

BRITISH & INTERNATIONAL SUPPORTERS EVENT INFORMATION SERVICE

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AMY'S STAR CONTINUES TO RISE ON NORWAY'S NIGHT

Men's 5000m final- Seven up for Jakob

In his first race for nearly a year Jakob Ingebrigtsen won a thrilling 5000m for his seventh European track title and fourth successive 5000m.

Just 20th at 3000m after being up to five seconds off the pace, he took advantage of a slowing up front to move from 19th to first in one lap shortly after.

He got boxed on the last lap but extricated himself in the finish straight as a 12.7 last 100m saw him move from fourth to first – the opposite of his Paris 1500m! His last 3000m was 7:44 and final kilo 2:26.

The much improved Florian Bremm took silver and Etienne Daguinos denied world 10,000m champion Jimmy Gressier who led into the straight.

James West faded over the final laps and was 12th in 13:24.63.

Gold: Jakob Ingebrigtsen NOR 13:15.29

Silver: Florian Bremm GER 13:15.60

Bronze: Etienne Daguinos FRA 13:16.09

Women's shot - Schilder breaks opposition

Defending champion Jessica Schilder opened with a 19.81m and then improved to 20.09m in the next round. A top class 20.52m third round sealed gold and her third successive title.

She wasn't totally finished though as with gold assured she threw 20.73m in the final round - almost two metres up on her Rome winning throw.

The 2024 runner-up Jorinde van Klinken opened with a PB 19.64m to ensure a Dutch one-two and third went to Olympic champion Yemisi Mabry to ensure the same medal trio as per last time.

Gold: Jessica Schilder NED 20.73m

Silver: Jorinde van Klinken NED 19.64m

Bronze: Yemisi Mabry GER 19.50m

Men's shot- Fabulous Fabbri

Defending champion Leonardo Fabbri opened with 21.36m improving to 21.78m and when 22.31m.

Zane Weir made it an Italian one- two with a 21.12m opener. Scott Lincoln opened with a solid 20.40m which placed him sixth at the end of the round and he improved to a fine 20.81m in the second which moved him to third.

However, Victor Petersson edged by with a 20.86m in the fourth and then improved to 20.97m in the final round. The ultra consistent Lincoln matched his fourth in 2024 having thrown 19.96m in qualifying.

Gold: Leonardo Fabbri ITA 22.31m

Silver: Zane Weir ITA 21.12m

Bronze: Victor Petersson SWE 20.97m

Women's 3000sc heats - Elise Ease to victory

Elise Thorner won her heat in 9:32.40 but Stevie Lawrence Wrist (9:48.66) and Sarah Tait (9:55.17) couldn't advance

Women's Hammer – No Payne no gain

Charlotte Payne qualified for the final with 68.89m just ahead of the world's greatest ever hammer thrower Poland's veteran Anita Wlodarczyk

Women's 100m -Hunt's formula 1 shunts the rest

Nine years after winning English Schools gold here in Birmingham, Amy Hunt won her first major senior title as she ran down the opposition with her typical strong finishing surge.

Seventh at 10m and 20m, she was fifth at halfway in 6.13 she moved into third at 60m in 7.08 and was second at 90m to Ewa Swoboda before easing by for a 11.00 to 11.02 victory as a metre covered the top six. Britain's most consistent sprinter of all-time Dina Asher-Smith didn't get her usual start but finished well for fifth in a season's equal best 11.10.

Hunt won her semi in 10.99 with Asher-Smith (11.10) qualifying by time.

Imani Lansiquot was tenth fastest in the semis with 11.16 but a short of fitness Daryll Neita ran 11.34.

Gold: Amy Hunt GBR 11.00

Silver: Ewa Swoboda POL 11.02

Bronze: Delphine Nkansa BEL 11.06

Mixed 4x400 – Norwegians would – Jaeger bomb

As expected, Norway won with a fast start and finish. Karsten Warholm led off with a 44.5 and Henriette Jaeger finished with a 49.42 as they ran a championships and national record.

Britain were second after a solid Ben Jeffries opener (45.6) for fifth before Charlotte Henrich moved up to second with her 50.0 leg. Toby Harries closed a huge gap ahead on leg three with a 44.4 but Yemi Mary John despite a 50.47 to kick past Netherlands could do little to repel Jaeger.

Gold: NOR 3:09.52

Silver: GBR 3:10.47

Bronze: NED 3:10.77

Tuesday schedule

10.33 Men's High jump qualifying

10.35 Men's discus qualifying

10.45 Women's 400m hurdles semi

11.15 Men's 100m heats

11.40 Men's 110m hurdles heats

12.05 Women's 800m heats

12.40 Men's 400m hurdles heats

19.05 Women's pole vault qualifying

19.10 Men's hammer final

19.25 Women's 5000m final

19.55 Women's 100m hurdles semis

20.16 Men's High Jump final

20.32 Men's 100m semis

21.00 Men's 400m semis

21.30 Women's 100m hurdles final

21.47 Men's 100m final

Quiz

1 Which athlete won two European 800m medals but failed to finish a European 5000m final?

2 What British athletes won medals in that 5000m?

3 What three Brits won European 5000m gold in 1962, 1969 and 1974?

4 Who set a still standing world record in those 1986 Championships?

5 What event has Britain won 13 of 26 Europeans?

Men's 800m heats – Max head room

Max Burgin following his illness in Glasgow won heat with a strong finish in 1:45.80.

Ben Pattison got badly boxed 200m out and miss out on automatic qualifying but a strong finish got fourth and a fastest losers spot with 1:45.40.

Alex Botterill (1:46.90) was sixth in 1:46.90 and a long way from qualifying.

Yanis Meziane was fastest in 1:45.10.

Women's shot qualifying- Mabry I'm amazed

Germany's Yemisi Mabry was the clear leading qualifier with a 19.25m throw.

Serena Vincent, inexplicably overlooked for a Commonwealth selection, wasn't at her best and was 17th overall with 16.65m when needing 17.62m to qualify.

Men's Hammer Qualifying- Norris chucks 75.67

A 75.67m throw from Jake Norris qualified him ninth overall with 75.22m making the final.

Volodymyr Myslyvcuk topped qualifying with 79.61m.

Women's 100m heats- Boglarka cleans up

Boglarka Takacs making the most of a 3.2 mps tailwind was quickest with 10.93 ahead of Imani Lansiquot's 10.99.

With another heat 0.0 it was unfair that all qualifying was by time and not positions.

Long Jump Qualifying- Admirable Arch

Francesco Ettore Inzoli was a surprise lead qualifier with a windy 8.34m with five at 8.20m better.

Archie Yeo squeezed into final courtesy of a 7.92 jump but Commonwealth medallist Stephen McKenzie, who looked to have a good chance w into final round missed out and ended up 15th with 7.85m.

Men's 400m heats - Pat posts fast time

Hungary's Patrik Enyingi was fastest with 44.87

Women's 400m hurdles heats- Lena Lina mean

Austria's Lena Pressler was quickest with 54.97 with Lina Nielsen impressing with a relaxed heat with 55.08 the second fastest time.

Women's triple jump qualifying – Italian job

Erika Saraceni (PB 14.50m) and Dariya Derkach (14.42m) headed qualifying.

Women's 100mh qualifying – Not for Nwofor

Former European junior champion Rosina Schneider was quickest with a PB 12.77.

It took 13.01 to qualify and Emma Nwofor just missed out with 13.04 for fourth in her heat.