

Women's 100m fly

Gold – Sarah Sjöström (SWE) 55.84

“It always feels special to win the 100m fly. I missed some of the turns but still felt quite strong at the end of the race. I think this is due to all the excersises I’ve done during my recovery, like spinning and other things. I’m looking forward to swimming the 50m free later, I think it will be the toughest race for me today.”

Silver, tied – Anna Ntountounaki (GRE) 56.35

“You know, I’m still not used to getting medals. But now I’m starting to feel that I have my place among the leading swimmers in Europe. My work is paying off, I feel consistent and it’s really important for me to get better every year. I wanted a medal in this race and a good time. I’m super excited as I got both. After the Olympics and this stressful year with Covid, I didn’t know how everything would go. I wasn’t sure if I could manage the extra stress and I’m very happy that I could keep my pace and continue to improve. It’s really important to swim next to all these great athletes and learn constantly from them.”

Silver, tied – Anastasia Shkur dai (BLR) 56.35

“It was really tense, I didn’t expect a medal today though it was a kind of dream too because so far the meet hasn’t gone that well for me. Today was the last chance to win a medal for my country and for the people who support me. I’m happy that I clinched it.”

Men's 200m free

Gold – David Popovici (ROU) 1:42.12

“This feels so great. I’m just at the phase in my training and my development where it’s all about gaining experience. The gold medal at this stage is more than welcome. It is what we planned to do, to clock 1:42, this time is my new PB and as I know it’s a new national record.”

Silver – Luc Kroon (NED) 1:42.20

“It was a good race and it’s a new personal best again. I’m pretty happy with my time and with my swim. It was a great last 50m but I was missing the touch a little bit. I did a lot of racing during the season to prepare for this meet, like ISL, World Cups and local competitions – and it all worked out.”

Bronze – Stan Pijnenburg (NED) 1:42.51

“I didn’t expect to have a medal at all. I went out really fast that’s why I did well, I think. It was a real surprise when I saw my time, an amazing personal best. It’s just incredible. I have one more race today and I’m so excited now.”

Women's 100m fly

Gold – Sarah Sjöström (SWE) 55.84

“It always feels special to win the 100m fly. I missed some of the turns but still felt quite strong at the end of the race. I think this is due to all the excersises I’ve done during my recovery, like spinning and

other things. I'm looking forward to swimming the 50m free later, I think it will be the toughest race for me today."

Silver, tied – Anna Ntountounaki (GRE) 56.35

"You know, I'm still not used to getting medals. But now I'm starting to feel that I have my place among the leading swimmers in Europe. My work is paying off, I feel consistent and it's really important for me to get better every year. I wanted a medal in this race and a good time. I'm super excited as I got both. After the Olympics and this stressful year with Covid, I didn't know how everything would go. I wasn't sure if I could manage the extra stress and I'm very happy that I could keep my pace and continue to improve. It's really important to swim next to all these great athletes and learn constantly from them."

Silver, tied – Anastasia Shkur dai (BLR) 56.35

"It was really tense, I didn't expect a medal today though it was a kind of dream too because so far the meet hasn't gone that well for me. Today was the last chance to win a medal for my country and for the people who support me. I'm happy that I clinched it."

Men's 200m breast

Gold – Ilya Shymanovich (BLR) 2:01.73

"Wow! I'm so happy, the 200m is not my main event, I'm a sprinter and swim 50m and 100m but short-course is fun in a way, we spend a lot of time under water and this aides me very much. I'm very happy with my time, it's a new PB and a new national record. I would like to deditate this title to my coach, she has been with me from the very beginning, I started training with her when I was 10 years old and this is all her work!"

Silver – Arno Kamminga (NED) 2:01.74

"Obviously I wanted to win it and I'm still happy with my time, it's a season best and I'm really close to my PB. It started feeling better and better with each race and ahead of the World Championships. The plan is always to come back strong at the end. I know I come back faster than anyone else. It's a shame it was not enough to win, I'm still happy with my time."

Bronze – Mikhail Dorinov (RUS) 2:02.07

"Before the start I had a plan, to go out a bit faster. But all in all it was not bad. I haven't checked my time yet but I'm happy with the medal. During the race I tried not thinking just to swim and enjoy it."

Women's 200m IM

Gold – Anastasya Gorbenko (ISR) 2:05.17

"I'm really happy, this is my first short-course win. I only came here for the last three days. I was having a hard time at practice so I'm glad I was able to win after all of this hard work. I'm very excited, this may have been the first ever short-course title for my country, I'm not sure. It's a really amazing pool here and I'm really enjoying what I'm doing and it's been a lot of fun. I think I showed what I was capable of."

Silver – Maria Ugolkova (SUI) 2:06.41

“I’m very happy and tired. I improved my time and this is a new national record too. It is the end of the competition for me, let’s why I’m happier than usual and it doesn’t matter to get the second place. It was an interesting meet for me, especially this final.”

Bronze – Viktoria Gunes (TUR) 2:07.67

“This was not my fastest time but I’m really happy. I’m coming back into shape after a couple of tough years in my career. At this moment, I try to swim every race the best I can. I have many more competitions till the end of the year so I try to take it step by step and try to be better after each stage. The bronze medal makes me really very happy.”

Men’s 50m fly

Gold – Szebasztian Szabo (HUN) 21.75 =WR/ER-CR

“Oh man, that one hundredth... Ok, I’m also a world record holder now and the European mark is mine too so it’s great, really great. It was the plan, to have a swim like this. The start was terrific and then I gave all I had. In fact, I did a lot of racing which helped me a lot to excel here but at the same time I also start feeling the fatigue nowadays – but it’s more while I’m on dryland, once I jump to the pool I feel I could go as fast as I want. Obviously, it’s better this way than the opposite. No, I still don’t feel I’m a great star of this sport, the three golds are fine, the record too but I’m not the kind of person who will run around celebrating. It’s great to claim all these medals, happy to be able to achieve these results but I just wish to go back to the training pool and get ready for the World Championships too.”

Silver – Matteo Rivolta (ITA) 22.14

“I’m very happy with this outcome. I didn’t swim as well as yesterday, I felt a bit tired. My swimming wasn’t perfect but I’m happy for Szabo and his world record as he is a great guy. I’m also happy for Thomas to win the bronze. It means a lot to have two Italians on the podium – a veteran and a ‘younger lion’ like Thomas. It is a great incentive for the World Championships. Today I couldn’t have asked for more than a silver. To be honest, I didn’t think I would be able to swim 50m so fast together with the younger ones. I congratulate both to my staff and my coach for not having lost the focus and our goals from the very first day of the championships. I’d like to dedicate this medal for my family for supporting me throughout 2021, which was a year with lot of changes both in my private and professional life.”

Bronze – Thomas Ceccon (ITA) 22.24

“I’m really satisfied with this bronze medal. This was not a race I expected to win. I’m really happy to share the podium with my team-mates from ISL. Immediately after the final I rushed to swim the 100m IM semis but I was just too tired, I tried but I couldn’t make it. All in all, I’m still satisfied as I gave all I had today. For me, all these races are competitions but also trainings, I’d like to peak in this short-course season in Abu-Dhabi. These two medals are my first individual podiums at international meets which makes me extremely proud. What’s the most important that I know I’m doing a good job, we are working a lot and I enjoy what I do and hope to be on the right track.”

Mixed 4x50m free relay

Gold – Netherlands 1:28.93

Thom de Boer: “We feel actually relieved. We knew it would be a close race but we are also very strong sprint team. All four of us made individual finals in the 50m. We knew it was doable and we are very happy to make it and with quite a margin. I wanted to focus on this relay that’s why I withdrew from the 100m free semis. I knew it would have been really hard to get a medal in that event anyway while we had much better chances here.”

Maaïke de Waard: “It went really fast. We knew that the boys swam like hell and we had to get ready to get off from the blocks really fast. It was fun to do it with this team and it’s the mixed part, to swim with the boys I love the most. I raced a lot today but I had enough time between the events to warm-down and up properly.”

Silver, tied – Italy 1:29.40

Lorenzo Zazzeri: “This was actually a very complicated race to swim. Costanza was excellent in the last leg. It was very difficult to keep the focus at the end of this very busy day. This was a very good training for tomorrow, I find swimming these mixed relays very entertaining and stimulating. We knew the details would decide the order of touching the wall. It’s a great feeling to see Italy gaining multiple medals each day.”

Silvia di Pietro: “This medal almost feels like a gift. It was really nice to swim together. We were all very busy with the other races earlier in the day but we truly gave our best.”

Costanza Cocconcelli: “I truly tried to give my best. I know I’m still a step behind compared to the rest of team. For me, it’s an honour to be such a great team, I’m very happy with winning this silver medal.”

Silver, tied – Russia 1:29.40

Kliment Kolesnikov: “Not bad, personally I wanted to win this race, the gap was not that big. All of us are tired but we didn’t feel that during our swims.”

Vladimir Morozov: “Silver is not bad. We won a medal in each relay which is very good.”

Arina Surkova: “We could have won but something went wrong. I feel really tired now.”

6 November 2021