

BRITISH & INTERNATIONAL SUPPORTERS EVENT INFORMATION SERVICE

BIRMINGHAM NEWSLETTER No 6

SUNDAY 16th August 2026

O'Connor, Almgren, Diaz, Weber & GBR Sprinters dominate as ITA walk it to top the tables

Men's 4x100 – Louie arm strong leads the band
Britain continued their domination of the sprints with a clear cut victory in the final. Jeremiah Azu (10.51) led off and GBR was second but Louie Hinchliffe (9.22), Hughes (9.57 after a slow start) and Glave (9.15) headed home Germany and a surprise Belgium. In the heats Azu (10.58), Hinchliffe (9.30), Hughes (9.44) and Glave (8.97) ran 38.29.

Gold: GBR 38.45
Silver: GER 38.64
Bronze: BEL 38.70

Women's 4x100 – Successful delivery

Amy Hunt won her third gold of the Championships and Asher-Smith matched the highest number of golds as her seventh tied Ingebrigtsen and Elkasevic plus her tenth medal tied Irena Szwedowska's record total too.

Asher-Smith (11.37 on the bend) gave them a metre lead and Hunt (10.10) stretched it to five and trainee midwife Success Edean (10.43) and Imani Lansiquot (10.15) extended the margin to over a second with Switzerland taking silver. In the heats Kristal Ama-Awuah (11.62), Hunt (10.25), Edean (10.55) and Lansiquot (9.95) ran 42.37 but trailed Italy's 42.22.

Gold: GBR 42.05
Silver: SUI 43.12
Bronze: POL 43.15

Women's 400m Jaeger bomb

With a 4x400 mixed gold already in the bag, Henriette Jaeger won by exactly a second.

Through 100m in 12.01, 200m in a fast 23.44 which put her only third and 300m in 35.73 she was ahead and finishing strongly she set a Norwegian record 49.04. Yemi Mary John was fifth in 51.12 and teenager Charlotte Henrich who replaced an injured Amber Anning was a fine sixth in 51.29. Lurdes Gloria Manuel who narrowly led at 200m in 23.31 finished out of the medals.

Gold: Henriette Jaeger NOR 49.04
Silver: Natalia Bukowiecka POL 50.04
Bronze: Lieke Klaver NED 50.15

Men's 1500m – Nillessen without you

Two-time European under-23 champion Stefan Nillessen produced a storming kick to go from fourth to first with a 12.6 last 100m to complete a 53.5 final 400m.

World Indoor fourth-placer Samuel Pihlstrom was last at the bell and still 11th 200m out until he produced a 25.8 closing 200m. On a great day for the Irish, Andrew Coscoran (7th at 1400m) snatched bronze. Britain won the team race with three in six with Arlo Ludewicke came from a long way back to finish fifth either side of the Jake's Heyward and Wightman who faded after leading through the last 200m and into the straight. Their times: 3:36.40, 3:36.65 and 3:37.18.

Gold: Stefan Nillessen NED 3:35.70
Silver: Samuel Pihlstrom SWE 3:36.16
Bronze: Andrew Coscoran IRL 3:36.24

Men's 10,000m – Swede dreams are made of this

The first kilo was 3:16.9 – 32-minute pace and the runners were on for the slowest European 10,000m ever (31:02.6 in 1934!). Incredibly the injection of pace from 1200m onwards meant it ended up the fastest ever and Marti Vainio's 1978 championships best (27:30.99) fell. Sweden's Andreas Almgren ran the last 22 laps at 26:40 pace with laps of 63-64 seconds to the finish with a 61 lap to break clear and he lapped all bar the top four in arguably the greatest front run by a European in history. He won by 20 seconds from the defending champion. It was cat and mouse for third and world champion Jimmy Gressier produced a 25.2 last 200m to win his first European medal. David Mullarkey was 12th in 28:25.58, Scott Beattie 15th in 28:50.35 both paying for going with Almgren. Joe Wigfield was 17th (29:09.43).

Gold: Andreas Almgren SWE 27:23.44
Silver: Dominic Lobalu SUI 27:42.67
Bronze: Jimmy Gressier FRA 28:07.90

Women's High Jump – Ukraine again

There was a predictable title defence for world record-holder Yaroslava Mahuchikh. She had just three successful jumps, opening at 1.92m, clearing 1.95m at the second and 1.97m first time to win. Morgan Lake cleared 1.88m for a share of eighth.

Gold: Yaroslava Mahuchikh UKR 1.97m
Silver: Maria Zodik POL 1.95m
Bronze: Marija Vukovic MNE 1.95m

Men's Triple Jump – Happy Diaz for Italy

Double world indoor champion Andy Diaz Hernandez went fourth all-time with an Italian record 18.15m just 14cm down on Jonathan Edwards' 31 year old-world record. World champion Pedro Pichardo took the lead with a 17.76m but the former Cuban who started with a huge no jump responded with a huge second round jump and windy third round leap of 17.78m whilst Pichardo missed his last three jumps.

Gold: Andy Diaz Hernandez ITA 18.15m
Silver: Pedro Pichardo POR 17.76m
Bronze: Andrea Dallaville ITA 17.37m

Men's Javelin – Julian copes best as Thumm's up

Julian Weber started with a 83.71m which led until Nick Thumm passed him with a 83.76m in round five. A modest competition until then was transformed with Weber's 90.40m championships record in the final round to better Steve Backley's 89.72m mark.

Gold: Julian Weber GER 90.40
Silver: Nick Thumm GER 83.76
Bronze: Patriks Gailums LAT 82.97

Day 7 pm Timetable

19.30 Men's PV; 19.55 Women's JT; 20.05 Women's LJ; 20.35 Mixed 4x100 - GB L4; 20.50 Men's 3000sc; 21.13 W1500; 21.33 W 4x400; 21.48 M 4x400

Medals: ITA 8 4 5; GB 6 5 1; GER 4 7 4; NED 4 3 5; NOR 4 0 2; SUI 3 3 1 – 25 countries medalled

Placings: 1 ITA 179; 2 GB 153.5; 3 GER 142; 4 NED 117; 5 FRA 113; 6 POL 87; 7 SUI 78.5; 8 ESP 78

Heptathlon – Kate wins it in Titanic battle

Kate O'Connor did just enough in the 800m to follow Emma Oosterwegel who needed to beat her by three seconds but a 2:11.74 to her rivals 2:10.87 ensured a 38 point win and Irish record 6751 and both the other medallists (both Dutch) also set PBs.

Earlier O'Connor set a PB long jump of 6.55m and threw 50.16m in the javelin as the Irish made more noise than everyone else put together. Annik Kalin jumped a huge 6.81m long jump leap. Consistent Jade O'Dowda scored 6191 points for 13th and all-time great Katarina Johnson-Thompson scored 5792 in 23rd and last was notably close to her European Junior score of 5787 in 2011.

Gold: Kate O'Connor IRL 6751
Silver: Emma Oosterwegel NED 6713
Bronze: Sofie Dokter NED 6664

Walks – Massimo medals & points haul for ITA

Italy and Spain dominated with two golds apiece in the new event and there were world records for Maria Perez and Sofia Fiorini though the 2:56:49 European record by Massimo Stano over the marathon is probably more noteworthy. Paul McGrath, with that well known Iberian surname, was only fourth in the Spanish Champs but won the HM by 13 seconds. Cameron Corbishley, was 19th in the Marathon (UK record 3:13:31).

Men's Half Marathon walk

Gold: Paul McGrath ESP 1:23:23
Silver: Francesco Fortunato ITA 1:23:36
Bronze: Andrea Cosi ITA 1:23:49

Men's Marathon Walk

Gold: Massimo Stano ITA 2:56:49
Silver: Miguel Angel Lopez ESP 2:56:57
Bronze: Aurelien Quinon FRA 2:59:29

Women's Half-Marathon Walk

Gold: Maria Perez ESP 1:30:06 (WR)
Silver: Alexandrina Mihai ITA 1:31:04
Bronze: Lyudmila Olyanovska UKR 1:31:07

Women's Marathon Walk

Gold: Sofia Fiorini ITA 3:15:11 (WR)
Silver: Katarzyna Zdziebilo POL 3:19:50
Bronze: Raquel Gonzalez ESP 3:20:49

Women's 1500m heats – Rest running for Silva?

Georgia Hunter Bell looked effortless as she produced a 59.1 last lap to win in 4:08.97. Patricia Silva won the other heat in 4:08.10.

With missed training from an ankle problem Laura Muir's 4:09.66 clocking left her a non-qualifying eighth while Katy Snowden was 11th in 4:11.49

Women's LJ qualifying – Good golly miss Molly

This event was worthy of a final with six over 6.80m and it took 6.61m to make the final. Malaika Mihambo was struggling after two rounds but produced a huge windy 7.10m final round. Jaz Sawyers jumped a huge 6.90/2.5 leap and also making the final was Molly Palmer who produced a legal 6.72m PB. Lucy Hadaway struggled (6.33m) and finished 22nd.