

BRITISH & INTERNATIONAL SUPPORTERS EVENT INFORMATION SERVICE

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Matt Hudson-Smith wins third Euro 400m title as GB eclipse opposition in medal and placings

400m – Matt gloss finish stands alone

There were concerns after a slightly worrying semi final run where Matthew Hudson-Smith was overtaken near the finish and appeared to be laboured. However, in the final he dominated throughout and won his third title having missed 2024 but remember he also finished second in 2014.

Running in lane nine, he went through 100m in 10.90 (Jean Paul Bredau 11.14 was second) passed 200m in a blazing 20.86 with the German still second in 21.38. As he flew past the “Matthew Hudson Stand” and hit 300m in 31.80 (42.4 pace!) the gap was still big with fastest qualifier Muhammad Kounta (32.47) now second and closing.

The Briton was visibly slowing but he held his form well and his 44.17 was the best win of his life two metres up with Kounta just repelling Jonas Pijffers' second Dutch record at this event in 44.41.

It was the Olympic silver medallist's eighth European medal which puts him equal with Christophe Lemaître as the most successful male athlete in the Europeans at the track he started training at the age of nine – and achieved running in lane nine!

Gold: Matthew Hudson-Smith GBR 44.17
Silver: Muhammad Kounta FRA 44.40
Bronze: Jonas Pijffers NED 44.41

Women's 400m hurdles - Zapletalova zaps it

Only second at the fifth hurdle (22.88) world leader Emma Zapletalova was ahead by the eighth and she held on well for her first big title win in 52.91.

Commonwealth medallist Emily Newnham was only eighth at the sixth hurdle but within five metres of the lead and was up to sixth at hurdle eight, fourth at the ninth and tenth but finished faster than anyone. In the run in, with a typical great finish she took two metres off the winner and moved through to second and her 53.33 was a PB, British under-23 record and moved her to second all-time in the UK to Sally Gunnell. Fatoumata Diallo set an Italian record of 53.55. Lina Nielsen was sixth in her second best ever time of 54.35. Early leader Paulien Couckuyt faded to fifth but still equalled her PB with 53.87.

Gold: Emma Zapletalova SVK 52.91
Silver: Emily Newnham GBR 53.33
Bronze: Fatoumata Diallo ITA 53.55

Men's 110m hurdles – Jason and the golden fleece

Jason Joseph was third in 2024, and a previous winner of the European under-20 and under-23 titles and here he won the outdoor title to go with his indoor title. Former world indoor bronze medallist Just Kwaou-Mathey had his best outdoor performance to take silver while world outdoor champion Jakub Szymanski took bronze in 13.26. He ran that time in the semi and only just beat the greatly improved Sam Bennett who smashed his PB with a time that would have been in the medal hunt. However, in the final he lost momentum at halfway and ended up 7th in 13.62.

Gold: Jason Joseph SUI 13.12
Silver: Just Kwaou-Mathey FRA 13.16
Bronze: Jakub Szymanski POL 13.26

Women's Hammer final – Silja turned to Gold

Former world junior champion Silja Kosonen, fifth and fourth in the two previous Europeans, but still only 23, won her first senior title.

She took the lead with a 74.97m second round throw before improving to 76.28m in the third to seal gold. Defending champion Sara Fantini threw 74.35m to better her 2024 winning mark and take silver. Charlotte Payne performed superbly with throws of 70.12m and 70.01m and 69.93m to finish sixth with one of the best ever British performances in an event GB have never medalled in.

Gold: Silja Kosonen FIN 76.28m
Silver: Sara Fantini ITA 74.35m
Bronze: Beatrice Llano NOR 72.88m

Women's 200m semis – Triple success to final

Dina Asher-Smith (22.49) won the first semi and Amy Hunt (22.37) was even quicker in winning the second semi. At 100m Dina was 11.29 and Amy 11.25. Success Eduan (22.56) could only finish third in a tight race won by Ireland's Rhasidat Adeleke (22.43) but comfortably made it through as a fastest loser to ensure three Brits made the final as in 2014 and 2018.

Men's triple jump qualifying – Pichardo picks

Three-time global champion Pedro Pichardo headed qualifying with 17.16m as a modest 16.06m made the final. 16.10m made the final in 1971!

Schedule Day 4

10.33 Decathlon 110m hurdles
 10.55 Women's high jump qualifying
 11.05 Men's 200m qualifying
 11.20 Decathlon Discus
 11.30 3000m steeplechase heats
 12.10 Women's 800m semis (Keely sf2 v Broeders-Bol)
 12.45 Women's 400m semis (Anning sf3 v Jaeger)
 13.00 Decathlon pole vault
 13.48 Javelin men's qualifying (East gp B at 15.10)
 18.35 Decathlon javelin
 19.40 Women's triple jump final
 20.05 Men's 200m semis
 20.29 Women's 3000 steeplechase final
 20.45 Men's Discus final
 21.10 Decathlon 1500m
 21.28 Men's 800m final
 21.50 Women's 200m final (Eduan L3, Adeleke L6, Hunt L7, Asher-Smith L8)

Medals:

1 GBR 3 0 0; 2 ITA 2 2 1; 3 NED 2 1 2;
 4 NOR 2 0 1; 5 SUI 1 1 0;
 6 FIN/GRE/HUN/SVK 1 0 0; 10 GER/FRA 0 2 2 –
 18 countries have medalled

Placings:

1 GBR 67; 2 ITA 56; 3 NED 48; 4 FRA 45; 5 POL 44;
 6 GER 36; 7 NOR/SUI 28; 9 HUN 20; 10 POR 18;
 11 BEL 16; 12 ESP 14; 13 SWE 11

Decathlon Day 1 – Leo Slayer

Nino Portman led initially after a 10.69 100m but a 7.82m long jump by world champion Leo Neugebauer put him narrowly ahead but then with a championship shot decathlon best of 17.13m he pulled well clear. He lost a little ground in the high jump (1.99m) and in a painful finish in the 400m (48.81) but led overnight on 4483 from an inspired Jeff Tesselaar (4412) and Sander Skotheim (4382).

Men's 800m semis – Irish English European CBP

Max Burgin ran two even laps of 52.4 to easily win his semi in 1:44.73.

The second semi was much faster and Mark English set championships record 1:43.49 bettering Olaf Beyer's 1978 mark of 1:43.84 where he beat Ovet and Coe. In a fast run race English ran a 25.6 last 200m and 12.5 final 100m.

Ben Pattinson ran 1:43.72 for second and the first five bettered or equalled the record while Filip Ostrowski ran a PB 1:44.08 but was only seventh.

Men's 400mH semis – Oskar Swedish NR victory

Oskar Eklund set a Swedish record of 47.81 to head qualifying from Karsten Warholm's easy 48.01. It took 48.44 to make the final and Jake Minshull (48.73) was closest as 11th fastest but Josh Faulds (49.26) and Alastair Chalmers (49.71) weren't at their best.

Women's 400m heats - not tonight Josephine

Josephine Eriksen Aks was fastest in the morning heats with an impressive and huge 50.83 PB.

Women's Discus qualifying – Kamga jumps ahead

Vanessa Kamga headed qualifying with 64.65m from Shanice Craft's 63.46m. Zara Obamakinwa threw 55.17m in her opener before two no throws and ended up 20th overall

Men's Long jump final update – Arch enemy

Missing result: Archie Yeo was 12th with 7.48m.

Quiz Answers

1 Greg Rutherford was the previous athlete to win European long jump gold before Tentoglou.
 2 Scott Lincoln has twice finished fourth in Europeans as well as a Euro and World Indoors?
 3 Jakob Ingebrigtsen has won 23 Euro golds (including xc and age group)
 4 The three athletes who have won three consecutive pole vault golds are Wolfgang Nordwig, Renaud Lavillenie and Duplantis (not Bubka!)

Questions:

1 Who won Britain's last medal at a 400H?
 2 Which Brit won a 400m from lane 8 in 1971?
 3 Who is the only Austrian to win gold since 1971?
 4 Who won a European medal at 1500m but was only fourth in the 10,000m seven years later?

THE CHURCH TAVERN CLOSE TO THE STADIUM ON CHURCH ROAD – 10-15 MINS WALK - OFFERS SEATED INDOOR DINING FOR THOSE NOT RETURNING TO HOTELS