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Heroes of the Day

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Stephen Milne:

“It was a two seconds faster we did in Rio, so it shows the improvement, we stepped forward, but the sport is about to step forward.

Most of it what we done to ourself, with our job, the preparation, we just keep our heads done. We understand there is a massive competition over there.

We have special bonds, we liked hugged, cried, shared the emotions during the journey and stand on the podium with this guys, you know, making history.”

Nicholas Grainger:

“James is very-very important part of the team, he is amazing, but everybody played his part very-well, everybody is important.

I do not know James for a very long time, he is very confident, he knows how to race, he is a really good swimmer, but here is at the team everybody is great one.

It is a fantastic feeling to be there, the feeling is unbelievable, because you see people in the pool, who won Olympic championship.

Two years ago, I just watched the race, now I was part of it. This competition for me is very special to stand on the podium. I have nothing else to say, it is fantastic.

For me personally, as a team we keep on growing, there is 3-4 guys who are fast enough to be part of the team. We just keep on going forward, we motivate each other and we compete with each other at the British competition, but it is a special thing in the team, help each other, count on each other. I am looking forward the next years bring to us until 2020, Tokyo.”

Anton Chupkov (RUS) winner of the gold medal of Men’s 200m Breaststroke

"Finally this happened and the national team won three gold medal today. This is the best day so far and this is not the last day.

Yesterday I had a quicker 50 meter to tell you the truth.

My secret is to try to be hold myself at the beginning and prepare for the finish, this is my tactic.

Efimova is the best, is the simple answer.

I hope there is still for room perfection.

I hope I am going to accomplish to break the world record and I am going for that.

It just gives my faith and that is all I can say about that.

Yesterday had no influence on me, I completely forget it and focused it today.

I cannot speak from behalf of my teammates but I just do what my coaches asked from me.

We are on a level to perform more and I think today's achievement, 3 gold medal and 1 silver are reflecting our improvement.

I also saw how my teammate won the race, I heard the anthem and I was very happy for him.

This day is going to be a memorable day and I hope that this kind of days will come sooner in the future.

We are trying to do everything to achieve this kind of performance."

Evgeny Rylov (RUS) winner of the gold medal of Men's 200m Backstroke

"I'm really happy that as team, we won three gold medal on this day.

I'm really happy to win my first gold medal here.

I have to work on my time because my ultimate goal is the world record.

The very first half was really successful but I always have problems with the second one.

I can keep the speed first 100m but I have to work on the second 100m because at the end I was half-dead. I really have to work on the second half.

I expected myself to be faster and quicker, not everything went well this year for me."