

Hassan launches treble bid with gold

● **Sifan Hassan wins Olympic 5,000m in first step in treble gold bid**

TDT | Manama

Dutch runner Sifan Hassan stayed on course for a historic Olympic treble with a brilliant victory in the 5,000m yesterday.

Ethiopia-born Hassan put on a masterclass in distance running to claim gold, surging clear of the field with around 250 metres to go in a time of 14min 36.79sec. Kenya's Hellen Obiri took silver while Ethiopia's Gudaf Tsegay collected bronze.

The win means Hassan's dreams of claiming three gold medals in Tokyo -- the 1,500m, 5,000m and 10,000m -- remain very much alive.

Yesterday night's stirring 5,000m victory capped a remarkable day for Hassan, who only 12 hours before had produced an improbable comeback to advance from her opening 1,500m heat.

Hassan's treble hopes looked to be in jeopardy after she dramatically tumbled to the track after a heavy collision at the start of the last lap. But she picked herself up and

produced a devastating turn of speed over the final 350 metres to finish first and advance.

"It has been an amazing day," said Hassan after her 5,000m win. "When I fell down and had to jump up I felt like I was using so much energy. I can't believe it. I used all my energy this morning and I was kind of tired. I felt terrible afterwards and I never thought I am going to be Olympic champion."

Hassan's victory was one of five gold medals decided on day four of the Olympic track and field competition.



Netherlands' Sifan Hassan (R) and Kenya's Agnes Jebet Tirop (L) in action during Women's 5000 metres Final

				TOTAL
China	29	17	16	62
USA	22	25	17	64
Japan	17	6	10	33
Australia	14	4	15	33
ROC	12	21	17	50
Great Britain	11	12	12	35
France	6	10	7	23
Germany	6	6	11	23
South Korea	6	4	9	19
Netherlands	5	7	6	18
Italy	4	9	15	28
New Zealand	4	3	4	11
Czech Republic	4	3	1	8
Canada	3	4	7	14

Sifan Hassan, of the Netherlands, celebrates as she crosses the finish line to win the women's 5,000-meters final

Puerto Rico win first



Jasmine Camacho-Quinn of Puerto Rico in action

In the women's 100m hurdles, Puerto Rico celebrated the country's first ever athletics gold at the Olympics as US-born Jasmine Camacho-Quinn upset world record holder Keni Harrison to win in 12.37sec.

It completed a fairytale redemption story for Camacho-Quinn, who had exited the 2016 Olympics in tears

when she crashed out in the semi-finals after falling at the last hurdle.

"For such a small country it gives little people hope," Camacho-Quinn said. "I wanted to be a gold medalist and I manifested that. I spoke it into existence." Harrison claimed silver in 12.52sec while Jamaica's Megan Tapper took bronze in 12.55sec.

Jamaican sprint duo look strong in 200 metres

Defending champion Elaine Thompson-Herah and fellow Jamaican Shelly-Ann Fraser-Pryce laid down the gauntlet to the young contenders in the Olympic women's 200 metres yesterday, delivering emphatic performances in their semi-finals.



Elaine Thompson-Herah of Jamaica reacts after the semi-finals

Thompson-Herah, seeking a second successive Olympics sprint double after bagging the 100m gold on Saturday, looked in third gear throughout but still matched her personal best of 21.66 seconds, from lane nine.

Fraser-Pryce, 200m silver medalist in 2012 and silver winner in the 100 in Tokyo, has barely run the 200 since winning the world title in 2013. After a very comfortable morning heats run she upped the effort to win the opening semi in 22.13.

World leader Gabby Thomas, whose 22.61 at the U.S. trials made her the second-fastest in history behind Florence Griffith-Joyner, also looked sharp in 22.01.

Canada stun US to set up final with Sweden

Canada stunned world champions the United States yesterday, handing them a shock 1-0 defeat in the semi-finals of the women's Olympic football tournament to set up a clash with Sweden in Friday's showpiece match.

The Swedes beat Australia 1-0 thanks to a 46th minute goal from Fridolina Rolfo to return to the final after their silver medal in Rio five years ago.

Canada celebrated their first win over the US in over 20 years after Jessie Fleming's 75th minute penalty settled the contest.

The crucial moment, in a game which had produced little incident, came when US defender Tiarna Davidson challenged Deanne Rose on the edge of the penalty area. After a video review, a spot kick was awarded.

Canada's veteran striker Christian Sinclair initially had the

ball in her hands, but Fleming took the responsibility and kept her cool to slot home.

The US, pre-Games favourites for the gold medal, went close to an equaliser when Carli Lloyd struck the bar with a header but Canada held on for a famous victory - and their first appearance in an Olympic final.

The Americans have won the gold medal four times and have not lost to Canada for over 20 years. It is only the fourth time the Canadians have beaten their neighbours in 62 meetings.



Janine Beckie of Canada in action with Crystal Dunn of the United States

China edge out Germany to win first velodrome gold

China clinched the first track cycling gold medal of the Tokyo Olympics in the women's team sprint yesterday and set a new world record as Germany took silver on a dramatic first day at the Izu Velodrome.

Australia's Alexander Porter also suffered a nasty crash during qualifying for

the men's team pursuit after his handlebars snapped off, while Germany smashed a world record in the women's event to advance as favourites for gold on Tuesday.

It meant some consolation for the German team, who were edged out in the women's team sprint final by Chinese pair Bao Shanju and Zhong Tianshi.

Bao and Zhong had earlier broken China's own world record with a time of 31.804sec in the heats and they were too quick in the final, their 31.895 just ahead of Germany's 31.980. The Russian Olympic Committee beat the Netherlands to take bronze.



Zhong Tianshi celebrates after China won gold in the women's team sprint

Kenyan reign ends



Soufiane El Bakkali of Team Morocco reacts as he wins the gold medal in the men's 3000 metres steeplechase

In the men's 3,000m steeplechase, Morocco's Soufiane el Bakkali ended Kenya's 37-year dominance of the event to take gold in 8:08.90.

Kenyan runners had won

every Olympic steeplechase gold medal since the 1984 Olympics. Lamecha Girma of Ethiopia was second in 8:10.38, while Kenya's Benjamin Kigen claimed bronze in 8:11.45

American Valarie Allman wins gold medal in women's discus



Valarie Allman of the United States celebrates with her national flag after winning gold

The women's discus saw the United States bag their first track and field gold of the Tokyo Games with Valarie Allman's throw of 68.98m enough to secure victory.

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