Tokyo 2020 Olympics: Adam Peaty wins first gold for Team GB and defends 100m breaststroke title

Adam Peaty is the first British swimmer to retain their Olympic title after winning Team GB's first gold medal of Tokyo 2020 with victory in the men's 100m breaststroke.

The fastest man to ever compete in breaststroke was a huge hope for gold and he hit the expectations of a nation, stopping the clock in 57.37 seconds to become a double Olympic champion.

With eight world titles, 16 European titles, the 16 fastest times in history and having broken the world record on five occasions, Peaty's standing in the pool was never in doubt.

"It takes an athlete to be the best person on the day and who wants it more," Peaty said.

"It just means the world to me. I thought I had the best preparation, but morning finals changed everything and threw that out of window.

"I felt the pressure but I needed to put myself on edge. You can do whatever you want in your own pool but when it comes to being out here it's not about a time. "I was racing myself. It wasn't about the time but the race." For seven years, he has been undefeated in the 100m breaststroke, while he is the only person to ever clock a time under 57 seconds. For some, that would be a fearful place to be, but Peaty is a man who relishes the challenge.

"I wanted it more. I know they are trying to get me but that's where the training comes in," he added.

Ben White set for Arsenal medical ahead of £50m transfer from Brighton

Ben White is expected to have his Arsenal medical on Wednesday with a £50m deal for the defender having been agreed with Brighton last week.

Sky Sports News reported in June that the Gunners had a £40m bid for the centre-back rejected while an improved offer of £47m was also knocked back before Brighton agreed to the £50m fee.

Brighton have also inserted a sell-on clause for White, who featured in all but two of Graham Potter's side's games in the Premier League last season as the south coast club avoided relegation with a 16th-placed finish.

The 23-year-old was selected by Gareth Southgate for England's Euro 2020 campaign and played in the two warm-up games against Austria and Romania prior to the start of the tournament.

The England international defender joined the Seagulls in 2014 from Southampton and has gone on to make 41 appearances for the club in all competitions.

He enjoyed a series of loan spells before breaking into Brighton's first team last term. White helped Marcelo Bielsa's Leeds United gain promotion to the Premier League when he spent the 2019/20 campaign at Elland Road.

White would become Mikel Arteta's third summer signing following the arrivals of left-back Nuno Tavares from Benfica and central midfielder Albert Sombi Lokonga from Anderlecht.

The Gunners meanwhile are considering a third bid worth in the region of £25m to sign Sheffield United goalkeeper Aaron Ramsdale.

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Peter Wright too good for Dimitri Van den Bergh in Matchplay showpiece

An emotional Peter Wright dedicated the World Matchplay title to his wife and said he felt he was going to win it from the start of the tournament.

Peter Wright won his first World Matchplay title, beating defending champion Dimitri Van den Bergh 18-9 with a superb display of scoring and finishing to lift the Phil Taylor Trophy in Blackpool.

Snakebite, runner-up to Phil Taylor in The Power's final Matchplay in 2017, continued his sensational week to average more than 100 for the fourth time in his five matches.

The 51-year-old - who nine days ago predicted he would win both the World Matchplay and the World Championship this year - fired ten maximums 180s and averaged more than 100 for the fourth time in the week as he punished early missed doubles from Van den Bergh to power his way to the £150,000 first prize.

It was an agonising defeat for Van den Bergh who had hoped to become just the fourth player to defend the title but having won on his tournament debut behind closed doors last year, he couldn't make it a dream Blackpool debut as well.

An emotional Wright dedicated the trophy and the title to his wife who has recently undergone back surgery and was by the side of the oche for the first time this week to see Wright add the prestigious Matchplay crown to his CV.

The Scot, world champion in 2019, joins an elite group to have won both of the sport's most prestigious titles alongside Phil Taylor, Michael van Gerwen, Gary Anderson and Rob Cross.

"To beat last year's Matchplay champion Dimitri – he is a very special friend. He's just proved to the world how he can play.

"Obviously he missed a lot of doubles and let me in today, otherwise it was very difficult work to get this off of him.

"I already told you, do the double. Put a pound on it, for the World Championships!"

After a sweltering week on the Lancashire coast, the pair took to the stage as former housemates after Wright and his wife had taken in the Dreammaker for three months when coronavirus restrictions meant he could not get home.

However, it was Van den Bergh who was the more generous early on as a string of missed doubles set the tone for Wright to move into the ascendency - and it was a position he never relinquished.

The pair had been the best players all week, registering the four highest averages of the competition, but Wright - who had registered the top two - was near flawless. Having won an opening leg that featured two maximums, Wright then broke his younger opponent after Van den Bergh had missed four darts to get on the board.

It was a sign of things to come as another missed dart from the Belgian gave Snakebite a chance to pin double 16 for a three-leg lead.

Van den Bergh finally succeeded with his seventh dart at double to get on the board but he missed another three for a break back and the razor-sharp Wright was in no mood to repeat the hospitality he afforded Van den Bergh last spring, hitting tops for a 4-1 advantage

Here's the moment Peter Wright became the 2021 World Matchplay Champion.

A classy two-dart 89 maintained Wright's three-leg advantage and then he broke for a second time with a clinical 11-dart leg that featured a double 16 that landed in the same spot he had hit in the previous leg.

In contrast to Van den Bergh's troubles, Wright was making no mistake, he claimed a third leg on the bounce to move into a 7-2 lead and then hit his eighth successful dart from 11 at the outer ring to lead 8-2 at the second break.

Van den Bergh is nothing if not a cool customer and the 27-year-old had recovered from 6-2 down in his semi-final against Krzysztof Ratajski to win 15 of the last 18 legs and was given a glimmer when Wright wobbled for the first time.

Snakebite missed five darts for a 9-2 lead - having only missed three in the match to that point - and Van den Bergh punished him to land his first break of throw which he consolidated to claim back-to-back legs for the first time.

Back came Wright again, pinning double 18 with the last dart in hand before a 10-dart break of throw took him into a 10-4 lead.

Van den Bergh won legs either side of the third break as he sought to ignite a comeback, but Wright's standard wasn't dipping and just as his opponent's average rose, so did Snakebite's who touched 106 as the pair traded the next four legs.

Trailing 12-8, Van den Bergh pinned double 13 with his last dart in hand but a brilliant 11-dart leg gave Wright his 13th of the contest and when he followed up with a fifth break of throw he was four away from the finishing line.

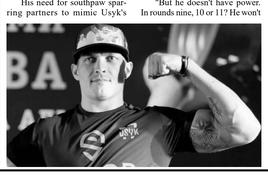
Ever the showman, Van den Bergh refused to go quietly and twice he fired in six perfect darts to come close to the first nine-dart leg of the week, but still his doubling failed him as Wright claimed both legs for a 16-8 lead.

Oleksandr Usyk puzzle could be solved by Anthony Joshua through the use of Shokran Parwani as a sparring partner

Anthony Joshua is using Shokran Parwani, who has plenty of experience in emulating Oleksandr Usyk, as a sparring partner.

Joshua will defend his IBF, WBA and WBO heavyweight championships against the undefeated Usyk on September 25 at the Tottenham Stadium in London, live on Sky Sports Box Office.

His need for southpaw sparring partners to mimic Usyk's stance took him to Thomas Carty, an Irish prospect, and now to Parwani, a Germany-based Afghan cruiserweight.



"I have a little bit of the same style," Parwani told Sky Sports. "I work more with my feet. I am a slick guy with a lot of movement.

"I saw him live in his fight with Marco Huck. He is very good, his IQ is very high, I rate him very highly.

"But he doesn't have power. In rounds nine, 10 or 11? He won't have the power to fight, and AJ will break him down."

Parwani has been used as a sparring partner by Huck and Derek Chisora when they prepared to fight Usyk.

He said about Chisora: "It was good sparring. In the first round I thought: 'Oh, it's Chisora! Everybody spoke about him and now we're sparring!'

"But after the second or third round? I moved a lot and didn't take a lot of hits.

"He is in the best shape of his life. Watch the fight against Usyk - he was orthodox then switched to southpaw. This was new. His pressure was extraordinary for a heavyweight.

Parwani's previous two training camps to take on Usyk, alongside Huck and Chisora, have ended in their defeats but he believes it will be different with Joshua.

"I saw his power [when we trained at his gym in Finchley]. His uppercut and his hook are just different, bro.

Lewis Hamilton vs Max Verstappen: Jenson Button's F1 prediction as rivalry continues at Hungarian GP

Sky Sports F1's Jenson Button believes Lewis Hamilton and Max Verstappen are set for more "feisty" battles with the "gloves off" as their reignited rivalry continues at this weekend's Hungarian GP.

Following many intense but largely respectful wheel-to-wheel duels to start the 2021 season, Hamilton and Verstappen's title fight suffered its first major flashpoint at the British GP as the star drivers crashed heavily at the start of the Silverstone race.

That, along with the fact Hamilton has cut Verstappen's championship's lead to just eight points after capitalising on his DNF with a home victory, has significantly raised the stakes for the Hungarian GP- the last race before F1's August summer break.

And Button says the pair won't be backing down from here - although hopes they at least clear the air before their next battle.

"It's going to be a feisty one from here on, which is good for us watching but whether it's good for them - I don't know!" said Button, the 2009 world champion and Hamilton's former team-mate at McLaren. "Emotions are running so high, these are two of the best drivers that have ever driven F1 cars and it is going to be fisticuffs over the next few races.

"We've just got to hope it's done in the right manner. I think after this race hopefully they'll discuss it, that's what's important to me it's that these drivers understand what happened and they talk about it and they move on, and then they can fight as they should with the gloves off."

While both sides - Hamilton and Verstappen, and their teams Mercedes and Red Bull - blamed each other for the Silverstone crash with the war of words fraught, Hamilton insisted he "didn't have any issues" with his rival after the last race and that he would be "open" to talking to him before Hungary.

"There'll be a lot of tough races coming up and we have to learn to strike a decent balance," added Hamilton on how he will approach his next battles with Verstappen, who he said was "too aggressive" at Silverstone.

Budapest's twisty Hungaroring circuit is a classic F1 track, and one that could well play more into the hands of Red Bull given their advantage over Mercedes at similar high-downforce circuits this year - even though the Silver Arrows' upgrade certainly seems to have brought them closer to the team that are still the championship leaders despite their pointless Silverstone.

Hamilton has installed Red Bull and Verstappen, who is fully fit after a trip to hospital following his crash, favourites for the event - but is just happy to be back in the title fight given his deficit a few weeks ago.

"Honestly it's been such a hard year," he said. "One I've thoroughly enjoyed. I've loved this battle but an emotional rollercoaster as it always is within a championship.

Mercedes' Lewis Hamilton argues Max Verstappen was too aggressive during the wheel-to-wheel battle in the opening stages of the British Grand Prix.

"I really enjoyed those first four races where it was close as it was [at the British GP].

Then we saw them take that step ahead and I would say we've definitely made some mistakes as a team but just also lost a bit of performance, so to see an upgrade come back and us get back in the fight and be relatively close and to even be able to qualify ahead was really, really amazing and it just felt I was inspired by what the team brought.

"Did I think that we would be back in the title fight? Jeez, I don't know. I prayed and hoped for it but I thought that it would be a long slog to try and regain any of the points but we're now closer; he's still got quite a few points ahead but the race is on."

How Pakistan hockey went from world-beaters to Olympic absentees

Once a prolific striker of the men's side, Abbasi now feels he made a "big mistake" in taking hockey on as a career when, he says, many options were open to him as a promising athlete.

The 37-year-old seasoned centre-forward, once regarded as one of the best young strikers in world hockey, is able to just about make ends meet now by playing professional hockey leagues in England, the Netherlands and Malaysia.

"Even those leagues are not taking place due to the coronavirus pandemic. These definitely are testing times for me because one needs money to survive," he said.

"This is happening to a player who has served his country for years, played in three Olympics, two World Cups and eight Champions Trophy tournaments. I pity the kids when I see them playing hockey."

Abbasi, born the year Pakistan clinched the last of its three Olympic gold medals (Los Angeles 1984), won several medals while representing the national team more than 300 times from 2003 to 2014.

But such is the state of hockey in Pakistan that the former captain is not alone in his struggles.

Pakistan has suffered a shocking and continuous decline from being consistently among the top four to languishing at 18th in the latest rankings.

The Tokyo Olympics are the second consecutive time that Pakistan have missed the multi-sport event. It also failed to qualify for the 2014 World Cup for the first time in history and finished a dismal 12th in the 2018 edition.

For a country that has won three Olympic golds and a record four World Cup titles, missing out on back-to-back Olympic Games is nothing less than a catastrophe for the followers.