

Flash Quotes As of 12 AUG 2018

CALVIN Clémence (FRA)

Marathon Women Final - Second 2:26:28

This marathon was won on the final sprint. This has always been part of my dreams. It is true: I always focuss on championships. We I go to the start line, I am always very well prepared. This was my very first marathon and I did it at a big championship. I believe this was a big advantage for me because I could focus on the race itself and did not try to go for a great time. A marathon - this is really something! It is a wonderful event, a great adventure! My little son Zaccaria was my silent strength during the race. When it got really hard for me around 30 km, I visualized the best moments with him, during three kilometers. And this helped me to stay with the leading duo.

It is true that when I prepared this marathon I really wanted to win it, but now I am very pleased with the silver medal. I gave everything I had. I would like to thank my family, my partner, my friends, the French federation and Mehdi Baala. I am so proud to be part of the French team.

12/08/2018 11:51

MAZURONAK Volha (BLR)

Marathon Women Final - Winner 2:26:22

I am so glad and also relieved I managed to win. I knew that I was able to run a solid time but I did not expect the girls would be so strong. Until the very end, I was not sure about my victory and had to push it a lot. The race was very difficult especially because the complication at the beginning. Suddenly, the blood started to flow out of my nose and I thought it was going to stop quickly but it was strong. Fortunately, I managed it and it did not affect me in the end. But I know it must look horrible. But it is a sport and those things happen. I think that it could also be because of the change of the weather as the conditions were changing comparing to what we had during the trainings. And it also happened to me during the training before. I do not know why.

We did not cooperate with the other girls from my country because we have different coaches and we did our individual race

My first big individual medal. I am so happy for it, the level of the race was so high. The fans really supported us and it helped a lot. The atmosphere was amazing.

12/08/2018 12:05

VRABCOVÁ-NÝVLTOVÁ Eva (CZE)

Marathon Women Final - Third 2:26:31 NR

I was very desperate yesterday. Everything was going wrong. The training was not going well and I even did not get to the marathon pace yesterday. I did not want to even talk to my coach, my husband Martin Vrabec, and I also turned off my mobile phone. It was a very difficult race and I was not aiming the national record at all. I was focused on every step I take and in each lap, I had a part where I really had pain and suffered a bit. But the last three kilometres were the most crucial and I was really pushing hard to not to lose the contact with the girls in front. It can happen so easy that you lose a minute in the last kilometres. The French was excellent.

This medal was my dream. Now, I hope the celebration will be huge. My next plan is to have ten days without running and then, we will see. Maybe the half marathon in Usti nad Labem.

12/08/2018 12:07

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NAERT Koen (BEL)

Marathon Men Final - Winner 2:09:51 CR

This is incredible! Coming out here and do this time, it hasn't really sunk in. I was really nervous before, and during the race, but I knew I had to be very patient. So, I waited until the right moment to move away from the group, and get the lead position. I was feeling particularly strong today, but equally apprehensive. I guess I simply turned all that stress into power and confidence throughout the race. It's really difficult to believe this has happened. I knew I could get a medal, but never expected it to be the gold one.

I'm glad I can inspire so many people, and I feel very grateful for all the work I do in the Health Centre. It started as a hobby, but now I can do it professionally, too. I really want to continue to help people, so I'm very lucky I can combine both running and being a nurse. In fact, I'm training to become a better nurse, and, now, I'm also European Champion in the same year. I really need to say a big thank you to my family for all the support. This puzzle is my life is finally complete.

12/08/2018 12:36

ABRAHAM Tadesse (SUI)

Marathon Men Final - Second 2:11:24

At the beginning the race was calm and I felt like going faster, I wanted to run my own rhythm. There were so many runners behind me. I wanted to motivate the other runners to also pace sometimes, but they seemed to only look on me. They knew that I was kind of the favourite. So, I had to run my rhythm because I also did not want to lose the race in a final sprint. But at around 35 km the Belgium started to increase the speed. He was stronger than me. So, at one moment I had to let him go. A marathon is not a 10k race. You can calculate well and manage your energy.

I wanted the gold medal, but I am still satisfied. Everybody has the same goal, to be the best. I have never raced on my birthday. So this silver medal is my present for my 36th birthday. Nobody has a more beautiful birthday than me today. My brothers supported me along the course a lot. Thanks to all Swiss who are here in Berlin and on TV, that gave us a lot of energy. And a big thank you to the team who gave me confidence and courage. Our marathon team came forth, it is a pity that we did not make the podium.

12/08/2018 12:45

RACHIK Yassine (ITA)

Marathon Men Final - Third 2:12:09 PB

About one month ago, I started to dream about my first medal here in Berlin. But I did not tell it to anyone. So now, it is like the dream came true. My coach told me yesterday that I can run a good race and that today it was the right moment to fight for a medal.

But at the 32nd km, I started to have cramps and I just told myself- No, god, I do not want to stop now. I want to fight for the podium. So I just bit my teeth and continued. I am happy I managed to get this medal for Italy because I am very grateful they gave me the citizenship in 2015. I do not come from the rich family but my parents supported me a lot. So this medal also belongs to them. This was just my fourth marathon in my life. I have to say thank you to FIDAL to give me this chance to represent my country.

12/08/2018 12:55

MORGUNOV Timur (ANA)

Pole Vault Men Final - Silver 6.00 PB

I really did not expect such results at all. I just competed with the others and tried to do technically good jumps. I have no idea what happened there and why it was such a crazy amazing competition. This is the first time for me when I am competing at such a major event and with such a great atmosphere. I liked everything in Berlin. I train in Ural, Tcheljabinsk, and now, I will do everything to even jump higher than this.

Duplantis is such a perspective jumper.

12/08/2018 21:35

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DUPLANTIS Armand (SWE)

Pole Vault Men Final - Gold 6.05 WU20R

I do not think that there are any words in this world to describe what I feel. I am on the top of the world, I am so happy. It could not be any better. Renaud sent me a message this morning saying - No matter what results it is going to be unless we meet both on the podium. And I really wanted to meet him on the podium tonight. In the competition, after I jumped 6 metres, I just knew I need to go higher to solve it. It was crazy and pretty tough for me as I just improved my PB. I had to switch the poles at the higher heights for the ones I have never used before in the competition.

This medal will definitely be dedicated to my coach, my mother who spent with me every day, every training session and she saw all my workouts.

12/08/2018 22:17

LAVILLENIE Renaud (FRA)

Pole Vault Men Final - Bronze 5.95 =SB

Before coming here I said that the competition was going to be an intense battle - and it was. We have to enjoy it. This was one of the most epic competitions ever. I know why I love to be at championships. Today it was like in poker "all in". It is a kind of a risk, but if you do not do it, you cannot win.

It was an emotional day. I have to be honest, I had a lot of trouble with my knee, it was difficult for me to be without pain.

The pole was not moving as I expected, so I jumped with a smaller pole. When I cleared the 5,85m it was like a liberation, a big relief.

This is extraordinary. Another medal, I guess it is my 18th medal. I will be back.

12/08/2018 22:54

FIODOROW Joanna (POL)

Hammer Throw Women Final - Bronze 74.00

This achievement has two sides. On the one hand, I am happy for my next bronze but on the other hand, I wanted to improve my personal best. I can be happy because I had many problems during the last years, changed the coach and also my technique. It was not easy. But this is a show. I enjoyed it a lot and I liked the circle, the fans and atmosphere here at the stadium.

It is always good to be in the team with the best throwers in the world. Anita is the world record holder, Malwina Kopron was bronze last year. So it is always a big fight among us.

12/08/2018 21:12

TAVERNIER Alexandra (FRA)

Hammer Throw Women Final - Silver 74.78 NR

Today I am not satisfied with my performances and my technique. I could have done even better than that. I will go and train even harder. It was my shape and the absolute determination that made this National record possible. My aim was to get out a great throw on the first attempt and it worked. Now I have the stability and consistency, I only need good attempts at competitions. Now I think about winning in Doha and in Tokyo. Doing hammer throw is not more difficult than any other event. I love what I am doing. Now I will get some treatment for some slight pains and after that I will have a beer to celebrate my medal.

Such much happiness!

12/08/2018 21:28

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WLODARCZYK Anita (POL)

Hammer Throw Women Final - Gold 78.94 CR

I have so many medals that it is hard for me to find the right motivation at every competition. But I want to win and I was also aiming 80 metres. I have nice memories on this stadium and the support of fans was just amazing. I had to fight till the end. But I come out of this competition with the smile on my face. I think my horizon is Tokyo 2020 and of course the world championships next year. These are my main goals.

12/08/2018 22:14

GERMANY (GER)

4 x 100m Relay Men Round 1 Heat 2/2 - Did not finish

Patrick Domogala: I did not see the accident. There were flowers in my way and also a display. But normally I do not look at the last change of the baton because I am too afraid it could go wrong. We were doing so well, were good in front. So this is extremely bitter. I am happy that Julian was able to walk out of the stadium and that he could say Goodbye to the crowd. I shortly spoke to both of them. It did not look like something serious. I hope that apart from some scratches and some lacerations there will be no after-effects. We need them in the German relay.

12/08/2018 19:52

TSIÁMIS Dimítrios (GRE)

Triple Jump Men Final - Bronze 16.78 SB

The competition was going very strange way and the jumps were not that long. I do not know why this happened, maybe we all just wanted to jump further too much. The surface was perfect but strange. You had to find your own rhythm to get into it. But it was fast and bouncy and I liked it.

It is my first international medal and it is something I really needed in my career. But I would be much happier if I managed to jump 17 metres, what was my main target. I also injured my left ankle in the last attempt a bit so I have to check it.

12/08/2018 21:49

COPELLO Alexis (AZE)

Triple Jump Men Final - Silver 16.93

I'm very happy with a medal, but, to be honest, I had higher hopes for me. It's been a really difficult year, especially because of my injury, so I need to pace myself and ensure I was fit enough to compete. Right now, it is important to spend some time recovering. My health comes first, we will see what happens next.

12/08/2018 21:56

ÉVORA Nelson (POR)

Triple Jump Men Final - Gold 17.10 SB

This is perfect! I have been longing for this European title for a while, and, today, I finally did it. A big thank you to everyone here in the stadium for the immense support, I really appreciate it. I'm feeling really pleased, it was very important to get this medal today. Especially, because earlier this season, I had to deal with an injury, and had to work really hard to be here in Berlin. My move to Spain is definitely part of the reasons for my success, but the most important was to be fully aware of what was wrong so I could fix it with my coach. Age doesn't really matter, the most important is to have high expectations and aspirations so I can do well. I'm still growing as an athlete, and I can jump better than this. Today, it wasn't easy, this is a very difficult track. Judging from the overall results, it is clear the other felt it, too.

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ENNAOUI Sofia (POL)

1500m Women Final - Silver 4:03.08

I felt very strong and confident coming to these championships. I came right from the training camp in St. Moritz and felt great. I am so happy for my first major senior medal. The race was as I expected it to be. I knew it was not going to be slow. I was ready to run from the gun to the finish. No special tactics. I was just watching to the front. Thanks to all fans supporting us.

12/08/2018 20:16

MUIR Laura (GBR)

1500m Women Final - Gold 4:02.32

I'm really, really happy with this gold medal. I knew the pressure was on, and I'm really glad Laura Weightman was right behind me, so both of us could be in the podium. I was only convinced I was going to win when I was about to cross the finish line. This is my first outdoors title, and after having had such a tough season, I really appreciate this medal. I'm also very excited about the European Indoor Championships coming to Glasgow next year, as it's my home track where I usually train.

12/08/2018 20:21

WEIGHTMAN Laura (GBR)

1500m Women Final - Bronze 4:03.75

I really wanted to have two Lauras in the podium, and I knew Laura Muir would go very fast. I knew I had to chase her if I wanted to be in the run for a medal. I would have liked a silver medal but happy with bronze in the end. I'm really proud I attacked the race, and it is a shame I was taken over by Sofia in the last 200 metres. I really wanted to be in the podium, so I knew I had to dig deep. My coach told me to go for it, and to be confident so I could fight for a medal. It's been hard but I'm really pleased to be out here with the team. My mum and dad, my boyfriend and some friends are here, and I'm really happy I could spot them in the crowd when I was doing my lap of honor.

12/08/2018 20:22

CAN Yasemin (TUR)

5000m Women Final - Third 14:57.63 SB

To me, this medal is like a miracle. Before some time, I would be thinking about gold. But then I got serious health problems which blocked me and in fact, I have been training for this race just last three weeks. So I am very happy and with tears in my eyes. My problems were with heart, it is some kind of diagnosis that you train and you are not improving. The oxygen was very low. So I stopped training and had some rest. I hope I am coming back and it will improve at the next championships. Maybe the cross country will go even better.

When I saw the girl stopped one lap before the finish, I was surprised because I knew we still have one lap to go and was ready to push. So I used the chance. She must have been confused.

12/08/2018 20:37

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HASSAN Sifan (NED)

5000m Women Final - Gold 14:46.12 CR

That was an amazing race. My plan was to go in front on the last 800m for the final sprint. I did what my coach told me. On the last lap I saw Salpeter, I thought she wanted to do a larger sprint, I thought that she wanted to pick up the race. And when she stopped, I went "I am right! What is she doing? What should I do?" I heard the people shout. It was crazy. And then I realized that I was right and continued my race for the final lap. Winning this gold medal is very pleasant. I have to get more experience in the 5000m, it is very special for me to improve on the 5000m. I love this audience, they are amazing

12/08/2018 20:57

MCCOLGAN Eilish (GBR)

5000m Women Final - Silver 14:53.05

I'm so happy to be here at the European Championships in Berlin. Before the race, my mum told me to believe in myself, because I'm such a strong runner, and I can go fast. My plan was to give it my all, and I'm really pleased I'm coming home with a medal. I knew I could run fast, but I don't have the same speed of those girls in the 1500 metres. I'm so tall, that it takes me some time to get my legs going. I kept my eye on the girl at the front, and as soon as they started charging, I knew I had to go with them. When I saw Sifan Hassan and the Israeli athlete going for it in the home straight when there was still one lap to go, I was really confused. In fact, I was really annoyed at myself because I thought I had timed it wrong. I was really tempted to stop, but I'm really glad I didn't. I love what I do, because it gives me the chance to compete in all the stadiums my mum competed in.

12/08/2018 21:05

SCHLUMPF Fabienne (SUI)

3000m Steeplechase Women Final - Silver 9:22.29 SB

It was a tough race, fast from the beginning. It was my tactique, I wanted to run in front because I wanted to run my own race and have my own technique over the hurdle. I ran as fast I could until the finish line, but Gesa was faster than me. It was so much fun competing here. This is my first international medal. I am so pleased. There are so many Swiss fans, it is amazing. I enjoyed running here.

12/08/2018 21:24

GRØVDAL Karoline Bjerkeli (NOR)

3000m Steeplechase Women Final - Bronze 9:24.46

I was really aiming for gold today, but I have to be happy with the bronze medal. Of course, right now, I'm a little disappointed with the result, but soon I will get over it, and actually appreciate my medal. I could feel my legs were tired from the beginning of the race, and there were 2 laps to go, I knew it would be tough to get gold, so I fought to finish in a medal position instead.

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KRAUSE Gesa-Felicitas (GER)

3000m Steeplechase Women Final - Gold 9:19.80 SB

I am happy that my tactics worked, I still had some power left on the last lap. The time is secondary. I am happy that it is sub 9.30. This season was not ideal, the training was great but I could not show it in the competitions so far. Today last year's World championships were very far, they were not on my mind. Falling in a steeple race can happen easily. These are no hurdles that will fall when you touch them.

Today I kept asking myself "What will happen if I do not win?" But my coach, my boyfriend and my physiotherapist told me "Gesa, just believe in yourself." I did a clever race. I always have a plan A, but also a plan B or even C. I always watch my opponents, what are they doing and I want to be able to react accordingly.

In the training we saw that my last 400m are fast. Today's medal is very special to me. So many people are here in this stadium who know me, I received so many messages and the media hype was immense. I will run at Istaf, once more on this blue track. And I am also looking forward to the road to Doha and Tokyo.

12/08/2018 22:49

NETHERLANDS (NED)

4 x 100m Relay Women Final - Silver 42.15 SB

Samuel: I already had six starts altogether so I have done a lot. But it feels good, we had a lot of fun with girls. before the start, it was like, wai, wait, wait, and suddenly everything was going so fast.

Schippers: It was good. Definitely we managed it better than in heats. Of course, I already feel a little tired but it is normal at the championships. You just need to do better warm-up and focus.

12/08/2018 21:53

GERMANY (GER)

4 x 100m Relay Women Final - Bronze 42.23 SB

Lisa Marie Kwayie, first leg:

The season could not end more beautiful. I won this medal in front of my Berlin home crowd. It is a dream come true. After the shot I did not think anything at all, I just set it off and ran.

Gina Lueckenkemper, second leg:

Today it felt like flying on the back straight. A race like an intoxication, like an inebriation. My goal was to get two medals and I achieved this. My dream came true. This is a genius performance, great teamwork. A relay medal is not a given.

Tatjana Pinto, third leg:

Doing this in front of our home crowd. We just sucked this atmosphere and this energy. We did not think anything at all while running. When I gave Rebekka the baton I shouted something at her but I do not recall what it was.

Rebekka Haase, fourth leg:

I did not understand what Tatjana shouted to me. And it goes even noisier in the stadium. I could not hear anything at all anymore. I just let myself be carried to the finish line. It was really phat.

12/08/2018 21:58

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GREAT BRITAIN & NORTHERN IRELAND (GBR)

4 x 100m Relay Women Final - Gold 41.88 WL

Williams - This is a great team! There are so many girls out there who deserved to be here, so I'm proud of myself for making the team.

Asher-Smith - I'm really happy to be here and run with these girls, and I'm glad I was the last one to run, it was easy.

Imane - It is true I'm the newest one in the team, but after the Anniversary Games in London, I feel very welcome, and very prepared to be part of the team. I still think I can do much better than this. Dina's victories in the 100m and 200m really inspired me.

Phillips - It's been a difficult season, as I had to deal with some injuries. I really wanted to do well here. At the end of the day, I didn't want to embarrass myself by not doing a good first leg.

12/08/2018 22:49

TURKEY (TUR)

4 x 100m Relay Men Final - Silver 37.98 NR

Guliyev - It was hard to get back after the 200m but I am glad we managed to get this medal. Silver is good result for us and we have a perfect relay team. We have been together for two years and I think we are still improving. There are still small things to improve. We will analyze the video with our coach and hope to be ready for the next championships and Olympics.

12/08/2018 22:24

NETHERLANDS (NED)

4 x 100m Relay Men Final - Bronze 38.03 NR

Christopher Garia, first leg:

It feels good, it feels great. I originally come from baseball and I am happy to have changed my focus to athletics.

Churandy Martina, second leg:

We enjoyed it, we did our best. I proud of the boys, we ran a great race, at a great level. We have to see the video to know where we still can improve.

We really enjoy it. We love being here. Keep following us. Thank you for the love and the support. Let's go, orange!!

Hensley Paulina, third leg:

I did very well, the goal was to run 37 seconds and we did it. Our biomechanics are great. We are just so super proud.

Taymir Burnet, forth leg:

It is amazing for me.

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GREAT BRITAIN & NORTHERN IRELAND (GBR)

4 x 100m Relay Men Final - Gold 37.80

Ujah - I always like to kick things off, and it's been a pleasure to run with these guys. One word to define us would be strength.

Hughes - It's been really exciting to be here, I'm very happy to be able to run with this group after the 100 metres race. It's been a busy week for me.

Gemilli - It's a amazing way to end these Championships, especially for some of us who are not happy with our individual results. This is really fantastic. If I have to use a word to define us, maybe I'd say unity or versatility.

Aikines-Aryeetey - I'm the old dog in thr group, so i didn't have to run the semi-final. I won my first international medal right here, in this stadium, 9 years ago, so this has been a great experiance today.

12/08/2018 22:41