

What to WATCH

BTV
Tokyo 2020 Olympic Games
Live from 7:15 am,
8:20 am & 10:20 am
TEN 1, TEN 2, TEN 3 & SONY SIX
Tokyo 2020 Olympic Games

Live from 8:00 pm
& 4:00 am (Monday)
THE HUNDRED
WOMEN'S
Birmingham vs Trent
Live from 4:00 pm

MEN'S
Birmingham
vs Trent
Live from 7:30 pm
London vs Southern
Live from 11:30 pm

OLYMPICS MEDALS TABLE (TOP FIVE)

COUNTRY	GOLD	SILVER	BRONZE	TOTAL
China	21	13	12	46
Japan	17	5	8	30
USA	16	17	13	46
ROC	11	15	11	37
Australia	10	3	14	27

'There's nothing more to prove'

REUTERS, Tokyo

Defending champion Elaine Thompson-Herah led home a Jamaican clean sweep in the Olympic women's 100 metres final on Saturday, posting an amazing 10.61 seconds to become the second-fastest woman in history.

Shelly-Ann Fraser-Pryce, who had been seeking a third gold in the event, took silver in 10.74 with Shericka Jackson third in 10.76 at the Tokyo Olympic Stadium.

Thompson-Herah's Olympic record time has been beaten only by Florence Griffith-Joyner's 1988 world record of 10.49 - though the American also ran a 10.61.

Fraser-Pryce, 34, took time away from the sport to have a baby but arrived in Tokyo on the back of a sizzling 10.63 run - the fastest time this year. She started the race strongly, nosing ahead of the field but Thompson-Herah caught up and after the pair raced neck and neck it was the latter who surged ahead with about 40 metres remaining.

"Last month, this time I didn't think I would stand here to retain my title. Behind that smile and that Olympic record, I'm super nervous," she said, referring to her persistent injury problems in 2018 and 2019.

"But I'm out here talking to myself, 'You've done this before, you were here before.' There's nothing more to prove. I have been through so much ups and downs."

The organisers added to the mood of the evening by switching off the lights and lighting up the 100m stretch of the track before introducing the eight sprinters.

Six of them finished under 11 seconds in a blistering race, highlighting the impact of new shoe technology.

Jamaica also swept the women's 100 metres medals at the 2008 Beijing Olympics.



Poland scored an upset win in the inaugural Olympic 4x400 metres mixed relay on Saturday, with Dominican Republic picking up silver and the United States taking bronze. The Polish team, comprised of Karol Zalewski, Natalia Kaczmarek, Justyna Swiety-Ersetic and Kajetan Duszynski, put on a gutsy performance inside the fan-free Olympic Stadium after posting the fastest time in Friday's heats. It was the first Olympic medal for all four team mates, who cheered and embraced as anchor leg runner Duszynski crossed the finish line in a time of three minutes and 9.87 seconds.

PHOTO: REUTERS



In their first Olympics since 23-times gold medallist Michael Phelps retired, the United States swimming team needed Caeleb Dressel to deliver, and with three gold medals, so far, he has certainly not let them down. On Saturday, Dressel powered to the 100m butterfly title, adding to his success in the 100m freestyle and his gold medal from the 4x100m freestyle relay. He has a chance of winning two more golds in Sunday's final session when he starts as favourite in the 50m freestyle and will be part of the men's 4x100 medley relay team.

PHOTO: REUTERS

More gold for Dressel, Ledecky and McKeown

REUTERS, Tokyo

Caeleb Dressel and Katie Ledecky added to the United States' gold medal haul at the Tokyo Games on Saturday while Australia picked up an incredible seventh title and Britain won the Olympics' inaugural mixed 4x100 medley relay for their fourth swimming gold.

It has been a disappointing Games so far for the U.S. swim team, whose eight golds are just half their tally from Rio, but the performances of their biggest names gave them reason to celebrate on the penultimate day in the pool.

Dressel stormed to the 100m butterfly title with a world record time of 49.45 to pick up his second individual gold of the Games. He also won gold in the 4x100 freestyle relay.

World champion Dressel beat Hungary's Kristof Milak, the gold medallist in the 200m fly, by 0.23 seconds.

The powerful American, who also won gold in the 100m freestyle, was fastest out of the blocks and never looked in danger, though Milak came back hard to close the gap down the straight.

"It took a world record to win the Olympic final. And I don't think it happens that often in the Olympics," said Dressel, who paid tribute to his



USA's Katie Ledecky celebrates after winning gold in the women's 800m freestyle swimming event yesterday.

PHOTO: AFP

rival. After losing her 200 and 400 titles to Australia's Ariarne Titmus, Ledecky got her Tokyo campaign back on track by winning the 1,500 earlier in the week and on Saturday became the first female swimmer to win six individual golds, cruising home in the 800.

Taking control from the start, Ledecky increased her lead over Titmus from the 500 mark and came home more than a second ahead of her Australian rival, winning the event for a third straight Games -- another first for the American.

While Titmus had to settle for silver there was plenty for Australia to celebrate with Kayleen McKeown's

perfectly timed swim to complete the backstroke double.

McKeown turned up the pace on the final lap of the 200m to power past Kylie Masse after the Canadian held the lead for the first 150.

The Australian won in a time of 2:04.68 with Masse 0.74 behind and McKeown's team mate Emily Seebohm taking the bronze medal.

McKeown asked to receive her gold medal from Seebohm, who has now medaled in four straight Games, and shared the top of the podium with her.

"I had a bit of a tear in my eye to be honest," McKeown said.

Australia's women have now picked up six of the country's seven gold

medals in the pool.

The first mixed 4x100m medley race at the Olympics delivered all the unpredictable excitement that was hoped for when it was introduced to the programme with Britain winning with a world record time of 3:37.58.

Meanwhile, Australian Emma McKeown could bow out of Tokyo 2020 on Sunday as the first female swimmer to win seven medals at a single Olympics.



Australia's Kaylee McKeown poses with her medal after winning the women's 200m backstroke swimming event yesterday.

PHOTO: AFP



Brazil's Matheus Cunha celebrates after scoring their all-important goal against Egypt while Spain's Rafa Mir celebrates after scoring his side's fourth goal against Ivory Coast.

PHOTO: REUTERS

Brazil, Spain, Japan, Mexico through to semis

REUTERS, Tokyo

Hosts Japan displayed nerves of steel as they edged out New Zealand 4-2 in a penalty shootout to reach the men's Olympic soccer semi-finals on Saturday, while Spain survived a scare in an extra-time win over Ivory Coast.

Defending champions Brazil never hit top gear but did enough to beat Egypt 1-0, thanks to a first-half strike from youngster Matheus

Cunha.

Up next for Brazil are 2012 gold medallists Mexico, who put on an attacking masterclass in a 6-3 rout of South Korea in Yokohama.

Japan are the only team to maintain a perfect record in the group stage and are now just one win away from securing a first medal in men's soccer since claiming bronze at the 1968 Games.

They will next face Spain, who

ended their 21-year wait to reach the final four with a 5-2 win over Ivory Coast.

Spain, the last European side to win a men's soccer gold in 1992, survived a scare against Ivory Coast after Rafa Mir came off the bench to fire a stunning hat-trick in the closing stages at Miyagi Stadium.

Victory ensured Spain's first appearance in the semi-finals since claiming silver at the 2000 Sydney Games.



Gazoz wins first gold for Turkey

REUTERS

Turkey's Mete Gazoz won the Olympic men's individual archery on Saturday, his country's first gold medal at the Tokyo Games.

"In the gold match, you can't talk technique. You can win the match if you have strong mentality," said 22-year-old Gazoz, who is born into a family of archers. Italy's Mauro Nespoli claimed silver and Japan's Takaharu Furukawa bronze.

Furukawa also won bronze in the men's team event. South Korea's Kim Woo-jin, a two-time Olympic gold medallist, lost 6-4 to Taiwan's Tang Chih-Chun in the individual event quarter-finals. South Korea has dominated the Olympic archery tournament, winning gold in the two team events and women's singles, but will not complete a clean sweep. "This is what life is. Not everything has a happy ending," Kim said.

BENCIC CLAIMS GOLD TO MAKE SWISS HISTORY



World number 12 Belinda Bencic dug deep to overpower Czech Republic's Marketa Vondrousova 7-5, 2-6, 6-3 on Saturday and win the Tokyo Olympics women's singles title, becoming the first Swiss woman to earn an Olympic Games tennis gold. Bencic, who prevailed in two hours and 30 minutes, can now complete a set of gold medals when she and Viktorija Golubic face Czech No. 1 seeds Barbora Krejckikova and Katerina Siniakova in the doubles final today.

PHOTO: REUTERS