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Dina & Amy make history in relay good Champs / Georgia & Marathon Golds with ITA top team

Women's 1500m – GBH for GHB's opponents

Already the Commonwealth 800m and world indoor 1500m champion of 2026 Georgia Hunter Bell predictably was a class apart and gained her third major title of the year.

Always perfectly placed as the race started slowly (2:21.4 at 800m) she began to push on at 900m and then picked the pace up gradually but no one could live with her 58.4 final circuit and to a tremendous roar, she won by over a second from Klaudia Kazimierska with Patricia Silva taking bronze.

Gold: Georgia Hunter Bell GBR 4:07.78
Silver: Klaudia Kazimierska POL 4:08.80
Bronze: Patricia Silva POR 4:09.22

Men's Pole Vault – Duplantis keeps growing

Mondo Duplantis, the world's most dominant athlete, did not have it all his own way as Emmanouil Karalis matched his second time clearance at 6.00m but the world record-holder went over championship records 6.10m and 6.15m first time though the Greek did have a good attempt at 6.20m but Duplantis did not need to go higher and retired as a four times European champion Owen Heard cleared 5.55m first time but was unable to clear 5.70m and finished 11th equal.

Gold: Mondo Duplantis SWE 6.15m
Silver: Emmanouil Karalis GRE 6.00m
Bronze: Baptiste Thiery FRA 5.85m

Women's Long Jump – Jaz zinger

One of the most competitive long jumps in history, started with a bang as favourite Malaika Mihambo jumped a windy 6.94/3.3 and then Larisa Iapachino leapt a barely windy 7.00/2.1 and Jaz Sawyers a windy 6.95/2.5. The worst of the first five jumps was 6.83m. In the second round the Brit improved to a legal PB 6.96/1.3 but lost second to Hilary Kpatcha's windy 6.98/2.5. In the third round World indoor champion Agate de Souza also jumped 6.96/2.3 but trailed Sawyers in third on countback.

In the fourth round, Sawyers leapt a barely windy 6.99/2.2 to regain second and fall just a centimetre down on the lead. She also produced a 6.92/1.6 final leap for an incredible four leaps of over 6.92m for the greatest British series of all time.

The Commonwealth champion thus matched her silver medal from ten years ago but the one centimetre she fell short of would eventually decide the final medal table as European indoor champion Iapachino went one better in the Europeans than her watching mother – former GB Fiona May – ever did.

Molly Palmer was a solid ninth with 6.54/2.8.

Gold: Larisa Iapachino ITA 7.00m
Silver: Jaz Sawyers GBR 6.99m
Bronze: Mary Kpatcha FRA 6.98m

Placings: 1 ITA 226; 2 GBR 211.5; 3 GER 196; 4 FRA 160; 5 NED 131; 6 ESP 112; 7 POL 100; 8 SUI 87.5; 9 SWE 70; 10 BEL 64; 13 IRL 51

Mixed Relay – Brum's a Happy hunting ground

Britain won in an European record and Dina Asher-Smith became the most bemedalled athlete in history (8 golds, 11 medals) and Amy Hunt won a record fourth gold in one championship. Jeremiah Azu (10.54), Asher-Smith (10.04), Hughes (9.53) and Hunt (9.86) ran a sub-40 - they lost a little ground at the start of Hughes's leg and Germany were narrowly ahead but Hunt kicked past Gina Luckenkemper as two teams failed to finish and Belgium were dq'd.

Gold: GBR 39.97 (ER)
Silver: GER 40.11
Bronze: ESP 40.32

Men's 4x400 – Dobson's choice

In the final event of the championships, Britain narrowly failed to get past Italy in the final straight and medal table. Individual champion Matthew Hudson-Smith (45.2) gave GB the lead but it wasn't decisive and Toby Harries, who prefers to chase, might have overdone it early on and his 44.9 saw him overtook by Italy's Luca Sita (44.4).

On leg three Mohamed Soudassi (44.6) took a metres a few metres off Ben Jeffries (44.9). Charlie Dobson set a half second back and made little impression until the straight. The crowd roared but despite a 44.19 he fell 0.03 short of Lorenzo Benati's 44.66.

Behind him a stunning run from Jonas Phijffers (43.59) gave Netherlands bronze ahead of Belgium and Hungary for whom Attila Molnar ran 43.58.

Gold: ITA 2:59.16
Silver: GBR 2:59.19
Bronze: NED 2:59.49

Men's 3000m steeplechase – Ruppert bears fruit

After his stunning European record 7:57.80 in Rabat plus a sub-13 5000m and 27:24 10,000m Frederik Ruppert was a huge favourite.

The Rome fourth-placer led through a pedestrian first kilo of 2:55.7 and 2000m in 5:50.8 before the real race began.

His last 1000m was a spritely 2:34.6 (7:43 pace!).

Despite that acceleration he was chased all the way by Luxembourg's only world class performer Rubin Querinjean who finished two metres down. The Tokyo finalist and World Universities finalist won Luxembourg's first ever medal.

Curiously why some events on the final night were GB v Italy here the battle was at the back as the two nations shared the last six places! Kristian Imroth (12th 8:33.89), Will Battershill (14th 8:34.73) and late final addition Zak Seddon (15th 8:35.83).

Gold: Frederik Ruppert GER 8:25.33
Silver: Rubin Querinjean LUX 8:25.61
Bronze: Karl Beendorf GER 8:26.65

Medals: ITA 10 6 6; GBR 9 8 2; GER 6 10 5; NED 5 3 6; NOR 4 0 2; SUI 3 3 1; ESP 2 2 4; SWE 2 1 2; IRL 2 1 1

Women's 4x400 – Bally Klaver

With no Amber Anning available, Netherlands predictably won but Britain pushed them hard.

A very tired Yemi Mary John led Britain off with a 52.2 and was only sixth well down on the eventual winners. Lieke Klaver (49.5) pulled further away but Lina Nielsen (50.0) lessened the damage and moved up to second.

On leg three a very strong Nicole Yeargin ran 49.9 to take a second back and finally Femke Broeders-Bol (49.50) held off a spirited run from Emily Newnham (49.58) and Netherlands made it three in a row.

Gold: NED 3:21.10
Silver: GBR 3:21.68
Bronze: ITA 3:23.57

Women's Marathon – Abbie road success

After one Vainio lost his 1978 Championships record the previous night, another one set a championship record the very next morning. Top-ranked Alisa Vainio shot into the lead from the start and was well clear at halfway in 70:40 almost three minutes clear and by the finish was almost five minutes up.

There was a separate race behind her and Abbie Donnelly in third, won Britain's first ever women's marathon medal improving on the previous best of ninth by Kath Binns in the first ever championships marathon in 1982.

Donnelly led Natasha Wilson (5th 2:27:54) and Rose Harvey (14th 2:30:34) to British team gold. Louise Small (22nd 2:33:32) and Clara Evans-Graham (34th 2:40:01) also finished.

Gold: Alisia Vainio FIN 2:22:26
Silver: Lili Anna Vidics-Toth HUN 2:27:21
Bronze: Abbie Donnelly GBR 2:27:33
Team: 1 GBR 7:26:01; 2 ITA 7:28:59; 3 ESP 7:30:01

Men Marathon – Petros pumps to victory

The men's was a much more competitive race but a 29:25 10km from 25km to 35km split the field to assist Amanal Petros to a championships record 2:09:11. Mahamed Mahamed was in the battle for the medals until the last 5km and ended up seventh in 2:09:43 just half a minute down on the winner.

Tewelde Menges 40th (2:19:45) and Jonathan Mellor was 50th (2:27:56) and Britain finished eighth team as Israel narrowly won from Germany.

Gold: Amanal Petros GER 2:09:11
Silver: Pietro Riva ITA 2:09:18
Bronze: Gashau Ayale ISR 2:09:21
Team: 1 ISR 6:28:37; 2 GER 6:29:03; 3 FRA 6:32:12

Women's Javelin – Que Sara

A poor quality competition saw Sara Kolak dominate opening with a 62.43m and also having two further 60m throws and only two other throwers bettered 60 metres in an instantly forgettable event.

Gold: Sara Kolak CRO 62.43m
Silver: Julia Albricht GER 61.53m
Bronze: Adriana Vilagos SRB 60.93m