
Flash Quotes As of 12 AUG 2018

ARSINE Andreea (ROU)

20km Race Walk Women Final - Official statement LOC

The Fire Brigade is checking the smell of gas in the vicinity of the race walk course as a matter of standard procedure and so the competition is delayed. More information to follow.

The women's and men's 20km race walks will now start together at 10:55 local time.

11/08/2018 09:50

PALMISANO Antonella (ITA)

20km Race Walk Women Final - Third 1:27:30 SB

It is so great to be on the podium again after London. I am a bit disappointed yet I am not in the shape like at the World championships in London. I knew that I had to stay in the first group to grab a medal. I am very pleased. At 12K the pace changed, but I always believed in my medal. I dedicate this medal to my coach. I will marry my boyfriend next month and this is my wedding present.

11/08/2018 12:37

DRAHOTOVÁ Anežka (CZE)

20km Race Walk Women Final - Silver 1:27:03 SB

In the finish, one of the girls told me: Welcome back. And it really is my comeback after the silver in Zurich. But I am different person now. I did not push myself like: hey, you have to improve your result from Zurich. I just went my race. I do not even remember much from that time.

I knew I was in shape and that I can fight for medals and my plan was just to give my all to get it. Maybe, my tactics could have been different, maybe I could have spare some energy and not to go to the front so early. But on the other hand, I felt it like that and if it did not work well, maybe I would be upset I did not try it.

I felt OK that we have the race together with the men and it did not bother me at all. I also think that it helped a bit to the Spanish team because they could cooperate a bit. But it is ok. In the morning, I was just a bit nervous because of the postponed start as we did not know when it is going to happen. But I was very relaxed and almost sleepy.

11/08/2018 12:47

MIZINOV Vasilij (ANA)

20km Race Walk Men Final - Bronze 1:20:50

My coach will be happy and also unsatisfied at the same time. The medal is great and it was my target but I got two warnings and that is the reason why she will be upset. It is hard to say if there was some key moment in the race. maybe just the finish was the crucial moment. I tried to keep the pace with the group at the beginning and then I wanted to push it a bit to the front but I had to watch myself because of the warnings. It was a comfortable weather today and I am satisfied with the race. The girls on the track did not bother me at all.

11/08/2018 12:55

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MARTIN Alvaro (ESP)

20km Race Walk Men Final - Gold 1:20:42 SB

It was a very tough race. I was waiting for Christopher Linke to lose touch with the rest of the group, but it wasn't easy. There were many German supporters out here today. From the very start, it was a very open race, so I'm very happy. This is my first title! During the last 100 metres, I was thinking about all the challenges I had to overcome in the last few months. Right now, I want to enjoy because I'm feeling like a student who needs to prepare for an assessment, and, today, it was my final exam. It was a very long wait until we actually started, but I tried to control my nerves as much as possible. It is what it is, and I'm glad I managed to stay calm. Spain is definitely a World Powerhouse when it comes to Race Walk, and today it is my turn to be European Champion. We're going to have a party now. Race Walkers are known as party animals, and we never need an excuse to celebrate.

11/08/2018 13:11

GARCÍA CARRERA Diego (ESP)

20km Race Walk Men Final - Silver 1:20:48

Today, I managed to achieve my goal, so I'm really happy with the silver medal. With this morning's results, Spain has increased the number of medals to 6, and 4 alone are in Race Walk. That, in itself, proves how strong we are in this event. Actually, our athletes are some of the best in the World, so we should be very proud because we did a great job here today. However, it was a very tough race. The group stayed together for a long time, so it wasn't comfortable, and, most of all, it can be very dangerous, as mistakes and falls can happen. There was a lot going on!

11/08/2018 13:24

PÉREZ Mária (ESP)

20km Race Walk Women Final - Gold 1:26:36 CR

I really didn't care about the finishing time, all I wanted was gold. But, I'm happy I improved my mark in almost 2 minutes. I really wanted to enjoy myself in the last 100 metres because I knew I had a good advantage over the Czech athlete. As soon as I moved to the front of the race, I knew I was going for gold. There was a number of things going through my head in the last 100 metres, and I really wanted to enjoy the moment. I was also aware Alvaro and Diego had achieved medals in the men's race, so that motivated me even more to go for it. Our great results are mainly due to the support we receive from the Spanish Athletics Federation, and, of course, great coaching. The toughest part today was the waiting time for the race to start. We had no idea how long we would be delayed, and kept being told it would be another 5 minutes, then again another 5 minutes. Right now, I want to see my parents. I went to look for them as soon as I finished the race but couldn't find them, and I really want to celebrate with them.

11/08/2018 13:30

NEDASEKAU Maksim (BLR)

High Jump Men Final - Silver 2.33 =PB

I enjoyed the competition very much not only because of the fact that I got the medal. Everything was working well and I liked the organisation of the championships, the sector and the crowds very much. All the opponents here were very strong today and it was an open competition. I knew I needed to attack the new personal best and I was ready to do it. But still, silver is great and I am very happy as it is my second big medal after the European junior championships in Grosseto. It belongs to all my friends who supported me at home in Minsk and could not afford to come to Berlin, like my parents. Now, finally I have the time for a short rest and then next four competitions to earn some more money.

11/08/2018 22:47

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PRZYBYLKO Mateusz (GER)

High Jump Men Final - Gold 2.35 =PB

It was amazing, so exciting with this great home crowd. Yet, I was very nervous. But the crowd pushed me over the bar. It was perfect. The Belarus guy was strong. When he cleared 2.33m I told myself 'I have to go over the bar now'. I do not know what to say, I am so confused. I felt a little pressure because of the home championships, but I was more happy to have them at home, I like this feeling, it pushed me a lot. I knew that I had nothing to lose, I can only win with their support. When I cleared 2,31m and 2,33m and 2,35m and they cheered, that was a great feeling. I just focussed on every jump and stayed relaxed. Berlino is crazy, I love him and I liked to joke with him. I heard the crowd sing 'Oh, this is beautiful, so beautiful', that was huge. A whole stadium singing!
I cannot realize yet that I am the European champion now. That has always been my dream.

11/08/2018 22:50

IVANYUK Ilya (ANA)

High Jump Men Final - Bronze 2.31 PB

I have mixed feelings. The competition was very difficult for me and I expected it but it was even harder than I thought before. It was a very important competition for me against all these guys who are at the same level. I was missing my team mate Lysenko because we got ready for these championships together and the fact that he cannot start was just like the last minute decision. We are used to jump together so I was expecting it here too. I am glad that I finally managed to get on the podium.

11/08/2018 22:52

PROCTOR Shara (GBR)

Long Jump Women Final - Bronze 6.70

This was not what I came here for but I'm still happy. It was a tough evening, very strong wind, and the German crowd cheering for their athletes also made it difficult to concentrate. On the other hand, I tried to use their enthusiasm to my advantage, and have a decent jump. My next goal is to focus on the Diamond League competitions, I'm already competing again next week.

11/08/2018 21:44

BEKH Maryna (UKR)

Long Jump Women Final - Silver 6.73 SB

This competition was a physical and mental fight with myself. After the first attempt - 6.60, I knew it would not be enough for a medal. I still expected Sawyers to go further because she always used to go in front of me at the competitions. but I was ready to add something more.

I had a big support in the tribune because my boyfriend Mykhaylo Romanchuk came here from Glasgow. He is a swimmer and he won two golds and one silver so it was a big motivation for me to also bring home a medal. It gave me a big kick. It was the first time he was watching me in the competition. But the medal really surprised me. I have always dreamed about it.

Now, I am not sure about the Continental Cup because I did not expect it and we will have our wedding on 2 September.

11/08/2018 22:41

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MIHAMBO Malaika (GER)

Long Jump Women Final - Gold 6.75

Well, I cannot put it in words, it is so great. I felt the vibes of the audience. At the beginning, I had some struggles with the energy of the audience and the pressure I felt. But I took it step by step and told myself what I had to do. So I got into the competition well. At the end it was very tight. I followed the results of the other jumpers and was not sure about my medal because I knew that the others could jump further than me. I still do not realize that I won the gold medal. I am so pleased. During competition I am always very focussed, so I do not perceive what is going on around me, so I did not know that Germany was about to win a gold medal in the high jump. Only just before my last attempt I had an eye contact with Mateusz.

11/08/2018 22:46

SWIETY-ERSETIC Justyna (POL)

400m Women Final - Gold 50.41 EL

I am shocked, really surprised. The only complication is now that I have to get ready for the 4x400 relay which starts in 90 minutes. This time is amazing. It is the second fastest time in the Polish history and also the first European gold for our country at this distance so it means a lot. Even Irena Szewinska who passed away this year got only bronze so it is very emotional and important for me.

11/08/2018 20:23

de WITTE Lisanne (NED)

400m Women Final - Bronze 50.77 NR

I cannot believe it! I am so happy. It was really tough. I died at the end. I was struggling to get my knees up. At the finish line, I looked to my right and nobody was there, so I knew I could have a medal. And then I saw my in the stands, she looked very happy, so I was sure to have the bronze medal. Now I finally have a medal, it feels so great. I have been to a major final only once and I guess I came last.

The semis were really hard, too. I was on the hot seat then and got lane two in this final. But it worked for me like that. I am a fighter. They others ran so fast then, maybe it was better for me not to have run than fast in the semis.

I achieved a NR, I do not know how I did that.

11/08/2018 20:27

BELIBASÁKI María (GRE)

400m Women Final - Silver 50.45 NR

I'm very, very proud of myself, and also every excited to be here. As you know, this is the first time I ran the 200m, after moving from the 400m. This was, by far, the best decision in my career, and I'm glad my coach pushed for it. I'm also very happy with my new PB, and NR. My previous mark was 51.14 so it's something else to be proud of, especially, after having to deal with some injuries prior to these Championships. I think the reason why Greek women are achieving so many medals here is due to our team coming here with a purpose. We mustn't forget all those people back home who have lost their homes, many lost their lives to due to the Wild Fires. I'm here running for them!

11/08/2018 20:32

Flash Quotes As of 12 AUG 2018

CRAFT Shanice (GER)

Discus Throw Women Final - Bronze 62.46

At the sixth attempt, I really concentrated strongly, focussed totally in the ring. I wanted to do everything in the right way for a medal. I am happy that I was able to do so. I only thought about a medal, no matter who was in front of me. I am sorry for Claudine Vita, my teammate, because she lost the bronze in this way. But she is still young and has many years ahead. Berlin people are so cool and they know how to celebrate athletes.

11/08/2018 22:15

MÜLLER Nadine (GER)

Discus Throw Women Final - Silver 63.00 SB

We were all quite close together in this competition. After achieving the 63m, I hoped that this would be enough for a medal. I have been two years that I have not been on the podium, I had a lot of problems with my body. The last two years were not easy, there were a lot of problems in the preparation of the season. Even this year the preparation was not ideal. It is great to come back in such a way, with a medal in front of the home crowd. This is a very special silver medal.

I have excellent memories of this audience here in Berlin - so knowledgeable and so enthusiastic. 2009 was the year when I broke through.

My plan was to shock my opponents in the first attempts. When I achieved 63 metres, I knew that this was not going to be enough for the gold medal. If you know Sandra, you know that she will pull one out sooner or later. Today she needed quite some time for her winning throw. But from the first to the last attempt it was clear that she would win the gold. Chapeau - she won her fifth title!

This year's silver medal feels like gold for me. I am proud of the team that works for me, in the background, my coach, my family and friends. There are 30 people here in the stadium today who all supported me.

I am planning until Tokyo, so this medal gives me a lot of motivation after two grey years.

11/08/2018 22:18

PERKOVIĆ Sandra (CRO)

Discus Throw Women Final - Gold 67.62

I think the next European championships will be much easier for me because I already managed to make the history with the fifth title today. So I am relieved. I feel like I was winning all my titles the same stressful way. Always very dramatic.

Only in Zurich, it was a perfect competition without such drama. That is the way I am winning the championships. I have a new slogan now: Sanda, give me five!

During the competition, I was thinking about my mum who is always very nervous watching me in the TV. So I started to think about her and I imagined how nervous she must be at home seeing me not throwing so well. Then I managed to finally improve and I showed smile to the camera. But suddenly, I saw her in the crowd. She came here to surprise me. And she also gave me this mascot, the horse.

11/08/2018 22:32

BOSSE Pierre-Ambroise (FRA)

800m Men Final - Bronze 1:45.30

I feel great. I lost, but I feel great. I am glad I did not place fourth with only 2/100 seconds left to fourth place. It is good to be on the podium. Nobody expected me to go in front. I did it because it was very windy and I wanted to use the wind. I went for it, I tried my best. But I just could not beat Adam. But I am not yet done. I will revise my tactique and work on it again.

11/08/2018 21:03

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KRAMER Andreas (SWE)

800m Men Final - Silver 1:45.03 =NR

I'm very happy to be here at the Championships. After the semi-final, I was confident I could have a good race, but wasn't expecting to end up in a medal position. It is true I'm still very young, only 21 years old, and already managed to beat the Swedish NR a few times. I wasn't aware I had done it again tonight until now. The last 400 metres weren't easy, but I managed to keep up with the guys at the front, and get this silver medal. My mum was also a runner, in the 800 metres, and she taught me a lot over the years, which has really helped with my own running. I'm over the moon I can celebrate with my family and friends who came out here to support me.

11/08/2018 21:05

KSZCZOT Adam (POL)

800m Men Final - Gold 1:44.59 SB

I was really nervous before the start so I am so glad managed this final today and defended the title. I did something what nobody else did before – I won three titles in a row and I feel so emotional to make this history. To win this title was four times harder than the one in 2014. Always, it is getting harder and harder. The guys are so strong and I knew it was going to be hard. It is a very special moment in my career too. We also saw already two golds for Poland tonight and I hope it is not all.

The 800 m is a special event where it is hard to stay injury free. I have also had some pain in my Achilles tendon last two months.

I wanted to push the race a bit because it was a bit too slow but I felt Bosse behind my back. Physically, it was not that difficult as mentally. You have to spare some energy for the finish. It was just the technique, technique technique, to hit it and to keep the pace. I am glad I managed it tonight.

11/08/2018 21:18

SCHIPPERS Dafne (NED)

200m Women Final - Silver 22.14 SB

I ran a really fast race and achieved a new PB. Dina was simply better tonight. I hope to come back stronger next year. My first 100m were really good, but then I guess I tried to give more speed on the home straight too late.

11/08/2018 21:01

SAMUEL Jamile (NED)

200m Women Final - Bronze 22.37 =PB

My first big individual medal, I wanted it so much and worked so hard for it. After the semi-final, I knew it was possible to get it and I could not wait till the final. I was hyper. I just wanted to run. I told myself – You have to do it. Then, the moment was here and I got a bit nervous. I had so much energy but last 50m I was like: Oh my god, my legs do not work. No, no, no... I am gonna make it. Getting there was so emotional. When I looked at the crowd, I saw my family, my mum, dad and sister and they supported me a lot.

11/08/2018 21:22

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ASHER-SMITH Dina (GBR)

200m Women Final - Gold 21.89 WL

I can't believe this, I'm so happy. It's been a crazy championships! I really wanted to do a good time, but wasn't expecting to take the WL in the 200 metres. I had a lot of fun, and didn't expect to run this fast when I'm still tired from the 100 metres final. I know this is not the Olympic Games or the World Championships, but I'm still very proud of myself. My mum and dad, my physio, and some friends are here, and I know they are very proud of me. I still have a lot in me to give, but need to focus on running my own race. If any of the other girls beats the WR in the semi-final, I still need to get out there and do what I have to do. I'm unbelievably happy, but equally very emotional. Also struggling to sleep because of all the excitement. Also, thanks to my friends who advised me to wear a red ribbon for the 100m, and blue for the 200m. Their great fashion sense brought me luck!

11/08/2018 21:32

AMDOUNI Morhad (FRA)

5000m Men Final - Bronze 13:19.14 SB

I wanted to imitate Mo Farah (smiles) with my two medals. My recuperation was not the most professional, because I partied a lot after my 10K medal. I really wanted to savour it. One more medal! I am very pleased. I doubled on the podium, in the long distances! I guess, Jakob is unbeatable at the moment. He finished two whole seconds before me. He was such much stronger than me. I just did not recover well enough from the 10K. But at the next Europeans in Paris, I will have my home crowd. I needed to get 30 years to win a medal. But there is no age for a medal. These two medals will now help me financially. I am now more calm on this side and can prepare well for the Worlds next year.

11/08/2018 21:39

INGEBRIGTSEN Jakob (NOR)

5000m Men Final - Gold 13:17.06 EU20R

I'm 17 years old, and already have two European titles at senior level. It was a little crazy to get this medal today, this is huge! Winning a second title in two days is also the result of having done this my whole life. Unfortunately, my other brother couldn't be here today because he broke a rib, and this is completely out of his control. Believe me, we started preparing for the 5k final, as soon as we crossed the line on the 1500m last night.

11/08/2018 22:27

INGEBRIGTSEN Henrik (NOR)

5000m Men Final - Silver 13:18.75

This could only feel better if our brother Filip was here to take the bronze medal. Unfortunately, he injured himself and couldn't take part in the final. But, he is still part of the team, we're all in this together. Both my victory and Jacob's tonight will feel like a victory for him, too. Thank you for all the support, there's a lot of people here in the stadium cheering for us, which is great. In two year's time, we will be back to win 4 medals, not just 3. Right now, Jacob has 2 medals, and Filip and I have one each. We're definitely coming back to improve the stats in our family. There are no limits for us, and we have another brother who is turning 5 years old, and soon can join the Ingebrigtsen team.

11/08/2018 22:34

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GREAT BRITAIN & NORTHERN IRELAND (GBR)

4 x 400m Relay Men Final - Silver 3:00.36 SB

Rooney: It was a pleasure for me to run for my country again. Who knows about the next championships. I will be too old. But if Kevin runs, I will run too.

It felt like every team was chasing us and they were all very strong. They all wanted to just beat us. Of course, we were aiming gold and I thought that if I keep the contact, we can still manage to win. I loved it here and had a great time.

11/08/2018 22:37

SPAIN (ESP)

4 x 400m Relay Men Final - Bronze 3:00.78 SB

Garcia, 3rd leg - This feels incredible, it's an amazing feeling. We started really strong, and are very happy with our medal, because we really struggled towards the end. We're still very strong when we run together.

Bua, 2nd leg - Like Samuel said, we know we have a strong relay team, but this evening we almost didn't make it to the podium, so we are happy with this silver medal.

11/08/2018 22:40

BELGIUM (BEL)

4 x 400m Relay Men Final - Gold 2:59.47 EL

Kevin Borlee

Of course, we enjoyed running here. It was not easy. Before coming into the stadium we heard the crowd make a big, big noise. We wanted this title and now we have it. All our legs were pretty good, everybody ran great. We had to defend our title.

Jonathan Borlee

We have been running the 4x4 since Beijing and every time we have been in the final. We always give our best in the relay.

Dylan Borlee

Unfortunately I did not make it to the final, but now I have this relay medal. This is an incredible night.

11/08/2018 23:00

GREAT BRITAIN & NORTHERN IRELAND (GBR)

4 x 400m Relay Women Final - Bronze 3:27.40

Clark, 1st leg - We're pretty excited, it was a very tough race, and we're really proud for having achieved a Bronze medal. Next year, we will be running in Glasgow, and that will be home turf for us.

Doyle, last leg - It's absolutely amazing to run with these girls. Some of us were quite disappointed with our individual results, so this is a chance to get out here and run for a medal as a team. It's been a big year for our team, and funny enough, people who were expected to get medals, didn't, but others, did. That means we have some really big names coming up which is great.

Onuora, 2nd leg - We finally get to enjoy the last day of the Championships, because we're usually running the relay final in the last day. This way we get to support our team mates competing tomorrow.

Allcock, 3rd leg - Although Team GB had a slow start in the medals table, the atmosphere back at the hotel is great, and everyone supports everyone regardless of the results.

11/08/2018 22:16

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POLAND (POL)

4 x 400m Relay Women Final - Gold 3:26.59

Holub: This is a special moment for our country as we won the first European title in this relay. I am so proud of our girls and especially of Justyna as she managed to get ready for the relay after she won the individual event. I think, next year, at the world championships, we will fight for a medal again.

Baumgart: It was very nice how the crowd was shouting and supporting us. Now we feel very cheerful and happy, just celebrating.

Swiety: It is just amazing. Now, my legs are OK but it was hard to manage the two races in such a short time. I do not know if ever someone managed the same in the past but I am glad I managed to help my team.

11/08/2018 22:31

FRANCE (FRA)

4 x 400m Relay Women Final - Silver 3:27.17

Floria Guei

We were fighting for a long time, now we have a medal. Everything went finally well for us. For me it was hard after the 400m final. I had to run 400m twice this evening. We were really motivated. We told ourselves that this is the last race of the season. It was a little bit hard for me to get orientation during the race.

Agnes Raharolahy

We really were longing for this silver medal, searching for it.

Deborah Sananes

I think that I place the baton well. On the last 50m I was very strong, I kind of exploded. I wanted to be amongst the first.

Elea Mariama Diarra

My goal was to give the relay a good drive.

11/08/2018 23:06