

Mullings warns countrymen Bolt and Powell

Steve Mullings has warned his fellow Jamaican countrymen Usain Bolt and Asafa Powell that training partner Tyson Gay is only "70-percent fit" at the moment, despite his fast opener a weekend ago.

Mullings got the better of his American challenger at the adidas Grand Prix – both sprinters running 10.26 in a -3.4 m/s headwind – but insists Gay, the 2007 World Championships sprint double gold medallist, will be ready for Daegu. Gay leads the world with a time of 9.79 seconds, achieved last week and Mullings, who sits just behind him, at 9.80secs, also accomplished last week, says there is more to come from his former college teammate. The 28-year-old said on the IAAF website: "I wouldn't be going around saying I beat Tyson. He's just 70 per cent (fit) and believe me he will be ready for the World Championships." On his victory he added: "I knew for me to have a chance and run a perfect race I had to nail him at the start and when I could feel him alongside me at the finish I knew I had to hang on." Meanwhile, Mullings, who will start as the hot favourite to win at the Jamaica Championships, is expecting a tough trials, despite the absence of Usain Bolt, who will skip the meeting because he is the reigning world champion. He said: "Even without him (Bolt), for me with Asafa Powell, Nesta Carter, Yohan Blake and Nickel Ashmeade (fourth today in 10.36) it's still going to be tough to get one of the three places." The IAAF world championships takes place in Daegu, Korea from 27 August – 4 September.