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GLAVE & AZU ONE-TWO in 100m as British sprinters dominate - GB lead medal placings

Men's 100m – Hand in Glave

As per 2018, Britain went one-two in this event and also won both men's and women's 100m races. Jeremiah Azu led early on but Romell Glave was ahead at 30m (3.89) and by 60m (6.54 to 6.58) he was going away. At the finish, the gap was 0.07 with Azu holding on for second. The time was 10.09 into a slight headwind.

Defending, and former Olympic, Lamont Jacobs had won his semi in 10.08 but was never a factor in the final and eased off and limped across the line. In the semis, Glave ran 10.13 /-1.7 and Azu 10.17 /-0.5 and while Louie Hinchcliff (10.30/0.6) did enough just to qualify as a fastest loser, he did not contest the final and was replaced.

Gold: Romell Glave GBR 10.09
Silver: Jeremiah Azu GBR 10.16
Bronze: Owen Ansah GER 10.19

Women's 5000m - Battocletti out of hell

Following her distance double in Rome, Nadia Battocletti easily added another gold to her collection. In a slow race (9:56.9 at 3000m), the Italian kicked away with a 28.2 final 200m.

She won by over two seconds from 2024 bronze medallist Marta Garcia. Micol Majori was a shock bronze medallist as she has never broken 15 minutes and was 15th in Rome. Hannah Nuttall was in the medal battle until the last 30 metres but fell out over half a second short in fifth in 15:41.27. India Weir was 16th (15:55.42) and Innes Fitzgerald was 19th (16:00.07).

Gold: Nadia Battocletti ITA 15:37.84
Silver: Marta Garcia ESP 15:39.98
Bronze: Micol Majori ITA 15:40.65

Men's Hammer - Halasz Goodbye Merlin spell

Olympic and Rome silver medallist Bence Halasz dominated initially with a 80.96m opener then 81.84m in round three though Merlin Hummel's 81.30m woke him up. His response was a superb Hungarian record 84.25m to go tenth all-time as he won his first major title.

Five-time world champion Pawel Fajdek finished fifth with 79.13m in a quality competition. Jake Norris threw 74.61m and finished 11th.

Gold: Bence Halasz HUN 84.25m
Silver: Merlin Hummel GER 81.30m
Bronze: Mykhaylo Kokhan UKR 79.49m

400m semis - Kounta attack

Matthew Hudson-Smith (21.09 at 200m and 32.2 at 300m) eased back to run 44.78 behind European U23 champion Jonas Phijffers who ran a PB 44.63.

Ben Jeffries finished fifth in his semi in 45.38 as Jean Paul Bredau won in 44.86. Rome silver medallist Charlie Dobson was fourth in his semi with 45.18 but would have needed 45.10 to make the final. France's Muhammad Kounta (seventh at 200m in 21.55) won his heat in a PB 44.38.

Women's 100m Hurdles – Visser by a whisker

Nadine Visser, such a brilliant indoor exponent, finally got her outdoor medal but it was close as she denied 2022 champion Pia Skrzyszowska by a thousand of a second (12.668 to 12.669) with a side lean giving her the edge.

Marcia Sey was leading at hurdle three and still second at the fourth, but she hit a hurdle hard and lost all momentum and ended up eighth in 13.01 after a superb 12.77 semi.

Emma Nwofor who didn't originally gain qualification from her heat, ran 13.16 in her semi when 12.89 was required for the final.

Gold: Nadine Visser NED 12.67
Silver: Pia Skrzyszowska POL 12.67
Bronze: Laeticia Bapte FRA 12.73

Men's Long Jump – Tentoglou pegs back rest

Three-time champion Miltiadis Tentoglou opened with a 8.27m which was then surpassed by Simon Ehammer's 8.29m.

Tentoglou jumped 8.27m again in round three and then took the lead back with 8.44m in the fourth and that gave him his fourth successive title as he then passed his last two jumps.

The double world indoor Heptathlon champion held on for second with Bozhidar Saraboyukov regaining bronze with a final round 8.26m after being in the medals all five rounds.

Gold: Miltiadis Tentoglou GRE 8.44m
Silver: Simon Ehammer SUI 8.29m
Bronze: Bozhidar Saraboyukov BUL 8.26m

Women's PV qualifying – Sutej is life

Gemma Tutton cleared 4.25m and came close at 4.40m. Seven athletes cleared 4.50m with five finding 4.40m enough which didn't include world indoor and outdoor medallist Tina Sutej.

Schedule Day 3

10.35 Decathlon 100m
 10.40 Women's Discus qualifying
 11.05 Women's 400m heats
 11.20 Decathlon long jump
 11.40 Women's 200m heats
 12.20 Men's 800m semis
 12.45 Decathlon shot
 12.55 Men's 400m hurdles semis
 19.05 Decathlon high jump
 19.45 Women's hammer final
 19.55 110m hurdles semis
 20.20 Women's 200m semis
 20.40 Men's triple qualifying
 20.50 Men's 400m final (MHS lane 9)
 21.08 Women's 400H (Nielsen L8, Newnham L9)
 21.22 Decathlon 400m
 21.47 Men's 110m hurdles

Medals:

1 GBR 2 0 0; 2 ITA/NED 2 1 1; 4 NOR 2 0 0

15 countries medalled

Placings (1st = 8pts > 8th = 1 pt)

1 ITA 45; 2 GBR 44; 3 NED 42; 4 GER 32; 5 POL 29; 6 FRA 22; 7 NOR/SUI 20; 9 ESP 14

Women's 800m heats – Keely kwick

Keely Hodgkinson dominated her heat but probably ran quicker than necessary to run the fastest time of 1:57.28 as 21 athletes broke two minutes.

Behind her Eloisa Coiro set an Italian record 1:57.56. Audrey Werro (1:57.83) and Femke Broeders-Bol (1:59.96) won their heats impressively too.

Jemma Reekie ran well for 700m in running wide to Werro but dropped to fourth but qualified by time (1:58.45) but Erin Wallace (2:01.10) missed out.

Women's 400H semis - Couckuyt up... not Emily

Paulien Couckuyt was fastest with a PB 53.87 and Lena Nielsen PB'd behind her with 54.04.

Emily Newnham came from way back to finish second with a fast finish in her heat with 54.32.

100m heats - Ak Attack

With strong headwinds, qualification by time was a lottery but Ireland's Toluwabori Akinola was fastest with 10.39/-2.8 heading the slow times with 10.57 making the semis.

Men's High Jump - Happy Jack on Khan do day

Joel Clarke Khan and Kimani Jack qualified comfortably for the final with perfect records up to 2.23m and were the only two athletes to do so of the 10 athletes over that height with three through at 2.19m. Four Italians qualified.

Men's 110m Hurdles heats - Trajkovic on track

Cypriot Milan Trajkovic was quickest with 13.50 with Sam Bennett winning his heat easily in 13.57.

Men's Discus Qualifying – Smart Alekna

Mykolas Alekna led with 67.74m from Kristjan Ceh's 67.52m. Lawrence Okoye who threw 68.81m to win the UK title in Birmingham, pulled out.

Men's 400m hurdles – Faulds focus

Joshua Faulds was fastest overall with 48.90 from a tight lane two.

Quiz Answers

1 Steve Ovett was second in the 1974 and 1978 European 800m but dropped out of the 1986 5000m.
 2 Jack Buckner and Tim Hutchings won medals in 1986 with Buckner still holding championships record 40 years on.
 3 Bruce Tulloh, Ian Stewart and Brendan Foster won 5000m golds between 1962 and 1974.
 4 Yuriy Sedykh set a hammer world record in 1986.
 5 Britain has won 13 of 26 European men's 400m.

Quiz questions

1 Who was the previous athlete to win European long jump gold before Tentoglou?
 2 What athlete has twice finished fourth in Europeans as well as a Euro and World Indoors?
 3 How many European golds has Jakob Ingebrigtsen won (including xc and age group)
 4 Which three athletes have won three consecutive pole vault golds?