

Flash Quotes As of 7 AUG 2018

DZIUBIN Dzmitry (BLR)

50km Race Walk Men Final - Third 3:47:59 PB

Coming to this championships, I believed I can finish 6th - 8th so I did not even think about any medal. It is hard to even find words to describe the feelings now. I feel exhausted but delighted at the same time. The key moment came on the 43km but I just kept walking and followed the instructions of my coach. The big help at this hot crazy weather came from the crowds and fans supporting all the way around the course. It was amazing and it gave us the energy to continue.

07/08/2018 13:14

TÓTH Matej (SVK)

50km Race Walk Men Final - Second 3:47:27

This silver is worth all the gold in the world. I know everybody was expecting gold from me, even I was going for the first place. But I am second and I am glad for it. I do not regret anything, these emotions are worth all the pain and struggle. The same thing as in Rio happened to me - I suddenly found the energy and the feeling I cannot give up. The half of my body wanted to stop but the people who supported me all the time in that difficult period helped me to get to the finish. The crucial moment came at the 46th kilometre when I saw the guys are already fed up with it. But I found the energy coming from heaven or from the fans and kept the pace. Now, I have the tears in my eyes.

07/08/2018 13:18

ZAKALNYTSKY Maryan (UKR)

50km Race Walk Men Final - Winner 3:46:32

This victory is not mine, it belongs first of all to my coaches and all the people who believed in me before this event. My training results were not so good before the championships so I had many doubts if I can make it today and whether we were going the right direction in our preparation towards the championships. But my coach prepared me mentally for this and he made me believe I can go for a medal. But still, I could not even think about winning in Berlin. It was hot, but we are all just people and have to deal with it. Only the competition shows who is the best. Now, I started to believe that it is possible to beat the Olympic champion. When I went over Toth, I did not have any feelings, just continued my pace but, of course, I wanted to beat him.

07/08/2018 13:25

TSVILIY Alina (UKR)

50km Race Walk Women Final - Second 4:12:44 NR

When I saw the weather forecast, I just wanted to get to the finish at this distance. But only after the 30th km I started to understand that I just must keep my pace and go on to finish it. Sometimes, I really felt bad but I did not want to stop. I believed in top 6. It was very strange to go almost the whole competition just by myself as all the girls were far from me. This was absolutely a great experience for the future. My husband and my coach persuaded me that I can do this event. But the person who trusted me the most is my 5-years-old daughter Liuda.

07/08/2018 13:31

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HENRIQUES Inês (POR)

50km Race Walk Women Final - Winner 4:09:21

During the first 20K of the race, I was feeling very relaxed but as the temperatures started increasing, by the time I reached 30K, I started struggling a bit. However, I knew I had a considerable advantage over the athletes behind me so I didn't worry so much about finishing with a faster time. Had the temperatures not been so hot today, I could have aimed for a better time, but I'm very pleased I am able to add the European title to the World title from last year. My coach doesn't think I should have gone ahead and run along the men's race, and as more women are joining this distance event, I think I will have to trust his advice even more from now on. Currently, there's a joint effort to have the 50K Walk as one of the Olympic athletics events, so I am very proud of being one of the women fighting for that to happen. For now I really hope to get some rest and celebrate this achievement, which is the product of work done by my coach, physio and many other people who support me during training and competitions.

07/08/2018 13:37

TAKÁCS Julia (ESP)

50km Race Walk Women Final - Bronze 4:15:22

At some point, I was thinking I couldn't keep going, but the cheers coming from the crowd helped satyng focused and strong. It made me realise how important it is to be mentally strong for an event like this, I should known it by now. Having had been through a very unexpected injury, it is easy to feel demotivated, but I moved to a different location, and am now living in Granada, and taking part in the World Cup in China helped me regaining some confidence. In hindsight, I shouldn't have forced myself to train when I was injured, but I succeeded today so all I want is to get some rest and rehydrate my body so I can start preparing my next competition.

07/08/2018 13:47

HARTING Robert (GER)

Discus Throw Men Qualifying Rounds Group A - Fourth 63.29

I am ok. I am not too nervous at the moment about qualifying, about not making it to the final. The ring is now in the sun and it is getting easier now. I was very tense, but still optimistic and positive. The intensity I had under my feet was not enough, I made one or two minor mistakes. I am waiting for my coach to tell me and to improve that tomorrow. I was good for me to have several attempts. There is a lot of positive anticipation for the final: I am looking forward to a beautiful, fair competition . But I am sad that Daniel Jasinski did not make it to the final. My shoe has to become faster as this ring is quite porose. My body feels good, also because we did not train too much last week.

07/08/2018 10:36

MALACHOWSKI Piotr (POL)

Discus Throw Men Qualifying Rounds Group A - No Mark

He did not want to talk.

07/08/2018 10:42

JASINSKI Daniel (GER)

Discus Throw Men Qualifying Rounds Group A - 60.10

Nothing went well today. I cannot tell yet what exactly went wrong, I have to see my attempts again on video. It is a catastrophe. At the moment, I cannot say more. Nevertheless, I will watch the final.

07/08/2018 10:58

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LINKIEWICZ Joanna (POL)

400m Hurdles Women Round 1 Heat 1/3 - Winner 56.66 Q

This race was quite ok. In the last races I had problems on the first 100m, so I changed my blocks recently and today it worked well for me. I feel pain in my right hamstring, this is an old problem. It was hard for me today with the pain but I made it to the semi-final.

07/08/2018 10:10

GAMBETTA Sara (GER)

Shot Put Women Qualifying Rounds Group A - Sixth 17.23 Q

This is so crazy, so lunatic! The atmosphere is so amazing. Today the stadium is not even full, I wonder how it will be tomorrow at the final. It is wonderful to qualify at the first attempt. At the final I would like to improve my SB or even my PB.

07/08/2018 10:42

KENZEL Alina (GER)

Shot Put Women Qualifying Rounds Group A - Fifth 17.46 Q

My first aim was to reach the final. I am really enthusiastic because of this audience. At my first attempt I was very nervous and you see the result. But my second attempt worked well. Now I can rest well and attack tomorrow. I have never experienced such a thing, such an amazing stadium, such an amazing crowd. I wonder how it will be tomorrow. I am looking forward to the competition especially as my family will be there.

07/08/2018 11:02

SCHWANITZ Christina (GER)

Shot Put Women Qualifying Rounds Group B - Winner 18.83 Q

She did not come through mixed zone.

07/08/2018 11:23

KOLB Viktoriya (BLR)

Shot Put Women Qualifying Rounds Group B - Third 17.36 Q

I'm very happy with my qualification to the final. I'm only 24 years old, and already on my second European Championships. I will try to do even better in the final but the other athletes are also very strong so it should be an exciting event. I will try to get enough rest so I come out strong tomorrow.

07/08/2018 11:28

MAYER Kevin (FRA)

Long Jump Men Group A Decathlon - No Mark

This is a black day for me. I do not have an excuse. I am very sorry for those who expected a lot of me, for all my fans. I was in great shape, but today the others were better. I wanted to show much more than this. This was a big mistake. I took a high risk. But I do not regret the risk. I know that many people were expecting a lot from me and it hurts to disappoint them. I do not look at the board any more when I jump. I guess I faulted because of the back wind. I did not think that I could trespass the board three times, to have three invalid attempts. For four years I have always hit the board very well. This is really frustrating for me. I am quite disgusted. This is a huge deception, but this is sport. This is an experience. I do not know yet if I will stay in Berlin to watch the decathlon or not.

07/08/2018 11:46

Flash Quotes As of 7 AUG 2018

BRUGGER Mathias (GER)

Long Jump Men Group B Decathlon - No Mark

Not marking at the long jump is my own fault. I have no clue why and how this happened. It is an honour for me to be here and this is why I will finish this decathlon.

07/08/2018 12:59

ABELE Arthur (GER)

Long Jump Men Group B Decathlon - Second 7.42 SB

The atmosphere is amazing. You, the audience are so great. Please continue like this.

07/08/2018 13:00

BORLÉE Jonathan (BEL)

400m Men Round 1 Heat 2/4 - Winner 45.19 SB Q

How come we always get lane eight? What a beautiful day! All three Borlee brothers qualified for the next round, all three came first in their races. Let's hope in the next round we can do the same or even better.

07/08/2018 11:06

BORLÉE Dylan (BEL)

400m Men Round 1 Heat 3/4 - Winner 45.84 Q

I always try to be at my best and win the heats so I can get a good lane for the final. The draw for the heats wasn't good for any of the three of us, we got lane 8 and lane 1. For the final we will do our best to support each other as we train together plus we also have the relay, so I'm confident we will keep it up.

07/08/2018 11:39

SCHNEIDER Patrick (GER)

400m Men Round 1 Heat 4/4 - Third 46.15 Q

Before the race I checked the SBs of my opponents and knew that I could get third and get a Q. And it worked. The race was going well. Yet, I could have done the last 80 metres faster. This is the next step in my career. This is my biggest personal success in my career. In the relay we have good chances but our big aim are the Olympics in 2020 with the 4x400 m relay. Having the championships here in Germany is something I really enjoy. When I walk around downtown with my accreditation people greet me and wish us all the best, wish us a lot of success. I can really enjoy all this.

07/08/2018 11:13

PETTERSSON Simon (SWE)

Discus Throw Men Qualifying Rounds Group B - Winner 64.82 Q

It's the first time I qualify after the second throw, so I'm very pleased with this result. I think the final tomorrow is going to be fun, I'm feeling good and really looking forward to it. Besides, we have to Swedish athletes in the final, just like at the World Championships in London last year, so we will see what happens.

07/08/2018 11:36

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KANTER Gerd (EST)

Discus Throw Men Qualifying Rounds Group B - Third 64.18 Q

I am pretty old and I am pretty experienced. My first big championships was in 2002 in Munich. I have eleven different championships medals. Here in Berlin, these are my last championships. I am satisfied with my big Q. I had some injuries last year and now I hope to quit my career in a good way. As I am amongst the oldest, I guess my perspective is quite different. I am delighted to be in the final. Hopefully I can get close to my SB in the final. We had some surprises in the qualification, everything is open. The conditions tomorrow will be tough as it will be very hot.

07/08/2018 11:37

HARTING Christoph (GER)

Discus Throw Men Qualifying Rounds Group B - No Mark

We have all been hoping for more. I cannot find an explanation, the throws were "round". This is really frustration not to know why. But my coach told me that I did not "dance the movement to the end". I have to see the videos and talk more to my coach. This competition ended in an unfortunate way. I had a great body feeling and I was in great shape. I hit the net also often in training, it is one of my main mistakes, but it must not happen at so often at a competition. After the third attempt I was not shocked but thought "What the hell". Before the last attempt I did not have any doubt. What happened, these three faults, this is just unnecessary. This was definitely the most important event of the year for me. Normally I compete better when the stadium is full. I will miss that because I will miss the final. I would be easier to watch the final from my couch. But I guess I will be in the stadium.

07/08/2018 12:14

GUDŽIUS Andrius (LTU)

Discus Throw Men Qualifying Rounds Group B - Second 64.30 Q

Andrius said he will talk to us tomorrow after the final.

07/08/2018 14:03

TRACEY Adelle (GBR)

800m Women Round 1 Heat 2/4 - Winner 2:01.91 Q

I am pleased with the way I finished, yet my position during the race could have been better. But each race you learn, that will come easy. This race was not easy, it is always hard. I am very pleased.

07/08/2018 11:23

OSKAN-CLARKE Shelayna (GBR)

800m Women Round 1 Heat 3/4 - Second 2:04.08 Q

This race was no different to any other race. It's a lovely atmosphere out here, the crowd support is amazing in every heat. My preparation for the next race will focus on getting fit, both physically and mentally, as I did all my work prior to the championships, so I'm going to give it my best shot.

07/08/2018 13:57

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HERMANSSON Hanna (SWE)

800m Women Round 1 Heat 4/4 - Winner 2:01.33 Q

I knew that I either had to be in the top three or run a quick time. I came up next to Lamotte and decided to take it. My time is decent, it worked. I felt strong all the way, I checked the video screen to make sure my position is safe. In the next round I definitely want to run a faster time.

07/08/2018 11:41

HERING Christina (GER)

800m Women Round 1 Heat 4/4 - Third 2:01.57 Q

In the previous races we saw that it will be tight, the race will be decided on the home straight. I am delighted with my third place. I am super happy that the heat worked well for me as I was very nervous before the race.

07/08/2018 11:43

HINRIKSDÓTTIR Aníta (ISL)

800m Women Round 1 Heat 4/4 - Fifth 2:02.15 q

Tactical, this race went totally wrong. It wasn't what I had planned, it was terrible so I'm hoping next time will be much better.

07/08/2018 13:55

CARRO Fernando (ESP)

3000m Steeplechase Men Round 1 Heat 1/2 - Fourth 8:29.63 Q

I'm very happy with this race, and felt I was getting stronger and stronger in every lap. Half way through, I asked myself if they were stronger than me, and I didn't think they were, even if there were 3 or 4 of us finishing at the same time, which is always hard. My objective for today's race was to make it to the final, so right now I'm going to focus on getting fit for next race on Sunday.

07/08/2018 11:55

ARCE Daniel (ESP)

3000m Steeplechase Men Round 1 Heat 1/2 - Third 8:29.25 Q

I'm really pleased to have finished 3rd in my heat, it's an incredible feeling. My goal was to reach the final, so only God can decide what will happen then.

07/08/2018 11:58

GRAU Martin (GER)

3000m Steeplechase Men Round 1 Heat 1/2 - 8:33.81

I do not know yet if I will make it to the final. This is really annoying and sobering for me. I gave it a try. I can only hope that the others will not run too fast.

07/08/2018 12:49

Flash Quotes As of 7 AUG 2018

RAITANEN Topi (FIN)

3000m Steeplechase Men Round 1 Heat 1/2 - Winner 8:28.48 PB Q

I surprised myself. My only goal had been to make it to the final. I am so surprised that I won this heat and this with a new PB. Well, my PB had not been to good, there were some seconds to catch. Now I have reached my goal. In the final, I will be the last guy as long as possible. There are many better guys than me at the moment. I have still many years to improve myself, so one year I will be the champion.

07/08/2018 12:51

ROE Martin (NOR)

Shot Put Men Group A Decathlon - Fourth 15.48 SB

I did not expect to lead after three events. At the long jump, I gave everything on my first attempt because I did not want to use extra energy more more jumps. The shot put was very good for me with the SB. So, my first three events have been very good. Now I have to keep it cool and not think about the end, about what could be. I need to take one event at a time. I feel in great shape and hope to keep a good rhythm.

07/08/2018 12:54

KOWAL Yoann (FRA)

3000m Steeplechase Men Round 1 Heat 2/2 - Third 8:28.75 Q

I did not want to take any risk and I was lucky. It was a difficult race, but I was not stressed. Being stressed is rather something for the final. We have three French athletes in the final. That shows how strong we French are.

07/08/2018 12:21

CHIAPPINELLI Yohanes (ITA)

3000m Steeplechase Men Round 1 Heat 2/2 - Winner 8:28.41 Q

Having seen the first heat I knew that I had to run fast. Otherwise it would become very difficult to make it to the final. I am satisfied, it was very difficult. I was pacing so hard. I do not know yet in which way I will run in the final, I do not know now. But my coach will tell.

07/08/2018 12:23

MEKHISSI-BENABBAD Mahiedine (FRA)

3000m Steeplechase Men Round 1 Heat 2/2 - Second 8:28.61 Q

This was the most difficult heat. I am satisfied to have run which such solid, with such strong athletes. Today I let my experience speak. It is not easy to motify for a heat when you are European champion. I am proud to wear the national gear , in 2004 I wore it for the first time. Every time when I represent France I try to give my best, to give a good picture. Anything else than gold would be a deception for me.

07/08/2018 12:26

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FAJDEK Pawel (POL)

Hammer Throw Men Final - Silver 78.69

I am OK with the silver. Wojciech is my good friend and he was the champion today. Next year, I will take my time to get back on top. Of course, I wanted to win, but I think everything was OK today. I just missed some energy. The heat and the qualification yesterday was very demanding and I did not have the power. I do not think we will celebrate these medals together as we are looking forward to going home to spend some time with our families.

07/08/2018 20:25

HALÁSZ Bence (HUN)

Hammer Throw Men Final - Bronze 77.36

Of course I am very happy, it's the perfect birthday present for me. I didn't have the chance of celebrating properly 3 days ago, so I can do it now. It feels amazing! In the last few weeks I trained less than usual, but that was part of getting fit for these championships. Now, I have a few more competitions back home in Hungary, so I will keep on trying to improve my PB.

07/08/2018 20:29

NOWICKI Wojciech (POL)

Hammer Throw Men Final - Gold 80.12

My coach is never satisfied about my performance. But I think the throws over 80m were pretty good. Everything went as I planned despite the fact that the temperature was very high. This gold medal is very important in my career as I finally won the European championships. I used to be always third so this is the breaking point.

07/08/2018 20:42

LÜCKENKEMPER Gina (GER)

100m Women Semi-Final 1/3 - Second 10.98 EU23R Q

This was awesome! Let's hope that later we will see a medal. With such a support, great things are possible.

07/08/2018 19:09

STEFANÍDI Ekateríni (GRE)

Pole Vault Women Qualifying Rounds Group B - Winner 4.55 Q

Tonight, qualification went really well, but, I would never used the word easy because, at the end of the day, I still need to run down the track and get the mark. What I can say is that it wasn't as tiring as it could have been, I really like this track. On the other hand, when we came out for warm-up earlier, it was hard because of the heat. As soon as the sun went down it felt much better, as long as we are not too warm that's fine.

07/08/2018 20:51

BRADSHAW Holly (GBR)

Pole Vault Women Qualifying Rounds Group B - Second 4.50 q

I am used to wait a lot in qualifications. I had a good warm-up and then I had to wait for two hours. The pressure is building up. I am happy with how the qualification went. I only needed one jump and now I can rest well. This one jump felt really good. If I jump like this is the final I could clear 5,80 or 5,90m.

07/08/2018 20:57

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SIDOROVA Anzhelika (ANA)

Pole Vault Women Qualifying Rounds Group A - Winner 4.50 q

It was a tough qualification because of the hot weather and I also started to feel a bit tired in the end. But the stadium is nice and I am curious about the final. I do not know what will be the height needed for a medal. Lets talk about the final when it is over. The main support for me here is my coach.

07/08/2018 21:08

GUILLON-ROMARIN Ninon (FRA)

Pole Vault Women Qualifying Rounds Group A - Second 4.45 q

I had a good warm-up. I had to stay warm for a long time as I started the qualification later than usual. I am very satisfied. Now I have a real regularity with these heights. It is really a pleasure that now everything comes together, comes into place. Now I can relax. This is top!

07/08/2018 21:18

PINTO Tatjana (GER)

100m Women Semi-Final 2/3 - Third 11.26

This is not super if you come third and do not qualify automatically. I tried be amongst the fastest but I had a bad start. Now I have to try to reach the final with the two fastest times.

07/08/2018 19:17

JAKUBCZYK Lucas (GER)

100m Men Semi-Final 2/3 - Sixth 10.32

I wanted to run faster but I did not succeed. Anyway, this is a cool experience. I will run again here on the weekend with the 4x100m relay.

07/08/2018 19:35

REUS Julian (GER)

100m Men Semi-Final 3/3 - Fifth 10.37

Unfortunately I did not make it to the final. Now for the relay, the plan is to race well through to the finish line and to make it to the relay final.

07/08/2018 19:43

WARHOLM Karsten (NOR)

400m Hurdles Men Semi-Final 1/3 - Winner 48.67 Q

This must be the coolest stadium I have ever run at. I always plan to give everything in the race but we will see how it goes later on. I am very happy about my shape. I was told that the guys would be very competitive in the semi-final, more than I expected. But I feel good. There are many big names who can run very fast so I take nothing for granted in the final.

07/08/2018 20:04

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MÄGI Rasmus (EST)

400m Hurdles Men Semi-Final 2/3 - Winner 48.80 SB Q

I was in lane six, I maintained control over the race. I knew that I have a strong finish and I executed well, with a SB. My body is in shape and the mind is fresh. I did my own race. For the final, I do not want to worry about the rest of the guys, that is my plan.

07/08/2018 19:58

COPELLO Yasmani (TUR)

400m Hurdles Men Semi-Final 3/3 - Winner 48.88 Q

I think the race went really well tonight, especially coming out of a leg injury. I'm really glad I recovered on time for these championships, perfect timing. Now I'm going to rest and get some rest before the final.

07/08/2018 20:05

ABDI Bashir (BEL)

10000m Men Final - Silver 28:11.76

I was working very hard to get this medal since 2010. So I finally got it. In Helsinki, I got 4th, in Zurich fifth, so now it was now or never. But all these ups and downs are just the part of the game. I think I ran a smart race, saved the energy for the finish. I think the real race started at the 5th kilometre and the last 800m were crucial. All the guys started to push it. I was going for gold but I am OK with the silver as the race was very tactical. And the silver medal is not bad, I guess...

07/08/2018 21:03

CRIPPA Yemaneberhan (ITA)

10000m Men Final - Bronze 28:12.15

I'm very happy as this is my first medal in a senior championship. After training so hard, I am pleased all went according to plan. This was the result of a very long and hard preparation but I can't celebrate yet. I still have to run the 5K on Saturday, and, hopefully I will be able to take a second medal home. There is time to celebrate at the end of the championships, maybe I will open a bottle of champagne then.

07/08/2018 21:03

AMDOUNI Morhad (FRA)

10000m Men Final - Gold 28:11.22

You have a magnificent Olympic stadium. Thank you. Today, I am over the moon, sooo happy. Long live Germany and long live France! I would like to thank my wife, my coach and the French team. It is set off now, I will focus on the 5k. During the race, my muscles felt very well. I have come from very far. I have had many big difficulties. But I did not give up. I ran at the World championships in 2009 here, too. But without success. And now, nine years later, I come back here to win this European title. This stadium is great. On the last lap I was very impatient. Now I feel very relieved.

07/08/2018 21:11

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HARATYK Michal (POL)

Shot Put Men Final - Gold 21.72

Today, it was a really good day for the Polish athletics. I am very glad for Kondrad but until the sixth attempts, I felt in danger. I knew all these guys are very strong and are able to throw further. I was lucky this time. It was not easy but I am satisfied with my attempts and the distance. I think the level of the Polish athletics is very high and I hope we will top the medal table again. I will cheer for all my teammates now. I guess there will be no big celebration because i want to celebrate at home with my family and girlfriend.

07/08/2018 22:20

STORL David (GER)

Shot Put Men Final - Bronze 21.41

This competition was real fun. A lot of athletes fought for the third place. It was an excellent final, very competitive with six athletes over 21 metres and two athletes over 21,50 metres. Winning a medal is the main aim at a championship. This competition was on a very high level. But I was missing the last bit of luck. The luck one need to slap one out. I am really looking forward to receive my medal tomorrow. Not everything come together totally today. After the World championships in 2009 I knew what atmosphere and which great support to expect. I tried to animate the audience. I totally enjoyed everything. After my first attempt, I concentrated on my technique and tried to be faster. I am definitely happy with this medal, it is my fourth medal at European championships. I saw my teammate Gina win the silver and I saw my teammate Arthur in the 400m of the decathlon: Man! Awesome! Germany can really look forward to great championships!

07/08/2018 22:23

BUKOWIECKI Konrad (POL)

Shot Put Men Final - Silver 21.66 NU23R

It is not a shame to lose with this guy. Michal is very strong and I am glad we managed to top the podium together. For me, this result is great- it is my PB outdoors and my third best throw ever. The season is going well, I managed to throw over 21m already five times this year. So the consistency is good and I can focus for the next goal. Of course, the stadium was cheering mostly for David Storl but when we got to the circle, they also started to support us. I liked the atmosphere with the loud music because we also like to play music during our trainings. If I could chose, I would play AC/DC or Linkin Park for me.

07/08/2018 22:23

ABELE Arthur (GER)

400m Men Heat 4/4 Decathlon - Third 48.01 SB

Second after day one: Generally I am a hunter. Also because my first day is nearly as strong as the second day. (To the audience) If you continue tomorrow like you did today, then we will set it really off tomorrow, for sure! All hell will be let loose! Everything will happen here. When I see Gina Lueckenkemper win the silver medal I get goose pumps myself. Congratulations to her. Man! Awesome, such an atmosphere. My last 100m felt so light in this 400m race because of the support of the crowd. I feel very good, feel in great shape. I was able to save some energy with just one attempt in the long jump and only two attempts in the shot put. My aim is a new PB.

07/08/2018 21:24

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DUCKWORTH Tim (GBR)

400m Men Heat 4/4 Decathlon - Seventh 49.87

The competition was really strong between Kevin and I. High jump wasn't really what I expected, I'm more used to do it indoor. Today, there were some ups and downs but that's Decathlon for you.

07/08/2018 22:35

SCHIPPERS Dafne (NED)

100m Women Final - Bronze 10.99 SB

Medal counts so I am happy for it and this was also my best race of the season so I am glad. The medal is always OK. Coming as the defending champion, I did not feel the pressure. All the girls are very strong and I think the level of the sprints in Europe is rising.

07/08/2018 21:39

LÜCKENKEMPER Gina (GER)

100m Women Final - Silver 10.98 =EU23R

These are happy tears. After two bronze medals in Amsterdam, now I got a silver medal. I knew this was going to be great. I felt so strong and great in training. I knew I was able to run sub 11 and now I even managed to do so twice! This atmosphere is really phat, so rad. There were 50.000 people in this stadium screaming my name. Image, to win a medal before your home crowd, in the 100m, with this amazing time and then to do a honorary lap in front of your home crowd. There is nothing more beautiful than this! I was very relieved when I saw the results in the screen. A dream has come true for me. I had this goal during my whole season. The first step is done with this medal in the 100m. I was able to manage my own high expectations. Now I am looking forward to the relay. I am crying but because of joy.

07/08/2018 22:18

ASHER-SMITH Dina (GBR)

100m Women Final - Gold 10.85 =WL

I'm so happy with my time. I came here to be European Champion, so I'm happy to have achieved that. I didn't realised I had won until I turned around. Now, I'm going to have to deal with being the World Lead but I can deal with that. Europe is definitely the place to be sprinting, these girls are fast! I want to thank the fans across Europe for all the support at all the Diamond League competitions. One race down, let's see what happens next in the 200m.

07/08/2018 22:31

HUGHES Zharnel (GBR)

100m Men Final - Gold 9.95 CR

This was my main focus of the whole season and I am glad I made these fans happy as they were cheering for us a lot. This is what I really wanted and worked for it. You know, I have got some rocky season, I got disqualified at the Commonwealth Games, so this victory is very important for me. Before the championships, we were talking with my coach about how to handle the pressure and to stay focused, execute well. And I really did not feel any pressure coming to the stadium. It was a great day for Great Britain winning two golds and one silver in sprints. I think it is the good way towards the Olympics if I stay healthy. Usain Bolt did what he did at this stadium. I did the championships record and I am happy for that. Yes, the cookies and cakes are really one of my weaknesses. But maybe I will get some little cookie tonight, I do not know.

07/08/2018 22:14

Flash Quotes As of 7 AUG 2018

PRESCOD Reece (GBR)

100m Men Final - Silver 9.96 =NU23R

I am so glad. These are my first big championships and I come home with a medal. I cannot complain. I am obviously in great shape. This medal is a bit bitter sweet. Because my plan was to win today, but I am still young. I work hard, I train hard, I push myself hard but at the race I am pretty chilled, pretty relaxed. Last year gave me a lot of confidence. My next target is to deliver more performances like this one.

07/08/2018 22:15

HARVEY Jak Ali (TUR)

100m Men Final - Bronze 10.01

As I could not get the gold medal in the last championships I focussed on doing the best I could do ever. So it is good to have a medal now. Also, I helped designing the t-shirt for the Turkish team and we won our first medal with it.

07/08/2018 22:55