

Flash Quotes

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**Salum Ageze KASHAFALI (NOR)**

**100m Men National - Para WR category T12(vision impairment)**

This World record for my para category means a lot to me. I always want to improve my times. Next goals are set towards Paralympics in Tokyo. Yes it was colder, but not raining that is the most important. Im running for 6 years, but this is the start of something important.

13.06.2019 18:42

**Kathryn MITCHELL (AUS)**

**Javelin Throw Women - Winner, 56.07m**

It was a little bit difficult tonight and I had a foul around the 60-mark. I arrived in Europe last week but I've been sick in bed so I've had no energy and training hasn't been good. I was tired during the competition and it was a shame my biggest throw wasn't measured. There's a lot of work to do but my general shape is not too bad. Next, I'll compete in Ostrava and then in Lausanne and London.

13.06.2019 19:12

**Shamier LITTLE (USA)**

**400m Hurdles Women - 3rd, 54.92**

I'm content, it was a great race to be a part of. I wanted the win but I'm happy with that at this stage of the season. This is one of my favourite Diamond League events, I'm not sure where I'll next compete.

13.06.2019 20:08



## Flash Quotes

**Dalilah MUHAMMAD (USA)****400m Hurdles Women - First loss of the year**

It was not my day, I lost and did not run under 54 seconds. I was not surprised by Sydney, I felt her for the whole race. In my previous races I did not run well the first half of the race, today I tried, but it did not work like I wanted. Yes cold weather could be partly responsible. My next race will be in Poland on the flat 400 m on Sunday.

13.06.2019 20:11

**Sydney McLAUGHLIN (USA)****400m Hurdles Women - Winner, 54.16**

I didn't get out well, I hit the first hurdle with my knee but recovered well by fighting back. I've got to work on my first half of the race, the second half is always my strongest. It was a really great field and exciting to be a part of. It wasn't the cleanest race for me but I came back strong and that shows me where I am fitness wise. It was a sloppy race but I pulled through. That was the strongest field and the women's 400m hurdles has a great future. I'm not sure where I'll next compete just yet.

13.06.2019 20:15

**Halimah NAKAAYI (UGA)****800m Women - 1st win in DL meet**

My tactics was just to follow the runners in the first lap and then increase my speed. It worked well. But it was a heavy race for me, fortunately I managed well. I im already qualified for Doha so can prepare to achieve the best possible result at the World Championships. And you know my dream, is to be again the Ugandan flag-bearer at next Olympics.

13.06.2019 20:26



Flash Quotes

## Chase EALEY (USA)

### Shot Put Women - 2nd, 19.20m

There were some ups and downs but you've got to work with the energy you get dealt. I'm happy with it - they made us wait for 15-minutes because of the opening ceremony so it was tough to recoup physically and mentally but anything over 19-meters I'm always happy with. This is my first season over-rotating so it's going well and next I'll compete at the Pre Classic.

13.06.2019 20:31

## Joshua CHEPTEGEI (UGA)

### 3000m Men - Personal Best

This was pure speed for me. As you know my event is 10 000 m and I want to concentrate on this event only also at World Championships. I missed last year Diamond League so it feels good to be back and racing with the others. There will be lot of high quality opponents in Doha, I cannot name a specific one. But I still want to work on my speed and I think I am able to run even faster than today 7.28 maybe.

13.06.2019 20:37

## Lijiao GONG (CHN)

### Shot Put Women - Winner, 19.51m

This was a very important win for me - I'm very excited to win but it wasn't the result I wanted, it was too cold but the audience was very friendly, they helped a lot. After this, I will go to compete at Prefontaine and this season, I hope to compete for the Diamond League final. The most important thing, though is to defend my world title in Doha.

13.06.2019 20:40



Flash Quotes

**Selemon BAREGA (ETH)**

**3000m Men - World lead and PB**

Very good, I was able to improve my personal best today. But I think I can run even faster, hopefully under 7.30. I can tell you, I want to try to qualify to Doha in both 5 and 10 km. Yes, I never run so far the longer distance but I'm preparing for a debut in July. It will be tough, but I want to try.

13.06.2019 20:43

**Johannes VETTER (GER)**

**Javelin Throw Men - did not continue**

I better did not continue I felt something in my right adductor, like a needle and as a precaution I stopped. I will see a doctor on Friday and will go from there. It was something different than my left leg injury which stopped me from competing until now. That is now healed.

13.06.2019 21:04

**Ryan SÁNCHEZ (PUR)**

**800m Men - no interview**

The 800 m race winner was in medical care and not able to speak with media.

13.06.2019 21:09



Flash Quotes

**Christina CLEMONS (USA)**

**100m Hurdles Women - Winner, 12.69**

I'm pretty satisfied - the crowd was great and it's amazing to come here to such great fans - track and field is much bigger over here than in the States. It was really good fun, I had to focus after the false start, put it all out there and just be sharp. The start's my strong point and execution is the most important thing, I felt good and I got the win. I'm definitely focused now on the USA's - making the team is no joke so that's all I can think about now, and then making sure I take a medal in Doha.

13.06.2019 21:12

**Emma COBURN (USA)**

**3000m Steeplechase Women - 4th place**

It was good first steeple of the year. Yes maybe i expected to be a little faster. But there was lot of traffic, so all in all ok for me. Next race Prefontaine.

13.06.2019 21:23

**Ryan SÁNCHEZ (PUR)**

**800m Men - finally make it to mix zone**

I felt dizzy, but now all is ok. Very important win. Of course I wanted 1:44 but in this cold I should be satisfied also with 1:46. Im already qualified for Doha, we are three good runners in my country.

13.06.2019 21:26



Flash Quotes

**Mariya LASITSKENE (ANA)**

**High Jump Women - World lead**

I must admit it was not so tough as I expected. Also weather was better even sun came, so it was ok. Obviously it is not easy to jump together with pole vaulters in the same area, but I managed also that. Do not ask me about technique, I leave that to my coach. But Im happy to be back on top of the World lists. And more competitions are coming.

13.06.2019 21:29

**Norah JERUTO (KEN)**

**3000m Steeplechase Women - Winner, 9;03.71 WL**

It was not bad, I tried my best, I felt comfortable and confident. The crowd was very good, I enjoyed it. I was very pleased with my time and it was good to beat those girls.

13.06.2019 21:31

**Caterine IBARGUEN (COL)**

**Triple Jump Women - Won with 5th round jump**

Yes it was tough work today, I had only one good jump. But this is magical track and I wanted to win. Next is Lausanne, Monaco and PanAm Games. And double in Doha. Not decided yet. Maybe, we will see.

13.06.2019 21:45



Flash Quotes

**Christian COLEMAN (USA)**

**100m Men - Winner, 9.85 WL**

I'm pretty excited about it, it was a good run and a pretty good time - now I'll look back at the video and critique it. It wasn't ideal conditions but the crowd made it exciting and I came out for the victory - I executed better than in the last race. I'm just focusing on myself and to peak at the right time. I definitely want the gold in Doha so I'll just continue to work hard.

13.06.2019 21:46

**Johannes VETTER (GER)**

**Javelin Throw Men - part two after end of the competition**

Yes, now I feel little bit better, but not because of the leg, but because I'm the winner. Lets hope for the best concerning my health.

13.06.2019 21:51

**Dafne SCHIPPERS (NED)**

**200m Women - Winner, 22.65, her third win in Oslo**

I'm really happy with the win tonight - it's so cool to race here, I like racing here as the crowd are so great. I'm coming back from injury and I'm getting faster and faster, that's part of the plan - I just need more races, I'll compete in Rabat on Sunday. It was really cold but I'm pleased with how it went and the time was good.

13.06.2019 21:53



Flash Quotes

**Marcin LEWANDOWSKI (POL)**

**1 Mile Men Dream Mile - NR from 1977 broken**

To win the Dream Mile is something big for me. And believe me, I'm still in good training for Doha, I did not expect to win, the peak should come later. I'm very happy, what can you say, I will celebrate not only my birthday, but also this great win. It was actually my first mile ever. I know my speed from 800m is helping me, they should not wait until last 100 m because then I can beat them.

13.06.2019 22:05

**Armand DUPLANTIS (SWE)**

**Pole Vault Men - 4th, 5.81m**

It wasn't a good competition, I never felt like I found the right rhythm, but I competed well despite not feeling too good. I can't make up my mind how I feel just yet. There's a lot to improve on but I'm excited as I've had a good start to the season - I feel a lot faster, bigger, stronger and hopefully that will translate to some big bars.

13.06.2019 22:09

**Jakob INGEBRIGTSEN (NOR)**

**1 Mile Men Dream Mile - 6th**

I tried a different tactics today, was maybe too excited with this great crowd. Feels great to run at Bislett always. This year I felt great in training and I expect to improve my times. I'm happy for Henrik to run the record, but I also plan for a one. As for the event for Doha, yes 1500 m should be the one. And do not forget I had a busy week recently in my school.

13.06.2019 22:13



Flash Quotes

**Sam KENDRICKS (USA)**

**Pole Vault Men - Winner, 5.91m**

There was a rumour going round that Mondo had picked the increments and I was sure he'd make it - he has that magic about him but I fell back on my experience to take the win. It's my first time in this beautiful stadium and I love it here. We weren't battling each other, we're all just chasing the bars. I was covered up the whole time to keep warm and I decided it wasn't worth my third attempt at 6.01m as I felt cold and my hamstring felt tight. Next, I'll compete at Pre and then doing a couple more competitions in Europe - I know I'll still have more to give in Doha.

13.06.2019 22:16

**Henrik INGEBRIGTSEN (NOR)**

**3000m Men - National record**

I did pictures, selfies with all the great fans at Bislett. I must give back them their support. All Bislett was with me. So it felt great, to improve the record by 4 seconds. For Doha I need to try for 5000 standard. My brothers run well, Jakob great race, Filip is still tired after 5000 m. But come Monaco they will be flying.

13.06.2019 22:23



Flash Quotes

## Karsten WARHOLM (NOR)

### 400m Hurdles Men - Winner, 47.33 ER, PB, MR

That was unbelievable, my face said it all! I'm just so happy - it's crazy to run a European record and it's amazing to do it here at Bislett. My coach thought I would run 47.30 so he was nearly right. I've worked so hard during the winter with the pressure coming at me, so this is a very special feeling, it's the best in the world. I've had a very bad cramp in my calf since the race but I've had it a couple of times before - right now, I want to cry like a little girl! It's worth the cramp, though - it's worth anything - this is one of the best days of my life. A European record feels so good, it's so unbelievable - it shows my training works. I didn't believe it when I saw the time, I live for this and I really love track and field on days like this.

13.06.2019 22:25

