

## Flash Quotes

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## Victor PETERSSON (SWE)

Shot Put Men - WINNER: 20.11

I feel good. It was a great competition so very close. I didn't know if I was going to win until the very last throw.

I have felt very good all week so was hoping to do well.

My aim is for the Euro under 23s this summer and then hopefully the World Champs in Doha. With the under 23s in Sweden it will be great for me to have local support.

I loved the competition being outside the stadium. It is a shot putters dream to have the full focus because in the stadium there is always something else going on.

It was a little cold between throws with 14 people to wait for but overall it was great.

30.05.2019 17:44

## Aliona DUBITSKAYA (BLR)

Shot Put Women - WINNER: 18.49m

I enjoyed the competition tonight! I'm really happy with my throw - but it was a bit cold!

30.05.2019 17:44

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## Flash Quotes

**Michael RIMMER (GBR)****800m Men National A - THIRD: 1:50.83**

Not a great race to be honest. Found out while I was travelling here that my house had been broken into - I was up until 3am trying to sort things out. Third place and this time isn't indicative of my shape, nowhere near. Not great weather conditions out there but everyone struggled.

But it's a long season and my aim is to get back to where I know I should be and get that olympic qualifying time. If I can get that, tick the box, job done. But a long way to go. I'd love to make 4 olympics, it might be my last year before I retire so I want to make it a good one!

30.05.2019 17:56

**Thomas Arne ROTH (NOR)****800m Men National A - WINNER: 1:49.09**

It went OK, it was a lot of wind. It was not a race in my mind that was going to be fast, so I tried to open in a comfortable pace and run as easily as possible to conserve energy and then kick at the end. It is not such a great time considering my PB but like I said, today was more like a championship race. I think I executed it quite well.

30.05.2019 18:52

**Denia CABALLERO (CUB)****Discus Throw Women - WINNER: 65.10m**

The conditions today were not good for the competition because it was very cold and slippery. It is not at all my favourite competition weather.

I would like to have a better throw but it was not to be.

My next competition will be Halle in Germany.

30.05.2019 19:18

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## Flash Quotes

## Yaimé PÉREZ (CUB)

Discus Throw Women - SECOND: 65.09

It was a very close competition and I am happy with my result and 65.09. But of course the conditions were very cold and wet so I could not any better today.

30.05.2019 19:21

## Bianca WILLIAMS (GBR)

100m Women National A - FOURTH: 11.63

It was freezing!

I didn't have the best of starts and it took me some time to find my feet again. But each race I keep improving so looking forward to my next race now too!

My big aim for this season is to run the qualifying time for Doha, so thats the focus at the moment. Then of course, everyone wants to make the final, but I have to make the team first so thats the main aim.

I'm also very excited for next year and the olympics, hope to be on the team - just like everyone else. I've had a few achilles niggles this year but slowly starting to overcome them, and every race is getting better so I'm taking all the positives forward.

30.05.2019 19:36

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## Flash Quotes

**Cameron CHALMERS (GBR)****400m Men National A - SECOND: 46.70**

It was my first race of the season and the conditions were difficult but it was a rubbish time. I was meant to race at the weekend but I got ill so I bailed on that to give me a few more days.

I have Geneva next and then the qualifiers for the Euro under 23s.

It took me a long time to get over the world relays but it is all good experience for next year. I needed to get racing but it was disappointing tonight.

30.05.2019 19:48

**Rai BENJAMIN (USA)****400m Men - 2nd: 45.13**

It was cold out there, the wind hit me in the face coming down the back straight, it was real tough. It was pretty even until Michael went away from me at around 350m. Considering the conditions I'm pleased with my time. I'm just happy that I'm healthy. Next up for me is Rome.

30.05.2019 20:07

**Michael NORMAN (USA)****400m Men - WINNER: 44.53**

Today was challenging, both mentally and physically - and there's a lot of things I need to work on. I'm not particularly satisfied with my race.

I need to work on the second part of the race still, and I'll readjust and reevaluate as I go. A long way to worlds just yet. I'll continue working hard with my coach, and we'll see where that gets me.

30.05.2019 20:09

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## Flash Quotes

**Laura MUIR (GBR)****1500m Women - WINNER: 4:05.37**

I feel very happy with that. It is much more representative of where I am at. I was quite disappointed after last weekend's race. Today was about the win rather than the time with the conditions as they are. I am happy that I executed the race well and got the win.

I think it was actually warmer at home today. These conditions were fine for me.

I knew from training I was in really good shape last weekend so it is frustrating when you know your race and can't do what you want but I had heavy legs from a full week of training. I had much fresher legs today.

30.05.2019 20:20

**Aaron BROWN (CAN)****200m Men - WINNER: 20.06**

I know I'm one of the best starters in the world in the 200m because of my 100m background, so these guys are really strong at the end so I made sure I put some distance on them at the beginning and then tried to hang on. That's the game plan - Guliyev is a strong finisher, he's run me down a bunch of times so I tried to put some distance on him and hold on.

That's a season's best by 1/100th. I'm on a pretty good run right now, I've been on the road for a month, I'm ready to go home and get back into training.

Of course the big season goal is a medal in the world championships, it's so late in the year, so I've still got to come out here and give good performances. But it's all about that championship medal, everything now is just getting ready for that.

30.05.2019 20:27

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## Flash Quotes

## Ramil GULIYEV (TUR)

200m Men - SECOND: 20.40

I am very sorry I can't talk too much because I am sick. I am coughing and my voice is bad. It has happened after Doha so for me, therefore, this was a just a training run and so, for that, I am satisfied.

I hope to be well again in Rome.

30.05.2019 20:28

## Agnes Jebet TIROP (KEN)

5000m Women - WINNER: 14:50.82

I'm really happy I have done well, it was a strong race - I didn't know if I could win. But I did enough for the victory!

Of course, I am focussed for the world championship. Now after Stockholm I will go back to Kenya to train for the coming races, and as well as the worlds I now have the opportunity to compete for the diamond!

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## Flash Quotes

**Melissa COURTNEY (GBR)**

5000m Women - 8th: 14:53.82

I'm happy with that because the race was so messy, you can see that two Kenyans went down, and when that happened it really slowed it and obviously that made Gabriela, Eilish and I really close in, which was good for the wind but I kept clipping people's heels as it was really slowing down. I really wanted to get that Olympic standard. I felt really controlled the whole way, I'm just annoyed I didn't quite have it at the end. It's just learning though. It was so messy I didn't have room to run fast, I didn't pick a very good line and it was very start stop and then you can't get your rhythm going again. But I can't complain. I really wanted under that 14.50 but there's still time, it's only my second season in the event, I've got a lot to learn.

30.05.2019 20:50

**Sharika NELVIS (USA)**

100m Hurdles Women - SECOND: 12.69

Season's best is good for me. I think the first six hurdles have been very good. But then I don't know exactly how I lost a bit of time. I need to see the race again and again. But I like it here, although it's a bit hard with the wind. But a great crowd.

See my purple lips - I love to colour them. One day I decided to put them in purple, so that's my style now!

30.05.2019 20:58

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## Flash Quotes

## Kendra HARRISON (USA)

100m Hurdles Women - WINNER: 12.52

I have raced in a lot colder conditions so I just had to come out here and focus on my lane and get the job done which I did.

I feel pretty good, I didn't get out as well as I wanted but I finished the way that I wanted to so I plan on putting the whole race together by the time trials comes around. I go straight back to the States to prepare for the trials now. You can't control the weather so you just deal with it.

Right now me and my coach aren't worrying too much about the times. We are just making sure I am ready for the trials and peak in Doha.

30.05.2019 21:04

## Ryan SANCHEZ (PUR)

800m Men - SECOND: 1:44.67

I've never ever run in conditions like that. I'm totally shocked and I'm so freezing, it is totally crazy. I almost can't talk. I thought I can handle this temperature, but that was a mistake. So anyway, I had 50/51 at 400m and at the end I can't really complain about the time and the race. I'm just suffering now a lot. I'm looking forward for my next race in Oslo and I will be better prepared, in case it will still be that cold.

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## Flash Quotes

## Thobias MONTLER (SWE)

## Long Jump Men - WINNER: 8.22m

It was pretty cold but a fantastic competition for me with 8.22, a PB. It is also the standard for the Olympics so I am super happy.

I did my 8.43 jump a week ago but it was in the wind so it gave me confidence for today. My family and friends were here and the home crowd made it very special for me.

The main focus for this season is the world championships so I want to stay competing at this level around 8.22 and maybe more.

Of course I am surprised to come out on top with the big names - I know Luvo and Echevarria can jump really far but maybe I am moer used to the cold! It was a great competition for me so I am so happy.

30.05.2019 21:13

## Habitam ALEMU (ETH)

## 800m Women - 2nd: 2:01.26

It was very hard today. It was very very cold. I feel 50/50 about today. Ajee Wilson was very strong today. Maybe next time! Maybe in the final of the world championships.

30.05.2019 21:22

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## Flash Quotes

## Elaine THOMPSON (JAM)

200m Women - 2nd: 22.66

It was really cold, but I tried not to think about it, I came here to compete and that's what I did. Now I heading back home to prepare for the world championships. I'm feeling great before the world championships. Dina is a great athlete, she's been doing great last season, and to come here and get a win is very good.

30.05.2019 21:33

## Dina ASHER-SMITH (GBR)

200m Women - WINNER: 22.18

I am happy with that. My aim was to come, win and run my own race which is very important in a race of that calibre.

So I was very happy to win but I didn't expect to run that kind of time as it is quite cold out and late at night. I just hope it was legal looking at the flags (blowing).

I am glad it stopped raining. During the day, I tried to sleep, I chatted to my friends and listened to music - anything to not over exert myself!

I didn't know my mum would be here - she tends to just turn up so when I saw her I was so happy.

Next week is Rome Diamond League then I will be back to solid training.

30.05.2019 21:35

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## Flash Quotes

## Mariya LASITSKENE (ANA)

## High Jump Women - WINNER: 1.92m

Today it was super hard for me. My body was not listening at all to me. I tried not to get injured during the competition and therefore I'm happy. That really was my only and big goal for today.

Now I will take step by step and I just follow my coach. I don't have a long term plan for the world championships. Just listening to my coach and he will do my schedule.

30.05.2019 21:44

## Jakob INGEBRIGTSEN (NOR)

## 1500m Men - THIRD: 3:37.30

I was a lot more nervous beforehand because it was my first race of the season so I wasn't sure what shape I would be in. It was a great race for me and a great way to start my outdoor season. Last year in Monaco I was one hundredth of a second in front of Souleiman, and today one hundredth behind. I think this season will be great.

I had no expectations coming into today but now I am really looking forward to the rest of my races this season.

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## Flash Quotes

## Ajee WILSON (USA)

## 800m Women - WINNER: 2:00.87

I felt good tonight, felt really comfortable. Everything went so well! It was a good race, I did what my coach told me to do - and it worked out! Got out well in first 100m and had a good position. Didn't do this so well previously in Doha Diamond League, so I'm happy to have been in position to take the lead and then when I did it was just about maintaining pace and then finishing strong.

After this I'm going home for a few days to Philadelphia. This year has been a little different with the worlds so late in september. This is only my second 800m of the year, with my other three races being 1500m and the majority of my training right now is really distance orientated. As we go throughout the season I'm looking forward to coming down a bit and doing more specific workouts and speed training.

After this season ends I have a month off planned and then its back to training for the olympics! Depending on how this season goes, and how my strength builds I will look to do more 1500m races too.

In terms of the Diamond League, obviously I aim to make the final, and then when I do, try to win... of course, for sure!

I really love Stockholm, one of my first Diamond League races was here when I first started running 7 years ago when I was just 19! It was my best race of the year! After that I really committed and moved forward in my career. So to come back here now and get the win really gives me such a great feeling of achievement. I can really see how far I've come!

30.05.2019 21:52

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## Flash Quotes

**Fedrick DACRES (JAM)****Discus Throw Men - SECOND: 68.96**

Oh wow, I have such a big smile on my face. It was an absolutely a great competition.

I had 70m in me at the warm up! I threw over it!

But then during the competition it was "only" 68.96m..But I really really felt very well and I know that I can progress a lot more.

The crowd was great. It helps us all to get this support while Daniel is having such a strong competition. But, honestly, I never had a competition with only 11 degrees. Goodness, this is so cold.

30.05.2019 21:59

**Karsten WARHOLM (NOR)****400m Hurdles Men - WINNER: 47.85**

I am very good and, of course, I took it out fast. I was very happy with the race. I will need to look at it but I felt like I went out hard and managed to take 13 steps until hurdle nine which is really good in these conditions. So maybe this is the year I will go 13 all the way - we will have to wait and see.

I had no problems with the cold or wind but I won in London (the 2017 World Championships) in the rain and I have to learn to run in all conditions. It is an outdoor sport so whether it is cold or warm I have to run. I have done most of my training in Norway with just a couple of weeks in Tenerife for the heat. But I am very comfortable at home, I like to train there.

Next up is Oslo and I am really looking forward to the big, home crowd.

30.05.2019 22:09

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## Amel TUKA (BIH)

800m Men - WINNER: 1:46.68

Finally I have started to feel good! After my big progress in 2015, I changed the program but it didn't work. Now I'm back doing the same thing as before, and I'm feeling great!

I was strong in the last 200m today, despite the cold and the wind, so I am happy. But of course I hope the next race will be even better! Right now my aim is actually to just enjoy my running and enjoy the racing. I just want to run fast. We'll see then about the world championship.

One thing I love is to compete with the best athletes and the Diamond League provides it. To have the rivals in the races is great, but really we are all just friends. But of course, on the track everyone wants to win and run fast! Right now its getting better and better, so I'm really pleased.

30.05.2019 22:16

## Timothy CHERUIYOT (KEN)

1500m Men - WINNER: 3:35.79

I'm happy with today because I won. In Doha I was second but today I'm number one. It was cold but I tried my best. It was quick, almost 1:52 in 800m, that's fast. I need to prepare well for the world championships, we will see how it goes.

30.05.2019 22:22

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## Flash Quotes

## Tj HOLMES (USA)

400m Hurdles Men - 2nd: 49.25

It was ok today, I have things to work on but I'm glad to be in that shape for the second race of the season. This is the first big race I had this year, I know I'll be back and do even better. The wind doesn't really play a factor. It was cold, but when you're in competition mode you don't really notice the weather so I don't think that was a big factor in the race. Karsten is a great competitor but I know I can do a lot better, and by the time I get towards the middle of the season, I know I'll produce a lot better times, and I'll be in the top 5 for the 400m hurdlers this season.

I'm going home tomorrow, then I'm going to Oslo, then Pre, then USA championships, then also Paris and Birmingham. It's a busy season. But I have training next week as well as all the competitions.

30.05.2019 22:24

## Daniel STÅHL (SWE)

Discus Throw Men - WINNER: 69.57

I threw a little bit too high today, that's really why I didn't throw even longer, but it's there, it'll come. It's great winning on home soil. It felt like I had 60% power in my winning throw, I didn't really put everything in it. So it feels like there's a lot more to give. It was a decent throw though. It's good for my self confidence. I've trained the whole winter and spring on my technique. It's going to be fun in the future.

30.05.2019 22:34

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