we'll be ready to go in July."

As with Oregon, the Birmingham schedule and ticketing details have now been released, with just a handful of days separating the two showpieces.

"I'm excited by the prospect of welcoming medallists to Birmingham so soon after Oregon," says Matt Kidson, Birmingham 2022 Director of Sport. "My first thought walking into the stadium is that it's going to be a world-class venue for the Commonwealth Games athletes coming back from the World Champs in the US.

"I think this is going to be a very special place for athletics to take place." AW

ABOVE: Redevelopment of Alexander Stadium continues to advance at pace

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ASK THE ATHLETE

WITH SPECIAL GUEST

DATHAN RITZENHEIN

You ask the questions, the athletics star provides the answers. This month we hear from a three-time Olympian who is now coaching the On Athletics Club

What inspired you to get into running?

I started running when I was about 10 years old. My parents got divorced and my dad went through a total lifestyle change, from being a smoker and a drinker to joining a running club and getting into triathlon. I just started tagging along with him and before I knew it, when I was in middle school, I was biking and swimming and I started to leave other sports like baseball and football behind.

I slowly transitioned to running and we were lucky enough to have a really good high school team with nationally ranked runners. We ended up winning some state titles and that launched me to start out in the collegiate ranks and then eventually move to the professional side of running.

Is your coaching heavily influenced by the training you did yourself as an athlete?

I was coached by four people over the time of my collegiate and professional career. Things changed for me over the course of that period. I went to the University of Colorado and my coach there was a guy called Mark Wetmore. He was a disciple of New Zealand great Arthur Lydiard [founder of the renowned Lydiard training method] so I followed that as an athlete in my late teens and early 20s.

I moved towards the marathon during my early career, which is something I now regret! At the same time, though, I developed a lot of aerobic ability and learned a lot about the philosophy of Renato Canova so we continued with the progression.

My next coach was then a big believer in speed development and that was completely different to what I was doing before. My last coach then gave me some moderate training across the board, no one thing was too big like running on fatigued legs.

I do take some of those principles but they are pretty much mashed up from any one of those programmes. The biggest difference I think, though, is that I have my own touch on things and I try to individualise the training for each of my athletes.

What's the inspiration behind the On Athletics Club and what's the goal for you there?

When I retired a year ago and was approached to be the Head Coach of the On Athletics Club, I didn't really know much about it as a company. The person who hired me, Steve Dekoker, I'd known previously from the running industry and we were friends.

THE ATHLETES JUST WANT TO BE THERE, THEY DON'T CARE IF THERE ARE NO FANS OR IF THEY'VE GOT TO DO A COVID TEST EVERY SINGLE DAY, THE OLYMPICS IS THE OLYMPICS AND IT'S THE PINNACLE OF OUR SPORT"

They wanted to start this team in the middle of the pandemic and it was a big leap of faith but I went for it after an interview with Olivier Bernhard, founder of On.

I talked to some of the athletes and I could tell there was going to be something good. We moved from Michigan and came to Boulder, Colorado.

Everybody came in and we had a group of eight athletes. It's a young company, I mean we're only 10 years old, but we're the fastest growing running company in the world over these past few years. We want to inspire some young people out there.

For training camps it's one thing to go to a much higher elevation or down to sea level, but in Boulder almost all of our team gets the benefits with altitude and they can run pretty fast.

If you go too high, above let's say 5200 to 5400 feet, it's hard to do quality intervals at a pace which is easily adaptable for your race pace.

I find that in Boulder you can get close without having to take drastic rests, so combining that with the fact that our team get about 80 per cent of all the other changes to their blood chemistry that you get at altitude, it makes it an ideal place.

We have gone to sea level and we can go to 10,000 feet and you also see so many other professional teams here racing and training. The DNA of Boulder is to be inspired and train hard and that's why we put the headquarters here.

How would you approach the Tokyo Olmypics as an athlete? Would the uncertainty get to you or would it help focus you?

We were able to form our team with the one year delay to the Olympics. My team and my athletes are like everybody else as they want to think about the task at hand and I can tell you, from the experience of being a three-time Olympian, this is completely different.

The athletes just want to be there, they don't care if there are no fans or if they've got to do a Covid test every single day, the Olympics is the Olympics and it's the pinnacle of our sport.

There are a lot of outside distractions but the ones that are in it are really focused and they will do it no matter what. That's what my athletes are. There's been talk that they might cancel the Olympics but I just told my athletes that we can't control any of that, we can just be as fit as we can and focusing on what we can control is what matters.

How are you helping your athletes deal with what will be a very different Olympic experience?

We can control our workouts and our training environment, which means we can go to some races when we can. Ollie Hoare was able to go and run the first Diamond League in Gateshead. When we had that opportunity, we jumped on it. We just take every opportunity that comes to us and if that means flying over to the Diamond League two days before the event starts then great. If there's good competition in a high pressure environment, we'll be there. AW

To see the full video interview with Dathan Ritzenhein as well as more episodes of Ask The Athlete, scan the QR code below.

Ask The Athlete is also available as a podcast, via iTunes and Spotify.

Find out how to submit your questions via our social media channels or by visiting **athleticsweekly.com**

SCAN ME



Dathan Ritzenhein had a long and successful career on the track and the roads



PHOTO BY ADOBE STOCK

NEWS

Peta Bee takes a look at the latest developments in the pursuit of improvement

THINK PINK DRINKS FOR PERFORMANCE

Selecting a pink drink could increase your performance by 4.4 per cent and make training seem easier, according to a new study from the Centre for Nutraceuticals at the University of Westminster.

So-called carb-rinsing – swilling the mouth with a liquid carbohydrate solution – has been shown in numerous trials to reduce the perceived intensity of endurance exercise, so for this study the researchers wanted to find out if the colour of the drink made any additional difference to performance.

They wanted to assess whether rinsing with a pink drink that had no carbohydrate stimulus could elicit similar benefits through a potential placebo effect. They asked participants to run on a treadmill for 30 minutes at a self-selected constant speed, intermittently rinsing their mouths with either a low calorie pink artificially sweetened drink or a drink that was clear in colour but otherwise identical.

Results, published in the journal Frontiers in Nutrition, show that consumers of the pink drink ran an average 212 metres further, hitting a mean speed 4.4 per cent higher than the controls.

They also reported enjoying the run more. It's clear, says lead author Dr Sanjoy Deb, that pink drinks appear to help people run faster and further compared to clear drinks.

"The influence of colour on athletics performance has received interest previously, from its effect on a sportsperson's kit to its impact on testosterone and muscular power," Deb says. "The findings from our study combine the art of gastronomy with performance nutrition, as adding a pink colourant to an artificially sweetened solution not only enhanced the perception of sweetness, but also enhanced feelings of pleasure, self-selected running speed and distance covered during a run."

BREAKING THE BIGGEST TABOO

Dropout from sport is high among adolescent girls, with research from St Mary's University Twickenham involving over 14,000 athletes showing that an alarming one in four girls around the world leave sports during their teenage years.

Embarrassment surrounding menstruation is one factor that plays a part in the mass exodus, with the St Mary's study showing that even those female athletes competing at elite level didn't learn about – or talk about – periods in sport at school and that around 81.5 per cent of UK athletes have never spoken to their coach about their cycle.

In a recent survey by adidas as part of its "Stay In Play" campaign, a "fear of period leakage" was labelled the number one concern when participating in sport by 65 per cent of menstruators.

As part of a move to break the taboo "and normalise period conversation", adidas has produced Tech Fit Period Proof Tights which feature a set of absorbent layers and a membrane that help protect against leaks (available from June 15 on www.adidas.co.uk/training-clothing).

Dr Georgie Bruinvels, athlete and director and sports science lead at ***Orreco*** and ***FitRWoman***, a period tracking app, welcomes the campaign to break down barriers about menstruation.

"It is great to see that the landscape for girls and women in sport is progressing, however it is evident that, despite this, the menstrual cycle is still an area of embarrassment, and as a result is typically neglected and ignored," Bruinvels says. "Given the impact that the menstrual cycle can have on participation and overall quality of life, this must change."

COULD RUNNING AID COVID RECOVERY?

Researchers at the University of Nottingham are calling on runners to participate in a study that will look at training data during the successive lockdowns and Covid-19 related restrictions of the past 18 months.

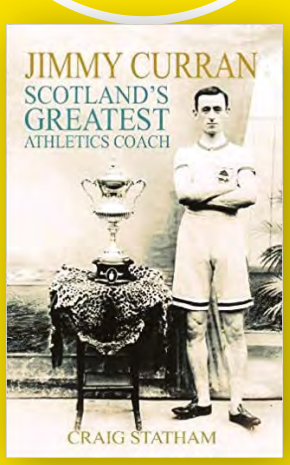
Dr Joanne Stocks, assistant professor in sports and exercise medicine, and a team from Nottingham's Department of Orthopaedics, Trauma and Sports Medicine in the School of Medicine, is inviting runners of all abilities to share their training diaries, so they can examine any changes in running habits as part of a new study called ***Running Through***.

"The data we collect will help us to understand the impact of the pandemic on the running communities," Stocks says. "We will also be able to see what impact running could potentially have on the severity of Covid-19 or whether it aids recovery times." If found to be beneficial, she says running might then be prescribed to the wider population.

"Many adults who have tested positive for Covid-19 have reported experiencing prolonged tiredness, alongside other cardiac or respiratory symptoms, often described as Long Covid," Stocks adds. "As part of our study, we will monitor runners as they return to training following their recovery from Covid-19 and the impact on subsequent activity, training and any health complications."

The team will also be looking at how a lack of races last year influenced patterns of injuries in competitive athletes. If you are interested in taking part, or to find out more information, visit runningthrough.org

PRODUCT FOCUS



JIMMY CURRAN: SCOTLAND'S GREATEST ATHLETICS COACH BY CRAIG STATHAM **£9.99**

Most people will never have heard of Jimmy Curran, which makes his story all the more amazing. This book charts the personal life and exploits, as well as the athletic achievements, of a man who was born in 1880, served in the Second Boer War with the Highland Light infantry and then went on to compete in the 1908 Summer Olympic Games in London.

He later went on the become a coach in the USA and guided many athletes to great success.

It's an extraordinary life and makes for a page-turning read that could serve as a great way to prepare for the Games later this month.

TO ORDER A COPY, EMAIL:
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RISE TO THE OCCASION

How do you stop nerves getting the better of you when that big competition you've been training for arrives? **Peta Bee** asks the experts

You have left no stone unturned and are as physically and mentally as prepared as you will ever be for competition. But what happens on the day of the event? How do you cope with the pressure and adrenaline pulsing through your system and will it be kept in check to power your performance or will it prove to be your undoing?

Annie Vernon, a former rower who won an Olympic silver and two world gold medals, describes the intensity and anxiety of pre-competition as unlike any other feelings.

"It's the bit you live for as an athlete, and the bit you fear like none other," writes Vernon in her book *Mind Games: An Insider's Guide to the Psychology of Elite Athletes* (Bloomsbury). "It's like sitting your A levels and degree final exams, interviewing for your dream job, getting married, meeting the queen, appearing on the final of The Great British Bake-Off all on the same day. It's exhausting and stressful beyond imagination."

Some stress is essential for performance. But it's a delicate balance – too much or too little can tip the balance away from being at your best. "We don't actually want to completely lose our nerves before competition," says sports psychologist Dr Josephine Perry, author of *I Can: The Teenage Athlete's Guide to Mental Fitness* (Sequoia). "Nerves suggest we care about our performance, which is a good thing, but they also help us to get body and brain primed for action."

Here we ask the experts how best to steady those nerves and rise to the occasion.

Take time to hone your preparation plan

Don't expect to reduce pre-competition anxiety overnight. In order for any approach to be effective, it needs to be evaluated and tested by you. It takes time.

"It took me years to discover my optimum arousal which suited me as an individual, as well as the demands of my sport," says Vernon. "In the early part of my career the nerves would start days before my race and I'd be unable to eat or sleep or think clearly."

The first step towards improvement, she says, was recognising it wasn't helping her performance and to self-experiment with a different mindset that did.

Eventually she developed her personal plan that outlined everything she should be doing, thinking and feeling prior to a race so that it left her no room to be nervous.

"It meant that if at any time my brain wanted to be quaking I wouldn't let it because I would stick to my regimented plan," she says. "Think about every possible element of your preparation – food, kit, drink, travel – and address it in advance. Find what works, and what doesn't, for you."

Create a performance playlist

Music can have a profound impact

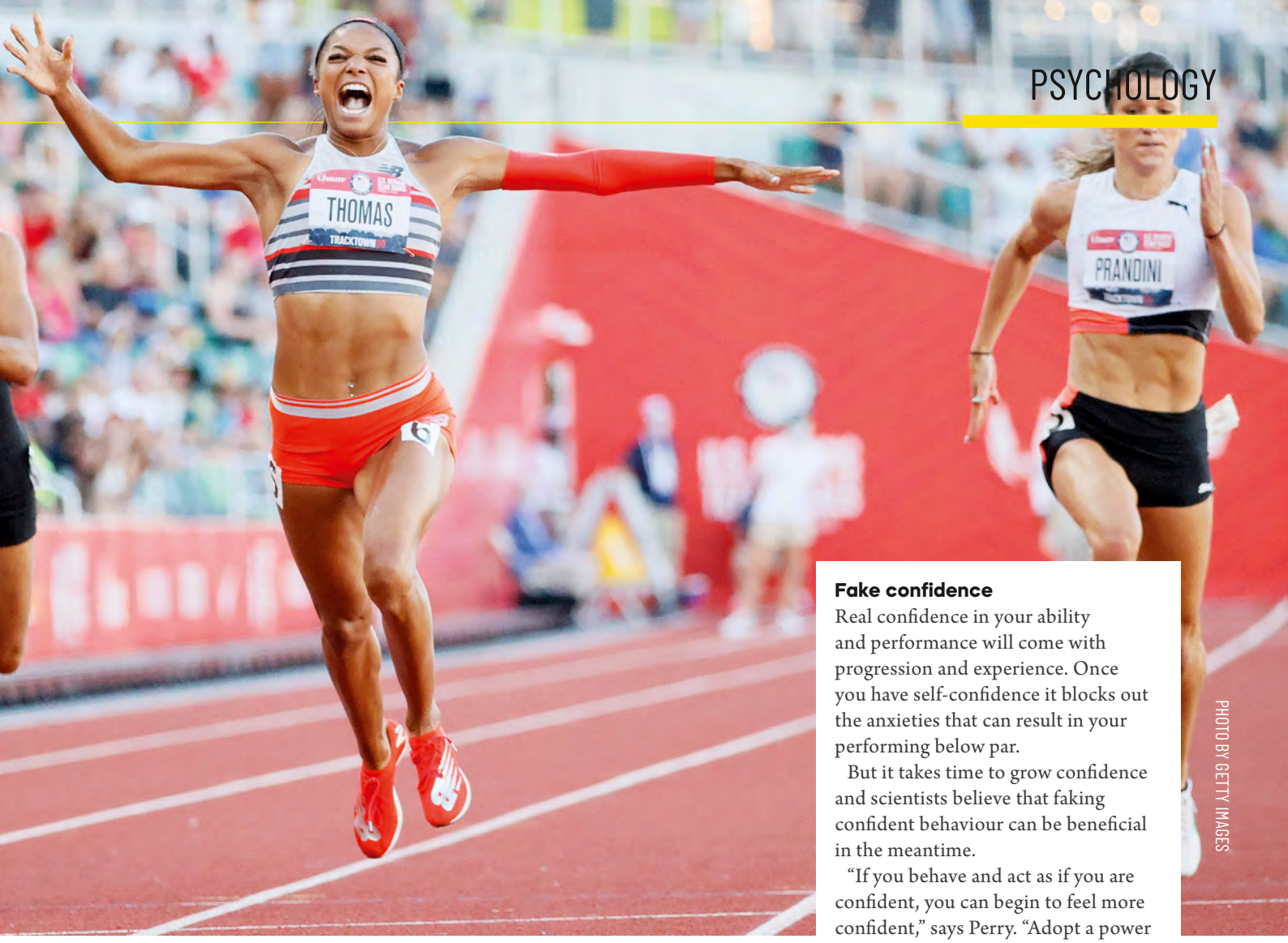


PHOTO BY GETTY IMAGES

on performance, as shown in studies by Costas Karageorghis, a professor in sport and exercise psychology and head of Brunel University London's Sound and Vision Innovations group.

"We have shown evidence that music affects psychological responses such as self-confidence and motivation," Karageorghis says. It must be music that works to motivate you, however, so create your own playlist of inspirational tunes to listen to before training and competition.

Create a pre-performance bubble

Stress prior to a competition can become overwhelming unless you learn to control it. Perry says the best way to deal with it is to create your own imaginary pre-performance bubble inside which you are protected against the behaviour of other athletes and the pressure you might feel from friends and family.

"Top athletes in very big competitions will often go inside a bubble for one to two days, but for most competitions it will likely be just a few hours," she says. "It is a time to think about your ideal build-up."

Try a physical boost

If you are feeling indifferent towards a competition or are over-nervous as you line up, you need to heighten your level of activation so that you are primed to compete. "Sometimes physical action helps so you can try a short jog or bouncing up and down on the spot or tapping your legs," says Perry.

This worked for Vernon in the hours before competition, too. "Little things made the difference," she says. "If I felt the nerves starting to rise in my stomach, I would slap my legs, talk to a team-mate, or do something else to ground me."

Deep preparatory breaths help some athletes. "Repeat the phrase 'energy in, tiredness out' to yourself as you do this," Perry says. "Or just think about something very strong and powerful that will also ramp you up."

Fake confidence

Real confidence in your ability and performance will come with progression and experience. Once you have self-confidence it blocks out the anxieties that can result in your performing below par.

But it takes time to grow confidence and scientists believe that faking confident behaviour can be beneficial in the meantime.

"If you behave and act as if you are confident, you can begin to feel more confident," says Perry. "Adopt a power pose of holding your head high, chest forward, thinking tall and wide as you prepare to compete.

"The way you hold yourself, even the clothes you wear, can make you seem more powerful to your opponents," she says. "It gives a performance advantage and lowers stress levels."

Remember that even Olympic finalists get nervous...

Elite athletes and Olympic finalists get as nervous for their event as they probably did prior to their sports day.

"They have not managed to have these kinds of emotions removed; they are not automatons, they are human beings," Vernon says. Four-time Olympic champion Matthew Pinsent never managed to shake his nerves, but nor did he want to.

"I would justify it in my own head by thinking this is what I need to feel like, this is normal," he told Vernon. "You've done all the training and preparation, don't let it get away from you because of the way you feel right now. This is your opportunity, this is your shop window." AW

Katy Barden talks to the British 20km race walk champion about his preparations for Tokyo

HOW THEY TRAIN

CALLUM WILKINSON

AGE: 24. COACH: **ROB HEFFERNAN**

Former world junior champion Callum Wilkinson qualified for the Tokyo Olympics with a 20km race walk personal best of 1:20:32 in Spain on June 5.

His performance, courtesy of a sixth-place finish in a world-class field, drew a deserved line under the qualification process which he'd gone part way to achieving with victory at the trial event in London's Kew Gardens in March.

It not only reinforced the 24-year-old's position as a competitive and talented senior athlete but, from a personal perspective, provided confirmation that relocating to Ireland following his disqualification at the 2019 World Athletics Championships had been the right decision.

"After the World Champs I decided I needed to do more to work on my technique, as well as making the next step," he says. "I asked Rob [Heffernan, the 2013 world 50km race walk champion and 2012 Olympic Games bronze medallist] to coach me, and within two weeks I'd got myself a one-way ticket to Cork and started training."

Heffernan's training group, which includes Ireland's Brendan Boyce and David Kenny and South African Wayne Snyman, has provided Wilkinson with an opportunity to re-double his efforts to be the best version of himself.

The importance of technique

Technique – the subject of constant and intense focus – was one of the key drivers for Wilkinson's move to Cork and Heffernan.

"[Technique] is one of the things that I find so difficult to explain to

TRAINING

Periodised blocks

Wilkinson doesn't work off a seven-day cycle, but instead trains in blocks leading up to a race where each period is focused on a specific training element.

"We might have an eight-day period where we're looking at our endurance work, so that's where we'd do our real mileage work," he explains. "We'd have a 25km or 30km session round there, a little bit of speedwork, maybe 6km and some 200s to fire up the legs, but actually you'd be focused on that being a stamina block.

"Then we might move into threshold work, then move onto a speed block which is about working on sharpening up before a race.

"We rest when it's appropriate to the training, so sometimes that's two rest days in a week, sometimes we might not have one for a month."

In a heavy mileage block Wilkinson will do a long walk of up to 30km, which would be his maximum as a 20km athlete.

"Quite often it'll be broken up, or sometimes it might just be a straight 30km," he says. "When we're easy, walking would be anywhere from 4:48 (km) up to 5:05/5:10, so it's quite a big range depending on the time of the season. It might be that you start at 5:10 and by the end you're walking 4:48 just naturally, not a deliberate progression."

Speed sessions

"We do turnover work which is just leg speed, so that might be on an evening and we'd do 4km then 100m on, 100m off," says Wilkinson.

"An example of a track session would be something like 10 x 600m-400m, with the 600s at 2:21 maybe, then 400s at 1:55. The track is a very good place to focus on technique."





Callum Wilkinson on his way to victory in Kew Gardens

people," he says. "I like to think that technique in race walking is a lot closer to an art form, so maybe closer to the technique of a hurdler or even a high jumper than it is to running.

"If you're walking on average 20km per day but you're taking just under 200 steps a minute, there are so many different opportunities to work on technique and, on the flip side, for bad technique to settle in.

"I also like to compare the fact that when you're out running you might be looking around you or listening to music, but in race walking you can't have that. You've got to be constantly and intensely concentrated on: 'Where are my arms, what am I doing with my head, what is my positioning like?'"

Additional training

With good technique integral to race walking success – and a strong upper body required to drive that technique – it's crucial to build strength in the gym to sustain the effort.

"There's a requirement for a certain level of strength and conditioning to do 140-150km weeks with the focus on technique, because without it you'd break down," says Wilkinson, who is the reigning European under-23 champion and British 10,000m race walk record-holder.

"Additionally, we train morning and night and we'll do 30 minutes of activation, mobility, stretching beforehand. When we start training we're ready to go, our technique is going to be on point from the start of the session, not warming into it. The focus is on making sure that we're ready, so we're doing maybe seven hours of mobility activation on top of all the gym work to make sure that we're able to walk our best and that adds up."

Favourite session

"It's a tough session, but I'd say something like 8 x 2km at race pace, with 400/500m recovery (can be on the road or track). There's a lot of focus on the session – it's a big session – and you can put pressure on yourself. If that session goes well it's a real confidence builder."

Least favourite session

"15km, where the last 5km would be 100m fast, 400m steady. It's not a particularly hard session, but there's something about it that I always either feel bad in the session or I just know that I'm going to feel bad! It's often deliberately at a time when we need to shake the legs out – when you want a recovery day but you're not getting one!"

Wilkinson is rightly proud of his world junior title, but he is committed to continuous self-improvement in order to succeed as a senior on the global stage. After the disappointment of Doha 2019, Japan beckons as the land of opportunity. "I'm going to be aiming to be as competitive as possible," he says. "I'm definitely aiming for top eight, but with at least one eye on a medal." AW

ASK THE PHYSIO

CARING FOR YOUR CALVES

Physio **Paul Hobrough** outlines how to look after the muscles which help to give you speed

The calf is the only muscle which goes through its full range of movement during running. This relatively small muscle unit is literally propelling you forward with its impressive action.

When we speak of the calf we think of that mass of muscle which lies at the back of the leg, just below the knee, and attaches to the heel via the Achilles tendon. However, this is not one muscle, but three. The calf is made up of the two heads of gastrocnemius and the deep layer of the soleus muscle. Think of the gastric heads as two chicken fillets – one medial (more central) and one lateral (outer) – whilst the soleus is the prime piece of steak that sits deeper.

Many of you will have had that moment when you feel as if someone has just shot you in the back of the leg whilst running. The pain is instant and the chances of you continuing your run non-existent.

That experience is most likely going to be a calf tear. When a muscle is taken beyond its capability then the injury can be sudden, painful and something of a show-stopper.

There are more minor versions of the same injury – a lesser pull, where damage is not severe enough to stop you, but causes pain and leaves you with an increased risk of the more debilitating muscle tear.

HOW IT AFFECTS YOU

Muscle tears require rest. Typically it can take six weeks for soft tissue injuries to heal themselves. Healing times can vary a little, however, and I have spent the last 10 years collecting data from my patients with muscle tears following shockwave treatment.

Whilst not a formal study, the results have been impressive. I have been able to get runners back to training on average 50 per cent quicker with the use of "focused" shockwaves as part of their treatment.

Zissler et al (2016) found shockwave therapy to significantly improve the

PHOTO BY ADOBE STOCK



PAUL HOBROUGH

Paul Hobrough is a running specialist physiotherapist.

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healing times in skeletal muscle through a vast increase in stem cell activity and double the mitotic activity (cell duplication) in the muscles at just four days post treatment. For runners, discovering a way to double tissue regeneration is a huge and important finding.

If a calf tear would usually mean you are out of action for six to eight weeks, then the use of shockwave therapy could in fact reduce this time to three to four weeks.

DON'T STOP TRAINING

Remember that having an injury doesn't mean you have to stop training.

You can become incredibly fit from all sorts of other forms of physical challenges aside from running.

The best would be to find an alter-G anti-gravity treadmill upon which you can run, but with as little as five per cent of your body weight on the treadmill.

As very few of you will have invested the £50,000 it takes to get hold of one, however, then aqua jogging is a very good and inexpensive second best.

If that isn't possible or doesn't appeal, then there is a world of strength and conditioning that can be done, without affecting your calf muscles negatively.

Let's see how we can work them to aid rehabilitation.

I will cover ankle sprains in next month's issue, where these exercises will be featured in more detail.

Look after your calf muscles and they will provide you with greater forces at push-off, protect your Achilles and ankles and generally make you a faster runner. AW

STRENGTHENING EXERCISES

GRADED CALF RAISE PROGRAMME:

Isometric calf raise: This is not a raise as such, more a balance on your tiptoes.

Stand on tiptoes and hold still for 45 seconds, rest for two minutes and then repeat three to five times. You must only do these on alternate days to give the muscle a chance to recover.

If you have any significant pain in the calf (if injured) then it's too early. Start again in a few days with 15-20-second holds x 2-3 and see if this is possible.

After two weeks, move onto isotonic calf raises.

Start from the floor (not a step) for two weeks. From standing, lift up onto your tiptoes slowly. Take four seconds to move from floor to tiptoes, don't rest at the top, and lower down over four seconds to the floor. Repeat 15 times and then rest for two minutes. Repeat three to five times on alternate days.

Once the calf feels stronger, start to do these on a single leg and repeat the process each side. Run the exercises from isometric through to isotonic again, performing one week of each.

Once you feel things are getting stronger again, move to eccentric calf lowering. Start from tiptoes and lower down over six seconds, then come back up with as little effort as possible (use your arms to help lift you back up, for example).

Of course the best option of all is to avoid the injury altogether, so build these exercises into your weekly routine to keep your calf muscles strong and injury-free.

Ankle mobility: Some of the issues with calf muscles can centre around how much work they might be doing that they don't perhaps need to. How flexible are your ankles? Try a little test called the knee to wall test.

Stand facing a wall and, one leg at a time, see how far away from the wall you can move your toes, but still able to place your knee on the wall and your heel flat. Measure the distance you can manage, for both left and right and compare the two sides. The first challenge is to get some equilibrium between the left and right and then to build on the distance if you can't manage three inches or more as standard.

Use this same position as your exercise. This shows the flexibility of the Soleus muscle, more than the Gastrocnemius, but is a good indicator of the ankle 'dorsi flexion'.

Now sit on the floor with your legs straight and see how far you can push your feet towards the floor without bending your knees.

Work your ankle mobility with ankle rotations, calf stretches and using exercise bands to add some resistance to moving your foot inwards and outwards (inversion and eversion).

FASTER & FURTHER

The running shoe market continues to see the emergence of more exciting and innovative models. This month **Paul Freary** examines the options which will allow you to keep up to speed and go the extra mile



SCOTT SPEED CARBON RC

FIRST UK REVIEW

Scott-sports.com **£170.00**

The fastest road racing shoe ever created by the brand, the Speed Carbon RC puts Scott into contention with the big players in the world of super shoes.

The proprietary foam midsole material, Kinetic Light Foam, provides a soft and light feel but with a higher rebound than traditional substances. Combined with Scott's carbon fibre plate, this shoe instantly feels light and fast, making it a race day contender.

Where the Speed Carbon differs from many competitors is that the carbon plate is engineered to be dynamically flexible – easy going at a slow pace but stiffer and more responsive the more load is applied at higher speeds. This makes it an extremely versatile option.

The lightweight mesh upper has a minimalist design, keeping the weight down and remaining breathable.

The price puts this model at the lower end of the carbon supershoe spectrum and is more than worthy of your consideration.

PURSUIT

£130.00

The sister shoe to the Speed Carbon, the Pursuit is designed to help you go further with greater efficiency. It retains a familiar geometry to the Carbon, with a high stack of cushioning and exaggerated rocker shape sole which is a little stiffer in the forefoot area. This combination of features creates a well-cushioned option that allows you to up the pace whilst remaining composed. It's a long-distance cruiser, happy at tempo speed and able to tick along effortlessly.

Very much a performance trainer, the shoe makes those everyday miles a smoother and livelier experience without adding weight or bulk to the ride.



MIZUNO WAVE RIDER 25

Emea.mizuno.com **£130.00**

The 25th anniversary edition of the Wave Rider is the best yet.

This lightest ever edition of the shoe features Mizuno's ENERZY midsole cushioning and in this model it's a revelation.

It feels incredibly soft and cushioned with a highly responsive, almost bouncy, ride that you notice from heel strike to toe-off. The familiar Wave plate remains but is a little longer, running into the midfoot as well as curving up a little on the medial side of the shoe. This helps provide stability without affecting that amazingly cushioned ride.

The upper has seen a refresh too – a very neat, well-made design that holds the foot securely in place.

The updates make the Wave Rider capable of fast-paced running or longer, easy miles. Whatever you choose we think you'll like it.

SAUCONY ENDORPHIN PRO 2

Saucony.com **£190.00**

This is a relatively quick update for this fast shoe. The leader of the brand's Endorphin collection, the Pro is the out and out race day option, packed with all the essential elements of a super shoe.

This update sees changes to the upper, which thankfully leave the amazing midsole untouched.

The upper sees a new engineered mesh design which feels much neater, while there's also a redesigned lacing system which incorporates a midfoot strap to hold the foot more securely.

The PRRUN PB midsole material gives that now familiar highly responsive and springy feel which, along with the carbon fibre plate and Speedroll shape, combine to create an incredible energised feel that springs and rolls you down the road at speed.





ADIDAS ADIZERO PRO 2.0

adidas.co.uk **£180.00**

The first edition of Adizero Pro was one of the major competitors in the super shoe race, claiming its own fair share of records and major race victories on the roads.

The updated version sees some tweaks to help improve overall performance and the first impressions from our initial test runs suggest you'll be seeing a lot more of the Pro 2 in the coming months.

Midsole cushioning now features two layers of the highly responsive Lightstrike Pro foam. To say this foam is bouncy is an understatement – it has been sculpted to reduce weight in this update and, from the first stride, the rebound is obvious.

A rearfoot carbon plate helps stabilise the foam, while five forefoot carbon-infused Energyrods add stiffness on push-off with a slightly more natural feel than a flat carbon plate.

There's more rubber coverage to the outsole so this update should prove to be more durable, while the toe features Continental rubber to enhance traction where it's needed most.

The upper has been revised with Celermesh 2.0, a partially recycled fabric that is now lighter, softer and more flexible for an improved fit.

Another small update is the addition of more padding in the heel collar to add comfort and make for a snug fit.

The shoe feels amazing and remains race legal thanks to its 39mm stack height of cushioning (there's is a 50mm non-race legal version, the Prime X also available, review coming soon) so it's sure to quickly become a race day favourite on the roads.

LA SPORTIVA CYKLON

Lasportiva.com **£139.99**

Packed with technical features, the Cyklon provides excellent grip, especially on technical off-road courses.

The shoe has a range of features which aim to excel under any conditions. The FriXion outsole provides aggressive traction on soft ground yet the slightly soft nature of the studs means they don't feel too harsh on firmer trails

The 8mm midsole drop makes the shoe easy to get on with from the word go, with dynamic cushioning and a rearfoot stabiliser to cope with uneven contours in the terrain.

The BOA upper is an area in which the shoe really stands out. The dynamic fit cage wraps around the foot securely and with the BOA system it's easy to adjust the fit. Along with a higher heel collar the shoe feels incredibly secure, even on the steepest of descents.

For all day comfort on technical trails this is a standout option.



SAUCONY ENDORPHIN TRAIL

Saucony.com **£155 (available July 15)**

The Endorphin trail is a new model which combines the best of the Endorphin Pro and Speed road shoes with trail ready features. The result is a shoe that really does allow you to push the pace with the reassurance of excellent traction.

The magic happens in the midsole which utilises the PWRRUN PB cushioning for a soft and springy feel. Here it's been wrapped in a net mesh, which helps with the durability of the foam, but we found it also reduces some of the horizontal distortion and enhances the vertical rebound of the material.

The shoe remains stable, too, and along with the Speedroll geometry it's perfect for picking up the pace on the trails. The upper is a tightly woven mesh and along with the one-piece tongue helps keep trail debris at bay. There are also durable rubberised reinforcements around the heel area to add protection.

For adding speed or distance to your off-road running the Endorphin won't disappoint.

ARC'TERYX NORVAN SL2

Arcteryx.com **£130.00**

Not just a lightweight trail shoe, but one of the lightest running shoes on the market full stop, the SL (super-light) weighs in at just 170grams.

Designed for effortless speed, every part of the shoe has been reimagined to keep the weight down. Everything is about speed and efficiency here, starting with the Vibram LiteBase outsole. Traction isn't sacrificed as the well-spaced lugs provide good grip on a variety of trail surfaces and even cope well enough on short stretches of road. Although it is minimal, the cushioning also does a good job of soaking up the impact and is perfectly capable on the trails.

The TPU mesh upper again reduces weight but is both incredibly breathable and durable, as well as providing a sock-like fit.

For those seeking an incredibly light yet durable performance trail shoe this certainly does the job. AW



RESULTS

ROUND-UP



PHOTO BY GETTY IMAGES

OVERSEAS

USA

US Olympic Team Trials, Eugene, June 19-27

World records for Ryan Crouser and Sydney McLaughlin highlighted one of the greatest meetings in history. See Page 21.

Men: 100 (0.8): 1 T Bromell 9.80 (9.90 SF, 9.84w ht); 2 R Baker 9.85 (9.94 SF, 9.88 ht); 3 F Kerley 9.86 (9.92 SF, 9.93 ht); 4 K Bednarek 9.89 (9.96 SF); 5 M Williams 9.91; 7 N Lyles 10.05 (9.97 SF); 8 J Gatlin 10.87 (10.00 SF, 9.93w ht). **200 (0.3):** 1 Lyles 19.74 (19.91 SF); 2 Bednarek 19.78 (19.90 SF); 3 E Knighton (U18) 19.84 (World U20 & U18 rec) (19.88 SF (recs), 20.04 ht (U18 rec); 4 F Kerley 19.90 (20.08 SF); 5 I Young 20.03 (19.99 SF); 6 T Laird 20.15. In SF: A Hudson 20.02. **400:** 1 M Norman 44.07 (44.73 SF); 2 M Cherry 44.35 (44.50 SF, 44.86 ht)); 3 R Ross 44.74 (44.85 SF); 4 T Stewart 44.90 (44.75 ht); 5 V Norwood 44.92; 5 E Godwin 44.94 (44.81 ht); 7 B Deadmon 44.96; 8 W London 45.00 (44.92 SF). SF: R Willie (U20) 45.40 (45.34 ht); J Robinson (U20 45.41. **800:** 1 C Murphy 1:43.17; 2 I Jewett 1:43.85; 3 B Hoppel 1:44.14; 4 I Harris 1:44.58; 8 D Brazier 1:47.88 (1:45.00 ht). **1500:** 1 C Hocker 3:35.28; 2 M Centrowitz 3:35.34; 3 Y Nuguse 3:36.19; 4 C Engels 3:36.69. **5000:** 1 P Chelimo 13:26.82; 2 G Fisher 13:27.01; 3 W Kincaid 13:27.13; 4 C Teare 13:28.08. **10,000:** 1 Kincaid 27:53.62; 2 Fisher 27:54.29; 3 J Klecker 27:54.90; 4 B True 27:58.88; 5 C Mantz 27:59.37; 6 G Rupp 27:59.43. **3000SC:** 1 H Bor 8:21.34; 2 B Keter 8:21.81; 3 M Ferlic 8:22.05; 4 D Michalski 8:22.54 (8:22.03 ht); 5 I Updike 8:24.72 (8:21.01 ht). **110H: (0.4):** 1 G Holloway 12.96 (12.81/1.8 SF, 13.11 ht); 2 D Allen 13.10 (13.10 SF, 13.26 ht); 3 D Roberts 13.11 (13.25 SF, 13.22 ht); 4 T Cunningham 13.21 (13.21 SF, 13.23 ht); 5 T Brown 13.32 (13.33 SF); 6 M Dickson 13.34 (13.29 SF, 13.26 ht); 7 J Britt 13.47 (13.27 SF); 8 J Eaton 13.64 (13.32 SF). **400H:** 1 R Benjamin 46.83 (48.61 SF); 2, K Selmon 48.08 (48.51 SF); 3 D Kendziera 48.38; 4 A Bailey 48.55; 5 K Rosser 48.81. **HJ:** 1 J Harrison 2.33; 2 D Sullivans 2.33; 3 S McEwen 2.30; 4 E Kynard 2.27. **PV:** 1 C Nilsen 5.90; 2 S Kendricks 5.85 & KC Lightfoot 5.85; 4 M Ludwig 5.80; 5 J Wooten 5.80; 6 A Irwin 5.75; 7 S Houston 5.75. **LJ:** 1 Harrison 8.47/-0.2; 2 M Dendy 8.38/0.5; 3 S McCarter 8.26/-0.2; 4 D Simpson 8.19/0.4; 5 I Grimes 8.09/0.2; 6 J Henderson 8.08/0.4. **TJ:** 1 W Claye 17.21/0.1; 2 D Scott 17.18/0.5; 3 C Benard 17.01/0.1. **SP:** 1 R Crouser 23.37 (World rec) (22.92q); 2 J Kovacs 22.34 (21.81q); 3 P Otterdahl 21.92; 4 D Hill 21.89; 5 J Awotunde 21.84 (21.00q); 6 A Liskowitz 20.97. **DT:** 1 M Finley 63.07; 2 R Jagers 62.61 (62.55q); 3 S Mattis 62.51; 4 B Williams 62.19; 5 L Boyesen-Hayes 61.85 (62.59q). **HT:** 1 R Winkler 82.71 (WR) (79.13q); 2 D Haugh 79.39 (77.43q); 3 A Young 78.32 (77.09q). **JT:** 1 C Thompson 82.78; 2 M Shuey 79.24. **Dec:** 1 G Scantling 86.47; 2 S Bastien 8485; 3 Z Ziemek8471; 4 H Williams 8306. **20kmW:** 1 N Christie 1:30:48.

Women: 100 (-1.0): 1 S Richardson 10.86 (10.64/2.6 SF, 10.84/0.9 ht) 2 J Oliver 10.99 (10.83/2.5 SF, 10.96 ht); 3 T Daniels 11.03 (10.84w ht, 11.02 ht)); 4 J Prandini 11.11 (10.96w ht); 5 G Thomas 11.15 (10.95w SF, 11.00 ht); 6 E Gardner 11.16 (10.96w SF); 7 A Hobbs 11.20 (11.04 ht). **In SF:** K White 10.98/2.6 (10.99 ht). **200 (1.3):** 1 Thomas 21.61 (21.94 SF, 21.98 ht); 2 Prandini 21.89 (21.99 SF, 22.14 ht); 3 A Battle 21.95; 4 T Clark 21.98; 5 A Felix 22.11 (22.20 SF, 22.56 ht); 6 D Bryant 22.24; 7 L Irby 22.46; 8 M Akinosun 22.49. **400:** 1 Q Hayes 49.78 (50.07 SF); 2 Felix 50.02; 3 W Jonathas 50.03 (50.24 SF); 4 K Ellis 50.10; 5 K Whitney 50.29; 6 Irby 50.35. **800:** 1 A Mu U20 1:56.07 (US jnr rec) (1:59.31 SF); 2 R Rogers 1:57.66; 3, Ajee' Wilson 1:58.39 (1:59.49 SF); 4 M Meyer 1:58.55; 5 C Price 1:58.73 (1:59.90 SF, 1:59.86 ht)); 6 Allie Wilson 1:59.02 (1:59.94 SF); 7 K Grace 1:59.17 (1:59.43 SF); 8 H Green 1:59.55. **1500:** 1 E Purrier St Pierre 3:58.03; 2 C McGee 4:00.67; 3 H MacLean 4:02.09; 4 S Osika 4:02.18; 5 H Schlachtenhaufen 4:04.41; 6 J Heymach 4:04.84; 10 J Simpson 4:07.76. **5000:** 1 E Cranny 15:27.81; 2 K Schweizer 15:28.11; 3 R Schneider 15:29.56; 4 A Cooper 15:31.05 (15:07.80 ht). **10,000:** 1 E Sisson 31:03.82; 2 Schweizer 31:16.52; 3 A Monson 31:18.55; 4 Cranny 31:35.22; 5 Schneider 31:42.92; 6 S Hall 31:54.50. **3000sc:** 1 E Coburn 9:09.41 (9:21.32 ht); 2 C Frerichs 9:11.79; 3 V Constien 9:18.34; 4 C Wayment 9:23.09. **100H (0.8):** 1 K Harrison 12.47 (12.50 SF); 2 B McNeal 12.51 (12.56 SF); 3 C Clemons 12.53 (12.51 SF); 4 G Cunningham 12.53; 5 A Cockrell 12.58 (12.59 SF); 6 T Marshall 12.63 (12.50 SF); 7 P Chadwick 12.66 (12.64 SF); 8 A Armstrong 12.84 (12.65 SF); 9, T Robinson 12.99 (12.65). **in SF:** R Jones 12.68; T Brooks 12.70. **400H:** 1 S McLaughlin 51.90 (world rec) (53.03 SF, 54.07 ht); 2 D Muhammad 52.42 (53.86 SF); 3 A Cockrell 53.70; 4 S Little 53.85 (53.71 SF); 5 C Tate 56.51. **HJ:** 1 V Cunningham 1.96; 2 I McPherson 1.93; 3 N Greene 1.93; 4, R McCoy 1.93. **PV:** 1 K Nageotte 4.95; 2 M LeLeux 4.70; 3 S Morris 4.60; 4 O Gruver 4.60; 5 J Suhr 4.60. **LJ:** 1 B Reese 7.13/1.3; 2 T Davis 7.04/1.4; 3 Q Burks 6.96/1.6; 4 T Flynn 6.80/1.2; 5 M Payton 6.79/1.2; 6 S Saunders 6.71/1.4; 7 K Orji 6.68/2.2. **TJ:** 1 K Orji 14.52/0.9; 2 T Franklin 14.36/1.4; 3 J Moore 14.15. **SP:** 1 J Ramsey 20.12; 2 R Saunders 19.96; 3 A Aquilla 18.95; 4 M Ewen 18.92; 5 C Ealey 18.39. **DT:** 1 V Allman 69.92 (70.02q); 2 M Hazlewood 62.54; 3 R Dincoff 60.21 (61.63q). **HT:** 1 D Price 80.31 (N Am rec); 2 B Andersen 77.72; 3 G Berry 73.50; 4 J Kassanavoid 73.45. **JT:** 1 M Malone 63.50; 2 K Winger 61.47; 3 A Allgood-Whetstone 58.94. **Hep:** 1 A Kunz 6703 (12.95/2.4, 1.81, 15.73, 23.71/2.0, 6.50/1.2, 45.06, 2:15.24); 2 K Williams 6683 (12.95/0.5, 1.84, 13.12, 23.51/2.8, 6.73/2.2, 47.41, 2:16.85); 3 E Bougard 6667 (12.92/0.5, 1.87, 12.38, 23.56/2.8, 6.50/1.4, 46.75, 2:10.93); 4 M Atherley 6352. **20kW:** 1 R Stevens 1:35:13.

NCAA Championships, Eugene, June 9-12

Patrick Dever won a thrilling 10,000m final which saw the first 10 men break the 42-year-old NCAA record. That group included Charles Hicks, who lowered Dave Bedford's UK teenage record by 36 seconds.

Dever won by five metres in 27:41.87 from Conner Mantz, who clocked 27:42.46 for second, with Abdihamid Nur setting a Somalian record 27:42.73 in third.

Hicks' 27:47.63 destroyed Bedford's time of 28:24.40, set in 1969.

JuVaughn Harrison followed up his world-class long jump win with a classy 2.33m high jump which won him gold by an astonishing 10 centimetres, while Turner Washington completed the shot and discus double with his 63.42m win in the longer throw.

Men: 100: (0.4): 1 T Laird 10.05; 2S Maswanganyi RSA 10.09; 3 M Williams 10.11. **200: (-0.4):** 1 J Fahnbulleh 19.91; 2 T Laird 19.94; 3 S Maswanganyi 20.10. **400:** 1 R Ross 43.85; 2 B Deadmon 44.44; 3 N Williams 44.93; 4 T Stewart 44.96. **800:** 1 I Jewett 1:44.68; 2 B Miller 1:44.97; 3 C Hunter AUS 1:45.75; 4 Finley McLear GBR 1:45.80; 7 Yusuf Bizimana GBR 1:46.76. **1500:** 1 C Hocker 3:35.35; 2 Y Nuguse 3:35.60; 3 W Suliman 3:37.30. **in SF:** James West 3:39.81; Adam Fogg GBR 3:40.88. **5000:** 1 C Teare 13:12.27; 2 L Grijalva GUA 13:13.14 (rec); 3 A Kioko KEN 13:13.47; 4 Hocker 13:18.95; 5 R Brandt 13:19.11; 6 Pat Dever GBR 13:19.85; 15 Charles Hicks GBR 13:33.89. **10,000:** 1 Dever (GBR) 27:41.87; 2 C Mantz 27:42.46; A 3 Nur SOM 27:42.73 (rec); 4 R Brandt 27:43.17; 5 E Hamer 27:44.87; 6 A Masai KEN 27:45.19; 7 Hicks (GBR) 27:47.63; 8 A Wildschutt RSA 27:48.89. **3000SC:** 1 K Chemadi KEN 8:28.20; 2 A Basten 8:29.03; 3 R Smeeton CAN

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8:30.70. **110H: (-0.6):** 1 R Dunning 13.25; 2 J McConico 13.38; 3 P Lemonious JAM 13.39; 6 Tade Ojora GBR 13.57 (13.61 SF). **400H:** 1 S Burrell 47.85 (world U20 rec); 2 I Levingston 48.49; 3 C Samuel 48.68; 4 M Mpoke KEN 48.70. **HJ:** 1 J Harrison 2.33;; 2 T Shankar IND 2.23; 3 M Conner 2.23. **PV:** 1 B Ellis 5.70; 2 K Daniel 5.55; 3 E Bray 5.55. **LJ:** 1 J Harrison 8.27/1.9; 2 I Grimes 8.05/0.4; 3 C McLeod JAM 7.94/0.2. **TJ:** 1 C Ihemeje ITA 17.14/1.8; 2 J Perinchief BER 17.03/1.2; 3 C Mapaya ZIM 16.74/0.1. **SP:** 1 T Washington 21.10; 2 A Piperi 20.71; 3 J Geist 20.40. **DT:** 1 Washington 63.42; 2 R Stona JAM 61.94; 3 C Romero CHI 61.36. **HT:** 1 T Mardal NOR 76.74; 2 H Dudarev BLR 74.53; 3 K Záltos GRE 71.21; 22 Jake Norris GBR 67.12; 23 Bayley Campbell GBR 65.86. **JT:** 1 T Pedigo 76.98. **Dec:** 1 K Tilga EST 8261; 2 A Owens PUR 8114; 3 M Ballengee 7861. **4x100:** 1 LSU 38.48; 2 Georgia 38.54; 3 Florida State 38.60; 4 N Carolina A&T 38.60. **4x400:** 1 N Carolina A&T 3:00.92; 2 Stephen F Austin 3:01.52; 3 Texas A&M 3:01.64; 4 USC 3:02.49. **Teams:** 1 LSU 84; 2 Oregon 53; 3 N Carolina A&T 35. **Women: 100: (2.2)** 1 C Sturgis 10.74; 2 T Terry 10.79 (11.03/0.5 sf); 3 T Clark 10.88; 4 K Nelson JAM 10.90. **200: (0.2)** 1 Sturgis 22.12; 2 Clark 22.17; 3 A Battle 22.42; 4 F Ofili NGR U20 22.45 **400:** 1 A Mu U20 49.57 (U20 rec) (1s1 51.04); 2 T Diggs U20J 50.74; 3 K Constantine CAN 50.87; 4 Nicole Yeargin GBR 51.02 (50.96 SF); **in SF:** Amber Anning GBR 52.36. **800:** 1 Meyer 2:00.28; 2 L Barton 2:00.65; 3 G Wilkinson 2:01.20. **1500:** 1 A Camp 4:08.53; 2 S Hurta 4:09.42; 3 E Donaghu 4:09.66. **5000:** 1 E Henes 15:28.05; 2 K Wasserman 15:28.68; 3 B Hasz 15:30.57; 22 Poppy Tank GBR 16:15.88. **10,000:** 1 C Cardama ESP 32:16.13; 2 M Chelangat 32:22.11; 3 M Mettler 32:34.05; 9 Tank GBR 32:50.57. **3000SC:** 1 M Norris 9:31.79; 2 J Kimeli KEN 9:31.84; 3 K Rainsberger 9:32.12. **100H: (0.4)** 1 A Cockrell 12.58 (12.54 SF); 2 R Jones 12.82; 3 Nugent JAM U20 12.84; dns T Marshall (12.48/1.1 SF). **400H:** 1 Cockrell 54.68; 2 S Meisberger 55.70; 3 A Knight JAM 55.81. **HJ:** 1 R Glenn 1.93; 2 L Distin JAM 1.90; 3 T Gittens TTO 1.87. **PV:** 1 L Gunnarsson SWE 4.40; 2 L Martinez 4.35; eq3 T,Tidwell/S Knight 4.35. **LJ:** 1 T Davis 6.70/1.0; 2 T Gittens 6.68/0.2; 3 J Moore 6.65/1.5. **TJ:** 1 R Usoro NGR 14.19/-0.7; 2 J Moore 14.13/-0.2; 3 M Fokam 14.04/1.4; 8 Temi Ojora GBR U20 13.51/1.0. **SP:** 1 A Aquilla 18.98; 2 J Schaefer 18.29; 3 A Moton 18.11; 14 Divine Oladipo GBR 16.76. **DT:** 1 J van Klinken 65.01; 2 L Tausaga 63.53; 3 S Usual 58.58; 9 Oladipo GBR 57.26. **HT:** 1 C Rogers CAN 75.52; 2 S Taiwo 71.27; 3 J Shippee 69.42; 4 Tara Simpson-Sullivan GBR 68.78. **JT:** 1 M Obst NOR 59.69. **Hep:** 1 T Gittens 6285; 2 M Atherley 6067; 3 K Blazevica LAT 5984; 17 Zoe Hughes GBR 5385;. **4x100:** 1 USC 42.82 (42.63 SF); 2 LSU 42.84. **4x400:** 1 Texas A&M 3:22.34 (Mu 48.85); 2 USC 3:24.54 (Yeargin 50.49); 3 UCLA 3:25.01. **Team:** 1 USC 74; 2 Texas A&M 63; 3 Georgia 37.5.

BAHAMAS

Bahamian Championships, Nassau, June 25-27

Men: 400: 1 S Gardiner 44.52. **4x400:** 1 BAH 3:02.87. **Women: 100 (0.6):** 1 T Gaither 11.27. **200/400:** 1 S Miller-Uibo 22.18/50.48

JAMAICA

Jamaican Championships, Kingston, June 24-27

FRASER-PRYCE ON DAZZLING FORM

Shelly-Ann Fraser-Pryce continued her stunning 100m form with a 10.71/1.0 win over Shericka Jackson's 10.82. Elaine Herah-Thompson was third in 10.84.

Fraser-Pryce also won the 200m in 21.79/0.8 – a time would have been a world lead but for Gabby Thomas's run at the US Trials over the weekend. The Jamaican's time was a PB by a huge 0.30 of a second and elevates her to being one of the Olympic favourites at 200m, too.

Jackson was second in a 21.82 PB while Herah-Thompson was third in 22.02.

Olympic 110m hurdles champion Omar McLeod, who ran the fastest time of the weekend with 13.04 in the semi-finals, stumbled at the first hurdle and finished last.

World champion Tajay Gayle won the long jump with 8.23m/0.6.

Men: 100: (0.6): 1 T Tracey 10.00 (10.04 SF); 2 Y Blake 10.01 (10.03 ht, 9.98 SF2); 3 O Seville 10.04; 4 J Forte 10.07 (10.03 SF). **200:** 1 R Dwyer 20.12; 2 Blake 20.18; 3 Tracey 20.34; 4 J Minzie 20.39. dnf Forte (20.22 SF). **400:** 1 S Bailey 45.04; 2 C Taylor 45.13 3 K Bartley 45.17; 4 D Gaye 45.30. **110H:** (0.6): 1 Levy 13.10 (13.08 ht); 2 D Thomas 13.11 (13.27 ht); 3 H Parchment 13.16 (13.19/0.6 ht); 4 P Lemonius 13.22 (13.21 ht); 5 O Bennett 13.28; 8 O McLeod 16.12 (13.04/1.3 ht). **400H:** 1 J Hyde 48.14. **LJ:** 1 T Gayle 8.23/0.6; 2 C McLeod 8.14/-0.3. **SP:** 1 O Richards 20.47. **DT:** 1 F Dacres 64.31; 2 K Chang 62.69; 3 C Wright 62.52. U20 **DT:** 1 R Mullings 66.61 (CAC U20 rec). **Women: 100: (1.0):** 1 S Fraser-Pryce 10.71 (10.97/1.1 ht); 2 S Jackson 10.82 (10.77/0.9 SF, 10.84 ht); 3 E Thompson-Herah 10.84 (10.82 SF, 10.96 ht): 4 B Williams 11.01 (11.00 ht); 5 R Burchell 11.15 (11.15 SF, 11.14 ht); 6 N Morrison 11.16 (11.03 SF, 11.06 ht); 7 K Nelson 11.16 (11.06 SF, 11.05 ht). **200: (0.8) :** 1 S Fraser-Pryce 21.79 (22.40 ht); 2 Jackson 21.82; 3. Thompson-Herah 22.02. **400:** 1 S McPherson 49.61 (50.18 ht); 2 C McLeod 49.91; 3 R McGregor 50.02; 4. S Williams 50.14; 5. T Jenkins 50.68. **800:** 1 N Goule 1:57.84. **100H: (0.1)** 1 M Tapper 12.68; 2 Y Thompson 12.73 (12.73 ht); 3 B Anderson 12.75 (12.65 ht); 4 D Williams 12.8 (12.70 ht). **400H:** 1 J Russell 54.07; 2 R Whyte 54.94; 3 L Nugent 54.98. **TJ:** 1 S Ricketts 14.46/-0.9; 2 K Williams 14.19/-1.3. **SP:** 1 Thomas-Dodd 19.17. **DT:** 1 S Hall 62.94; 2 S Lawrence 61.42

KENYA

Kenyan Olympic Trials, Nairobi, June 17-19

World silver medallist Geoffrey Kamworor set a 10,000m high altitude best of 27:01.06.

Nicholas Kimeli won the 5000m in 13:02.87 while Lilian Rengeruk surprisingly defeated Hellen Obiri in the women's 5000m. Obiri did win the 10,000m in a high altitude best of 30:53.60.

World champion Timothy Cheruiyot was only fourth in the 1500m and was overlooked for Tokyo selection.

Men:100: (1.5): 1 F Omanyala 10.02; 2 M Odhiambo 10.05. **800:** 1 M Saruni 1:45.81 (1:44.96 ht); 2 F Cheruiyot 1:45.93 (1:45.78 ht); 3 E Korir 1:46.05 (1:45.46 ht); 4 E Ngeny 1:46.98 (1:45.25 ht); 5 F Lagat 1:47.04 (1:45.80 ht); 6 C Kipruto 1:47.44 (1:45.66 ht). **1500:** 1 C Simotwo 3:32.75; 2 K Etyang 3:33.02; 3 A Kipsang 3:33.12; 4 T Cheruiyot 3:34.36; 5 R Kwemoi 3:34.62; 6 B Kiprugut 3:34.99. **5000:** 1 N Kimeli 13:02.87; 2 D Simiyu 13:06.05; 3 S Masai 13:17.43. **10,000:** 1 G Kamworor 27:01.06; 2 R Kwemoi Chumo 27:05.51; 3 W Langat 27:24.73; 4 C Koros 27:25.56; 5 D Mateiko 27:27.98; 6 K Kimutai 27:53.52; 7 E Cheserek 28:00.51. **3000SC:** 1 L Bett 8:17.26; 2 A Kibiwot 8:17.61; 3 B Kigen 8:21.32; 4 A Kirui 8:30.77; dnf C Kipruto. **HJ:** M Sawe 2.20. **JT:** J Yego 75.58. **4x400:** KEN 3:03.16. **20kW:** 1 S Gathimba 1:18:23 (Afr rec); 2 S Wachira 1:22:07. **Women: 800:** 1 M Moraa 2:00.67; 2 J Mawia 2:01.32; 3 E Sum 2:01.82. **1500:** 1 F Kipyegon 4:02.10; 2 W Chebet 4:04.62; 3 E Jebitok 4:05.54. **5000:** 1 L Rengeruk 14:52.18; 2 H Obiri 14:52.51; 3 A Tirop 14:53.91; 4 M Kipkemboi 14:58.61; 5 B Chebet 15:01.86; 6 M Cherono 15:02.42; 7 N Chepngeno 15:03.73. **10,000:** 1 Obiri 30:53.60; 2 I Cheptai 31:06.86; 3 J Chelangat 31:10.27; 4 N Jelagat 31:11.11; 5 S Chebet 32:11.13; 6 B Kosgei 32:18.90. **3000SC:** 1 H Kiyeng Jepkemoi 9:24.5; 2 B Chepkoech 9:25.0; 3 P Kirui 9:25.6; 4 J Chepkoech 9:29.2

NETHERLANDS

Ethiopian Olympic Trials, Hengelo, June 8

GIDEY'S 10,000M WORLD RECORD

Only 54 hours after Sifan Hassan set a world 10,000m record of 29:06.82 in Hengelo, Letesenbet Gidey improved the mark to 29:01.03 at the same venue.

Gidey ran almost exactly a minute quicker than Paula Radcliffe's brilliant best in Munich in 2002 and significantly quicker than Paavo Nurmi and Emil Zatopek ran to win men's Olympic titles.

The 23-year-old ran her final mile in an estimated 4:26 and last lap in 63 seconds.

The men's 10,000m was won by Selemon Barega in 26:49.21 from Yomif Kejelcha.

Men: 1500: 1 T Lemi 3:31.90; 2 S Abate 3:32.80; 3 S Tefera 3:33.06; 4 M Nveret 3:33.55; 5 M Azeze 3:33.74; 6 W Addisu 3:34;21; 7 A Essayi 3:34.58. **5000:** 1 G Wale 12:53.28; 2 N Melak 12:54.22; 3 M Mengesha 12:58.28;; 4 A Yehune 12:58.99; 5 M Edris 13:04.69; 6 Y Haji 13:05.62. **10,000:** 1 S Barega 26:49.51; 2 Y Kejelcha 26:49.73; 3 B Aregawi 26:50.37; 4 H Gebrhiwet 26:57.16; 5 T



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Worku U20 26:58.30; 6 M Daniel KEN 27:03.94; 7 T Kosgei KEN 27:17.41; 8 S Kissa IGA 27:26.46; 9 A Osman ERI 27:37.16. **3000SC:** 1 T Bikila U20 8:09.37; 2 A Seme 8:12.11; 3 H Amare 8:21.25. **Women: 800:** 1 W Getachew 1:56.67 (rec); 2 H Alemu 1:58.16; 3 W Melese 1:58.71; 4 N Desta 1:59.39. **1500:** 1 F Hailu 3:57.33; 2 D Welteji U20 3:58.93 (U20 rec); 3 L Hailu 4:00.35; 4 T Ketema 4:00.91. **5000:** 1 G Tesgay 14:13.32; 2 E Taye 14:14.09; 3 S Teferi 14:15.24; 4 F Worku 14:29.63. **10,000:** 1 L Gidey 29:01.03 (World rec); 2 T Gebreselama 30:06.01; 3 T Gemechu 30:19.29; 4 Y Yehualaw 30:20.77. **3000SC:** 1 M Abebe 9:13.63; 2 L Muleta 9:14.03; 3 W Zerfe 9:16.95

Hengelo, June 6

SHORT-LIVED MARK FOR HASSAN

Sifan Hassan ran 29:06.82 to take almost 11 seconds from Almaz Ayana's 10,000m world record. Cruising through each kilometre in about 2:55-56 – passing halfway in 14:38 – and knocking out the final 1000m in 2:45, the 28-year-old Dutch runner added to the world mile record that she already holds. In addition, she has set world records in the one hour and 5km too.

After winning the world 1500m and 10,000m titles in Doha in 2019, she will now go into the Olympics as strong favourite to win whichever events she chooses to compete in.

Mondo Duplantis won the pole vault with 6.10m – the second-highest mark he has ever achieved outdoors – before attempting a world record height of 6.19m.

Men: 200: (0.6) 1 I Makwala BOT 20.37. **400:** 1 F Kerley USA 44.74; 2 J Dobber 45.51; 6 Matt Hudson-Smith GBR 46.17. **800:** 1 M Borkowski POL 1:47.02; 2 B Robert FRA 1:47.15; 3 Elliot Giles GBR 1:47.22; 4 Dan Rowden GBR 1:47.24; 5 Kyle Langford GBR 1:47.60. **1500:** 1 Jake Wightman GBR 3:34.67; 2 A Kipsang KEN 3:35.63; 3 J Gómez ESP 3:35.70; 8 Piers Copeland GBR 3:37.62; 13 Charles Da'Vall Grice GBR 3:38.95. **110H: (1.7)** 1 O McLeod JAM 13.08; 2 D Allen USA 13.32; 3 W Bélocian FRA 13.34; 6 David King GBR 13.57. **400H:** 1 A Samba QAT 48.56; 2 Y Copello TUR 48.88; 6 A Chalmers GBR 50.42. **HJ:** 1 M Nedosekov BLR 2.24. **PV:** 1 M Duplantis SWE 6.10 2 E Obiena PHI 5.80; 3 M Vloon 5.80. **LJ:** 1 A Bey FRA 8.16/1.5; 2 R Samaai RSA 8.10/1.4. **Women :100: (0.8)** 1 Dina Asher-Smith GBR 10.92; 2 B Okagbare NGR 11.02; 3 Daryll Neita GBR 11.04; 4 D Schippers 11.15; 5 A Del Ponte SUI 11.25. **400:** 1 B Mbongo BEL 51.16; 2 Laviai Nielsen GBR 51.44; 3 L Klaver 51.46. **800:** 1 Jemma Reekie GBR 2:00.77; 2 Laura Muir GBR 2:00.95; 3 Ellie Baker GBR 2:01.02; 4 R Lamote FRA 2:01.02; 6 H Nakaayi UGA 2:02.52; 7 Adelle Tracey GBR 2:02.63. **10,000:** 1 S Hassan 29:06.82 (world rec); 2 I Kimais KEN 30:37.24; 3 D Cherotich KEN 30:37.31; 4 R Davies AUS 30:54.89; 5 J Chepkemoi KEN 30:59.01. **100H: (0.5)** 1 J Camacho-Quinn PUR 12.44; 2 P Skrzyszowska POL 12.80. **400H:** 1 F Bol 54.33; 2 A Ryzhykova UKR 54.59; 3 W Nel RSA 55.25; 6 Lina Nielsen GBR 55.76. **DT:** 1 Y Pérez CUB 65.91; 2 S Perkovic CRO 65.80;3 L Cá POR 65.07



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POLAND
Bydgoszcz, June 30

Namibia's Christine Mboma went seventh in the all-time lists and ran a clear 400m world lead with a world U20 record 48.54 which left Justyna Swiety-Ersetic well over three seconds back in second in 51.91.

Men: 800: 1 C Tuwei KEN 1:45.76; 2 Jamie Webb GBR 1:46.04. **110H (-1.1):** 1 O Ortega ESP 13.33; 5 Cameron Fillery GBR 13.76. **PV:** 1 C Nilsen USA 5.92; 2 E Obiena PHI 5.87 (rec); 3 P Lisek 5.82; 4 T Braz BRA 5.82. **SP:** 1 T Walsh NZL 21.46; 2 A Sinančević SRB 21.16; 3 C Enekwechi NGR 21.11; 4 J Awotunde USA 21.07. **HT:** 1 P Fajdek 82.77; 2 W Nowicki 80.00; 3 M Kokhan UKR 79.96; 4 V Pronkin RUS 75.99.

Women: 400: 1 C Mboma NAM 48.54 (World U20 rec); 2 J Święty-Ersetic 51.91. **800:** 1 W Melese ETH 1:59.39; 2 D Welteji ETH 1:59.46. **1500:** 1 T Ketema ETH 4:03.90. HT: 1 A Włodarczyk 77.93; 2 M Kopron 75.41; 3 A Tavernier FRA 73.87; 4 H Skydan AZE 73.25; 5 L Bruce NZL 72.25

SPAIN
Madrid, June 19

In the 400m Wayde van Niekerk ran 44.56 – his fastest time for four years – but world bronze medallist Anthony Zambrano edged him in a 44.51 win.

Men: 400: 1 A Zambrano COL 44.51; 2 W van Niekerk RSA 44.56. **800:** 1 T van Diepen NED 1:45.17; 2 M English IRL 1:45.22; 3 S Ordóñez 1:45.26. **TJ:** 1 Zango BUR 17.83/2.5; 2 P Pichardo POR 17.69/0.2; 3 M Raffin FRA 17.17/1.8; 4 J Pontvianne FRA 17.17/0.9; 5 M Hess GER 17.16/2.4.

Women: 200: (1.1) 1 C Mboma NAM U20 22.79. **1500:** 1 M Pérez 4:06.96; 4 R Walcott-Nolan GBR 4:07.55; 7 H Archer GBR 4:10.97. **TJ:** 1 Rojas VEN 15.34/ 2.2 (15.19/1.4); 2 R Diallo FRA 14.51/1.1; 3 P Mamona POR 14.47/1.5; 4 L Povea CUB 14.45/2.0

ROAD

Lisburn Festival of Running, Lisburn, June 27

12-YEAR-OLD McKEE OUTSTANDING

Peter Donnelly won the 5km race in 15:33 but all eyes were on eighth and ninth.

Emer McKee is just 12 years but she ran a sensational 16:27 which won the women's race by two minutes. That British under-13 best now gives her an incredible one minute margin over all other British under-13s and is faster than the under-15 record, too!

McKee narrowly got the better of legendary record-breaker Tommy Hughes, who was first M60 in eighth overall in 16:31.

Overall (5km): 1 P Donnelly (NBH) 15:33; 2 R Smith (Anna, U17) 15:35; 3 C Heron (Keep Er Lit, M40) 15:44

M55: 1 M Le Velly (Anna) 17:48. M60: 1 T Hughes (Strive) 16:32

Women: 1 E McKee (Willow, U13) 16:27; 2 E Gaffney (Trim) 18:38; 3 E Morris (Willow, U13) 19:08

Overall (HM): 1 G Hegarty (Strive) 69:51; 2 P Thompson (VP&Conns) 75:31; 3 P Mchugh (L'kenny) 75:47

Women: 1 S Cooke (VP, W40) 78:39; 2 H Foley (Sligo, W35) 85:55; 3 E McGorman (Carrick Aces ac, W40) 86:59

UK TRACK & FIELD

Muller British Championships, Sportcity, June 25-27

Holly Bradshaw's British pole vault record and some cracking 800m and 1500m races highlighted the Trials. See Pages 16-20 For more details.

Men: 100 (-0.4): 1 C Ujah (E&H) 10.05; 2 E Amo-Dadzie (WG&EL) 10.27; 3 J Efoloko (Sale) 10.30; 4 A Robertson (Sale) 10.32; 5 R Prescod (E&H) 10.33; 6 T Ramdhan (Bexley) 10.33; Z Hughes (SB) DQ. **SF1 (-0.1):** 1 Z Hughes (SB) 10.06; 2 T Ramdhan (Bexley) 10.29. **SF3 (0.3):** 1 C Ujah (E&H) 10.16. **200 (-1.7):** 1 A Gemili (B&B) 20.63; 2 N Mitchell-Blake (NEB) 20.77; 3 J Efoloko (Sale) 20.79; 4 R Kilty (Gate) 20.88; 5 T Ramdhan (Bexley) 20.98; 6 T Makoyawo (WSEH, U20) 21.17; A Morgan-Harrison (KuH) DNF. **Ht1** 1 R Kilty (Gate) 20.82; 4 T Makoyawo (WSEH, U20) 21.05. **400:** 1 N Baker (Craw) 46.05; 2 C Chalmers (Guern) 46.19; 3 M Ohioze (SB) 46.42; 4 J Rhoden-Stevens (SB) 46.63; 5 L Thompson (Shef/Dearn)

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46.71. **400WC:** 1 N Maguire (Kirkby AC) 49.78. **800:** 1 E Giles (Bir) 1:45.11; 2 O Dustin (Bord H) 1:45.12; 3 D Rowden (WG&EL) 1:45.14; 4 B Pattison (BMH) 1:45.93; 5 J Webb (Liv H) 1:46.31; 6 K Langford (SB) 1:46.63. **1500:** 1 J Kerr (Edin) 3:40.72; 2 J Wightman (Edin) 3:40.77; 3 J Heyward (Card) 3:42.41; 4 A Davis (Phoe) 3:42.86; 5 C Da'Vall Grice (Phoe) 3:42.93; 6 J West (Ton) 3:44.45; 7 G Mills (Phoe) 3:44.52; 8 M Stonier (Inv EK) 3:44.53. **5000:** 1 P Dever (Prest) 13:37.30; 2 A Butchart (Centr) 13:38.16; 3 J Rowe (AFD) 13:38.81; 4 J Davies (Read) 13:39.75; 5 S Atkin (Linc W) 13:46.25; 6 C Hicks (SB) 13:50.71; 7 H Milner (Der) 13:54.04; 8 B Bradley (AFD) 13:54.37; 9 T Anderson (Bing) 13:55.23; 10 C Olley (Ton) 13:56.99. **10,000:** 1 M Farah (NEB, M35) 27:47.04; 2 Z Kbrom (NOR) 27:57.63; 3 F Bour (FRA) 27:59.31; 4 N Crippa (ITA) 28:00.72; 5 N Voigt (GER) 28:18.74; 6 M Mahamed (Soton) 28:53.92. **110H (-1.0):** 1 T Ojora (WSEH) 13.38; 2 D King (Ply) 13.51; 3 A Pozzi (Strat) 13.54; 4 C Fillery (WG&EL) 13.63; 5 J Weaver (E&H) 13.77; 6 J Zeller (Brack) 13.80. Ht1 (0.8): 1 A Pozzi (Strat) 13.49. **Ht2 (-0.5):** 1 D King (Ply) 13.52; 2 T Ojora (WSEH) 13.67. **Ht3 (0.0):** 1 C Fillery (WG&EL) 13.64; 2 J Weaver (E&H) 13.69. **400H:** 1 A Chalmers (Guern) 49.98; 2 A Knibbs (Amber) 50.33; 3 J Paul (WSEH) 51.30; 4 J Nicholson (Gate) 51.97; 5 A Booth (Poole, U20) 52.17. (51.84 ht). **Ht3:** 1 C McAlister (TVH) 51.85. **Ht4:** 1 E Okoro (Bir) 50.42; 2 J Paul (WSEH) 51.13. **3000SC:** 1 M Pearce (SB) 8:24.83; 2 Z Seddon (Brack) 8:25.08; 3 P Norman (WG&EL) 8:31.87; 4 J Coleman (Prest) 8:41.65; 5 W Battershill (Erme) 8:42.98; 6 J Hopkins (Swan) 8:48.54; 7 D Jarvis (Bed C) 8:53.56; 8 A Visokay (Stock H) 9:03.50. **5000W:** 1 T Bosworth (Ton) 19:25.62; 2 C Corbishley (M&M) 20:37.69; 3 G Thomas (Ton) 21:31.16; 4 C Snook (AFD) 21:45.13; 5 L Legon (Bexley) 21:47.20. **HJ:** 1 T Gale (Bath) 2.24; 2 J Khan (Worc) 2.21; 3 D Smith (SB) 2.17; 4 S Brereton (Bir, U20) 2.17; 5 C Baker (Sale) 2.13; 5 R Dwyer (Strat) 2.13; 7 D Ogbechie (High, U20) 2.13. **PV:** 1 H Coppell (Wig D) 5.70; 2 A Hague (Shef/Dearn) 5.15; 3 L Benjamin (Sale, U20) 5.00; 4 E Walsh (SB) 5.00; 5 G Heppinstall (Shef/Dearn) 5.00; 6 J Phipps (Bir) 5.00; 6 G Turner (Craw) 5.00; 8 R May (Bir) 5.00. **LJ:** 1 A Farquharson (Cov) 7.69/1.8; 2 J Lelliott (B'mth) 7.69/1.4; 3 R Banigo (Sale) 7.65/0.0; 4 I Otuonye (E&H) 7.46/2.0; 5 J Roach (NEB) 7.42/1.7. **TJ:** 1 B Williams (Stoke) 16.37/1.6; 2 N Douglas (Oxf C, M35) 16.20/3.5; 3 E Uwaifo (Harrow) 16.06/3.0; 4 J Ilori (B&B) 16.01/4.2; 5 M Puplampu (NEB) 15.94/3.0; 6 J Reid (Sale) 15.92/-1.5. **SP:** 1 S Lincoln (York) 20.22; 2 P Swan (Corn) 16.98; 3 D Cork (Newp) 16.61; 4 L Byng (Harrow) 16.61; 5 G Hyde (Harrow) 16.15; 6 A Knight (Ports) 16.05. **DT:** 1 L Okoye (Croy) 61.71; 2 N Percy (SB) 60.17; 3 G Thompson (SB) 58.31; 4 G Armstrong (NEB) 56.21; 6 J Tomlinson (P'broke) 54.09; 7 C Scott (Soton) 53.70; 8 M Plowman (Yeov O, M35) 50.81. **HT:** 1 T Campbell (WSEH) 75.10; 2 C Bennett (SB) 73.53; 3 C Murch (Bir) 70.90; 4 O Jones (Liv H) 70.07; 5 B Hawkes (Worth) 67.55; 6 J Ellis (B&B) 67.47; 7 J Norris (WSEH) 65.07; 8 B Campbell (WSEH) 64.87. **JT:** 1 D Bainbridge (SB) 72.66; 2 J Harris (Manx) 72.65; 3 G Millar (Bir) 71.90; 4 J Whiteaker (B&B) 70.46. **Dec:** 1 T Duckworth (Liv H) 7447; 2 L Church (Ton) 7308; 3 H Kendall (Ton) 7249; 4 H Maslen (Ilkley) 7191; 5 E Thompson (E&H) 7022; 6 O Thorner (Wells) 7019

U20: 3000: 1 W Barnicoat (WSEH) 8:23.10; 2 D Robinson (Giff N) 8:23.72; 3 A Melloy (C&C) 8:23.95; 4 O Perrin (Menai) 8:24.06; 5 J Patton (Kilb) 8:24.13; 6 D Race (Gate) 8:26.38; 7 D Jones (Carm) 8:27.83; 8 L Rawlings (Shrews) 8:28.28; 9 A Parsons (Bath) 8:28.45; 10 J O'Brien (York) 8:28.80; 11 F Morgan (Carm, U17) 8:31.94

Women: 100 (1.2): 1 D Asher-Smith (B&B) 10.97; 2 A Philip (NEB) 11.16; 3 D Neita (Camb H) 11.21; 4 K Awuah (Herne H) 11.23; 5 I Lansiquot (Sutt) 11.24; 6 D Henry (E&H) 11.35; 7 E Wright (SB, U20) 11.62; 8 K Baptiste (Craw) 11.62.. **SF1 (-0.3):** 1 A Philip (NEB) 11.39; 2 I Lansiquot (Sutt) 11.40; 3 J Eze (Gate, U20) 11.74. **SF2 (0.7):** 1 D Neita (Camb H) 11.09; 2 K Awuah (Herne H) 11.36; 3 D Henry (E&H) 11.39; 6 C Sember (WG&EL) 11.85. **SF3 (0.7):** 1 D Asher-Smith (B&B) 10.91. **200 (-2.9):** 1 J Williams (Herts P) 23.02; 2 B Dobbin (Edin) 23.07; 3 D Henry (E&H) 23.18; 4 A Pipi (E&H) 23.19; 5 A Nelson (Stoke) 23.33; 6 B Williams (E&H) 23.49; 7 K Dubarry-Gay (VP&TH) 23.78; 8 K Awuah (Herne H) 23.82. **Ht2 (0.2):** 1 B Dobbin (Edin) 23.22; 2 D Henry (E&H) 23.316. **Ht3 (-0.9):** 1 J Williams (Herts P) 23.49; 2 K Awuah (Herne H) 23.73. **400:** 1 J Williams (Herts P) 51.02; 2 N Yeargin (Pit) 51.26; 3 A Pipi (E&H) 51.33; 4 H Williams (Herts P) 51.60; 5 L Nielsen (E&H) 51.88; 6 Z Clark (TVH) 52.00; 7 E Diamond (B&W) 52.11; 8 A Anning (B&H) 53.02. **Ht2:** 1 J Williams (Herts P) 51.92; 2 Z Clark (TVH) 52.25. **Ht3:** 1 H Williams (Herts P) 52.26; 2 L Nielsen (E&H) 52.31; 3 A Pipi (E&H) 52.42. **800:** 1 K Hodgkinson (Leigh, U20) 1:59.61; 2 J Reekie (Kilb) 2:00.12; 3 L Muir (Dund H) 2:00.24; 4 E Baker (SB) 2:01.47; 5 A Bell (P&B) 2:01.48; 6 A Tracey (G&G) 2:02.10; 7 I Boffey (E&H) 2:04.81; 8 K Mhlanga (Herts P) 2:05.75. **Ht1:** 1 J Reekie (Kilb) 2:01.46; 2 A Tracey (G&G) 2:01.93; 3 I Boffey (E&H) 2:01.96. **1500:** 1 R Walcott-Nolan (Lut) 4:08.41; 2 E Wallace (Giff N) 4:08.52; 3 K Snowden (Herne H) 4:08.62; 4 H Archer (C&C) 4:09.01; 5 J Selman (Fife) 4:11.48; 6 L Robinson (Wake) 4:15.83; 7 C Hughes (Card) 4:16.19; 8 K Gillespie (Centr) 4:17.34; 9 K Avery (Shild) 4:17.56; 10 E Leather (Yate) 4:19.82. **5000:** 1 J Judd (B'burn) 15:10.02; 2 A Markovc (Wake) 15:10.54; 3 V Ockenden (Swan) 15:12.24; 4 C Arter (Card) 15:34.64; 5 J Nesbitt (Card) 15:40.92; 6 B Kidger (Phoe) 15:54.09; 7 H Irwin (C&C) 16:01.75; 8 S Astin (Norw) 16:21.17; 9 C Evans (Card) 16:24.88; 10 M MacLennan (Prest) 16:35.19. **100H (-1.0):** 1 T Porter (WG&EL) 12.78; 2 A Barrett (Traff) 13.18; 3 C Sember (WG&EL) 13.20; 4 J Blundell (B&W) 13.22; 5 E Nwofor (NEB) 13.34; 6 H Mills (And) 13.36; 7 H Paton (Bir) 13.37; 8 M Marrs (WSEH) 13.49. **Ht1 (-0.6):** 1 C Sember (WG&EL) 13.16; 2 H Paton (Bir) 13.46. **Ht2 (1.1):** 1 T Porter (WG&EL) 13.00; 2 A Barrett (Traff) 13.25; 3 M Marrs (WSEH) 13.56; 5 M Cluley (B&B, U20) 13.70; 6 M Jessop (SB, U20) 13.94; 7 D Hales (Tel, U20) 13.98. **Ht3 (-0.1):** 1 J Blundell (B&W) 13.34; 2 E Nwofor (NEB) 13.41; 3 H Mills (And) 13.49; 4 L Parris (Chelm, U20) 13.69. **400H:** 1 J Turner (Amber) 54.83; 2 M Beesley (Bir) 55.80; 3 J Knight (WSEH) 55.91; 4 N Kendall (TVH) 56.39; 5 H McLean (SB) 56.41; 6 L Nielsen (SB) 56.68; 7 C Granville (Swan) 57.01; 8 Z Pollock (Oxf C) 57.47. **3000SC:** 1 E Bird (SB) 9:35.56; 2 A Pratt (Sale) 9:39.72; 3 S Tait (Lass) 10:03.58; 4 K

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Seary (Card) 10:11.06; 5 M Grice (AFD) 10:14.46; 6 S Lawrence (Croy) 10:15.75. **5000W:** 1 B Davies (Card) 22:47.85; 2 A Jennings (AFD) 25:39.68; 4 M Dunwell (Nthn (IOM), U17) 27:23.60.. **HJ:** 1 M Lake (WSEH) 1.93; 2 L Zialor (Mil K) 1.86; 3 E Borthwick (Wig D) 1.86; 4 N Manson (Giff N) 1.82; 5 D Martin (Ashf) 1.72; 5 Z Tyas (Stock TF, U20) 1.72; 7 R Burrell (Bir, U20) 1.72; 8 H Mills (And) 1.72; 8 C Neat (A'deen) 1.72. **PV:** 1 H Bradshaw (B'burn) 4.90; 2 M Caudery (TVH) 4.45; 3 S Cook (Hale) 4.25; 4 J Ive (Sutt) 4.10; 5 G Tutton (Lewes, U17) 4.10; 6 S Ashurst (Sale, U20) 4.10. **LJ:** 1 J Sawyers (Stoke) 6.75/-0.4; 2 A Irozuru (Sale) 6.69/0.6; 3 L Ugen (TVH) 6.60/2.4; (6.57/0.4); 4 L Hadaway (York) 6.47/0.7; 5 J Thomas (B&B) 6.38/0.9; 6 A Hopkins (Oxf C) 6.32/3.3; 9 S Reid (Charn, W35) 5.28/1.8. **TJ:** 1 N Ogbeta (Traff) 14.04/2.0; 2 T Ojora (WSEH, U20) 13.25/0.7; 3 L Stephenson (TVH) 12.82/2.5 (12.63/1.1); 4 O Adamson (Herne H) 12.24/1.3; 5 M Booth (Sale, U20) 12.04/0.7; 6 Z Asante (B&B, W35) 11.91/-0.4. **SP:** 1 S McKinna (Gt Yar) 18.28; 2 A Strickler (TVH) 17.16; 3 A Nicoll (Bir) 16.20; 4 D Oladipo (B&B) 16.18; 5 E Francis (Leic C) 15.75; 6 S Vincent (Ports) 15.71; 7 N Gyedu (B&B, U20) 14.48; 8 S Merritt (B'mth) 14.18. **DT:** 1 E Francis (Leic C) 56.32; 2 S Duquemin (SB) 54.20; 3 D Oladipo (B&B) 53.21; 4 K Law (Sale) 52.73; 5 P Dowson (B'mth) 52.42; 6 A Holder (WSEH) 51.70; 7 S Callaway (NEB, U20) 50.29; 8 T Tunstall (Harrow, U20) 47.47. **HT:** 1 T Simpson-Sullivan (Wig D) 67.38; 2 J Mayho (Bir) 67.08; 3 R Hunter (N Ayr) 65.46; 4 A Herrington (WSEH) 63.89; 5 K Head (NEB) 63.22; 6 A Purchase (Notts) 63.02; 7 P Davenall (SB) 60.92; 8 R Somoye (Bir) 60.06; 9 K Presswell (Mil K) 59.37; 10 C Payne (Read, U20) 58.69. **JT:** 1 B Walton (B&B) 54.03; 2 F Jones (NEB) 49.42; 3 E Hamplett (Bir) 49.07; 4 L Farley (B&B) 48.87; 5 E Korczak (B&H, U20) 47.86; 6 L Hillman (Wig D) 45.18; 10 H Arnold (B&B) 37.61. **Hep:** 1 K Stainton (Bir) 5864; 2 N Smith (Bir) 5319; 3 A Spiliopoulou (E&H) 5101; 4 E Rush (Amber, U20) 5083 **U20: 3000:** 1 M Keith (I'ness) 9:29.66; 2 J Bailey (Lev V, U17) 9:32.93; 3 P Anderson (Herne H) 9:34.79; 4 E Shaw (W'borne) 9:43.38; 5 J Spilsbury (Traff) 9:46.68; 6 A Garner (AFD) 9:48.61; 7 H Bloor (Lewes) 9:54.07; 8 E Weir (HW) 9:55.16

Loughborough Open, June 23

Jessica Mayho entered the top five of the UK all-time women's hammer throw rankings with a PB of 68.88m.

Kirsty Law won the discus with a UK lead of 59.60m which moves her to eighth all-time among British throwers.

Men: 200: r1 (0.3): 1 S Boldizsar (Harl) 21.16. **HT:** 1 T Campbell (WSEH) 74.78; 2 C Shorthouse (Bir) 65.20; 3 J Paget (TVH) 63.97

Mixed events: LJ: 6 C Jones (Charn, W) 6.23/0.7; 7 M Palmer (Charn, U20W) 5.94/0.0; 10 S Reid (Charn, W35) 5.51/0.4 **M50: 100H (0.7):** 1 G Smith (Lut) 14.41; 2 B Marsden (Wyc P, M55) 14.71 **Women: 100H:** r1 (1.6): 1 H Paton (Bir) 13.40; 2 M Marrs (WSEH) 13.43. DT: 1 K Law (Sale) 59.60; 2 S Duquemin (SB) 54.07. HT: 1 J Mayho (Bir) 68.88; 2 C Beatty (B&W) 59.15; 3 C Coleman (G&G) 53.55; 4 (LSAC, M) 49.01; 5 J Trapnell (Mil K, U20) 47.21. JT: 2 (LSAC, M) 51.48

BMC Gold Standard Races, Loughborough, June 23

Men: 800: A: 1 J McMurray (St Alb) 1:49.47; 2 D Walton (B'burn) 1:49.99. **1500: A:** 1 A McMillan (York) 3:46.54. B: 4 C Campbell (Tm E Loth, U17) 3:55.95 **Women: 800: A:** 1 C Mageean (Lisb) 2:02.14; 7 Z Doyle (Wyc P, W40) 2:14.98

England U20 & U23 Championships, Bedford, June 19-20

The sprint hurdler Lily Parris claimed the under-20 women's 100m hurdles gold with 13.68 (-0.3) ahead of Abigail Pawlett and Mallory Clule.

Tiarnan Crorken won the under-23 men's 1500m in 3:40.53 as he outran Joshua Lay, George Mills, Matthew Stonier and Thomas Keen in the closing stages of a competitive metric mile. **U23 men: 100 (-1.7):** 1 J Efoloko (Sale) 10.55; 2 J Azu (Card) 10.58; 3 D Ashwell (SB) 10.63. **Ht2 (-1.5):** 1 R Glave (Croy) 10.57. **Ht3 (-1.3):** 1 J Efoloko (Sale) 10.53; 2 D Ashwell (SB) 10.62. **200 (0.1):** 1 S Boldizsar (Harl) 20.81; 2 J Hanson (Woking) 20.98; 3 S Nguie (Traff) 21.25. **400:** 1 A Leeson (R&N) 47.09; 2 R Mitcham (Bir) 47.61; 3 S Jones (Swan) 47.84. **Ht1:** 1 A Knibbs (Amber) 47.08; 2 R Mitcham (Bir) 47.50; 3 S Jones (Swan) 47.87. **800:** 1 B Pattison (BMH) 1:50.95; 2 T Randolph (Tam) 1:51.35; 3 A Botterill (York) 1:51.98. **1500:** 1 T Crorken (Prest) 3:40.53; 2 J Lay (R&N) 3:40.75; 3 G Mills (Phoe) 3:41.23; 4 M Stonier (Inv EK) 3:42.06; 5 T Keen (C&C) 3:42.32; 6 J Howorth (Bath) 3:43.13. **110H (-0.2):** 1 M Osunsami (NEB) 14.35; 2 S Talbot (Shef/Dearn) 14.58; 3 O Cresswell (WG&EL) 14.63. **400H:** 1 S Clarke (C&C) 51.98; 2 J Nicholson (Gate) 52.01; 3 B Higgins (Shef/Dearn) 52.87. **3000SC:** 1 A Manthorpe (Shef/Dearn) 9:11.18; 2 E Moran (Exe) 9:12.54; 3 S Costley (Soton) 9:13.18. **HJ:** 1 A Brooks (Yate) 2.14; 2 J Khan (Worc) 2.14; 3 K Aguocha (B&B) 2.10. **PV:** 1 J Watson (Tel) 4.75; 2 O Heard (Harrow) 4.60. **LJ:** 1 A Schenini (Giff N) 7.47/1.1; 2 J Burkey (Bath) 7.37/1.1; 3 B Sutton (B&B) 7.04/0.4. **TJ:** 1 H Clarkson (Edin) 15.00/1.0; 2 M Hayward (Craw) 14.65/1.9; 3 W Matsuka-Williams (Norw) 14.43/1.6. **SP:** 1 L Byng (Harrow) 17.60; 2 G Hyde (Harrow) 17.13; 3 J Dods (N'pton) 14.56. **DT:** 1 J Tomlinson (P'broke) 55.12; 2 J Martin (Gate) 49.98; 3 J Douglas (Soton) 48.12. **HT:** 1 B Hawkes (Worth) 68.03; 2 O Graham (SB) 62.93; 3 S Kerry (KuH) 59.62. **JT:** 1 D Bainbridge (SB) 70.58

U20: 100 (-2.0): 1 T Makoyawo (WSEH) 10.64. **Ht3 (-2.4):** 1 T Makoyawo (WSEH) 10.62. **200 (-1.7):** 1 J Kalala (VP&TH) 21.28; 2 D Kinlock (Croy) 21.37; 3 L Hinchliffe (Shef/Dearn) 21.54. **Ht1 (-0.8):** 1 D Kinlock (Croy) 21.34. **400:** 1 E Faulds (R&N) 46.68; 2 B Young (Aird) 46.85; 3 C Carvell (Tel) 46.98; 4 A Cooper (Bir) 47.13; 5 S Reardon (B&B) 47.48. **800:** 1 D Joyce (Tyne) 1:52.43; 2 H Johnson (H&P) 1:52.63; 3 W Bellamy (H&P) 1:52.70; 4 D Howells (AFD) 1:52.81. **1500:** 1 B Reynolds (Card) 3:52.40; 2 J Ewing (Edin) 3:52.76; 3 E Hussey (Leeds C) 3:53.32. **3000:** 1 A Parsons (Bath) 8:31.58; 2 J O'Brien (York) 8:33.39; 3 R Miell-Ingram (Rad) 8:35.47. **110H (0.3):** 1 J Harding (Bas) 13.79; 2 H Barton (Wells) 14.16; 3 T Wilcock (N'pton) 14.23. **400H:** 1 A Booth (Poole) 51.47; 2 G Seery (Thanet) 53.94; 3 E Flaherty (Liv H) 54.27. **3000SC:** 1 A Alston (Bed C) 9:16.72; 2 L Minale (Gate) 9:18.23; 3 T Bridger (C&C) 9:38.45. **10,000W:** 1 A Nandwani (Leeds U) 53:56.87. **HJ:** 1 D Ogbechie (High) 2.13; 2 L Owona (WSEH) 2.04; 3 K Jack (SB) 1.99; 3 J Ennis (Croy) 1.99; 5 D Duruaku (Notts) 1.99; 6 J Walecki (C&T, U17) 1.94; 7 L Ball (Yate, U17) 1.94. **PV:** 1 L Benjamin (Sale) 5.05; 2 R Nairne (Glas C) 5.05; 3 W Foot (C'field) 4.45. **LJ:** 1 B Davies-Pughe (SB) 7.56/1.4; 2 O Adepegba (Bas) 7.24/2.1; 3 H Crosby (Win) 7.14/0.9. **TJ:** 1 B Ajala (Edin) 15.17/-1.5; 2 J Woods (SB) 14.39/-1.5; 3 M Alajiki (Ashf) 14.35/-0.9. **SP:** 1 C Dyrmishi (N'pton) 16.76; 2 K Aubrey (W'borne) 16.44; 3 Z Davies (Brack) 16.36. **DT:** 1 J Wordsworth (NSP) 50.20; 2 H Davies (Neath) 49.20; 3 E Fileman (Tav) 48.54. **HT:** 1 K Ikeji (Bas) 68.26; 2 A Bernstein (Prest) 65.12; 3 O Merrett (Yate) 64.77. **JT:** 1 T Holmes (And) 69.44; 2 T Dollery (Bath) 64.7

Women: 10,000W: 1 B Davies (Card) 47:07.97; 2 A Jennings (AFD) 52:10.83 **U23: 100 (-2.4):** 1 K Awuah (Herne H) 11.67; 2 A Rees (Edin) 11.83; 3 G Akpe-Moses (Bir) 11.92. **200 (-0.2):** 1 K Awuah (Herne H) 23.24; 2 G Adam (Lough S) 23.45; 3 C Pemberton (Bir) 23.74. **400:** 1 H Kelly (Bolt) 54.04; 2 B Reed (Traff) 55.37; 3 N Harrison (Stock H) 55.52. **800:** 1 O Vareille (Falk) 2:07.67; 2 K Mhlanga (Herts P) 2:08.10; 3 F Brint (Sale) 2:09.77. **1500:** 1 S Sinha (Camb H) 4:24.60; 2 C Hughes (Card) 4:24.62; 3 A Shipley (MKDP) 4:26.93. **100H (-1.1):** 1 J Blundell (B&W) 13.46; 2 A Davies (B&B) 13.69; 3 I Hilditch (B&B) 13.79. **400H:** 1 Z Pollock (Oxf C) 57.72; 2 L Robinson (Bir) 60.59; 3 L Williams (Card) 62.11. **Ht1:** 1 A Pye (C&S) 60.40; 2 L Williams (Card) 61.13. **3000SC:** 1 S Tait (Lass) 10:00.49; 2 A Barbour (WSEH) 11:06.66; 3 E Sharrock (Norw) 11:35.45. **HJ:** 1 S Lecky (Finn) 1.73. **PV:** 1 M Caudery (TVH) 4.20; 2 E McCartney (WG&EL) 4.00; 3 I Smith (Notts) 3.80. **LJ:** 1 L Hadaway (York) 6.53/1.6; 2 C Jones (Charn) 6.22/1.7; 3 A Rolfe (York) 6.09/1.3. **TJ:** 1 L Hulland (Lough S) 12.40/0.4; 2 A Omitowoju (Harrow) 12.22/1.4; 3 O Adamson (Herne H) 12.03/1.3. **SP:** 1 S Vincent (Ports) 15.90. **DT:** 1 H Cubbage (Ports) 42.79; 2 H MacAulay (B&B) 42.48; 3 D Broom (B'mth) 40.68. **HT:** 1 K Head (NEB) 62.38; 2 H Blood (Sale) 57.00; 3 M Schofield (York) 54.74. **JT:** 1 B Walton (B&B) 50.20; 2 B Moule (Neath) 47.97; 3 L Farley (B&B) 47.36

U20: 100 (-2.0): 1 N Wedderburn-Goodison (Harrow, U17) 11.80; 2 J Eze (Gate) 11.81; 3 A Bell (Giff N) 11.92. **200 (0.1):** 1 S Eduan (Sale, U17) 23.70; 2 S Walton (Horw) 23.91; 3 A Hunt (Charn) 23.92. **400:** 1 M John (WG&EL) 53.71; 2 I Skelton (Corby) 55.38; 3 H Mpassy (B&B) 55.67. **800:** 1 K Johnson (Edin, U17) 2:06.04; 2 I King (Kett) 2:07.55; 3 A Sibley (B&B, U17) 2:11.04. **1500:** 1 A Ives (Bas) 4:25.23; 2 E Shaw (W'borne) 4:27.18; 3 J Bailey (Lev V, U17) 4:28.07. **3000:** 1 K Sheppard (Chelt) 9:42.45; 2 F Todd-Warmoth (B&B, U17) 9:42.73; 3 L McNeil (Mans) 9:48.97. 100H (-0.3): 1 L Parris (Chelm) 13.68; 2 A Pawlett (Stock TF) 13.84; 3 M Cluley (B&B) 13.85. 400H: 1 E Newnham (SB) 60.18; 2 R Callan (Giff N) 62.21; 3 L Keisler (Law) 63.18. **3000SC:** 1 E Wilson (Hallam) 11:09.80. **HJ:** 1 H Ferguson (Traff, U17) 1.73; 2 Z Tyas (Stock TF) 1.73; 3 E Rush (Amber) 1.68. **PV:** 1 S Ashurst (Sale) 4.10; 2 G Tutton (Lewes, U17) 3.90; 3 N Munir (Wyc P) 3.50. **LJ:** 1 M Palmer (Charn) 6.15/1.9; 2 E Tyrrell (Bath) 5.98/1.0; 3 E Rush (Amber) 5.87/0.02. **TJ:** 1 H Aitchison (Stock TF) 12.18/0.3; 2 M Booth (Sale) 12.16/1.8; 3 A Gray (And, U17) 11.97/1.2;. **SP:** 1 N Gyedu (B&B) 14.78; 2 O Kuponiyi (Chelm) 14.13; 3 J Hopkins (Chelm) 12.95. **DT:** 1 S Callaway (NEB) 51.82; 2 T Tunstall (Harrow) 46.50; 3 Z Obamakinwa (B&B) 45.26. **HT:** 1 C Payne (Read) 60.92; 2 K Costello (Kilb) 59.19; 3 Z Price (Liv H) 54.21;. **JT:** 1 E Korczak (B&H) 50.38; 2 S Hamilton (Mend) 46.83; 3 H Mortlock (Bas) 46.57

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BMC Grand Prix, Watford, June 12

Andy Butchart ran a mostly-solo BMC record in the 3000m with 7:43.57 as Jack Rowe went sub 7:50 for the first time with 7:49.71.

After help from Jess Judd with the pacemaking, Izzy Fry guaranteed her Euro under-23 5000m selection with a clear 15:49.25 PB victory.

Back in eighth, Jo Pavey took 40 seconds off Emma Stepto's UK W45 record with a 16:21.01 clocking.

Alice Garner was the best of the Under-20s with a 16:27.84 PB.

Matt Stonier clocked a three-second PB at 1500m of 3:39.17, with fellow under-23 Tiarnan Crorken also gaining a Euro under-23 qualifier with a 3:39.41 PB.

Isaac Akers guaranteed his European under-23 place with a 13:47.31 5000m PB, with Ellis Cross also setting a PB in second with 13:50.56.

The B race saw Osian Perrin clock a Welsh junior record of 13:53.03.

Ellie Baker enjoyed a clear win in the women's 800m in 2:00.45, while Erin Wallace underlined her European under-23 possibilities with a four-second PB of 4:08.10 to defeat Holly Archer and Jess Judd.

Men: 400: A: 1 C Chalmers (Guern) 46.07; 2 L Thompson (Shef/Dearn) 46.27; 3 J Brier (Swan) 46.32; 4 O Smith (Card) 46.37; 5 J Williams (Liv H) 46.83; 6 M Ohioze (SB) 47.28; 7 M Rooney (Croy) 47.90. **800: A:** 1 B Pattison (BMH) 1:46.80; 2 K Langford (SB) 1:47.62; 3 R Zaman-Browne (Manc H) 1:48.75. B: 3 J Ewing (Edin, U20) 1:48.79; 4 J Young (Morp) 1:48.87; 5 A Harrington (B&B) 1:48.90; 6 L Bigg (Phoe) 1:48.91. **C:** 1 B Murphy (Ton) 1:48.84; 2 B Claridge (Abing) 1:49.29; 3 D Howells (AFD, U20) 1:49.31; . **E:** 1 H Cox (Chilt) 1:49.79; 2 S Brown (Edin) 1:49.91; 3 J Minshull (Cov, U17) 1:51.06. **1500: A:** 1 M Stonier (Inv EK) 3:39.17; 2 T Crorken (Prest) 3:39.41; 3 J McMurray (St Alb) 3:39.85; 4 J Howorth (Bath) 3:39.85; 5 J Travers (Herne H) 3:40.50; 6 A Smith (Leeds C) 3:40.55; 7 K Elliott (Falk, U20) 3:41.27; 8 J Heneghan (Card) 3:41.90. **3000: A:** 1 A Butchart (Centr) 7:43.57; 2 J Rowe (AFD) 7:49.71; 3 D McElhinney (IRL) 8:10.86. **5000: A:** 1 I Akers (Corby) 13:47.31; 2 E Cross (AFD) 13:50.56; 3 D Jarvis (Bed C) 13:55.02; 4 R Leonard (Morp) 13:55.35. **B:** 1 O Perrin (Menai, U20) 13:53.03; 2 D Nolan (Croy) 13:53.34; 12 H McLuckie (SB, U20) 14:26.43; 14 A Marshall (Centr, U20) 14:28.07; 16 F Jennings (Bide, U20) 14:31.50; 19 C Morgan (St Mal, U20) 14:33.13; 20 D Jones (Carm, U20) 14:36.07. **D:** 2 L Hannigan (Kilb, U20) 14:34.10; 11 M Hill (Leeds C, M45) 15:19.21

Women: 800: A: 1 E Baker (SB) 2:00.45; 2 J Selman (Fife) 2:02.10; 3 J Bromell (IRL) 2:02.20; 4 I Ives (Bas) 2:06.07; 5 K Mhlanga (Herts P) 2:07.17; 6 S Oskan-Clarke (WSEH) 2:07.59. **B:** 1 S Sinha (Camb H) 2:06.10; 2 K Johnson (Edin, U17) 2:07.01. **1500: A:** 1 E Wallace (Giff N) 4:08.10; 2 H Archer (C&C) 4:09.13; 3 J Judd (B'burn) 4:12.29; 4 L Coward (Inv EK) 4:16.50; 5 C Hughes (Card) 4:16.64; 6 A Millard (Inv EK) 4:16.81; 7 A Griffiths (AFD) 4:17.76. **B:** 3 P Millage (VPCG, W40) 4:24.98; 4 K Neely (Lisb, W40) 4:25.29; 5 D Hodgkinson (Walls, W35) 4:25.48. **C:**; 4 A Weightman (SB, U17) 4:26.67. D: 1 Z Doyle (Wyc P, W40) 4:35.12. **5000: A:** 1 I Fry (Newb) 15:49.25; 2 C Dannatt (C'ley) 16:06.70; 3 N Lang (A'deen) 16:09.16; 4 K Avery (Shild) 16:11.99; 5 S Millard (Herne H) 16:12.90; 6 S Pennycook (Fife) 16:15.64; 7 N Taylor (Ton) 16:16.30; 8 J Pavey (Exe, W45) 16:21.01 (UK W45 rec); 9 C Duck (Leeds C, W35) 16:22.83; 10 A Garner (AFD, U20) 16:27.84; 11 R Murray (Bed C) 16:30.08; 12 P Anderson (Herne H, U20) 16:31.20; 13 L Small (AFD) 16:31.82; 14 E Weir (HW, U20) 16:34.29; 15 A Howarth (Leigh) 16:38.06

National Athletics League Premier London North, Lee Valley, June 6

Shaftesbury Barnet were narrow team winners aided by field wins for Scott Lincoln with 20.02m in the shot, Nick Percy with 62.87m in the discus and for Chris Bennett in the hammer with 73.04m.

Men: 100: A (-1.0): 1 D Ashwell (SB) 10.47. **ns1 (0.9):** 1 D Ashwell (SB) 10.41. **400: A:** 1 J Rhoden-Stevens (SB) 46.50. **HJ: A:** 1 W Grimsey (WG&EL) 2.16; 2= J Ennis (Croy, U20) 2.09. **SP: A:** 1 S Lincoln (York) 20.02; 2 Y Zatat (WG&EL) 17.57. **DT: A:** 1 N Percy (SB) 62.87. **HT: A:** 1 C Bennett (SB) 73.04

Women: 100: A (-1.6): 1 N Wedderburn-Goodison (Harrow, U17) 11.70. **200: A (0.3):** 1 N Wedderburn-Goodison (Harrow, U17) 24.25. **B (-0.9):** 1 R Jeggo (Col H) 24.11. **400: A:** 1 M John (WG&EL, U20) 53.49. **100H: A (0.9):** 1 M Jessop (SB, U20) 14.17. **400H: A:** 1 H McLean (SB) 57.51. **PV: A:** 1 J Ive (Sutt) 4.30. **LJ: A:** 1 J O'Dowda (NEB) 6.06/1.2. **DT: A:** 1 S Callaway (NEB, U20) 52.61; 2 T Tunstall (Harrow, U20) 47.33. **HT: A:** 1 K Head (NEB) 61.66. **JT: A:** 1 F Jones (NEB) 51.11

Muller British Athletics 10,000m Championships & European 10,000m Cup, Birmingham University, June 5

Eilish McColgan stormed to victory and a Tokyo place with a brilliantly timed late charge to clock 31:19.21 and beat Israel's Selamawit Teferi (31:19.35 PB) right on the line.

Jess Judd clocked a PB of 31:20.84 to also finish under the Olympic qualifying standard of 31:25.00. The fact that she was second Briton meant she also automatically booked her ticket to Japan as Britain won the team event.

Sir Mo Farah finished outside of the qualifying standard in 27:50.64 for eighth place and he was overtaken by Marc Scott, who was crowned British champion and booked his Olympic place in the process.

The men's race was won by French European champion Morhad Amdouni in 27:23.29.

The third Briton home was Emile Cairess who had the race of his life in 10th place and his PB performance of 27:53.19 was inside the Team England Commonwealth Games qualifying standard.

Men: 10,000: A: 1 M Amdouni (FRA) 27:23.39; 2 B Abdi (BEL) 27:24.41; 3 C Mayo (ESP) 27:25.00; 4 N Voigt (GER) 27:49.04; 5 Y Schrub (FRA) 27:49.64; 6 J Ramos (ESP) 27:49.73; 7 M Scott (R&Z) 27:49.94; 8 M Farah (NEB, M35) 27:50.64; 9 N Crippa (ITA) 27:51.93; 10 E Cairess (Leeds C) 27:53.19; 11 M Frère (FRA) 28:03.90; 12 H Haso (IRL) 28:13.10; 13 M Leach (Bed C) 28:22.33; 14 K Jones (Swan) 28:23.50; 16 M Aadan (TVH) 28:25.79; 17 M Mahamed (Soton) 28:26.77; 20 H Milner (Der) 28:36.95. B: 1 P Riva (ITA) 28:25.86; 9 E Cross (AFD) 29:10.82; 13 N Martin (Sale) 29:22.43; 14 O Ahmed (Bir) 29:26.22. **C:** 1 M Milarvie (VPCG) 29:22.91; 2 P Surafel (TVH) 29:25.62

Women: 10,000: A: 1 E McColgan (Dund H) 31:19.35; 2 S Teferi (ISR) 31:19.50; 3 J Judd (B'burn) 31:20.96; 4 V Ockenden (Swan) 31:43.70; 5 A Markovc (Wake) 32:04.38; 6 L Gega (ALB) 32:16.25; 7 C Arter (Card) 32:17.40; 8 S Jeptooo (FRA) 32:31.80; 9 S Harrison (Charn) 32:39.20; 10 M Melero (ESP, W35) 32:41.34; 12 J Nesbitt (Card) 32:48.67; 14 B Kidger (Phoe) 32:54.75; 16 M MacLennan (Prest) 33:02.71; 17 L Lee (IRL, W40) 33:04.66; 18 E Bolton (RVH) 33:04.70; 20 H Irwin (C&C) 33:11.08; 21 C Evans (Card) 33:39.19; 25 K Avery (Shild) 34:14.57



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A THROW WITH...

TAYLOR CAMPBELL

Katy Barden talks to the British hammer throwing champion who is feeling his way to the top level



PHOTO BY GETTY IMAGES

To throw as far as you can is a simple concept, but there is something beautiful about the moment when art and science combine to create a seemingly effortless mark.

Taylor Campbell respects the science, but the Loughborough-based athlete, who secured the Olympic qualifying standard for the hammer with a 78.23m effort in early June, admits he's a man with feelings. He thrives on the art of hammer throwing and the basic principles he learned as a teenager from coach Paul Dickenson. "I had this nice connection, a feel for it," he says. "You can't teach those feelings."

Campbell, now 24, has been coached by John Pearson – also the technology lead for the innovation team at Rolls Royce – since 2016. Pearson's approach is fact-based and data driven, but he values Campbell's zeal and creativity. It's not so much about logical thinking versus artistic creativity, but a hybrid approach which is proving fruitful.

"[The relationship] works because John has all the knowledge, whereas I just love the event and the art side of it, the feeling side of it," he explains. "John pulls together all the stuff I like and the stuff I do well and he meets me in the middle. He also keeps me grounded and stops me believing my own hype."

In a discipline which arguably favours power and technique over passion, Campbell believes his lifetime best throw was at odds with what should be possible based on his current physical capability and some basic engineering principles.

According to his coach, however, it was due to the exact combination of his biomechanics, physical attributes and excellent technique that he threw beyond 78m.

"He may not be as big and strong as his peers (Campbell is 6'4" and 107kg), but he has great levers so the orbit of the hammer is big, and he's brilliant at developing a feel for it," explains Pearson. "His 'hammer awareness' is exceptional and I'm in no way surprised that he achieved that mark given the way his training has been going. I can understand that it might have felt easy for him because everything came together at the right time in the right competition, but I have seen better throws from him [technically] and I know there is plenty more there."

Campbell says he's inspired by his fellow athletes and the positive energy that drives them. There is a collective willingness to succeed and a sense that the mood, or perhaps the attitude, at his Loughborough base has changed for the better in recent years.

"I think in the past people used to moan about how high the standards were, but now if the standard is 77.50m then we just have to throw it, we can't moan about it," he says. "We just have to step up and compete.

"That's the great thing that people like Nick [Miller] and Sophie [Hitchon] have demonstrated. We can do these things. They've paved the way and shown us we can do it, now it's up to us."

In addition to an Olympic qualifying mark, his performance in Budapest was the second-furthest hammer throw ever by a British athlete (behind Nick Miller). It has given Campbell a new-found confidence and perspective on what's possible.

"Last year I believe I could have gone high 75m at minimum, possibly 76m," says Campbell. "When I came out this year I'd had another good winter, but I wasn't throwing too well. I was throwing 73m and 74m and I wasn't quite hitting them, but they still felt relatively easy. I was thinking 'if I can throw 74m easy, then what happens when I really hit it, when I get that feeling again?'"

He found out in Budapest. In the end, Campbell's feelings won over physics. "I trusted the throw," he says.

It looks likely there's much more to come. AW

Q. If you could choose one person to train or compete with, past or present, who would it be and why?
A. Koji Murofushi ***[2004 Olympic hammer champion].*** I've watched his throws so many times since I was a kid and I'd have loved to have trained with him in his prime.

STARTER FOR 10



How well do you remember the Summer Olympics? Test your knowledge of the past 10 editions of the Games with these teasers

1. **Can you name the pole vaulter who rose to the occasion in his home country to win gold at Rio 2016?**
2. **Who were Team GB's only other athletics medallists at London 2012 outside of champions Mo Farah, Greg Rutherford and Jessica Ennis-Hill?**
3. **Who came second and third when Usain Bolt broke the men's 100m world at the Beijing Olympics of 2008?**
4. **Name the members of Britain's gold medal-winning men's 4x100m relay at Athens 2004?**
5. **The 2000 Games were held in Sydney, but which other Australian city has hosted the summer Olympics?**
6. **Which unprecedented achievement did Michael Johnson produce during the 1996 Games in Atlanta?**
7. **Can you name the sprinter who won the silver medal in both the men's 100m and 200m at the 1992 Olympics in Barcelona?**
8. **Which European athlete won bronze in the women's 100m and 200m at the Seoul Olympics of 1988, both races being won by Florence Griffith-Joyner?**
9. **What was particularly significant about the women's marathon at the Los Angeles Games of 1984 and who won it?**
10. **Which athlete famously completed the men's 5000m and 10,000m double at the Moscow Games of 1980?**

Answers in the August issue of *AW*

JUNE QUIZ ANSWERS: ❶ 5.85m; 2 5000m gold and 1500m silver; 3 2007; 4 Alexander Stadium is being rebuilt for the 2022 Commonwealth Games; 5 11. 2020 was his 12th appearance at the championships; 6 Ojie Edoburun; 7 Asha Philip; 8 Eilish McColgan; 9 All three qualified for the final in Doha; ❿ Adam Gemili, who went on to finsh fourth at the World Championships

AW LETTERS

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Coverage sends the wrong signal

I was left dismayed over the rejection of the BBC's bid to cover the British Championships. British Athletics chief executive Jo Coates was quoted as saying she hoped to "engage" a new, younger audience by streaming the event on the British Athletics website. She has merely succeeded in angering and alienating a huge number of athletics fans and pushed the sport I have loved and participated in for more than 40 years even more to the fringes.

I tried to watch on my laptop – many of us do not have connected or Smart TV sets – and was greeted by jerky pictures and fragmented sound.

Contrary to Ms Coates's assertion, it would not be hidden away on the BBC's red button. Simply select the channel number and, bingo, instant good quality sound and vision.

If it wants athletics to be more mainstream, the governing body made a huge mistake in rejecting the loyal national broadcaster which has served athletics well, despite the sport's struggles for media coverage in recent years.

Paul Stockburn, *Ripon, North Yorkshire*

Streaming events is the future

I am not a critic of the BBC's coverage of athletics. Unlike many the 'studio chat' doesn't particularly bother me. However, it was refreshing to watch so many hours (I believe more than 22 hours!) of non-BBC coverage from the British Champs in Manchester.

Commentary from Hannah England and Tim Hutchings was informative and entertaining. And I can appreciate that streaming events online is the way things are moving. Fewer youngsters are watching 'traditional television' and instead they are viewing sport on laptops, smartphones and tablets.

Plus, the coverage could fairly easily be hooked up to a big TV screen if you wanted.

Yes it would be great if the national championships and Olympic trials was available to a large audience on a huge broadcasting platform like BBC. And it is not ideal, really, for a governing body to be covering its own events.

But if you were in UKA's shoes would you let BBC show your event for free when they have been paying for the rights for years?

Hannah Cherwell, *Leamington Spa*

Farah should come full circle

After not making the Olympic Games in Tokyo, Mo Farah is winding down his career. But how should he bow out? Here's an idea.

Why not make the English National Cross Country Championships his final race, or at least one of the last ones? Mo won an age-group gold as a teenager but he has never won the senior men's title and attempting to do so would have multiple benefits.

For one it would bring his great career full circle. He would be able to connect with the club runners and grassroots of the sport who have supported him – and often criticised him too – during his elite career.

His presence would be inspirational to all the young athletes who are there. As an aside, it would also help his reputation following the Alberto Salazar saga and other smaller incidents that have not endeared him to the running community.

There would be shades of Sydney Wooderson. The Blackheath runner set world records at 800m and the mile but ended his career with victory in the English National over 10 miles at Graves Park in Sheffield in 1948!

Jack Gill, *via email*

Huge loss to ultra running

Norman Wilson, who passed away in June, was central to British ultra distance running for many years.

He was instrumental in launching both 100km and the 24 hours events as part of the Commonwealth Games programme and rose to Vice President of the International Association of Ultrarunners. He will be sorely missed.

Chris Finill, *via email*



PHOTO BY GETTY IMAGES

WHAT'S ON

FIXTURES NEWS...

London Marathon Events with be hosting two mass participation running events in as many weeks this month. The Vitality London 10,000 and the Vitality Mile, both at Hatfield Park in Hertfordshire, will take place on July 11, while the Standard Chartered Great City Race on July 20 will become the first mass participation running event to be held on the streets of London since the outbreak of Covid-19.

The IAU and WMA 24 hour World Championships, due to take place in Romania on October 2-3, and 50km World Championships, scheduled for October 31 in Chines Taipei, have been cancelled.

JULY 9
- Wanda Diamond League meeting
  Monaco
  monaco.diamondleague.com
- FASTFriday 10,000m, Walthamstow

JULY 8-11
- European Athletics U23 Championships
  Tallinn, Estonia
  european-athletics.com

JULY 11
- World Athletics Continental Tour Bronze Meeting
  Padova, Italy
  Sotteville, France
  worldathletics.org
- Vitality London 10,000 & Vitality Mile
  Hatfield Park, London
  citalitylondon10000.co.uk
- Southern Athletics League
  Various
  Southernathletics.org.uk

JULY 13
- Müller British Grand Prix
  Gateshead
  britishathletics.org.uk
- Trafford Grand Prix
  Stretford

JULY 14
- BMC Gold Standard
  Birmingham
  britishmilersclub.com
- BMC Regional races
  Eltham
  britishmilersclub.com
- Watford Open Graded meetings
  watfordharriers.org.uk

JULY 15-18
- European Athletics U20 Championships
  Tallinn, Estonia
  european-athletics.com

JULY 16
- Finsbury Park 5000s
  data.opentrack.run/en-gb/x/2021/GBR/finsbury-park-5000s/

JULY 17
- North Eastern Youth Development League
  Various
- Youth Development League Lower
  Various
  ukydl.org.uk

JULY 18
- South West Championships with Inter Counties
  Exeter

JULY 19
- BMC Regional Races
  Chester-le-Street
  britishmilersclub.com

JULY 20
- Standard Chartered Great City Race
  London
  cityrace.co.uk

JULY 21
- Lee Valley Sprint Double 100m series
  Lee Valley

JULY 24
- BMC Grand Prix
  Loughborough
  britishmilersclub.com

JULY 25
- Youth Development League Upper
  Various
  ukydl.org.uk

JULY 27
- BMC Regional Races
  Exeter
  britishmilersclub.com
- Trafford Grand Prix
  Stretford

JULY 30-AUGUST 8
- Tokyo 2020 Olympics
  tokyo2020.org

AUGUST 7
- National Athletics League
  Various
  Nationalathleticsleague.org.uk

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IWAN THOMAS GOES THE DISTANCE

Despite being short of training and running more than 400 times further than his specialist distance, Iwan Thomas conquered a 100-mile event recently to raise awareness for charity.

Thomas, who still holds the UK 400m record, completed the gruelling Centurion Running South Downs Way 100 in heatwave conditions on a hilly course and in the process has raised around £25,000 for Group B Strep Support, the world's leading charity working to eradicate Group B Strep infection in babies.

"This was the most brutal thing I have ever done," said Thomas, who chronicled his ultra-marathon challenge on social media. "The temperatures made what should have been a difficult run almost impossible for me."

Thomas's son Teddy was diagnosed with Group B Strep in 2018, an infection caused by streptococcal bacteria, which can lead to meningitis, pneumonia and sepsis, and spent the first 10 days of his life in intensive care.

Thomas said: "Seeing Teddy covered in tubes and battling for his life was by far the worst experience of my life. If I can shine a light on this infection that claims the lives of so many young children then the pain of what I endured was 100% worth it."

Motivated by this, Thomas battled injuries during the event plus horrendous blisters. He was also in danger of missing the cut-off time at certain points but was helped by fellow ultra-runner Susie Chan and he managed to finish in 29 hours and 35 minutes.

To contribute to Thomas's charity-raising, go to ***justgiving.com/fundraising/gbssiwanthomas***



ABSOLUTELY QUACKERS

Sprinters in the men's 200m at the recent Midland Counties Championships had to hit the brakes near the finish line when some ducks randomly walked on to the track and in front of their path.

The event in Nuneaton last month was captured on film and the athletes were stunned – and a little frustrated – at being stopped in their tracks.

YOUNG SPORTING WONDERS

A children's sportswriting competition created by athletics commentator Rob Walker resulted in the inaugural winners interviewing stars such as Paula Radcliffe recently.

Young Sporting Wonders is the brainchild of Walker after the broadcaster decided to try to encourage children to share their favourite sports moment.

The best 100 entries won a £20 book token, with a lucky few earning the opportunity to interview Radcliffe, triathlete Alistair Brownlee or snooker players Mark Selby and Mark Williams.

Walker was inundated with entries and had to pick out the winners with the interviews appearing at youngsportingwonders.com and YouTube.

Search for "Rob Walker's Young Sporting Wonders" on YouTube, for example, to find out Paula Radcliffe's post-race treat food, her advice for handling injuries and what it felt like to break the marathon world record.

UNORTHODOX WARM-UP WORKS

Elliot Giles prides himself on having an unorthodox approach to training. He only runs three times per week, covering around 15-20 miles, but backs it up with lots of cross-training, especially on an elliptical bike.

Even his warm-up is unorthodox. At the British Championships last month he was spotted before the 800m final not only knocking out a bunch of sit-ups but also a number of press-ups.

It worked, too, as he took gold from Oliver Dustin and Dan Rowden.

If you have a potential Dip Finish story, email: **jason.henderson@athleticsweekly.com**

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