

Flash Quotes As of 6 AUG 2018

HALÁSZ Bence (HUN)

Hammer Throw Men Qualifying Rounds Group A - Winner 76.81 Q

My goal was to qualify with the first throw and to save energy for tomorrow. I think this atmosphere was very good today when you think this is just the first day of the event. The crowds will go mad. About ambitions - of course, my ambitions are high but I do not want to say anything about the final yet. We will see tomorrow. Two days ago, I had my birthday but did not have the chance to celebrate as I was travelling to Berlin. Maybe after the championships...

06/08/2018 17:09

MARTINA Churandy (NED)

100m Men Round 1 Heat 1/5 - Winner 10.24 Q

This round went well, better than I expected. With the first round, you do not know how it will go. The weather is nice and hot. I did my fast times early this season. But then I was not sure I was doing the 100m. But I am the defending champion. It was very good. I do not remember this track and this stadium from 2009 because I could not compete then because of a sore throat. My ambition is to perform better than last time, i.e. to win with a better time than in 2016. I changed my coach and we work in a different way now, we listen more to the body.

06/08/2018 17:12

TENTÓGLOU Miltiádis (GRE)

Long Jump Men Qualifying Rounds Group B - Winner 8.15 Q

Of course, I am in a good shape. I was preparing for these championships and I am ready. I had a good warm-up and was focussed. Plus I am very consistent. Qualifications are sometimes harder than the event itself because you think it is easy, but it is even harder. I feel ready for the final. We will see. For the final, I hope for the best. My aim is to jump at least 8 metres.

06/08/2018 17:19

HEINLE Fabian (GER)

Long Jump Men Qualifying Rounds Group B - Second 8.02 Q

You saw at my first attempt that I was very nervous because I had a fault attempt. But the atmosphere and the support of the crowd made up in the second attempt with 8.02m. For the final I hope that there will be the same support and atmosphere and even more. The heat is really good for long jump.

06/08/2018 17:25

JUŠKA Radek (CZE)

Long Jump Men Qualifying Rounds Group A - Third 7.87 q

Before the championships, I was watching the qualifications from the past events and it was not flying too far at these championships either. I think, the reason is that all the jumpers are tuned just for the final. And that will be a different competition. My warm-up was much better than the competition today. My target is clear. I stayed out of podium in Amsterdam with the fourth place so I am definitely ready to go for a medal and for the revenge here in Berlin. But I want to stay humble and focused to show good jumps.

06/08/2018 17:52

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TORNÉUS Michel (SWE)

Long Jump Men Qualifying Rounds Group B - Third 7.91 SB q

I have been to Berlin before, between 2009 and 2018 a lot has changed for me. I achieved a SB in my only valid attempt today. I have had a lot of problems this year and I barely made it here. In the final, everyone of the eight athletes wants the gold, and the winner could also be me.

06/08/2018 18:10

BRAMBLE Dan (GBR)

Long Jump Men Qualifying Rounds Group A - Winner 7.89 q

This qualification was very exciting. I was a bit nervous , but I made it to the final. I knew very quickly that I qualified because I was keeping track on my group. I am in great shape and I hope to show it in the final. This track is really fast. All the competitors are quite close together, so it will be fun in the final. My aim is to enjoy the experience and possibly come home with a medal.

06/08/2018 18:14

REUS Julian (GER)

100m Men Round 1 Heat 2/5 - Second 10.37 Q

This was great. It is such a great luck to have these championships here. My race was good, I got a bid Q and can rest until tomorrow. This system with direct qualification for the fastest sprinters is ok for me. I am happy to race today, it is different for everybody.

06/08/2018 17:15

WILSON Alex (SUI)

100m Men Round 1 Heat 3/5 - Winner 10.32 Q

I needed to get out of this easy. It was very important and I hope you will see me on this beautiful track even next days. I have no special goals for 100m as I am also running the 200. But I am having a good season so far and I am hoping for a nice result.

06/08/2018 17:07

QUARCOO Jonathan (NOR)

100m Men Round 1 Heat 4/5 - Winner 10.37 Q

My start was OK today and the first 50 metres I felt really good. I feel I have still a lot to give. The medals in Berlin will be really high - low under10. The track is very fast and I like it too. There are many fans from Norway here at the stadium and I like they are cheering for us. I have all my family here supporting.

06/08/2018 17:03

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WICKI Silvan (SUI)

100m Men Round 1 Heat 5/5 - Winner 10.28 Q

It is just great. On the 100m lanes there is a lot of shadow now. Well, the wind I do not know. This stadium is awesome. It is my first time to be in this stadium. The track is soft and fast and I like it. I made up to my expectations because I achieved to be in the semi-finals. I will also compete in the 200m and the relay. And with the relay we want to get a medal. In Switzerland at the moment there is a lot of great talent in the sprints. Most of the women train with the same coach whereas the men have different coaches.

06/08/2018 17:21

KOUNTA Muhammad Abdalla (FRA)

400m Hurdles Men Round 1 Heat 2/4 - Winner 50.60 Q

It was a good race but I made a mistake in the last part of the race which costed me a lot of power and energy. I had to push it very much to the finish line. My goal was the semifinal so I fulfilled it.

06/08/2018 17:19

KUCERA Martin (SVK)

400m Hurdles Men Round 1 Heat 2/4 - Second 50.75 Q

It was very painful and I ran the way I always do - from the start to the finish. I gave everything into it. The semifinal will be the same and I know it is going to hurt again. This heat was not too fast what also helped me. Now, time for regeneration and I will fight again.

06/08/2018 17:22

COROLLER Victor (FRA)

400m Hurdles Men Round 1 Heat 3/4 - Winner 50.10 Q

My race was not perfect, but I was fast on the homestraight as always. My aim is to reach the semi-finals and also the final. Last year, at the World championships in London, I fell in the semi-final and was disqualified, so I want to make people and myself forget this with great races in Berlin.

06/08/2018 17:37

NECHYPORENKO Denys (UKR)

400m Hurdles Men Round 1 Heat 4/4 - Winner 50.26 SB Q

I am very happy. These are my third European championships. In Amsterdam, in 2016, I was out in the first round. This is my first win in a European championships heat. The difference this year? Well, the atmosphere, this big stadium and so many people. In the next round I want to achieve a new PB, I want to go sub 50s.

06/08/2018 17:42

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FAJDEK Pawel (POL)

Hammer Throw Men Qualifying Rounds Group B - Winner 77.86 Q

This circle is good - it is not too fast, not too slow. I think we can see throws over 80 metres tomorrow. Three, four, maybe even five guys can make it if they feel 100 percent OK. I have been doing this all my life so of course, I want to win. I had many problems in the past so I want to do my best. I tried to not to change my technique but I think it has changed due to the injury. The next motivation for me is my daughter but it is very hard to be a father if you are 250 days a year out of home. My daughter will be very tall I think so she can try maybe some jumps in the future. But 100 percent she will not be a thrower.

06/08/2018 18:48

LOMNICKÝ Marcel (SVK)

Hammer Throw Men Qualifying Rounds Group B - Fourth 75.08 q

I feel great. The first attempt was very easy but it was not long enough. The second was like pushing it too much but I hit the cage. The third was just to secure the qualification. I feel well prepared for the final and I was not nervous at all. I am very glad to have such training partner as Pawel Fajdek. He is my motivation to improve every day. Before that, I was training myself on my own. Now, I am always the one behind him but it is the best motivation to train with the world's number one.

06/08/2018 18:57

AFONIN Maksim (ANA)

Shot Put Men Qualifying Rounds Group A - Winner 20.33

I really enjoyed having competition in here in this main square in the town. Although we were not at the stadium, there is a really good atmosphere amongst the crowd, and our group is very pleased with the organisation so far. For the final, I am hoping to improve my throws, given, this afternoon, I was only seven centimetres short of achieving direct qualification.

06/08/2018 19:02

PEZER Mesud (BIH)

Shot Put Men Qualifying Rounds Group A - Second 20.16

My technique is still not perfect, and I was throwing much further during the warm-up earlier. Hopefully, I will be able to throw like that again in tomorrow's final.

06/08/2018 19:05

BUKOWIECKI Konrad (POL)

Shot Put Men Qualifying Rounds Group A - Fourth 19.89

Coming to the championships as European indoor champion is not really added pressure for me as we have other big names here. Not only World and European champions but also Olympic medallists. At the moment, I am not too confident I made it to the final. So, we will have to wait and see how the group B qualification turns out later.

06/08/2018 19:07

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OKPARAEBO Ezinne (NOR)

100m Women Round 1 Heat 1/3 - Winner 11.44 Q

It seems I have a big fan club here - it is crazy! And it is also motivating. About a false start you always get nervous, but I knew it was not me. And then came the second start and I just saw myself just run. I take it just round by round. I am having so much fun. Now, I try to stay as calm as possible and save energy. I do for sure remember Berlin 2009. My aim this year? I stopped thinking about times, I only think about places and I want to enjoy the moment and have fun here. I wear a necklace that brings me good luck, plus I say something to myself before the start.

06/08/2018 18:05

KWAYIE Lisa Marie (GER)

100m Women Round 1 Heat 2/3 - Winner 11.30 Q

This is a dream come true. I cannot believe it! But I see my name on the screen. It is so beautiful, so wonderful. I wanted to reach the semi-finals. And now I am there with a big Q, this is just crazy! How did I achieve this? Well, I stayed relaxed, I stayed by myself and did not look left or right to my competitors. This is my first time to compete in this stadium in Berlin. I had goose pimples when I entered the infield. People supported me everywhere and cheered for me. I have never experienced such a great thing before.

06/08/2018 18:19

HEALY Phil (IRL)

100m Women Round 1 Heat 3/3 - Second 11.44 Q

I am absolutely delighted for this heat and the qualification. Actually, my main focus is on 400m but it just happened that this season my best events are 100 and 200 so I am running it. I am expecting to give the best at both 100 and 200 in Berlin on this great track and environment.

06/08/2018 18:06

STORL David (GER)

Shot Put Men Qualifying Rounds Group B - Winner 20.63 Q

Today was the first step towards the final, but despite feeling good, I was a bit nervous because this is my home country, my capital. The crowd is amazing and that helped, too. This year my opponents are very strong, so I have to be careful in the final.

06/08/2018 20:02

HARATYK Michal (POL)

Shot Put Men Qualifying Rounds Group B - Third 20.59 Q

My preparation involved a lot of rest so I could focus on this particular competition. I am definitely ready to fight although David has an advantage of having the support of his home crowd. I am a little nervous about the final as this is a strange setting for me. Today, we competed here in town but tomorrow, the final will take place in the stadium which I have only visited once before. Even though I am ready to throw 22m, I feel my team mate Konrad could be my strongest opponent.

06/08/2018 20:05

Flash Quotes As of 6 AUG 2018

SKARVÉLIS Nikólaos (GRE)

Shot Put Men Qualifying Rounds Group B - Fifth 20.24 SB q

I believe my first round effort would have taken me through to the final, especially because I was feeling very strong during the warm-up. How could I not when they are playing 'Zorba, the Greek' here at the competition event. I came up here earlier, and this field around the church is amazing, so I am hoping to see more of it in the next few days.

06/08/2018 20:09