

Gatlin edges out fellow Americans in 100 metres

Hassan breaks women's mile world record on emotional night



Chairperson of Kuwait Olympic Committee Sheikh Fahad Nasser Sabah Al-Ahmad Al-Sabah received in his office Head of Kuwait Boxing Federation Mohammad Mansi Al-Enezi. The two discussed about the upcoming Asian Boxing Competition, which is due to take place in Kuwait from Aug 1-9 at the boxing ring of Al-Kuwait Sports Club, with the participation of more than 25 Asian countries. Sheikh Fahad was also brought up to speed about preparations by the supreme organizing committee whose members are working tirelessly to ensure success of the continental event. For his part, Al-Enezi extended appreciation and gratitude to Sheikh Fahad for his patronage of the championship.

MONACO, July 13, (RTRS): Sifan Hassan of The Netherlands broke the 23-year-old women's mile world record when she clocked four minutes 12.33 seconds in a race dedicated to former American runner Gabe Grunewald, who died from cancer last month at the age of 32.

Hassan, 26, initially looked to be off the record pace in the rarely-run event but finished strongly to edge the 4:12.56 set by Russia's Svetlana Masterkova in Zurich in 1996.

ATHLETICS

It was a fitting performance in an event named the "Brave like Gabe" Mile. There was a tribute to Grunewald on the big screens at the stadium before the race and once it was underway, Hassan, who moved to The Netherlands after leaving Ethiopia as a refugee when she was 15, was always in control.

"I knew I could run fast, but the first 800 was a bit slow, so after that I wasn't thinking it would be a world record," said Hassan, who took more than two seconds off her previous best for the distance.

"When I crossed the line I was so surprised," she added after clocking a 62 seconds final lap.

"After you run the last 400 like that, and set a world record, it gives you so much confidence over 5,000m.

"I want to double over 1,500 and 5,000 in Doha

(at the world championships in September) and the way I finished the last 400, it's amazing."

Hassan's was not the only classy middle-distance performance of the night as Nijel Amos ran the fastest 800 metres seen since the 2012 Olympics as he posted one minute 41.89 seconds.

Nobody has gone under 1:42 since the memorable final in London seven years ago when Kenya's David Rudisha set the current world record of 1:40.91 and Botswana's Amos ran his own best of 1:41.73 to take the silver medal.

Amos followed the pace-maker through halfway in 49 seconds on Friday and held on strongly on a perfect night for the distance, with warm, wind-free conditions.

Cheruyot Rotich of Kenya chased him all the way and posted his own personal best time of 1:42.54 as the first nine finishers clocked their fastest times of the season.

"I did an impossible session on Tuesday and after that, I knew I could run 1:41," said Amos. "The world record is not in my mind but if I'm patient, it will come." Those fireworks meant that, for once, the men's 100 metres was not the biggest race of the

night – though it was still an excellent one as Justin Gatlin won it in 9.91 seconds, edging fellow Americans Noah Lyles (9.92) and Mike Rodgers (10.01).

"It's all about putting together a good technical race, to use my experience," said Gatlin, defying all the traditional rules of sprinting at the age of 37.

"It feels great to beat these guys. This season is surreal, I can't believe I'm still winning here after more than 20 years. Noah is a great runner, so every time I race him, I'm excited."

American Kendra Harrison won an exciting 100m hurdles in a season's best 12.43 while Diamond Trophy holder Shaunae Miller-Uibo was a clear winner in a strong field in the 200m in 22.09.

In a chaotic men's 400 metres there was a false start and Jonathan Jones of Barbados did not hear the recall. Jones ran the entire race on his own, while Colombian Anthony Zambrano ran 200 metres, with neither man able to take part in the re-started race a few minutes later.

American Kahmari Montgomery, who made the false start, was allowed to start the race, which was won by Steven Gardiner, who also ran on for a while during the initial mess, in 44.51.

"I covered almost 100m but I stopped when I saw everybody stop," he said Gardiner of the Bahamas. "I came back and re-focused and went again."

Montgomery finished the race but was later disqualified.



Hassan

China win first 3 diving golds at worlds; Bacon takes silver



China's Lian Junjie and Si Yajie compete during the mixed 10m synchro platform final competitions at the World Swimming Championships in Gwangju, South Korea on July 13. (AP)

Rasovszky wins 5-km open water swim at world championships

GWANGJU, South Korea, July 13, (AP): Xie Siyi and Cao Yuan won the men's 3-meter springboard synchro on Saturday to complete a Chinese sweep of all three diving events on the opening day of the world championships.

Xie and Cao finished with 439.74 points, well ahead of the second-place pair of Jack Laugher of Britain, the 2016 Rio de Janeiro Olympics champion, and his new

SWIMMING

partner Daniel Goodfellow, who had 415.02. Juan Manuel Celaya Hernandez and Yahel Castillo Huerta of Mexico took the bronze with 413.94.

The results gave China, Britain and Mexico guaranteed spots in the same event at the Tokyo Olympics next year.

Earlier, favorites Lian Junjie and Si Yajie of China easily won gold in the 10-meter platform mixed synchro and Chen Yiwen won the women's 1-meter springboard, a non-Olympic event, with a total of 285.45 points.

The 1-meter springboard silver went to American Sarah Bacon with 262.00 and the bronze was earned by Suji Kim of South Korea with 257.20. The US diver moved into the silver medal spot and ahead of Kim after her fifth and final dive. Katherine Torrance of Britain was fourth with 255.40.

Bacon will also compete in the 3-meter springboard, an Olympic event, next Friday.

Lian and Si finished with 346.14 points in the 10-meter mixed synchro. Ekaterina Beliaeva and Viktor Mini-baev of Russia took the silver with 311.28 points, followed by the Mexican pair of Maria Jose Sanchez and Jose Balleza Isaias with 287.64.

Britain's Robyn Birch and Noah Williams were a close fourth with 285.18, followed by Americans Olivia Rosendahl and Zachary Cooper with 267.96 points.



From left: Sarah Bacon of the United States, Chen Yiwen of China, and Suji Kim of South Korea hold their medals after competing in the women's 1 meter springboard diving final competition at the World Swimming Championships in Gwangju, South Korea on July 13. (AP)



Russia's Svetlana Kolesnichenko performs in the artistic swimming solo technical final at the World Swimming Championships in Gwangju, South Korea on July 13. (AP)

China won seven of the eight diving gold medals at the Rio Olympics in 2016 – four by its women and three from the men.

Meanwhile, Kristof Rasovszky of Hungary won the men's 5-kilometer open water event Saturday to claim the first medal of the world swimming championships.

Rasovszky finished in a time of 53

minutes, 22:10 seconds. The 22-year-old won the 5- and 25-kilometer open water events at the 2018 European aquatic championships.

Logan Fontaine of France took silver Saturday, 10.10 seconds behind, and Canada's Eric Hedlin was third to take bronze, two-tenths of a second behind Fontaine.

"It was a huge race, great speed, no

Fiji maul strong NZ Maori 27-10

SUVA, Fiji, July 13, (AP): Fiji gave the first indication of its World Cup potential when it beat a strong New Zealand Maori team 27-10 Saturday in the first match of a two-match series.

The Maori were strengthened by the selection of a large number of players, including recent All Blacks Nathan Harris and Te Toiroa Tahiriorangi, who narrowly missed selection in New Zealand's squad for the Rugby Championship.

But Fiji played magnificent running

RUGBY

rugby, especially in the first half, to win by four tries to two. The win was its first over New Zealand Maori since 1957 and only the eighth in 30 meetings. The Fiji starting 15 contained 14 players based in Britain or Europe and they came together superbly after an intense training camp.

The Maori kicked away possession aimlessly in the first half and Fiji exploited counter-attacking opportunities, finding holes all over the Maori which missed 21 tackles. Fiji opened a 22-0 lead after 46 minutes.

The Maori rallied in the second half with two tries to winger Sean Wainui before center Waisea Nayacelevu sealed the win for Fiji with his second try.

tactical swims, just go," Rasovszky said. "I toyed with the idea to stay a bit behind before I geared up, but there was a tremendous fight at the turns so I saw it was better to stay in front and not be part of that tussle."

He said the win takes the pressure off him in the 10-kilometer race.

"I launched my finish a bit earlier than expected but it all worked well," he said. "This is a great feeling, this gold eases the pressure before the 10k so I think I can show my real potential there."

NHL Roundup

Blues retain Fabbri on 1-year deal

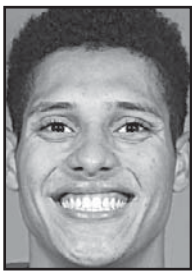
Maple Leafs 'trade' F Joshua to Blues for future considerations

ST LOUIS, July 13, (Agencies): The St Louis Blues acquired forward Dakota Joshua from the Toronto Maple Leafs on Friday for future considerations.

The Blues signed the 23-year-old former Ohio State player to a two-year entry-level contract.

From Dearborn, Michigan, Joshua had nine goals and 13 assists in 32 games last season for Ohio State and finished his four-year college career with 41 goals and 59 assists in 128 career regular-season games.

The Maple Leafs selected him 128th overall in the 2014 draft.



Joshua

The St Louis Blues will keep restricted free-agent forward Robby Fabbri in the fold with a one-year, \$900,000 deal.

Fabbri, drafted 21st overall by St Louis in 2014, had a strong rookie campaign in 2015-16, but has struggled with knee injuries since – including one that forced him to miss the entire 2017-18 season.

Fabbri returned to the Blues in November but played in just 32 regular-season games and tallied six points.

The 23-year-old also played in 10 playoff games for the Stanley Cup champions, scoring one goal.

The Philadelphia Flyers and forward Scott Laughton avoided arbitration by reaching a two-year deal worth \$4.6 million on Friday.

Laughton, who had filed for arbitration originally, will now be an unrestricted free agent after the 2020-21 season.

The Flyers drafted Laughton, 25, 20th overall in 2012. After playing in 109 games through his first four seasons, Laughton has played in all but one regular season game the last two years.

Laughton finished with 12 goals, 20 assists and 32 points – all career highs – last season.

The Pittsburgh Penguins on Friday re-signed forward Adam Johnson to a one-year, two-way contract that will pay \$700,000 if he's on the NHL roster.

Johnson, who excelled with the AHL's Wilkes-Barre/Scranton Penguins last season, made his NHL debut with the Pittsburgh Penguins in March and played in six games. He had two assists during his brief stay.

"Adam has definitely put the work in," assistant general manager Bill Guerin said. "He's a great skater, and has worked extremely hard to get to another level of strength and conditioning, which certainly helped him in his second pro season." The Penguins originally signed Johnson, 25, as an undrafted college free agent out of a prospect development camp in 2017.

Paul Holmgren announced that he has stepped down as president of the Philadelphia Flyers and will become a senior adviser for the club.

In a related move, general manager Chuck Fletcher becomes president of hockey operations, and will report directly to Comcast Spectacor chairman and CEO Dave Scott.

"I love the Flyers and I want the Flyers to do well," Holmgren said Thursday on a conference call.

In 40-plus years with the Flyers organization, Holmgren, 63, served as team president, general manager, assistant general manager, head coach, director of pro scouting and a player. He totaled 323 points (144 goals, 179 assists) in 527 games during a 10-year NHL career, which began in 1975 with the Flyers (1975-84) and included his two final seasons (1983-85) with the Minnesota North Stars.

Fletcher, previously a general manager for the Minnesota Wild, was hired in December to replace Ron Hextall, who was fired on Nov 26.

Fletcher, 52, has worked with NHL teams for 25 years and before joining the Flyers served as a senior adviser with the New Jersey Devils. He was the GM of the Minnesota Wild from 2009-18, but his contract was not renewed in that spring.

While he was in Minnesota, the Wild compiled a 399-298-89 record and qualified for the Stanley Cup playoffs in each of his last six seasons.

During the conference call, Scott said, "Paul and I have been around six years plus now, we've watched a lot of hockey games together. I think the one thing Paul has really taught me is patience. The game, it's line by line, period by period, game by game – it's a long season and you've really got to have that perspective because things can shift on a dime."

Free agent center Ryan Dzingel agreed on a two-year, \$6.75 million contract with the Carolina Hurricanes, general manager Don Waddell announced Friday.

Dzingel will earn \$3.25 million this season and \$3.5 million in 2020-21.

Last season, Dzingel totaled career highs in goals (26), assists (30) and points (56) in 78 regular-season games, splitting time between the Ottawa Senators and Columbus Blue Jackets.

The New Jersey Devils signed No. 1 overall pick Jack Hughes to an entry-level contract on Friday.

The contract is for three seasons and averages about \$925,000 per season. There are also performance bonuses in the deal that could push the average annual value as high as \$3.775 million.

Hughes, 18, played last season with the United States national development team, where he scored 34 goals and dished 78 assists in 50 games. He also played for the United States at the Under-18 World Championships and World Championships.