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Amy Hunt's double gold 200m victory – excellent night for both Germany and Ireland

Women's 200m – Medal Hunt a great success

Amy Hunt became the second Brit to gain a sprint double after Dina Asher-Smith in 2018 and the former champion put up a good battle to take bronze.

Asher-Smith ran a superb bend and led at 100m in 11.22 to Hunt's 11.24.

The latter who probably had her best ever bend edged ahead at 150m in 16.45 to 16.46 and it was only in the last 30 metres that a gap opened up with Hunt achieving a European lead and clear season's best 22.19 for her best time since Tokyo.

She wasn't the fastest down the straight though as Rhasidat Adeleke (11.39 at 100m, and 16.64 at 150m) took a metre off her in the last 50m as she powered past Asher-Smith. Adeleke, who won three medals in 2024 at 400m and 4x400m, set an Irish record 22.28. Asher-Smith, Britain's most bemedalled female, won her ninth European outdoor medal and 26th major medal. Success Euan in lane three wasn't ever a factor and finished sixth in 22.66.

Gold: Amy Hunt GBR 22.19
Silver: Rhasidat Adeleke IRL 22.28
Bronze: Dina Asher-Smith GBR 22.29

Men's 800m – Patient English's tactical lesson

It didn't need the championships record he set in the semi but 33-year-old Mark English won his first major title (and Ireland's first men's) which produced one of the biggest roars of the week aided by a huge Irish contingent.

Marino Bloudek led at a slow pace through 400m in 53.4 and 600m in 80.0 but gained his reward with silver but couldn't hold off the Irishman who won his sixth European medal, indoors and out, 12 years after his first – herana a 51.8 second lap and 25.2 last 200m. Ben Pattinson was in the medal battle as they hit the straight but probably used too much energy moving up and faded and finished sixth in 1:46.14 and sadly Max Burgin withdrew with an Achilles problem after a promising semi.

Gold: Mark English IRL 1:45.26
Silver: Marino Bloudek CRO 1:45.62
Bronze: Mohamed Attaoui ESP 1:45.71

Women's 3000m steeplechase - Gesa job

The opening kilometre was a promising 3:03.90 but it slowed to 6:13.97 at 2000m with Lea Meyer doing all the work. However, on the last lap it was two-time champion Gesa Felicitas Krause who predictably had the best kick winning in 9:12.69 from defending champion Alice Finot.

Meyer fell at the last water jump and briefly Euro leader Elise Thorner moved into third but she landed badly herself avoiding Meyer and faded in the straight to fifth in 9:18.14 as she was unable to match her Commonwealth form. The fallen Meyer got back up to get fourth.

Gold: Gesa Felicitas Krause GER 9:12.69
Silver: Alice Finot FRA 9:14.24
Bronze: Olivia Gurth GER 9:15.33

Men's Discus – Ceh you don't mind

In perfect conditions, world record-holder Mykolas Alekna set a championship best of 69.89m with the first throw of the night but it didn't even last the opening round as third thrower Kristjan Ceh then threw 70.83m. Ceh improved the record again to a superb 72.51m in the third round and finished with a 70.68m and an average of over 70 metres for his six throws as he successfully defended his title and just missed his PB from "wind town" Ramona in the USA by just ten centimetres.

Gold: Kristjan Ceh SLO 72.51m
Silver: Mykolas Alekna LTU 69.89m
Bronze: Henrik Janssen GER 69.53m

Women's Pole Vault – Swiss Air

Angelica Moser retained her title to add to her two European indoor golds as she had a perfect record from 4.45m all the way up to 4.80m though Wilma Heltela pushed her hard.

Gold: Angelica Moser SUI 4.80
Silver: Wilma Heltela FIN 4.75
Bronze: Marie-Julie Bonnin FRA 4.70

Women's Triple Jump – Dariya breaks barrier

In her sixth Europeans with a previous best of eighth, Dariya Derkach opened with a 14.53m and followed with a 14.48m. She improved to a European lead and PB 14.60m in the fourth round to extend her lead and no one could get close. Another win for a 33-year-old!

Gold: Dariya Derkach ITA 14.60m
Silver: Saliyua Guisse BEL 14.46m
Bronze: Aleksandra Nacheva BUL 14.40m

Men's 200m semis – Hughes throughs

Zharnel Hughes bounced back to form with a 20.05/1.6 victory ahead of defending champion Timothe Mumenthaler's 20.09 PB.

Owen Ansah equalled the European lead with 20.04/0.5 in heat 3 where Ebuka Nwokeji gained experience (20.83) but it took 20.35 to make the final.

Men's Javelin - Weber feat and Thumm nails it

Germans headed qualifying with Julian Weber (84.02m) and Nick Thumm (83.49m) the only two over 82.50m. Ben East's excellent final throw of 78.77m missed out on the final by just 11cm.

Finals Day 5

10.35 Heptathlon 100m hurdles (KJT heat 1)
19.45 Women's 10,000m
20.00 Men's High jump
20.30 Women's discus final
20.40 Men's 400m hurdles final
21.25 Men's 200m
21.46 Women's 800m

Medals: 1 GBR 4 3 1; 2 ITA 3 2 1; 3 GER 2 3 4;
4 NED 2 1 2; 5 SUI 2 1 0; 6 NOR 2 0 2

Placings: 1 GBR 91; 2 GER 80; 3 FRA 77.5; 4 ITA 68; 5 NED 59; 6 POL 44; 7 SUI 41; 8 NOR 34

Decathlon Day 2 – Leo the Lion King

Overnight leader Leo Neugebauer struggled in the hurdles with 14.94 but bounced back with a 54.31m discus throw, a championship decathlon best and with 6301 points he extended his lead to 225 points.

His lead reduced with a 4.90m pole vault and though he produced a solid 60.10m javelin he lost a lot of ground as former champion Niklas Kaul threw 73.54m to pull back 200 points and move into second and go 100 points clear of Sander Skotheim. In the 1500m Kaul ran 4:20.70 well clear of a dying Neugebauer's 4:38.36 but the latter held on by 38 points.

Gold: Leo Neugebauer GER 8611
Silver: Niklas Kaul GER 8573
Bronze: Sander Skotheim NOR 8433

W800m semis – Audrey hip burn my fair lady?

There was drama in the first semi as leader Audrey Werro was deemed to have been clipped by Bourgein's hand and jogged across the line last in 2:35.35 but was, in the opinion of many qualified officials, fortunately advanced to the final.

Jemma Reekie had her best race of the year to win in 1:58.61 In the second semi, Keely Hodgkinson (1:57.38) narrowly headed Femke Broeders Bol (1:57.46).

Women's 400m semis – Green light for Amber

Yemi Mary John qualified in second with 50.33 ahead of half Brit Isabelle Black - daughter of GB's Roger - (50.72).

Charlotte Henrich was third in her semi in 50.51 in a race won by defending champion Natalia Bukowiecka (49.57) but that wasn't enough for the final with four at 50.31 or faster in the last heat won by Henriette Jaeger in 49.80 with 2025 world indoor champ Amber Anning running 49.96 in her first race since 21st June

3000m steeplechase heats - Pain in the Arce

With just top eight to advance the races were slow with fast last kilos and Daniel Arce was fastest overall with 8:34.47.

Both Kristian Imroth (8:36.20) and Will Battershill (8:37.33) qualified but Zak Seddon (8:37.24) just missed out by a place though fractionally quicker than Battershill.

Women's High jump qualifying - Iryna's arena

Morgan Lake was one of 15 athletes to achieve the 1.91m standard but only did it at her last attempt. Eight had a perfect record including Yaroslav Mahuchikh and fellow Ukrainian Iryna Geraschenko.

Quiz Answers (no room for Quiz today!)

1 Meghan Beesley won Britain's last medal at 400H
2 Dave Jenkins won a 400m from lane 8 in 1971
3 The only Austrian to win gold since 1971 is Victoria Hudson in the javelin.
4 Brendan Foster won a European medal at 1500m but was only fourth in the 10,000m seven years later.