



**Richard Buck 400m Relay City of York AC**

Richard Buck was not in the 4x400m team which qualified the final. He is still a member of the squad and. [Results](#)

Richard was once again not called upon for the final, the GB finished 4th just outside the medals [Results](#)

**Michael Rimmer 800m Liverpool Pembroke Sefton H&AC**

Running in the 5th heat Michael led through the bell in a comfortable 55 seconds. He was leading with 250m to go, before he is overtaken by Egypt's Hamada Mohamed, even then he looks well-placed in the top three down the home straight, but it was not to be as he overtaken by Sajad Moradi and Masato Yokota. He came 5th and his campaign is over. [Results](#)



**Ross Murray 1500m Gateshead Harriers**

Running in the opening heat of the 1,500m Gateshead Ross Murray 3.36.74 ran a very composed race to qualify. [Results](#)



**Semi Final** Running in the first of the semi finals Ross was caught up in tactical race which saw the leaders go through 400m in 63 seconds. The pace never increased on the second lap as they went through 800m in 2.07. 1200m was reached in 3.03 so it was clear that no fastest losers would come from this heat.

Taoufik Makhoulfi led the burn up when it finally came. He came home in as the winner in 3.42.24. Ross was 10th in 3.44.92 and was out of the competition. [Results](#)

**Andy Baddeley 1500m Harrow AC (Formally Wirral AC)**

Andy 3.40.34 qualified in the second heat despite a scare coming off the last bend when he almost run into the athlete in front. [Results](#)



**Semi Final** Given the slowness of the first heat it was likely that the fastest losers would come from this heat. 56 seconds at 400m proved that and when they went through 800m in 1.54 Andy was just off the pace. 1200m was passed in 2.52 and it looked that Andy had a lot to do to make his second Olympic 1500m final. Abdalaati Iguider led the field home with all the

qualifiers going below 3.35. Andy came home 8th in 3:36.03 although faster than the winner of the first heat it was not enough to make the final. [Results](#)



**[Nick McCormick](#) 5,000m *Morpeth Harriers***

Nick McCormack was always going to find it difficult to make the final after being drawn in the second of two heats for the 5,000m. Despite running quicker than Mo Farah in heat one it was not enough to make the final. 13.25.70 and 12th was what Nick had to settle for on this occasion. [Results](#)

**[Stuart Stokes](#) 3,000S/C *Sale Harriers Manchester***

Running in the third and final of the qualifying heats Sale's Stuart Stokes came 12th in 8.43.04 and failed to progress. [Results](#)



**[David Webb](#) *Marathon City of Leeds AC***

David sadly had to withdraw from the Games on 25th July due to a stress fracture.

[Read BBC Sport article](#)

**[Chris Tomlinson](#) *Long Jump NEB AC (formerly Middlesbrough AC)***

Chris competing in pool B of the long jump qualification registered an 8.06m jump on his second attempt which was enough to see him progress through to the final. [Results](#)



**Final** Chris opened with a 8.06m jump which saw him in third place after the first round. He improved to 8.07m on his fourth round jump but could not find the extra 5cm need to secure a medal. A sixth place in an Olympic final is a fine result however having been so close Chris will wonder what might have been. [Results](#)



**Carl Myerscough** *Shot Blackpool, Wyre & Fylde AC*

Competing in group B Carl failed to progress through to the final with a best throw of 18.95m he was short of the 20m needed to progress. [Results](#)

**Alex Smith** *Hammer Sale Harriers Manchester*

Competing in pool A of the Hammer qualification Alex strung together a good series of three throws which took him through to the final. Opening with 72.59, he then throw 74.71 his best of the day followed by 73.21m [Results](#)



**Final** Alex opened his Olympic hammer final competition with a 69.74m throw he improved on this with his second throw of 72.87m however his third throw 71.47 was not long enough to progress for another three throws, He finished 10th and can be pleased with his progress in this event. [Results](#)



**Alistair Brownlee** *Triathlon Bingley Harriers*

[Read Report on Gold medal winning Alistair](#)

**Jonathon Brownlee** *Triathlon Bingley Harriers*

[Read Report on Bronze medal winning Jonathon](#)





**[Anyika Onuora](#) *100m Liverpool Harriers***

Running in heat 2 of the evening qualifying session Anyika came 5th in 11.41 and failed to progress further. [Results](#)

**[Laura Weightman](#) *1500m Morpeth Harriers***

Laura through to the semi-final of the 1500m with a shrewd run. She came home in 6th place and final qualifying spot of the third and final heat. [Results](#)



Running in the second of two heats Laura had the benefit of a fast pace which pulled her through as one of the fastest losers spots. She was rewarded with a new PB of 4.02.99 and a place in the Olympic final for her efforts. [Results](#)

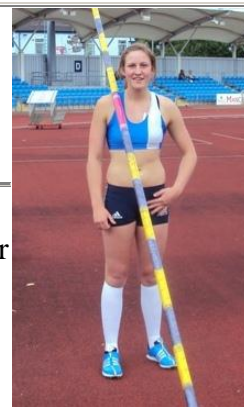
In tactical race which was run slow Laura performed well in her first major championship final. Finishing 11th in 4.15.60 the time was pretty meaningless as this was the slowest run final of the games being won in 4.10.23. Laura can take heart from these Olympics having reached the final a record a new PB in the semi final [Results](#)



**[Johanna Jackson](#) *20km Walk Middlesborough & Cleveland H***

Johanna having picked up warning cards was disqualified in the women's 20k race walk final on the Mall so close to the finish and what would have been a PB! [Results](#)

**Holly Bleasdale** *Pole Vault Blackburn Harriers* Competing in pool A of the qualification Holly cleared 4.55m on her second attempt to progress through to the final. [Results](#)



Holly elected to pass at 4.30m and entered the final at the second height of 4.45m, after two failures she made a clean clearance on her third attempt. The next height 4.55m proved too high for Holly on this occasion and although her final attempt was by far her best as she bowed out of the competition. Making the Olympic final and finishing 6th was an achievement, Holly should take lots positives from a competition that was won in 4.75m a height that is well within her grasps.

[Results](#)



**Sophie Hitchon** *Hammer Blackburn Harriers* Sophie Hitchon competing in pool A of the hammer qualification opened with 67.21m, then a no throw on her second attempt. She then produced a new national record of 71.98m making her the second Blackburn Harrier into an Olympic final this week. [Results](#)

Sophie finished 12th in the Olympic final with a first round throw of 69.33m. Although not as far as she threw in qualifying never the less making the final was an achievement in itself for the young Blackburn athlete. Her second round throw of 65.75m was a little shorter than she hoped, however a big effort with her third saw her release too soon and record a no throw. [Results](#)

**Jessica Ennis** *Heptathlon City of Sheffield AC*

**100m Hurdles** Sheffield's Jessica Ennis ran a heptathlon record 12.54 seconds in the 100m hurdles to get her quest for Olympic gold off to the perfect start. Jessica's also broke the British record and a new PB by 0.25 secs [Results](#)



**High Jump** Jessica cleared 1.86m in the high jump to reach 2,249 points, gives her a lead of 25 points after two events and puts her 103 points ahead of team mate Katarina Johnson-Thompson [Results](#)

**Shot Putt** Jess Ennis throw 14.28m in the shot which was enough to give her 813 points and leave her in second place overall going into the last event on Day 1 [Results](#)

**200m** Jess ran her second PB of the day when she clocked 22.83 to collect 1096 points and give her a total of 4158 points. [Results](#)

**Long Jump** A solid but disappointing opening jump of 5.95m was followed by a 6.40m second jump then a 6.48m final leap which gave her 1001 points and keeps her ahead after 5 events. [Results](#)

**Javelin** Jess produced her third PB of this competition with a final throw of 47.49m. She had put together a solid group of three throws all within 90cm, 46.61, 45.99, 47.49. She picked up 812 points to give her a total of 5971 a lead of 188 points going into the 800m. [Results](#)

**800m** After dominating the competition from the opening event it was fitting that Jessica should produce another storming finish to win her heat of the 800m. Leading from the gun she took the bell in 61 seconds. Jess was briefly passed on the back straight only for her to dig deep and kick off the bend to the delight of the 80,000 crowd she came home first and was crowned Olympic champion with a new British record of 6955 and a victory by over 300 points. [Results](#)



**[Katarina Johnson-Thompson](#) *Heptathlon Liverpool Harriers***

**100m Hurdles** World junior long jump champion Katarina began her Olympic competition an excellent 13.48 to equal her PB [Results](#)

English Institute of Sport - Sheffield

**High Jump** After equalling her best in the hurdles Katarina went one better in the second event of this heptathlon, clearing 1.89m she set a new PB for the high jump which will please both her and coach Mike Holmes. [Results](#)

**Shot Putt** Katarina was more than a half metre down on her PB in the shot with a best throw of 11.32m to give her 616 points and drop her down the leader board. [Results](#)

**200m** Running in the same heat as Jess Katrina produced her second PB of the day with a 23.73 which was worth 1007 points. Katarina finishes Day1 with 3769 points in 14th place. [Results](#)

**Long Jump** A second round leap of 6.19m was enough to secure Katarina 908 points from the long jump and move her up to 12th place after 5 events. [Results](#)

**Javelin** Fouling on her first throw Katarina played safe with a 24.88m second throw

then she released a 38.37m final throw to collect 636 points. She drops to 16th with one event to go. [Results](#)

800m Running in heat 3 Katarina produced a PB of 2.10.76 to collect 954 and close her competition in 15th place with a new junior British record score of 6267 points  
[Results](#)

[Samantha Murray](#) *Modern Pentathlon Blackburn Harriers*  
Sam was in 16th place after the fencing [Results](#)

Excellent swim by Sam second fastest of the competition moves her into third place after two events [Results](#)

Sam had a steady show jumping phase which left her in 4th place going into the run/shoot starting with an 8 second handicap  
[Results](#)

A great performance from Sam in the run/shoot saw her claim the silver medal. After starting 4th she was in 2nd place going into the last 1k lap however despite a great effort the Blackburn Harrier had to settle for silver behind the winner Lithuania's Laura Asadauskaite.

