

**Flash Quotes** As of 10 AUG 2018

**FIODOROW Joanna (POL)**

**Hammer Throw Women Qualifying Rounds Group A - Second 71.46 Q**

The qualification went exactly as we planned. The 71m is a good result and I did not want to throw further in qualification. Now, I have half a day rest, then a practice. I liked this circle very much. I competed already in 2014 after Zurich and my team mate Anita also managed to throw the World record here so it must be a good one. Of course, I talked to our hammer throwers before the competition. Wojciech is also my training partner but all he said to me was: Just do what you are used to do and it will be good. Anything is possible in the final. And we are hoping for two Polish medals, even three...

10/08/2018 10:22

**MALYSHIK Hanna (BLR)**

**Hammer Throw Women Qualifying Rounds Group A - Winner 72.39 Q**

It was all about the qualification today and we just need to wait how it goes later on. The conditions are OK, all went well. Lets talk after the final.

10/08/2018 10:28

**HRAŠNOVÁ Martina (SVK)**

**Hammer Throw Women Qualifying Rounds Group A - Seventh 66.37**

I lost my hope for the final. The sad thing was that the first attempt flew very far, I just made a small technical mistake and it went out of the field. Even if it was 2 meters shorter but stayed inside, it would be enough. Unfortunately, I started to panic after that attempt and I controlled the second too much. The third was just too short, without the right focus. I could not even believe that it happened to me.

I am in good shape, so I feel even more sad for this qualification because it may be one of the last big events for me.

10/08/2018 10:57

**KLAAS Kathrin (GER)**

**Hammer Throw Women Qualifying Rounds Group A - Fourth 68.64**

I hope that it will be enough for the final. My coach says that it will work. I trust him, he has a good instinct for such things. It would be fantastic to be in the final. That was my goal to arrive at the final. I am now relieved because it is over now, I can exhale. I only have to wait for the second group to know whether I will qualify.

At the training camp in Kienbaum I worked for two weeks, also together with the physios to improve my back. Due to these injury problems I am lacking consistency and stability: I either hit it or not. This is a stunning, breathtaking setting. For me Berlin and London are the most beautiful stadiums in the world. When I entered I spotted my parents quickly.

In 2009, I qualified as eleventh and came forth in the final. So, if I make it to Sunday's final, I can throw relaxed knowing that this is my last big championships. I want to enjoy every moment of it. I could not have a better end for my career. After athletics you will find me at Frankfurt's police working in the press department for social media.

10/08/2018 11:03

**Flash Quotes** As of 10 AUG 2018

**HOLZDEPPE Raphael (GER)**

**Pole Vault Men Qualifying Rounds Group B - NM**

After the second attempt I knew that I would also not be able to clear the third attempt. My body did not want to. It was difficult. Before the national championships I was in such a great shape. But I injured my flexor at the national championships and I had to cure that in the last weeks. I simply could not get more out of my body at this qualification. This is extremely annoying. I thought about these home championships in Berlin already last year, before London. Now I will need some days to digest this. I hope that next year will be more like 2013 or 2015 when I was not suffering from injuries.

10/08/2018 12:40

**DUPLANTIS Armand (SWE)**

**Pole Vault Men Qualifying Rounds Group A - Third 5.61 q**

It's a fantastic competition, this stadium is beautiful but the conditions weren't ideal, so we have to fight more. The big difference between Renaud Lavillenie and I is the fact I'm 18 years old, and he is 31. Whoever shows up and does the best mark on Sunday will definitely take the gold medal.

10/08/2018 12:49

**LISEK Piotr (POL)**

**Pole Vault Men Qualifying Rounds Group B - Winner 5.61 q**

The qualifications are always difficult and it was also a bit too windy today. But everything went well and we are in the final so all is OK for us. I am definitely thinking about medal, and Pawel, my team mate hopefully joins me. Sometimes we talk to each other during the competition, sometimes I give him a massage... no just joking. Of course, it helps that we will be there as a team.

10/08/2018 13:01

**FILIPPÍDIS Konstadínos (GRE)**

**Pole Vault Men Qualifying Rounds Group A - Third 5.61 q**

Every qualification is a special competition and always very stressfull. The weather was different than the days before, it was much cooler and windy but I think it did not affect the result very much. Now, I feel OK, injury free. In Birmingham, I had a fracture in my feet but now all is OK.

The final will be a different competition. We all start from zero and we all have the same opportunity to win a medal. And the conditions will also be the same for everyone.

10/08/2018 13:04

Flash Quotes As of 10 AUG 2018

## LAVILLENIE Renaud (FRA)

### Pole Vault Men Qualifying Rounds Group B - Winner 5.61 q

I was not happy with my performance. The wind was turning around and it was difficult. Now I can focuss on the next step. In the final I want to jump as high as possible. This morning was kind of a test for my knee which had been injured. Luckily it worked pretty well for me. Sunday will be another day. I am feeling good.  
I almost started my career in 2009 in Berlin. But I would rather say that I started it at the European indoors championships in Torino in 2009. For me, the real beginning was Torino. A lot of things have changed in sports since then: and we all have to cope with that.  
About Arnaud: I have a special relationship with him, I have know him for many years. We are good friends. In a competition , of course, everything changes. It is good to have young talents come up. The final will be very interesting.  
I did not bring my daughter to the stadium because it would be too complicated. In few years she will be able to understand better what is going on.

10/08/2018 13:24

## MÜLLER Laura (GER)

### 200m Women Round 1 Heat 1/3 - Winner 23.06 SB Q

Everybody was saying that the atmosphere and the stadium is just great. But when you come to the start, it is even better and more intense. I could not even imagine how great it would be. It feels like we are all like one big family and it gives you a lot of energy. My target will be to improve in every round and to enjoy it here. I tried to save some energy in the last 10 metres because we also have the relay. We will see how it goes later on.

10/08/2018 11:28

## SKYDAN Hanna (AZE)

### Hammer Throw Women Qualifying Rounds Group B - Second 74.02 SB Q

The 74m is a very good result for me because I have had a very difficult season. I had some technical issues and only in the last weeks I finally found my shape. I hope it will even improve and I will add some metres in the final. My goal is the medal but I know that the Polish girls are very strong. If god helps me, I will make it.  
I just arrived two days ago so I did not have much time to explore Berlin. I just saw it from the bus and I liked it so much. I hope to come back maybe for some holiday.

10/08/2018 11:52

## TAVERNIER Alexandra (FRA)

### Hammer Throw Women Qualifying Rounds Group B - Third 72.88 Q

The goal was to have a correct warm-up and it is a pleasure to see that things are successful and powerful for me. The hardest thing is done! That's it. One thing done. In the final, you can have up to six attempts, that is much easier. Last year was really complicated. I guess, I am going for a medal, I really want a medal, no matter which colour. These are European championships on a road via Doha to Tokyo and I am sure all French athletes are giving their best. And they can still do better next year.

10/08/2018 11:59

**Flash Quotes** As of 10 AUG 2018

**WLODARCZYK Anita (POL)**

**Hammer Throw Women Qualifying Rounds Group B - Winner 75.10 Q**

I still have very vivid memories on 2009 and also on ISTAF when I managed to throw the world record at the time. But it is very hard for me to predict the results in the final because my season is full of ups and downs. I had some very weak throws this season but I have the signs that I should be able to throw 80 m. It is possible that the whole podium will be Polish. I wish we can manage it with our girls.

10/08/2018 12:19

**HAASE Rebekka (GER)**

**200m Women Round 1 Heat 2/3 - Winner 23.44 Q**

Coming into this heat because Tatjana Pinto dropped out, I could run really freely in this race. I had planned to run faster but during the race I just let it roll because it went so well. This is super cool. You just cannot compare this atmosphere to anything else. Verena Sailer [former German sprinter] told us before to suck up every single moment. It is difficult to predict whether all this will help me achieve faster times. I simply want to enjoy it. I like the European Championships because you follow a lot of other sports and at the same time you know that others are sharing my excitement, too.

10/08/2018 11:42

**BAZOLO Lorène Dorcas (POR)**

**200m Women Round 1 Heat 3/3 - Fifth 23.60 q**

Not my best time ever, which is disappointing, but, at the end of the day, I managed to qualify for the next round. That's all that matters, and I hope to run faster next time.

10/08/2018 11:36

**TSIMANOUSKAYA Krystsina (BLR)**

**200m Women Round 1 Heat 3/3 - Winner 23.07 NU23R Q**

It is my personal record but I still can run faster. If god helps me, I can improve and will get to the final which would be great. For the first time in my career, I am competing in such a big stadium with this kind of atmosphere. I am very happy for the results of my team so far and it also gives me a lot of motivation.

10/08/2018 11:38

**MUIR Laura (GBR)**

**1500m Women Round 1 Heat 1/2 - Winner 4:09.12 Q**

I did a good run in this heat, which is great, because, sometimes, it can be very nerve racking to get through to the final. You never know what may happen. Berlin has only just started for me, but I'm really excited about the European Indoors in Glasgow next year. It's my home track, it's where I normally train, and, hopefully, I will be able to defend my title there too.

10/08/2018 12:03

**Flash Quotes** As of 10 AUG 2018

**PEN Marta (POR)**

**1500m Women Round 1 Heat 1/2 - Third 4:09.40 Q**

I'm very happy with the way I ran just now. It felt like a very comfortable qualification, which is great. The 1500m is not about being fast, but rather being able to read the race, and your opponents, so you know when to move forward and get in the right position to get through to the next round.

10/08/2018 12:06

**WEIGHTMAN Laura (GBR)**

**1500m Women Round 1 Heat 2/2 - Second 4:08.74 Q**

I'm really excited about running alongside Laura Muir in the final, we can motivate each other, and make Great Britain proud. I won't tell you what my plan is for the final, but I'm going to get out there and be ready for whatever is going to be thrown at me.

10/08/2018 12:16

**ENNAOUI Sofia (POL)**

**1500m Women Round 1 Heat 2/2 - Winner 4:08.60 Q**

The race was very tactical but it was good for me. It was all about saving the energy for the final. I am ready to fight for the medal. I feel confident and well prepared.

10/08/2018 12:18

**GRØVDAL Karoline Bjerkeli (NOR)**

**3000m Steeplechase Women Round 1 Heat 1/2 - Winner 9:34.23 Q**

Coming here as one of the favourites to win is always added pressure, but that's what I've been training for. I'm determined to get that medal, or one of the medals, at least, so, I'm glad qualification went well. Actually, I prefer to run at front, rather than at the back so I can control the girls behind me, whilst running at my own pace. I'm really looking forward to the final on Sunday.

10/08/2018 12:42

**PONTVIANNE Jean-Marc (FRA)**

**Triple Jump Men Qualifying Rounds Group B - Winner 16.77 Q**

It was not easy today. I am very pleased. Mentally I was there today, very strong. The final comes at the right moment for me. I will do what is necessary to get a medal. In 2017, I was injured and there was also a lot of pressure. This year is different: I feel in great shape, I feel really good. In the final, I guess we are 5-6 guys who can grab the gold medal. Everything is open. At any championship I compete I always aim at gold.

10/08/2018 13:32

**HEß Max (GER)**

**Triple Jump Men Qualifying Rounds Group A - Seventh 16.32**

I am not doing fine at the moment. I am sad and disappointed. The run-up did not work. I know this stadium well, but I had the impression that everytime I ran there was a headwind and this made me insecure. The first attempt was not far enough because I did not hit the board well. And then the second and third were fault because I had to take the risk.

10/08/2018 13:55

**Flash Quotes** As of 10 AUG 2018

**ÉVORA Nelson (POR)**

**Triple Jump Men Qualifying Rounds Group B - Third 16.62 q**

I don't really want to talk much right now, and I'm here to enjoy myself.

10/08/2018 13:59

**TORRIJOS Pablo (ESP)**

**Triple Jump Men Qualifying Rounds Group A - Second 16.79 Q**

I qualified very quickly just with one jump. I needed 16.75m to get the big Q, and I jumped 16.79m, so I'm feeling great. The plan now is to get some rest. Sometimes, when qualification is this easy, the expectations for the final increased, and this can turn into additional pressure. It is important to try and disconnect from the competition, to ensure you get some physical and emotional rest. Tomorrow, I'm going to wake up and train a bit, but not too much, so I can be on top form for Sunday.

10/08/2018 14:04

**GEGA Luiza (ALB)**

**3000m Steeplechase Women Round 1 Heat 2/2 - Second 9:33.11 Q**

Qualification was ok. I tried to control the race, but I know the final is going to be fast. There are at least 2 girls faster than me, including the Swiss one. I'd love to take another medal for my country, if possible. Today, I felt strong, but I found myself stuck in the middle of the pack. I much prefer to lead the race than being caught in the middle of the other runners. After winning the first medal ever for Albania at the European Championships in Amsterdam, in 2016, I want to make my country proud again. I have worked really hard for this.

10/08/2018 12:51

**KRAUSE Gesa-Felicitas (GER)**

**3000m Steeplechase Women Round 1 Heat 2/2 - Third 9:33.51 SB Q**

It simply is mega cool here. Thank you so much, dear audience. I was training in Switzerland until yesterday and watched the European championships on TV and now I can experience this wonderful atmosphere myself live. I tried to stay relaxed during the race, to run a controlled race. I am pleased that I was able to run so smooth and relaxed. I would like to improve my SB in the final. Nothing is guaranteed in sports. My ideal Sunday would be to have a calm and relaxed morning and then to be able to show what I have in myself, what has been waiting throughout the year inside of myself. I know that I have been quite spoiled by success in the last years. And one gets even more hungry for success.

10/08/2018 13:15

**SCHLUMPF Fabienne (SUI)**

**3000m Steeplechase Women Round 1 Heat 2/2 - Winner 9:32.32 SB Q**

I wanted to run with the leading group. It just happened like this that at one moment, I did not want to race to loose speed, so I decided to go in front. And I felt good there and I was able to continue strong until the finish line. My family and friends are here and they wear these smurf hats because my last name means smurf. My supporters have been doing this since the 2014 championships in Zurich. In the final, everything goes back to zero. As I felt very good during this race, I will try to run again like this on Sunday.

10/08/2018 13:20

Flash Quotes As of 10 AUG 2018

## GREAT BRITAIN & NORTHERN IRELAND (GBR)

### 4 x 400m Relay Men Round 1 Heat 1/2 - Winner 3:01.62 EL Q

Yussuf, 1st leg - We have to be honest, that was easy. We did what we had to do to qualify for the final. Martin always executes well, and we all played our part in each leg. We're not worried about beating the European or Championships records here, as this is not a Diamond League competition. Our main goal is to take the gold medal home. We work really well together, we help each other, it's a team effort.

10/08/2018 13:13

## CZECH REPUBLIC (CZE)

### 4 x 400m Relay Men Round 1 Heat 1/2 - Third 3:02.52 NR Q

Sorm, 1st leg: It went very smooth. The target was the final so we managed it well. We will see tomorrow but if we keep the contact with the others, I think we can think about 5-6th place. I think it can be a good time in the end.

Maslak, last leg: I knew that when the guys keep the contact with the other teams, it will be OK. I saw that they were still on 4th - 5th place so I told myself we can make it. The fact that I was already competing at 400m did not affect me very much. To race for the whole team is different than the individual competition. It gives you different motivation. For me, as the indoor specialist, I like the position that you can run behind someone.

10/08/2018 13:21

## BELGIUM (BEL)

### 4 x 400m Relay Men Round 1 Heat 2/2 - Winner 3:02.55 Q

Borlee, last leg - Of course this was an easy win, we're one of the strongest, if not the strongest teams here, together with the Spanish. We're not sure if they qualified though. It's going to be a battle between the Brits and the Belgians for sure. We are still European reigning champions, so we have something to prove.

Sacoer, 1st leg - Some of us have been training together for over two years now, we almost feel we've been adopted by the Borlees. There quite a few of them. We train very well together, and are very close, it really feels like a big family. We really want to make Belgium proud, and continue with this tradition of 400 metres running in our country.

10/08/2018 13:26

## ITALY (ITA)

### 4 x 400m Relay Women Round 1 Heat 1/2 - Winner 3:27.63 SB Q

Chigbolu: The race was fantastic, but the important race comes tomorrow. We hope to repeat our good performance on Saturday. In Amsterdam in 2016, we won the bronze medal and we hope to grab that medal again. Next to Great Britain and Poland we will have to watch especially the Belgium relay. The same team will run in the final, so hopefully we can all recover well. We have a great team spirit and for us running the relay is magic because we all feel that we are running stronger and faster in the relay than we would in a single race.

10/08/2018 13:59

**Flash Quotes** As of 10 AUG 2018

**POLAND (POL)**

**4 x 400m Relay Women Round 1 Heat 2/2 - Winner 3:28.52 Q**

Holub: We knew that the French and the Belgian girls will be very strong but we are also very strong so we still have this dream about the medal. We already have medal from world indoors and this European medal is the only one missing so we really want to win it.

The biggest challenge will be the 400m final tomorrow because it is just 90 minutes before the relay and we also have our girl there. I hope we will be ready so that we can fight for medals.

10/08/2018 14:07

**TRABER Gregor (GER)**

**110m Hurdles Men Semi-Final 1/3 - Second 13.26 SB Q**

I had a great start and then I realized that I was able to stay close behind Sergey Shubenkov.

10/08/2018 19:09

**JUNGFLEISCH Marie-Laurence (GER)**

**High Jump Women Final - Bronze 1.96 =SB**

It was so much fun jumping here. I am so incredibly happy. A final at championships is never an easy competition. I was so motivated. And at the same time a was very nervous, but that got better the more I got into the competition. This is such an awesome atmosphere. I will always remember it.

10/08/2018 21:52

**LASITSKENE Mariya (ANA)**

**High Jump Women Final - Gold 2.00**

I won but I am upset. We expected much better jumps and much higher result. If you want to congratulate me, it is OK, but I cannot celebrate after this event. I do not know why it went like this. I have to talk to my coach and we have to watch the videos. I will continue with the next competitions and the Diamond League but I hope I will feel much better.

10/08/2018 22:32

**DEMIREVA Mirela (BUL)**

**High Jump Women Final - Silver 2.00 =PB**

It was not any special plan today. I knew I would need two metres to win and I came here for gold. So I wanted to spare the precious energu on significant heights. I know what I am trained for so I really wanted to jump even higher and I am sure I will in the next race. I also like when the competition is a bit more exciting for the audience. I could have been the first or the last. there is nothing in between what counts. So I had to take the risk. I liked my jumps today and I enjoyed the competition . The result does not matter.

10/08/2018 22:35



**Flash Quotes** As of 10 AUG 2018

**ORDÓÑEZ Saul (ESP)**

**800m Men Semi-Final 1/2 - Fourth 1:46.82**

It's a real shame I didn't qualify for the final, maybe I didn't push hard enough to get that place. Being in the hot seat meant I was in a position to qualify as a fastest loser, but in the end I had to give that place to somebody else. It happens one of the fastest losers is one of my Spanish team mates, so I'm very happy for him. I'm rooting for Alvaro and Daniel to do well in the final, so good luck for them.

10/08/2018 19:42

**KRAMER Andreas (SWE)**

**800m Men Semi-Final 1/2 - Winner 1:46.14 Q**

Today, I also felt very well and strong so I am happy I confirmed my shape. The field in the semi-final was already very strong. We have the Polish team here and also the French guy - the only tactics tomorrow will be to beat them all. That will be my main focus.

10/08/2018 19:48

**BOSSE Pierre-Ambroise (FRA)**

**800m Men Semi-Final 2/2 - Third 1:46.21 Q**

I did well in this semi-final, but that does not really matter. The only thing that matters is tomorrow's final. It was very loud here. Before our race I saw the time I would have to run to qualify, so I tried to pace in that way. The Polish are not the only ones to watch in the final. Good luck for them.

10/08/2018 19:46

**KSZCZOT Adam (POL)**

**800m Men Semi-Final 2/2 - Winner 1:46.11 Q**

I need to recover. My ambition at the final is to win, of course. I want to defend my title. This is so huge - nine years ago I already ran here at the World championships. It means a lot to me. I am also fast on the final 200m. I had this gift from the beginning but it is also a lot of work to maintain it. We have three Polish runners in the final - this builds my confidence mentally knowing that I have compatriotes at my side.

10/08/2018 19:48

**ASHER-SMITH Dina (GBR)**

**200m Women Semi-Final 1/3 - Winner 22.33 Q**

I'm really happy to be here but I feel emotionally drained after the 100 metres final on Tuesday evening. There are so many talented women competing in the 200 metres, including the World Champion. I'm in much need for a good recovery for tomorrow.

10/08/2018 19:56

**Flash Quotes** As of 10 AUG 2018

**WILLIAMS Bianca (GBR)**

**200m Women Semi-Final 1/3 - Third 22.83 q**

Being in the hot seat wasn't fun. Actually, it was an interesting and scary experience. I just sat there anticipating what could happen. I knew the girls running in the next two heats were going to be fast. Dafne and Mujinga, in particular, are very strong. Funny enough, my partner also qualified for his final having been in the hot seat, so, hopefully, he will be able to give me some pointers on how to get faster in the final. We really support each other, and we will be happy regardless the end result. We both want each other to do well, and are very proud of what we achieve as individual athletes.

10/08/2018 20:16

**SCHIPPERS Dafne (NED)**

**200m Women Semi-Final 2/3 - Winner 22.69 Q**

I feel really good, it was an easy race. I am happy about how the race went. At the end of the race I saw that there is enough space between me and Dobbin on my right, so I said "OK" and slowed down. Which lane I want for the final? It does not matter. It is always a middle lane with a big Q.

10/08/2018 20:00

**SAMUEL Jamile (NED)**

**200m Women Semi-Final 3/3 - Winner 22.58 Q**

I am ready for the final. This race went pretty easy so I think I am ready to get a medal. I am so happy I had two days off. I would be almost dead. I slept a lot and I feel well rested. I came out of the bend really strong. I still have a really small pain in my Achilles tendon after the injury two years ago but it does not bother me too much. Comparing to the past, I run much easier and of course, also faster times. I worked on my techniques to hold the frequency of the steps but to make them bigger.

10/08/2018 20:08

**KAMBUNDJI Mujinga (SUI)**

**200m Women Semi-Final 3/3 - Second 22.84 Q**

I'm very happy to get to the final. My goal was to finish 1st or 2nd in the semi-final, so it was ok. I could see Dafne was getting ahead really fast, so I didn't try to get closer, and decided to finish comfortably in a position to get through. I know I must run much faster in the final, that's for sure. Amazing atmosphere in the stadium. Everywhere I look, there's a Swiss flag, this crowd is amazing.

10/08/2018 20:13

**PELETEIRO Ana (ESP)**

**Triple Jump Women Final - Bronze 14.44**

I'm not completely happy with myself, but that's because I always have very expectations of myself. On the other hand, I'm fully aware I'm only 22 years old, still very young, and have a long career ahead of myself. I need to carry on working very hard, and to keep motivated to improve much further and achieve my goals. Above all, I must believe I can between amongst the best athletes in the World.

10/08/2018 22:26

**Flash Quotes** As of 10 AUG 2018

**PAPHRÍSTOU Paraskeví (GRE)**

**Triple Jump Women Final - Gold 14.60 =SB**

I'm feeling really, really great. I knew I was going to win the European title from the moment I first arrived in Berlin. I was feeling very confident about my performance and level of fitness. I wanted to win qualification, and, above all, I did not want to lose my European Lead mark. It was hard work but I knew what I was coming her for, so I did it.

10/08/2018 22:29

**GIERISCH Kristin (GER)**

**Triple Jump Women Final - Silver 14.45 PB**

This medal is worth more than my medals from Portland or from Belgrade. This is my first outdoors medal also thanks to the fact that I was healthy during the season. The atmosphere let me hover, let me fly here. Being able to experience such a thing. I had the chance to give something back. I am very happy.

10/08/2018 23:12

**JASIUNAITE Liveta (LTU)**

**Javelin Throw Women Final - Bronze 61.59**

I feel great. The competition was very intense, but I think I was blessed with some good fortune which helped me winning this medal. Of course, this is also the result of all the hard work I put in every day. This has been a dream of mine for a very long time. My next goal is to be invited to take part in the Diamond League finals, and, also to be at a good performance level at the World Championships next year.

10/08/2018 22:19

**HUSSONG Christin (GER)**

**Javelin Throw Women Final - Gold 67.90 CR**

All season I knew that I am in super shape but I could not put it onto the javelin. I wanted a medal, but now that this medal is a gold one, that is so super! I was afraid that this SB in the qualification had only been an exception. But now I even managed to improve that. Seeing the German javelin throwers excell yesterday evening really inspired and motivated me. Suddenly, you also want to have a celebration and an experience like them. A lot of people said that I was not able to throw far at a major adult competition and in a big stadium but I proved the contrary tonight. Despite all the pressure I was able to execute well. This is my first major international titel and I won it in my home stadium.

10/08/2018 22:33

**OGRODNÍKOVÁ Nikola (CZE)**

**Javelin Throw Women Final - Silver 61.85**

Is this just a dream or it is real? Only now, I am starting te realise that I really won a medal. After the last attempts, I felt a lot of positive energy and a huge relief. It is coming in some kind of waves. When I sam my friends supporting me, I felt very emotional.

Comparing to yesterda, I was much more confident and focused. I had this fighting mood. I came here for a medal. I started with the memory that I did not manage it well last year but that I will put all the effort today and I show what is in me. I collected a lot of experieced at the Diamond League and major meetings and it also helped me a lot.

10/08/2018 22:52

Flash Quotes As of 10 AUG 2018

## SCHÄFER Carolin (GER)

### 800m Women Heat 3/3 Heptathlon - Fourth 2:14.65 SB; Bronze medal

Thank you, Berlin! Emotionally there is nothing higher than to medal at this home championships in this great stadium in Berlin. It was breathtaking. I will not forget this my whole life. It is a great feeling to medal in front of my home crowd in this stadium. There was a lot of pressure: People expected me to medal and I did so myself. My bronze medal was quite safe before the 800m, so the 800m was easy. I was not in the shape of last year. I had physical issues. I am so happy to win the bronze medal. I will celebrate with my family and my friends. They are here in the stadium. It will be a long night. I am a police officer, but for the moment I only concentrate on sports. Yet it is a good feeling to have that job. I would like to eat pizza now. That 's what I really want to eat right now. I cannot put my feelings into words. There have been so many ups and downs. A lot of hard work went into this bronze medal. Thank you very much to everybody who supported me, who backed me up. Those two days have been very emotional.

10/08/2018 20:42

## THIAM Nafissatou (BEL)

### 800m Women Heat 3/3 Heptathlon - Seventh 2:19.35

It feels nice to become the European champion especially it was not easy it the last two days. I did what I was aiming to do but I feel so tired now. Everything was in the head in this competition. It was fight until the end of the competition and I had to fight with myself too. But it is good to have hard competitions too. It always gives you something for the future.

The start was not very good so I really needed the big throw in the javelin. I knew I can manage it because I have already seen it in Gotzis. It also brought a good energy to the rest of the competition.

I am very glad to bring this medal to my country with the largest team in the history. It is a very young team full of talents. It is amazing.

After the competition, I just want to eat everything I cannot before it. All the things like burgers, fries, donuts... But first of all, now I want to enjoy Berlin.

10/08/2018 22:14

## JOHNSON-THOMPSON Katarina (GBR)

### 800m Women Heat 3/3 Heptathlon - Winner 2:09.84 SB

I gave it my all in this last event, so I'm very happy. It was a very hard competition. To be honest, I left it all on the track, but I'm not easily intimidated. I know I can win! When I started competing in the High Jump, I also had to go to sprinting sessions. One of my coaches challenged me to try the Long Jump, and, soon, I started running from one event to another during the same competition. Thank you for all the support over the last couple of days. This result is a SB, but also an overall PB.

10/08/2018 22:42

## RYZHYKOVA Anna (UKR)

### 400m Hurdles Women Final - Silver 54.51 SB

I really wanted to win but I knew that Lea came very strong and it would be hard to beat her. I fought till the end. Next time, I come up stronger and faster. All girls did a very good job today. I enjoyed both runs - the semi-final and also the final.

I got bronze already in Helsinki, now it is silver, so next time, it will be gold. For now, this is my most precious achievement.

The media always asked me which stadium I prefer the most and why. I did not know the answer for a long time. But now I can tell for sure, it is Berlin. Everything is perfect here, the track, the fans, the wind. I love it here.

10/08/2018 22:20

Flash Quotes As of 10 AUG 2018

**BEESELEY Meghan (GBR)**

**400m Hurdles Women Final - Bronze 55.31**

I feel really, really happy but need to say I'm still in shock. I can't believe I am an European bronze medallist, I hadn't foreseen this at all. I'm one of those people who tries to stay focused and take things as they come. I really don't like to have to make many plans for the future, but the reality is that anything can happen. I honestly gave everything I've got, but I'm still very shocked. This is my first final as part of Team GB, so I had something to prove. I had to prove I belong here. As I said, I'm still in shock, and there's no weekend for me, because I need to come back for the relay. Also, training with Michael Baker, who happens to be a legend, we actually went to university together, so I really value him at different levels.

10/08/2018 23:07

**SPRUNGER Léa (SUI)**

**400m Hurdles Women Final - Gold 54.33 EL**

This is my first gold medal, getting the gold was my main goal. At the end I managed, I succeeded. It is just amazing. I came here with the best European time and finally I have the title. There are many Swiss supporters here, they make a lot of noise. I do not remember much from the race. I only remember the last hurdle and that I found it so hard to lift my legs over the hurdle.

10/08/2018 23:13

**BORLÉE Kevin (BEL)**

**400m Men Final - Silver 45.13**

This is amazing! We have been waiting for this for a long time. This year was so tough, a lot of injuries and problems. One month ago, I could not think about running fast. It is just amazing. I started my season only two months ago, I ran my first race at our National championships. But I never lost confidence in myself coming here.

10/08/2018 23:09

**BORLÉE Jonathan (BEL)**

**400m Men Final - Bronze 45.19**

This is a dream come true. We are very happy. I placed fourth so often. And now for the first time I am on the podium. When I say Matthew Hudson-Smith running yesterday, I thought he was on a different planet. I honestly thought he was going to beat the European record. Training and running alongside my brothers is definitely an advantage, because we really get along, and support each other so we can improve everyday.

10/08/2018 23:09

**HUDSON-SMITH Matthew (GBR)**

**400m Men Final - Gold 44.78**

This was a great result, but a little harder than expected. I don't really care so much about the time, but rather the win. That's all that matters in these championships. Last year, it was the worst year of my life, and a lot has happened behind the scenes. It feels good! Now my goal is to focus in the Diamond League events. The atmosphere here in the stadium is absolutely incredible.

10/08/2018 23:25

**Flash Quotes** As of 10 AUG 2018

**LAMOTE Renelle (FRA)**

**800m Women Final - Silver 2:00.62**

I did just do anything! I am not satisfied. I wanted to win. I am very angry with myself. I still have to analyze the race. Maybe I can be more pleased with it later.

10/08/2018 21:51

**PRYSHCHEPA Nataliya (UKR)**

**800m Women Final - Gold 2:00.38**

All the girls in the field were able to stand on the podium. But the victory is the thing that counts and I came here for gold. Comparing the two championships, today and two years ago, it was much harder here. It is difficult to defend the title because there is a lot of pressure on you and everybody is watching you. I am very glad we managed to take two medals and I look forward to be standing on the podium with Olha. We did not cooperate in the run, we just did our individual race. It is very emotional for me now because I have my sister and my family here in the crowd.

10/08/2018 22:24

**LYAKHOVA Olha (UKR)**

**800m Women Final - Bronze 2:00.79**

My tactic was to run the first 600 m very relaxed and to give all the power to the finish. I was a bit scared in one part of the race but then I saw Nataliya coming to the front and I thought: OK, she is going for gold so I am not running slow, I need to catch up with her.

I have been ready to get to the podium since a couple of years ago but still, it did not work out well. I was wandering if we are doing the right things on the training because of this. But now, finally I managed to show what I was working for and I feel confidence we are going the right direction.

10/08/2018 22:28

**MARTINOT-LAGARDE Pascal (FRA)**

**110m Hurdles Men Final - Gold 13.17 SB**

Dear audience, you are magic, you are incredible!

What a battle! It was an incredible fight between Sergey and me. When I crossed the finish line, I did not know who was the winner.

10/08/2018 21:56

**SHUBENKOV Sergey (ANA)**

**110m Hurdles Men Final - Silver 13.17**

This was definitely not my style of running. I went three times sub 13 this year and I was aiming for much better time. If you get the victory for 13.17? OK, I am fine with it. I leave it to Pascal. Maybe, the timing was not right for me this season. I had the peak before the championships and now the times are going a bit down. The European champs was the main goal for me and we did not plan anything else after this. So we need to sit down with coach and talk about what is next.

Becoming father gave me new and positive motivation in my career. It is very nice that all I do has now also the connection to my personal life.

10/08/2018 22:55

**Flash Quotes** As of 10 AUG 2018

**ORTEGA Orlando (ESP)**

**110m Hurdles Men Final - Bronze 13.34**

I'm very proud of what I achieved tonight. It's been a difficult year, so I really had to focus on keeping my head in the competition. I can't come here dwelling on what has happened in the past, that won't help. This was a World Class final, and I believe it was a fair race. I really didn't know who had one, all I could think was 'Keep going! Keep going!'.

10/08/2018 23:03

**MARTINOT-LAGARDE Pascal (FRA)**

**110m Hurdles Men Final - Gold 13.17 SB**

Dear audience, you are magic, you are incredible!

What a battle! It was an incredible fight between Sergey and me. When I crossed the finish line, I did not know who was the winner. I knew that I had a medal and I started to cry. Even more so after somebody put a French flag on my shoulder. Last year I was injured, a fracture. This year, it was a long way to find my shape. During the whole season, Sergey was running better than me. But tonight I found the energy to go to the line, to fight for the gold medal. The crowd gave me good adrenaline. I am the European champion, I am so happy!

10/08/2018 23:15

**WIGHTMAN Jake (GBR)**

**1500m Men Final - Bronze 3:38.25**

I hadn't realised which one of the Ingebrigtsen brothers had won until I spoke to you guys. I hadn't seen who was coming behind me until the last lap. Running alongside the 3 of them is absolutely unbelievable. They train together, they know each other really well, you can never guess what they're going to do. Tactically, they are very, very sharp! This was definitely an question of being patient, and every championship, I learn something new about myself. I also learn something new I have to do to improve. It would have been nice to win, but I'm really pleased with my medal. I need to start thinking about the World Championships next year.

10/08/2018 22:13

**LEWANDOWSKI Marcin (POL)**

**1500m Men Final - Silver 3:38.14**

The key was the first 800m today. I managed it and I cannot believe I got silver. I wanted to leave my heart on this track just to please the fans, my family, my friends who came here to support me. It is unbelievable but even after ten years since I have been doing this, I still feel I have much to offer. In 2009, this was my first major senior final I qualified into. It was at 800m at the time but it was very important to me. Since then, I have been to many finals at major competitions. The age does not matter. I just love what I do and I still keep on high level. Thanks god I was able to get this medal. Until I will have the energy, I will always try to leave all of me on this track. I love competing.

10/08/2018 22:47

Flash Quotes As of 10 AUG 2018

**INGEBRIGTSEN Jakob (NOR)**

**1500m Men Final - Gold 3:38.10**

It is crazy. Coming here was already a dream come true. I reached my goal. The atmosphere was unbelievable. We brothers were expecting some noise, but the last lap was more than we could ever expect. We talked a little bit about strategy. Mine was to go in front on the last two laps. We had the same tactics and ended up doing the same thing. I was expecting somebody else to be strong on the last lap. I feel strong on the last 400m and I am happy it worked. I am really happy to bring home what is ours. Maybe my brother Filip had a bad day today. I am speechless. This is huge, I am only 17 years old. This title really motivates me to work hard the next couple of years. I was eleven years old when my brother won the first medal. I was already a runner then and I wanted to be like him. My dad has a huge part in this medal because he sacrificed a lot to make sure we have a good training.

10/08/2018 23:14