

SPORT

Athletics



Newham & Essex Beagles' Asha Philip in 100m semi-final action at the World Championships at the London Stadium. Picture: PA

Newham & Essex Beagles sprinter Asha Philip bowed out in the semi-finals of the World Championship 100 metres despite a battling effort to make it through.

The five-time British champion, who also won the European indoor 60m crown earlier in the year, showed her starting skills in the London Stadium on Sunday evening.

Philip blasted out of the blocks and was up with the race leaders at the 80-metre mark, only to fade away and finish a disappointing seventh.

The 26-year-old had only booked her place in the semi-final as one of the fastest losers after clocking 11.14 seconds to be fourth in the first round.

Drawn on the inside for the semi-finals she could only manage a time of 11.19 in finishing behind Tori Bowie of the United States, who went on to claim the gold medal later in the evening.

Philip was in reflective mood after her semi-final elimination, which was the same fate suffered by the two other British athletes in Daryll Neita and Desiree Henry.

"I've had such a fantastic year," she said. "It's just that I haven't followed through with the 100m.

"I'm consistent at the 11.1s, I just need to get to 11.0s now, so me and my coach will work on a few things and hopefully next year I won't have these problems.

"It is easy for me to work out what the things I need to improve are.

"I've got the 11.1s locked, I just need to nip under it and hopefully get a sub-11.

"My mind is there now, I'm set and I'm ready to go, so I think it is a physical thing, I just need to do it now."

Philip will have a chance to make up for that disappointment later in the week when she joins the rest of the British team in the sprint relay.

"I was definitely feeling confident heading into this – well actually I wasn't, but then I won the trials, and then my confidence came back and I was running season's best after season's best," she added.

"We've got the relays left, so I'm not going to bow my head just yet because I want to be confident and perform really well for the girls and the team and back up Rio," she said.

Britain won relay bronze at the Rio Olympics with a national record of 41.77.

The qualifiers are on Saturday morning, with the final later on the same day.



Great Britain's Asha Philip missed out on a 100m final spot. Picture: PA

Farah finds a perfect finish as 'greatest performance' leads to latest 10,000m gold



Mo Farah celebrates winning at the end of the 10,000 metres final at the World Championships at London Stadium. Picture: PA

Newham & Essex Beagles Sir Mo Farah produced arguably his greatest performance on the track to win gold in the 10,000 metres at the 2017 World Championships at London Stadium.

On the fifth anniversary of his success on 'Super Saturday' at the London 2012 Olympics, Farah saw off the combined efforts of his Ugandan, Kenyan and Ethiopian rivals to defend his title in a time of 26 minutes 49.51 seconds.

And after his customary kick for the finish, he admitted: "I agree that was my greatest performance.

"It was one of the toughest races of my life. The guys really gave it to me. It was all about how do you beat Mo. You had the Kenyans, the Ethiopians, the Ugandans all working as a team against me. Fair play to them, they worked it hard.

"I just had to stay strong, believe

Athletics

in myself and realise that I didn't work for nothing and I'm not losing in my home town."

Farah was seen urging the crowd to increase the noise levels at the start line and during the early part of the race and was happy to focus on his own pace, rather than get drawn into any battle for supremacy, during the first few laps.

Kenyans Geoffrey Kipsang Kamworor and Paul Kipngetch Tanui tried to maintain a fast pace at the front with Uganda's Joshua Cheptegei, but Farah would not be forced into changing his own strategy.

After joining the leading pack for a short spell, he was happy to drop back and conserve energy for the closing stages and his tactics

proved perfect once again as he survived a couple of anxious moments on the final lap and managed to outsprint his rivals to the line.

After claiming his 10th global title, the four-time Olympic champion will aim to end his track career with success in the 5,000 metres and added: "In the middle of the race, I didn't think I was going to lose, but I did think that it was really tough. I've got a few cuts and bruises, but I just need to recover and get ready for the 5,000m.

"There is no place like London and no place like home. I love London and I love the people. I get emotional talking about it, but I owe it to the people of London and the people of Great Britain."

The 34-year-old Farah runs in the 5,000 metres heats tonight (Wednesday) ahead of the final on Saturday evening.

sport

Athletics

Newham & Essex Beagles Nethaneel Mitchell-Blake will be chasing a place in the World Championships 200 metres final at London Stadium tonight (Wednesday).

The 23-year-old, who finished in 11th place at the Rio Olympics, clocked 20.08 seconds to win his heat on Monday to book a semi-

final spot and admitted it felt great to be competing on home soil in front of a big crowd.

Mitchell-Blake was born in Newham but spent part of his childhood in Jamaica before going to college in the United States and said: "It felt amazing. The track is second to none, the cheering. Before the race I kind of premeditated what I was

going too and just embraced it. It was beautiful.

"To get through with one of the fastest times is always a good achievement.

"Hopefully I will get a good lane in the next round and set myself and try to execute.

"I don't set myself any limits. The sky is the limit, let's go for a medal, let's win!"