

Flash Quotes

Allyson FELIX (USA)

4x100 world lead second leg

It is always fun to run with the girls. If I would be asked I would accept 2nd leg in Beijing team, but you know how it is in the team, it is never decided. And my plans for Beijing? Ask Bobby (Kersee, coach) he will decide. I do not have preferences, Im open to any decision and leave it to him.

17.07.2015 19:32

English GARDNER (USA)

4x100m Women

The race was really fun. We now are familiar with each other and that's how we get the batton around. The attitude is great within the team.

I'll now go to London and then we'll regroup home for the Worlds and get ready.

17.07.2015 19:33

Jenna PRANDINI (USA)

4x100 m World lead third leg

It was awesome, my debut in US team. We practiced the whole week here so we were prepared. I would love to run in Beijing but it is not up to me.

17.07.2015 19:35

Kaylin WHITNEY (USA)

4x100

It was my first time running here with the team, I'm very happy we got the batton around!! I will then go home and head to Japan to prepare for the Worlds.

17.07.2015 19:38

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Flash Quotes

Joe KOVACS (USA)

Shot Put Men - 8th all-time performer, best throw since 2003

Everything was clicking-up today, great warm up showed I can do something. It was a big throw, but I knew I have it in me. It is pity Storl was not here. After the big one I needed to slow down, was too excited. My coach Art Venegas prepares me well and I trust him totally. And I was happy with last throw also good. I think I can throw even more and the World record is not that far away now. I need more consistency. Like all throws over 22 m. That is what I'm aiming for and that should be the key to success in Beijing.

17.07.2015 19:40

Tyson GAY (USA)

4x100 Men

It felt pretty good to run here, I'm feeling great. Still needs to make some improvements but everything's good. I believe the team composition will be the same and I look forward to compete in Beijing and face the Jamaican team which will be ready as well.

17.07.2015 19:49

Justin GATLIN (USA)

4x100 m 2nd leg

It was a great warm-up for me before the main race. We had some obstacles first handover from my young team-mate was not that good, but easy and good win. I'm not sure but this might be the order in which we will run in Beijing. I would accept the 2nd leg. Now back to hotel and let's get ready for the race, I'm feeling good.

17.07.2015 19:50

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Flash Quotes

Sandra PERKOVIC (CRO)

Discus Throw Women - Already secured DR win

Of course you need to be satisfied, it is my 4th Diamond Race win in a row. Today it was hard, I needed to wake up, needed to fix my technique in this circle. I managed with 67 at the end. In case I would manage earlier it could be even better. This was my last competition before Beijing, now I will train in Pula, Croatia and get ready. I expect a fight between 3-4 girls for the gold. I never was in Birds Nest so I want be one of them. Stay healthy is the key to gold medal.

17.07.2015 20:12

Bershawn JACKSON (USA)

400m Hurdles Men

The race was great, I just love coming to Monaco! It's such a great atmosphere here. I'm a bit disappointed I couldn't do a 47 but I'm looking forward to the World Championships. I'm now heading home and train, until then!

17.07.2015 20:20

Asbel KIPROP (KEN)

1500m Men - 3rd best performer ever

At the bell i saw 2:31-2:32 so knew It could be a very fast time. At the end Im very satisfied, but can admit I wanted a bit faster time. I felt strong, Monaco is my place. But as said, it is great and confirms my shape before Beijing. Now to train with the national team in Kenya.

17.07.2015 20:28

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Flash Quotes

Taoufik MAKHLOUFI (ALG)

1500m Men

The race was really fast, I'm very happy about my race, the ones who win are great champions! I really hop I will get better and better . The final in Beijing will be different as the best of teh best will be there but I'm playing to win so count on me!!

17.07.2015 20:29

Mo FARAH (GBR)

1500m Men - missed his ER by 0.12

It was good to be in that company. Could not close the gap of Asbel. Coming here I wanted to run hard, not just a race. And it worked. As for the double in Beijing, I will do 10k for sure and then we will see about 5km.

17.07.2015 20:32

Ivana SPANOVIC (SRB)

Long Jump Women - missed her NR by 1 cm

I wanted to win because before Lausanne I could not compete for 2.5 weeks due to some muscle problems. Now Im healthy, maybe little bit more fresh than the other girls. And I missed my national record by 1 cm. Im excited now, shape is there. But Im aware in Beijing I would need to jump seven meters to win the medal.

17.07.2015 20:34

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Flash Quotes

Taoufik MAKHLOUFI (ALG)

1500m Men

La course était extrêmement rapide, je suis super content de la course que j'ai faite, ce sont des immenses champions. J'espère que je vais continuer à m'améliorer. La finale à Pékin sera différente, ce sont les meilleurs qui seront là mais je joue pour gagner donc j'espère que je vais gagner, bien sur!

17.07.2015 20:35

Candyce McGRONE (USA)

200m Women - PB

I'm really happy! Exhausted but happy! I've done my PB, it was an amazing race! I am now looking forward to Beijing but Next step is medal ceremony! :) Nxt DL is London and then it's resting at home and training until the World Championships!

17.07.2015 20:52

Amel TUKA (BIH)

800m Men - 4th best performer ever from Europe

I don't know what happened. You need to ask my coach why such a big improvement. But I can tell you 20 months ago after European U23 in Tampere I moved from Bosnia to Italy, to train with coach Gianni Ghidini in Verona. Im in very good group together with Kenyans. My goal for this season was 1:45. Today I felt very good, said to myself lets try in last 100 m but was not thinking I could win the race. You are telling me Im 4th best European ever, that is amazing, I do not have words for that. And best in the World this year? Oh, I need to calm down, go back to Italy for some hard training before Beijing. I started at age of 18 with athletics as 400 m runner in Zenica, Bosnia. In summary, amazing coach now, great training group, superb conditions.

17.07.2015 20:54

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Flash Quotes

Francena McCORORY (USA)

400m Women - World Lead

Francena did an amazing race but was exhausted and could not speak as she was feeling ill because of the hot weather in here. She came back from medal ceremony.

Sorry, I really wasn't feeling well after the race! But it's great here and it feels like I executed really well, it's a world lead! My goal is to keep leading the Diamond Race until Beijing, and I hope to continue with London next week!

17.07.2015 21:01

Caleb Mwangangi NDIKU (KEN)

3000m Men - World lead 2015

This is my come back! I was injured with my knee and started to train only in April with help of my physio in Austria. I was ready already in Lausanne, but got spiked. I felt the pain also today, wanted to improve my personal best, but it was not possible. I have the Wild Card for the World Championships, but to be sure I will be present at our Trials for any case. For Beijing my goal is the podium at 5000 m. And on my way i will be ready for any kind of race, slow or fast.

17.07.2015 21:13

Sharika NELVIS (USA)

100m Hurdles Women - missed meet record by 0.04

My best race since US Trials, actually I would rank it also technically my third best of the year. Gives me the necessary confidence boost before Beijing. I still have London. And the discussions about false start did not bother me, I remained focused on my lane, my race.

17.07.2015 21:30

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Flash Quotes

Renaud LAVILLENIE (FRA)

Pole Vault Men

Une super soirée, je n'ai jamais douté mais je suis content de recommencer à gagner et de cette victoire à 5.92 fait vraiment du bien même si bien sur je suis un peu désappointé. Je méritais vraiment de faire 6m, j'étais bien mais l'essentiel est là et je suis prêt pour Pékin donc c'est top!

17.07.2015 21:40

Tyson GAY (USA)

100m Men - 2nd place

It was a good race for me. I gave all what I have. Lets hope for faster time in Beijing.

17.07.2015 21:44

Renaud LAVILLENIE (FRA)

Pole Vault Men

what a great evening! I never doubted of myself but to start winning again is great and this victory at 5.92 feels really god. I'm of course a bit disapointed because I really felt I deserved to pass 6m, I'm in a great shape but it's already great I got to win and I'm ready for Beijing so everything's cool!!

17.07.2015 21:44

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Flash Quotes

Genzebe DIBABA (ETH)

1500m Women - First Ethiopian woman for 1500 m outdoor WR

Pacemaker did finally a great job. Im the first from Ethiopia getting 1500 m World record, that is amazing, I think Tirunesh will be happy, all Ethiopia will be happy. I knew from the beginning that I could break the record and am still able to improve, maybe under 3:50. But one thing is clear I will double at World Championships. And lets try for 5000 m World record after Beijing.

17.07.2015 21:55

Mariya KUCHINA (RUS)

High Jump Women - Her first 2 metres of the year

All is still shaking in my head, up and down. After Tallinn now this. I want to jump more, so will be back home now for two weeks of training and then jump at Russian Champs. I must not, Im already selected, but I need competitions to improve my technique.

17.07.2015 21:59

Shannon ROWBURY (USA)

1500m Women - NR USA

Gosh! It's amazing! I knew the race was going to be very fast with Dibaba and that I needed to pass the more people I could. I knew I also had to beat Jenny Simpson if I wanted to break the NR so I had to be patient, to prepare and I tried to relax. I next need to see how I compete against these girls again as they will be there in beijing. The race will be tactical, so you never know how it will end!

17.07.2015 22:00

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Flash Quotes

Jimmy VICAUT (FRA)

Ma course était mauvaise, je fais un 10.03, je ne sais pas pourquoi. Je n'ai pas d'excuses, je fais juste une course mauvaise. Il faut se relancer pour la suite, et on verra ce que ça donne mais bon là je suis vraiment déçu.

17.07.2015 22:05

Jimmy VICAUT (FRA)

100m Men

My race was very bad, I'm doing 10.03 and I don't know why. I have no excuse, I just did a bad race. Let's see what happens next but I really am disappointed in myself.

17.07.2015 22:10

Justin GATLIN (USA)

100m Men - Clear winner by 0.19

I rate this race as good as the other ones this year. But really, it was the first one where I had before the relay, so I think without that I could be faster. I leave to my coach on what we will work now one month until World Champs. I will study my races, including this one. But he will prepare me for the heavy load of races waiting on me in Beijing. My plan is to be ready for anybody in Beijing and fast enough to continue my this years dominance.

17.07.2015 22:11

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Flash Quotes

Habiba GHRIBI (TUN)

3000m Steeplechase Women - World Lead

J'ai senti que c'était une course à ma portée, elle s'est lancée sur les bases que je voulais. Je reviens de loin parce que j'étais blessée donc je suis vraiment heureuse de faire ça ce soir! La piste est incroyable ici et j'espère revenir très vite pour faire encore mieux! Là je remonte m'entraîner à Font-Romeu jusqu'aux Championnats du Monde, j'ai vraiment hâte d'y être!

17.07.2015 22:13

Tero PITKÄMÄKI (FIN)

Javelin Throw Men - His 2nd win in DL this year

It was a good day for me when even bad throws were at 84 level. I hit the big one well today. Conditions were excellent, it was warm and we had little tail wind. I think medal in Beijing will be almost at 90 level. Our event is very interesting this year, the winner is always somebody else.

17.07.2015 22:14

Habiba GHRIBI (TUN)

3000m Steeplechase Women - World Lead

I felt from the beginning that it was a race for me. The pace was the one I wanted. I just come back from injury so I'm very happy I get to do this tonight! The track is incredible here, and I hope I will be back very soon to do even better! Now I go back to Font-Romeu for my training and next step will be the World Championships in Beijing which I'm really looking forward to!

17.07.2015 22:17

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Christian TAYLOR (USA)

Triple Jump Men - Equals head-to-head with Pichardo 4:4

Monaco is Monaco, good sleep, good weather, Im healthy. But seriously we had good fight, I came back and won. But I must admit am little bit disappointed with the final result, wanted of course 18 meters. I still have long jump in London to work on my speed. Than back to training before Beijing. First of all I need to qualify there for the final, Im not taking anything for granted. I will prepare with my coach (Rana Raider) and the Dutch team for the Worlds. You never know about weather in China, but if all ok I want to achieve a big one there.

17.07.2015 22:21

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