



ANNIVERSARY
GAMES

IAAF Diamond League

London (GBR)

20th - 21st July 2019

IAAF
*Diamond
League*

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Shericka JACKSON (JAM)

400m Women - 1st, 50.69

It was very exciting. I just came out here and did my best and my best was good enough so I am grateful.

You always have to be confident and fight until the finish. I thought it was a good race and I enjoyed it.

I used this as a training run ahead of the world championships, so to get the win and add some more Diamond points I am very happy with that.

The 400m is a great event to be a part of as it is very competitive and I am enjoying the competition.

20/07/2019 14:11

Laviai NIELSEN (GBR)

400m Women - 3rd, 50.83, PB

I'm absolutely over the moon. It's a time I knew I could do, but it was just a matter of getting the competitions in and being competitive. And to do it here of all places - I'm not joking when I say this is my favourite place to run.

It's really something special to me. Every time I'm here, the crowd just gives me goosebumps and I get a lift I just can't describe. I just want to race here all the time.

I'm not doing anything else now until the European Team Champs. I've never won a British Champs, so that's my main aim, then hopefully go to world champs and contend for a medal there.

20/07/2019 14:16



BRITISH
ATHLETICS



IAAF *Diamond League*



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Flash Quotes

Tajay GAYLE (JAM)

Long Jump Men - 2nd, 8.32m, PB

I'm happy with the personal best. The win didn't really matter to me as from training, I didn't expect that.

At the moment, the world championships are ten weeks ago so it's the least of my problems. I'm just working on fitness, staying healthy and keeping a steady body weight.

20/07/2019 14:22

Ruswahl SAMAAI (RSA)

Long Jump Men - 3rd, 8.11m

It was hard todaz, very hard. Jumping over 8m into -2 headwinds.

That's the most important thing, we came to London to see where about's we are, but we couldn't really down to the factor of headwinds and condition's. However, heading further into the season it's going to get better and better.

I have a couple of days off and then going back too South Africa for 2 weeks and then I will reurn to Europe and purely focus on training.

Always focus on you; control what only you can control such as your own performance. Don't try and control what you can't.

Best crowd in the whole world, I love coming to the UK they always come out for Athletics. I'm forever gratefull being able to compete in London and England

20/07/2019 14:29





Flash Quotes

Ruswahl SAMAAI (RSA)

3rd, 8.11m

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20/07/2019 14:29

Luvo MANYONGA (RSA)

Long Jump Men - First 8.37M

I was a little scared and I was holding back to start.

At the begining I need to test my ankle as I was not sure my ankle could handle it but, I said to myself just jump becuse this is where I was crowned World Champion.

When Gayle jumped 8.32 I thought the competition has started now. I composed myself but I was pushing myself to beat him and realised all I needed to do was concentrate on my technique.

20/07/2019 14:35





Flash Quotes

Andrew BUTCHART (GBR)

5000m Men - Fifth 13.06.21, PB

The race was always going to be pretty fast and I felt pretty good. It felt way easier today than in Rome and I ran slower in Rome. I am training really well and I am excited, I have not come from altitude training and have been training at sea level but I have been training really well.

Today was massive and it was great to run here. I am exactly where I want to be. It is incredible to run that time and it is big confidence boost and I think I can go faster and break 13 minute.

20/07/2019 14:37

Jakob INGEBRIGTSEN (NOR)

5000m Men - 2nd, 13:02.03 NR PB

It was an OK race, it was fast over the last kilometre. I'm definitely able to go under 13 minutes. I was hoping for a personal best, but a national record is better.

[On Hagos GEBRHIWET] He has a much quicker PB than me. Of course he's a great athlete but I'm on my way to becoming better.

This is my first fast 5k so I'm satisfied with it being a national record and I'm ready for my next race.

20/07/2019 14:43

Hagos GEBRHIWET (ETH)

5000m Men

It was a very competitive race and I pushed all the way to the line, I found it very difficult.

Yeah, London is good I like it here a lot the crowd were very engaged with the race.

The goal is Zurich and the diamond league so I will be focusing mainly on these events.

20/07/2019 14:50





Flash Quotes

James ELLINGTON (GBR)

100m Men Round 1 Heat 2 - 9th, 10.93, SB

I am so happy to be here and when it actually manifested and I was able to walk out on the line and I am lapping every moment of it up and just enjoying it. I'm going to go back to the drawing board and try to sort these injuries out.

I have had a back problem three days ago and I could not walk but there was no way I was going to miss this race. Yesterday I started to feel a bit better but in the warm up I started to feel pain and I walked out limping but I was not missing this. It's amazing to be here.

20/07/2019 14:54

Ferguson Cheruiyot ROTICH (KEN)

800m Men - 1st, 1.43.14

I feel good, I feel excited because I was prepared for the race and I came and delivered.

[On Nigel AMOS withdrawal] Amos is like a brother and I feel sorry for him. I hope he gets well soon.

20/07/2019 15:02

Wyclife KINYAMAL (KEN)

800m Men - Second 1.43.48, SB

It was a good race. I feel I did well, I came second and I am happy. It is very nice stadium and I like running here.

20/07/2019 15:04





Flash Quotes

Marcin LEWANDOWSKI (POL)

800m Men - 3rd, 1.43.74

Definitely a SB, and very close to my PB of 1.43.72 so I'm very happy, I have been training more altitude this last month so training has been very good and I'm really pushing myself. This week I have kept the intensity up in my training, so I'm really happy as this has been the goal. I'm still trying to get into my best shape so this placing is a really good sign my training is helping.

From last year I have been training really hard for 1500m distance so that is what I have been focusing on, all round it's been a great performance.

This Stadium is amazing, I love this place and have great memories from here and I'm very happy when competing in this city and always want to compete in England.

20/07/2019 15:07

Marie-Josée TA LOU (CIV)

200m Women - 2nd, 22.36, SB

I'm happy. My 200m hasn't been great for two years, so I'm working on that and happy with the time.

I think she's [Elaine THOMPSON] back! And it's good for us because it'll help us run really fast so I'm OK with that.

20/07/2019 15:11





Flash Quotes

Elaine THOMPSON (JAM)

200m Women

I'm feeling great to back in London competing over 200m. It's all work in progress - it's a long season so I just came out here to perform and enjoy it.

I want to stay healthy and focussed for the rest of the season - that's the aim. I came out here and pulled through today. I think there's great strength in the 200m fields and I feel like it's helping me continually improve.

20/07/2019 15:16

Beth DOBBIN (GBR)

200m Women - 3rd, 22.50, PB

I'm over the moon with that. This time last year I missed the Anniversary Games because I had a shift at work, so to now be a full time athlete, racing against Olympic champions, it's just a dream come true. I was racing against my idols so I am absolutely buzzing.

When you are racing girls of that class you kind of get scared that you are going to mess up, but you just have to be on your A game and I think when you race against girls like that it really brings the best out of you.

I didn't expect to be in PB shape until trials because every year we focus on peaking for trials so to run a PB here today it means a lot. It gives you that confidence which you need heading into the trials and I want to go to the European Team Champs, so hopefully I have laid down a marker that gets me selection.

20/07/2019 15:18





Flash Quotes

Yasmani COPELLO (TUR)

400m Hurdles Men - 2nd, 48.93, SB

I am very happy for my SB. I have an injury in my leg and I will go back to Turkey for some rehabilitation but, I really enjoy running here.

20/07/2019 15:25

Amere LATTIN (USA)

400m Hurdles Men - 3rd 49.18

It wasn't the best but overall the crowd and the atmosphere got me through the race.

Amazing competition, I had a run up on me and wasn't expecting him to be so fast but it was okay really because I love the competition.

I have the outdoor track championships in 5 days back the United States, so I will just be enduring some light training sessions; both physically and mentally

20/07/2019 15:28

Karsten WARHOLM (NOR)

400m Hurdles Men - 47.12, MR, ER, PB, WL

I always try to surprise but at the same time it's not a given. It takes hard work, dedication and a lot for me to get out those extraordinary times.

I feel really good, but at the same time it's a long time until the championships. I'll try to do my own thing. Do what I think is the best.

20/07/2019 15:32





Flash Quotes

Kelsey-Lee BARBER (AUS)

Javelin Throw Women - 2nd 65.85m

I am making a bit of a trend of doing that on the last throw, I would like to get a good throw out earlier but, it makes for entertaining throwing. The girls are really pushing me at the moment to throw my best and I appreciate the competition. This is all good experience and I am throwing well when it counts.

I was feeling fine coming into the event, I had some time to recover from throwing in Lausanne last week.

I love the stadium and I really cherish the moments from the past years and I try to draw on that energy and work through the competition.

20/07/2019 15:37

Nia ALI (USA)

100m Hurdles Women Final - 2nd, 12.57

I am very pleased with that performance, it is slowly coming together. It wasn't the greatest performance in terms of where I want to be but this time is awesome for me. It is really huge for me to be progressing so quickly, so I am pleased.

It is always important for me to be competing against the best in the world. I love that it was a competitive field and everyone is running very fast. It's great motivation.

It's exciting, I love racing here.

20/07/2019 15:39

Tatsiana KHALADOVICH (BLR)

Javelin Throw Women

I am happy with my throwing today and to get the win.

20/07/2019 15:43





Flash Quotes

Danielle WILLIAMS (JAM)

100m Hurdles Women Final - 1st 12.32, PB, WL

I am thrilled with that, my aim was always to run fast.

It has been coming all season and it was just about when. This track is a fast track and the fact that we get two opportunities because of the heats you can fix what you did wrong ready for the final.

I am looking forward to the next stage of the Diamond league in Birmingham and hopefully onto the finals.

20/07/2019 15:46

Gabriela DEBUES-STAFFORD (CAN)

1500m Women - 3rd, 4:00.26, NR PB

I feel like it was a tactical race a lot of moving up and down in pace. I think I executed it a bit better than Monaco.

I think I was a bit too far back in the pack when Laura (MUIR) made her move. It felt quite hard but the fact I'm training with Laura and Jemma (REEKIE) it does give you confidence in a race when you see your training partner move and you know you can move too. It's just about getting the confidence to match my level of fitness.

[New NR] I thought that was out of the picture. I didn't know what the pace was. I wasn't looking at the clock today and I just wanted to race and looking to not focus so much on times.

20/07/2019 15:49





Flash Quotes

Laura MUIR (GBR)

1500m Women - 3.58.25

It may have looked easy, but it wasn't! I didn't realise I ran a 57-second last lap and I'm so so happy about that. The girls are really strong and I know that my advantage is in that kick, so I just sat in there and tried to take it easy. It was all about winning today and I did that.

London is a really fast track and it's always a great atmosphere. The conditions are usually pretty good - it was a little bit windy today, but the whole vibe of the place is really special and it makes athletes raise their game.

There's huge strength in depth of the fields here, so you can run a world lead at one event and then someone else will do it at the next. It really helps keep pushing you on. It's great to have so much competition.

My goal now is to win a medal in Doha.

20/07/2019 15:53

Winy CHEBET (KEN)

1500m Women - 2nd, 3.59.93, SB

It was OK, I ran a season's best so I am thankful for that. It was a hard race.

I am going to go away and improve my time, improve my kick for the finish. I am so happy because all season I have been running 4.03, 4.04, but today I ran under four minutes which is good and I feel I could give more.

20/07/2019 15:55





Flash Quotes

Yohan BLAKE (JAM)

100m Men Round 1 Heat 1 - 3rd, 9.97

It's alright. Thank God I came out injury-free. I wanted to make a race of it, but I could tell I just stumbled which kind of knocked me off, but I'm feeling great.

In the season it's a bit early with me running times like this right now. But come Doha, I'm going to bring it.

20/07/2019 15:59

Zharnel HUGHES (GBR)

100m Men Final - 2nd, 9.95, SB

I am quite happy minus the stumble but I think I ran a great race and held my composure and it was good to be in front of a London crowd.

This crowd always inspires me and I am enjoying the music, shout out to the music promoter for that and the track is pretty fast. I always enjoy racing out here, it's just a shame I could not run a little faster.

I listen to a lot of rap like Stormzy to get me hyped for a race.

20/07/2019 16:02





Flash Quotes

Akani SIMBINE (RSA)

100m Men Final - 1st, 9.93, SB

I'm really happy with the time. I came here to get the Diamond League points and make sure I get the win to build the confidence and I come away with a season's best. It's always amazing running here and pleased to just come out healthy and finish on top.

It's mostly about building the confidence and making sure I get through the races and winning them so by the time I get to World Champs and I'm facing the rest of the world I'll be ready and the confidence will be there and I'll be able to believe in the work I've done.

20/07/2019 16:05

Christian TAYLOR (USA)

Triple Jump Men - Second 17.19

I am happy to come out healthy, it was difficult. There was a lot going on today, the crowd are really into the event but there is so much going on that it is hard to concentrate.

It is always good to have Pichardo pushing me because this is what we need. It's good for the spectators as well because of the rivalry. We still have two months before the World Championships so there is no rush and I am just happy to be here with this being my first games. Its always special to be back here, I would like have to put on a better show but I was battling the elements.

20/07/2019 16:10





Flash Quotes

Kare ADENEGAN (GBR)

T33/34 100m Women - 1st, 17.91, SB

That was alright. It's a season best so I know things are going in the right direction and I am happy to go sub 18 with it being my third 100m of the season. I came out smiling because it's a great stadium and I have so many memories here.

There is more pressure because with having the world record and I know what I expect of myself. It's been a busy year with A levels and it's now about getting into shape. I start University in September and I hope I can keep training hard through that and focus on the World Championships.

My ultimate goal is to get on top of that podium, it's not going to be easy because my class is getting more competitive every year so I have to keep working hard.

20/07/2019 16:15

Holly BRADSHAW (GBR)

Pole Vault Women - 3rd 4.65m

It was a little up and down really, I had a little bit of a shaky warm-up because of the wind picking up and it was only a couple of months ago I had a couple of crashes in training landing on the track so it really shook me up for about 6 weeks. This resulted in mixed emotions in the warm up. It was a real test for me to get a result at 4.65m.

The crowd are always great and they really got behind me especially on the last jump at 4.75 as I was only a few millimetres off clearing the final jump. The struggle in the warm up was really helped by the atmosphere of the crowd.

So I'm going to take 4 weeks off now because I want to get back to 16 steps, as I'm only on 14 and would like to get back to 16, and my next competition will be in Birmingham and the British champs; so yeah I have some exciting competitions coming up which is exciting.

20/07/2019 16:19





Flash Quotes

Women People's Republic of China (CHN)

4x100m Relay Women

Yongli W = We are happy with the way we ran and we are very happy with our time.

20/07/2019 16:32

Women Jamaican Select (JAM)

4x100m Relay Women - 1st

Morrison- It was mental at the end, but it was my job to give the team a positive mind set and to make sure my team recieved the baton first.

Thompson- After the individuals its nice to come back to the 4x100m races.

Smith- I was on track with my leg, I knew I just needed to run as fast as I possibly could.

Fraser Pryce- when it comes to the relay you just have so much energy and I felt strong and was overall just glad I managed to come away with the win for the team.

It is a different way to run but that's part of the competition. It's cold, so much different.

20/07/2019 16:33

Anzhelika SIDOROVA (ANA)

Pole Vault Women - 1st

It was really hard because it was windy today. All the girls had to fight the wind, but I'm happy with my win.

I know that it was good today being near the start of the season and it's a long way to Doha. I don't know what form I will be in there. I hope it's just the start.

20/07/2019 16:34





Flash Quotes

Katerina STEFANIDI (GRE)

Pole Vault Women - Second 4.75, SB

I am happy with my performance today, after all it was a season's best but I came here with my expectations a lot higher and I think it showed on the lower jumps and I lost my temper. I am happy with what I did but, I did not do it at the right height.

20/07/2019 16:37

Jonathan PEACOCK (GBR)

T44-64 100m Men - 1st, 10.70

I am reasonably happy with that. It's one of my faster times. I feel good at the moment, I have been training well and I have only had three races this year. It's been great to get back on the track, I have always loved training and this year I feel like the hunger is back. I am going home every night and watching video and wanting to improve. I feel comfortable.

The motivation was always there but it is nice to appreciate what I do. Going on Strictly or even so called real work makes you appreciate that training for a few hours and going home to rest is a job because a normal job is not like that.

The goal is to aim for the major championships, it's a long season and the main objective is to stay healthy.

20/07/2019 16:41





Flash Quotes

Women Great Britain & NI (GBR)

4x100m Relay Women - 2nd, 42.30

Nelson - I got a good start. Passed it to Imani (Lansiquot) and trusted her. She's got a really nice hand so it's good to smash the baton into it.

Lansiquot - I found it to be a good confident leg because Ashleigh (Nelson) gave me it in a fantastic position. Because I've been practising with Bianca (Williams) for a second year now and Ashleigh has been fantastic in training I was trusting that we would get it around.

Williams - It was a bit of a scuff on the last change but we got it around. Things happen. But we've got the standard so we're happy.

Neita - I just wanted to hold her (Shelly Ann Fraser-Pryce) off, but she got me in the last hundredth. She runs 10.7 so I'm hoping that's a new PB coming my way.

20/07/2019 16:45

Women Shaftesbury Barnet Harriers (GBR)

4x100m Relay Women C:C U20 - 1st. 46.31

We are so happy! We only practiced today and weren't very prepared so to win with a PB is amazing!

21/07/2019 12:53

Men Croydon Harriers (GBR)

4x100m Relay Men C:C U20

We felt really good, we were aiming for the national record so good to have got it. Our changes were great, it was really smooth. It's the best we've ever ran it and we're so happy the training has paid off.

21/07/2019 13:01





Flash Quotes

Men Netherlands (NED)

4x100m Relay Men - 3rd, 37.99, PB NR

Garia: I'm very happy with this. We practiced hard and we're seeing the results which is brilliant.

Burnet: We've been putting in a lot of work as a team. We've been practicing together as a team since January - we do everything together! That's why we could come here today and get a good time.

Paulina: It's always great to be in London. Last year we ran a national record here and today we've done it again. It's just awesome to be back in this stadium. I love it!

Martina: We're planning to continue practicing a lot together so we can go out there and do well. We've made the Worlds already so we just need to go there and make the final. Then we take a break and come back out for the Olympics too - that's the goal.

21/07/2019 13:56

Dillon LABROOY (GBR)

800m Wheelchair Men - 1st, 1.38.13, SB

I didn't have too much expectation coming in, I hoped to finish in the top three. I am glad I managed to get Richard on the line, he is currently the fastest in the country on the track.

I got off to a sort of slow start this season, but I feel like things are going in the right direction now, so hopefully this is the start of a comeback this season.

I definitely feel like I can challenge Richard going forward. Today has definitely given me confidence and extra motivation to push a bit more in training and keep going.

21/07/2019 13:56





Flash Quotes

Men Japan (JPN)

4x100m Relay Men

Japan Team: We were happy with the time and to break to 38 second barrier. We can make some little adjustments which we believe we can do as a team to be well prepared for the World Championships.

21/07/2019 13:57

Danny SIDBURY (GBR)

800m Wheelchair Men - 3rd. 1.38.98

It didn't go great. I just made a mistake tactically. It's a very fast track and was really good fun though, a great experience. I enjoyed it but just got it wrong tactically so could have done a bit better. The time was a bit irrelevant. I just wanted to go out and enjoy it and I definitely did. The time wasn't bad, not a SB or PB or anything but fairly good time. It feels great to be performing in London. It's a track with a lot of history and just to be invited and to go out there and participate feels very special.

21/07/2019 13:58

Richard CHIASSARO (GBR)

800m Wheelchair Men - 2nd 1:38.29

It was alright, it was the first time I've done an 800m on this track since I crashed at London 2017. It was good, I love coming to the stadium for the crowds, and fair play to Dillon he was too strong for me on the home straight. I knew that Daniel and Dillon have been pushing really well this season. I had a lot of health problems at the end of last year and I'm still getting them sorted, but I have a treatment next week then I'm moving back in to full training after that. The beginning of last year is where I want to be, I just need a few months of solid training then I'll be back up there. Four months (to Dubai 2019 World Championships) should be more than enough for me to get back to where I need to be.

21/07/2019 14:04





Flash Quotes

Men Great Britain & NI (GBR)

4x100m Relay Men - 1st, 37.60, SB MR

Ujah - Relay win is an amazing feeling, we trust each other and this is one of our biggest strengths as a team. It was great to have such a good performance especially in our home town. We just wanted to give our best.

Hughes - The team is so versatile and we are all fast at the moment, there is still a lot of us missing which allows us to challenge and push each other to our own limits; which enhances our overall performance to the next level. Were still not sure what we are capable of but it bodes well for the world championships.

Kilty- Amazing win, so relaxed and with confidence comes trust in one another, that no matter what order we will have great chemistry. We were constantly pressing and making sure we ran down our opponents and we executed this element of our race well. Everyone did a great job.

21/07/2019 14:05

Olivia BREEN (GBR)

T35-38 100m Women - 2nd 13.08 PB

It went really well I managed to get out of the blocks really well and after that I knew in my mind I just had to drive and execute the rest of my race, to kick on making sure I didn't let up any positions.

The competition was really great as it allowed me to elevate my own performance to get my PB to 13.08.

I actually block most of the crowd out and just try to focus on my own race; exactly like I do in training.

The next stage is British Championships in August and finally the worlds so I have a busy schedule. I have just the one day off tomorrow and then its straight back into training sessions in preparation.

21/07/2019 14:13





Flash Quotes

Sophie HAHN (GBR)

T35-38 100m Women - 1st 12.45

I was quite happy with the race, obviously a new world record would have been nice but I'll have to save that for later. But I was happy with how I executed the race. I feel in really good shape, things are going in the right direction. Consistency is the key, I think another world record is within reach this season, if not then next year.

21/07/2019 14:14

Stef REID (GBR)

T44-64 Long Jump Women - 1st 5.36m

It was a solid day, I guess that's how I'd describe it. To be fair, it was quite a strong headwind so I had a couple of jumps that didn't count, but it was good. We're working on some new things and when you come to a competition like this under pressure you see what's stuck and what hasn't. Then we go back into training knowing what to work on. But it was fun.

There was a moment when I was getting ready to go and realised nothing else was going on, so I thought you know what? I'm going to get the the crowd going. I felt like the entire stadium was cheering for me and it was so cool. When you're having a good time it shows in your performance. There's nothing better than sharing what you love doing with the crowd.

For the first time in my life, I'm going back to Worlds to defend a title and I'm really looking forward to that. It's getting harder and harder every year - more girls are coming through and it keeps me on my toes. Jumping over 5m used to be quite rare, but now most girls are doing that. It's great for the sport but I like a bit more of a buffer! But it really shows how para sport is evolving.

21/07/2019 14:19





Flash Quotes

Ali SMITH (GBR)

T35-38 100m Women - 3rd, 13.36, PB

That was a good race and another PB.

It was hard because I was racing four rivals so there was a lot of pressure but, I love the pressure. I am the underdog and I thrive in that situation. It is nice to be the underdog because I feel like I can prove myself and show people I deserve to be here.

I changed coaches in May and I have had three PB's since so I am really happy.

21/07/2019 14:20

Jonathan JONES (BAR)

400m Men - 2nd 44.63 NR, PB

I feel great and I really love this track. I have been preparing well physically and mentally. I really wanted to come back to the Diamond league and race, rather than race by myself.

21/07/2019 14:25

Akeem BLOOMFIELD (JAM)

400m Men - 1st. 44.40 SB

It went pretty good. I think I executed the race okay. I got a pretty good time so I'm happy right now. I came here last year and I won so to come out and win again in London is amazing. I'm looking forward to my next race. As the season progresses, I just want to get better and better and I'm really excited right now.

21/07/2019 14:29





Flash Quotes

Kadeena COX (GBR)

T35-38 100m Women - 4th 13.73

It's good to be back [after a two year absence from the track]. It's obviously not what I wanted to run but I can't really complain after three weeks of training. I've still got until November for the World Championships so there's so much more to come.

It felt a bit weird, just the whole process of going through warm up, the call room - I got really nervous, and I don't normally get nervous. It's one of those things you've got to do first to get it out the way.

The girls have run fairly decent times there, but in good shape I am not a million miles away. There's a lot of potential there for me.

21/07/2019 14:31

Catriona BISSET (AUS)

800m Women - 2nd 1.58.78, NR,PB

I felt really good and a national record, I think I even kicked a little early. Lynsey (Sharp) felt me coming round and pushed me out onto lane two but, that was great. I felt so strong, coming down the back straight I feel like I still had a lot in me and it was nice to push it all the way, that was so good.

I knew I had that kind of race in me just because of the winning streak. I knew if I had a quick pace maker I could take some time off some my PB and I took exactly a second off!

21/07/2019 14:43





Flash Quotes

Alexandra BELL (GBR)

800m Women - 3rd 1.59.82 PB

I've raced here a few times and it's always been a consistent 2:00, 2:01, so I was confident it was going to be a good day. This is my fourth race this season, so I'm kind of at the stage where I'm trying to put my training into practice and see the results.

With Worlds being later this year, we're still learning. I don't know how things will end up with selection - if I had a crystal ball it would be brilliant! But we're just being really relaxed about everything at this stage. I'm not showing any signs of panic and I'm just taking it race by race. I'm confident that my training is going well and I'm just so glad I've been given the opportunity to race and deliver what I've been putting into training.

It's a big confidence boost to be up there with the best. I've been looking at the rankings and week in, week out there's been another person added to the list. But this was a great pick me up to take me back into training positively.

21/07/2019 14:44

Lynsey SHARP (GBR)

800m Women - 1st, 1:58.61 SB

It was a good race. It's so nice to be in this stadium in London. Everyone has been saying how fast the track is so it was good to make the most of it today with a season's best.

I'm happy with my time. Last week was good but it was so nice to back myself up here as well. Hopefully I will be racing Birmingham Diamond League but I haven't been confirmed yet. After that, it will be trials so it's just a few weeks of training now on the road to Doha.

21/07/2019 14:52





Flash Quotes

Samuel TEFERA (ETH)

1 Mile Men Emsley Carr - 1st, 3.49.45, WL, PB

I am very happy to get the win and to be the quickest in the world this year. It was very strong competition so I knew I had to push all the way to the line.

21/07/2019 14:58

Daniel STÅHL (SWE)

Discus Throw Men - 1st 68.56m

I'm very happy with the win, it's a good result. Just one big throw I had today, but it was very unstable. I've been competing a lot so now I'll have the chance for a mini vacation, then train really hard and be back for a couple of competitions in August. Then I'll be ready for Doha.

On the Diamond League:

It's always very important to win and I'm very happy today. It's going to be fun in Brussels.

21/07/2019 14:58

Filip INGEBRIGTSEN (NOR)

1 Mile Men Emsley Carr - 2nd 3.49.60, NR,PB.

I am happy, it was a fun race, without it being a Diamond League qualifier quality field but it was fun to race. There was a gap which I managed to close and I felt OK coming down the last stretch, I felt him (Samuel TEFERA) coming past on the bend and he got the win.

(On his younger brother's Jacob's national record in the 5000m on Saturday): Two national records for the Ingebrigtsen's is how we like it. It is what we do in training and try to push each other, you don't really want to be beaten by your brother. So with him doing a national record I thought I at least have to PB and I think that may be the secret behind what we are doing.

21/07/2019 14:59





Flash Quotes

Fedrick DACRES (JAM)

Discus Throw Men - 2nd 67.09m

Not thrilled with my overall result distance wise. I felt like I had a lot more in me. I couldn't run up as hard as I would have perhaps desired, however I felt I rotated well to get over 67m and that was obviously good enough for second place.

I've qualified already and that was the aim, I did want to achieve a big throw today but unfortunately it never came for me today.

The crowd were amazingly awesome, overall it was a good day for me and the sport.

I haven't been training loads as I have been in Europe for a few weeks so have a felt a little rusty. I'm going back in August to train a lot harder and prepare to see what I can achieve in the month of October.

21/07/2019 15:06

Jake WIGHTMAN (GBR)

1 Mile Men Emsley Carr - 3rd, 3:52.02 PB

I wasn't sure if I was going to be third. It was a pretty stacked domestic field. Anyone of us could've come out on top because every one of us is running well.

I'm pleased with that. I know I let them get away a bit because I felt strong in the end, but I just didn't have a close enough gap to do anything.

On British selection for World Championships: I need to stay in one piece mainly. I'll need to keep getting better until trials and get myself to Doha.

21/07/2019 15:12





Flash Quotes

Sifan HASSAN (NED)

5000m Women - 3rd 14.22.12 AR PB

I went out fast but I'm still very tired from the mile in Monaco last week, both physically and emotionally. But I still ran a PB, so I'm happy.

There's a very strong level of competition today, the field was a high standard. Normally it might be slow at the beginning and then pick up, but it was particularly fast today.

It's really amazing here - the crowd, I love it.

I now need to work on my endurance and also getting good rest in so I can be prepared for Doha. I have time to prepare now.

21/07/2019 15:17

Laura WEIGHTMAN (GBR)

5000m Women - 12th, 14:51.78 PB

I'm happy. The aim today was to come out and test my legs as I've had a big racing block. I just wanted to come out and run hard today and I did that.

I had to take on the pace quite a bit and catch one of the athletes that had broken off the front group. Then I just sat in a bit and let her do some of the work.

I'm pleased; it was a solid time. We came in wanting to get an Olympic and World qualifying time and we've done that. I'd like to run faster though.

I should be at Birmingham Diamond League and I'll be running British Champs but I haven't decided what event yet.

21/07/2019 15:23





Flash Quotes

Aldemir JUNIOR (BRA)

200m Men - 3rd, 20.17

I knew I had to go fast around the bend, so I tried to get the best start possible. I pushed hard to the line and it was close.

21/07/2019 15:25

Hellen OBIRI (KEN)

5000m Women - 1st, 14:20.36 WL, MR

I am so happy because this is my favourite track and I have done my best and I ran the way I wanted to. In the last lap I was thinking, work hard and I said to myself when I went past Hassan: 'let me go and see if you can catch me'.

I have been training well and this will help when I defend my title in Doha.

21/07/2019 15:25

Zhenye XIE (CHN)

200m Men - 1st 19.88 AR, PB

It was amazing because it was my PB and a new Asian record, so I'm very happy. I love you guys, I love this track. I just told myself to go fast. This gives me a lot of confidence for the World Championships.

21/07/2019 15:27





Flash Quotes

Miguel FRANCIS (GBR)

200m Men - 2nd 19.97

I think it went very well, the curve especially I think that went extremely well. I was relaxed and fast and wanted to carry that into the straight; however i started to lean back which threw me a little off my performance. But other than that it was a great race and performance.

I'm not in the greatest shape so to run 19.97 in the shape that I'm in is actually very pleasing.

When I heard my name being called I heard everyone cheering and this made me feel as though i was home, which was really pleasing and comforting for me as an athlete. The crowd here are always amazing and i cant wait to perform back here in this stadium again.

The next step for me is that I'm going back home to Jamaica were I will continue training in preperation for the British Championships

21/07/2019 15:34

Zuzana HEJNOVÁ (CZE)

400m Hurdles Women - 2nd. 54.33.

I am really disappointed because I wanted to win here. I love this stadium and the supporters and I just made a mistake on one of the last hurdles so I'm a little bit sad.

But second place is nice.

I will be doing the European Team Championships so that will be my next competition. But I am looking forward to the final of the Diamond League.

21/07/2019 15:37





Flash Quotes

Rushell CLAYTON (JAM)

400m Hurdles Women - 1st, 54.16, PB

It feels great to come here in my second Diamond League and win in a field of very talented ladies, it's awesome.

I never came here expecting to win, I just came here to execute my race. As long as you execute your race on the day you will get to where you want to be and I did just that and I ended up winning with a personal best.

I was just in my zone, saying "Rushell, please execute, please execute" and I did just that. To do it here in London makes it even better.

21/07/2019 15:40

Tia-Adana BELLE (BAR)

400m Hurdles Women - 3rd 54.54

It felt so good and the biggest thing I wanted to work on was hurdle six and I got hurdle six correct and I feel so good right now. It was my second fastest race of the year and I am so happy right now you don't understand. I am now looking forward to Lima and Pan American Games, going home and seeing my coach and go back to the drawing board ready to go again.

I have always coloured my hair even in high school and it really is part of my personality.

21/07/2019 15:42





Flash Quotes

Majd Eddin GHAZAL (SYR)

High Jump Men - 1st 2.30

What a wonderful feeling. It's the first time I've ever won a Diamond League meeting and so London is now a very good place for me!

2.30m is ok for me and every time I keep moving it on a little. I feel good and happy with that. So next time I'll maybe try to go a little higher.

Having these guys to compete against really gives me an extra push. Everyone has their eyes on Doha now and we're pushing step by step.

21/07/2019 15:45

Wilhem BELOCIAN (FRA)

110m Hurdles Men - 2nd. 13.28 =SB

I felt good during the race. It was a good fight to the finish.

It's my first time in London and the track is very good. It's got a great atmosphere in the stadium and British people love cheering!

I'm very happy to be here and get a season's best. I hope I can come back next year!

21/07/2019 15:48





Flash Quotes

Omar McLEOD (JAM)

110m Hurdles Men - 3rd, 13.32

I kind of messed up off the first false start, I didn't regroup as well. The first run I got out better, this one I got out to the first hurdle and stumbled. I had to recover and kind of run back, I just didn't catch up in time. My second half of the race was really good, I just need to make sure that I perfect the first part no matter what.

Hurdles is so hard, there is just so much mentally and physically. Literally anything can go wrong. You can be the fittest and the fastest out there but if you're not technically sound, and you're not perfect out there, you're not going to win. It's just how hurdles is and people need to understand. Just one mistake can ruin the entire race.

London is a special place for me, I wish I had got the win but what matters most is in October. I need to prepare for that. We have a lot more races to go so we will just have to see how that goes and be very patient. I know I'm a championship performer. Just take it one step at a time, one meet at a time and get ready for the big thing.

21/07/2019 15:50

Mutaz Essa BARSHIM (QAT)

High Jump Men - 2nd 2.27, SB

First of all I am really happy to be back, It has been a while since I have been in an arena and the Diamond League, july last year. I feel great especially coming back to london, I have so many great memories of being here. I wanted to do better of course but I have things I can work on and I just need to compete more.

The High jump is very technical and you need time to get back into your rythem but I am in the right place, I did not feel any pain today which is a good thing and I just need to compete more.

It is very important to fit and healthy to perform on home soil in Doha.

21/07/2019 15:52





Flash Quotes

Wenjun XIE (CHN)

110m Hurdles Men - 1st 13.28

Yes, this competition is very good, it is always performed at a high level and I'm always excited to perform in London.

I'm not too satisfied with my time of 13.28 this was down to my start not being to the standard im used to. Although I did manage to catch them up after a few hurdles which is pleasing.

I need to keep concentrating on my starts if I'm wanting to challenge my PB in the future.

21/07/2019 16:02

Marie-Josée TA LOU (CIV)

100m Women Final - 2nd, 10.92

At the start I almost fell down so to comeback and get third is OK, especially with the World Championships still a few months away. I am working hard in training every day to make sure I am ready for Doha.

(Shelly-Ann FRASER-PRYCE) is great and I am happy to see her coming back so strong. It was another really competitive race which is the great thing about the 100m at the moment. The competition just keeps on getting stronger and stronger.

21/07/2019 16:03





Flash Quotes

Shelly-Ann FRASER-PRYCE (JAM)

100m Women Final - 1st. 10.78

At first I was a bit put off by the false start but I was glad I was able to go back and reset myself. It was a quality field today and I must say that every time I race in London, the field is always fantastic so a well done to all the ladies that raced today. I was really happy to come away with a win.

I am definitely happy. It's a long season and I've been training and training. To come out here and run 10.78 is a fabulous time.

I feel good. The aim is to make sure when I get to Doha that I'm on point. Right now the females are so close in terms of time so you definitely just have to come out and make sure that you're ready to run.

My aim for Doha is definitely to be on the podium. For me, its a long season from here so I am hoping my experience will come into play.

21/07/2019 16:09

Malaika MIHAMBO (GER)

Long Jump Women - 1st 7.02 MR

Yeah, it was really good, tough due to changing headwinds, big headwinds. Overall though I really enjoyed it.

Everyone jumped really well, you always have to bring out your best performances against whoever you jump against, so I'm really pleased with how I performed and came away with a win.

It's my first time competing here and I really enjoyed jumping in this stadium; London in fact has been great. The crowd made the event so much enjoyable as well.

I'm back to training straight away in preparation for the national championships, then onto competing in the 100m which will be interesting.

21/07/2019 16:10





Flash Quotes

Brittney REESE (USA)

Long Jump Women - 2nd, 6.82m

I'm satisfied. It's early season and I didn't get to do any indoor season this year so I'm just jumping myself into shape, getting into form.

I'm really pleased with what I did today considering I came overseas and now I get ready for US Championships.

On competitive rivalry with Mihambo ahead of World Championships:

It's going to be good! We already know seven metres is going to be the mark to be so I just need to be in seven metre shape and hopefully retain my title.

21/07/2019 16:20

Maryna BEKH-ROMANCHUK (UKR)

Long Jump Women - 3rd, 6.78m

Today my jumps were quite hard but I'm happy today with the result. It's a nice stadium and a great atmosphere.

21/07/2019 16:26





Flash Quotes

Dina ASHER-SMITH (GBR)

2nd, 10.92

I love running at the Anniversary Games. I made my senior debut back in 2013 and since then I've made so many great memories here. I did my first sub-11 second 100m here and obviously today I ran two sub-11's against the World and Olympic Champion which was amazing.

I am in really good shape - I wanted to go 10.8 today, so seeing that time in the final was a bit frustrating. But I really can't be disappointed with two 10.9's and I'll definitely look to push to faster times as the season progresses.

I think there's a few things I need to work on ahead of Doha but really it's just about peaking. We have trials in August, so I'm looking forward to getting out of hard training and reaching my peak for then.

21/07/2019 16:27

