

Flash Quotes

**Olga RYPAKOVA (KAZ)**

**Triple Jump Women - 2nd, 14.30m**

It was very difficult today, it did not feel too good. I was a bit disturbed by a problem I am experiencing with my heel. I am still happy with finishing second even if I did hope for more.

I am looking forward to my next competition and I am hoping to be able to go to Beijing and that my heel is not going to stop me.

30.07.2015 16:43

**Caterine IBARGUEN (COL)**

**Triple Jump Women - 1st, 14.69m**

I'm happy to get another victory - the weather was not what I expected, it was not nice but I did the job.

I feel great, I'm happy with my season so far and now I have 28 victories in a row. I'm working hard for Beijing and the gold medal is what I expect.

30.07.2015 17:14

**Piotr MALACHOWSKI (POL)**

**Discus Throw Men - 1st, 65.95m SB**

The weather was very bad for me, the circle was very slippery so I'm very happy with the result.

Training's been going very well, I've been throwing over two metres further so I hope to get the gold medal in Beijing but this is sport, you never know - you sometimes lose.

30.07.2015 18:22



Flash Quotes

**Philip MILANOV (BEL)**

**Discus Throw Men - 2nd, 64.97m**

I was really close to 65 meters, it was ok - my goal was to throw 66m today and reach the Olympic qualifying standard for next year.

The rain just before the competition did not disturb me at all, lately I have performed good in rain so I am happy for that. I'm hoping for rainy conditions in Beijing.

30.07.2015 18:26

**Cassandra TATE (USA)**

**400m Hurdles Women - 3rd, 54.88**

I'm happy with my performance running under 55 seconds. I am now going to go home, relax and begin to set my sights on the IAAF World Championships. I feel in great shape and I'm excited to be running amongst the best in the world.

30.07.2015 20:12

**Zuzana HEJNOVÁ (CZE)**

**400m Hurdles Women - 1st, 54.37**

It was a hard competition, i need more training and my body feels very heavy. I figure it will be hard for me to do good times here in Stockholm, maybe it depends on the curves, i find them rather hard. On sunday I am going to a training camp in Czech Republic where I am going to contend on a small race on the 300m hurdles, I really like that event.

30.07.2015 20:20



Flash Quotes

**Renata PLIS (POL)**

**3000m Women - 2nd, 8:53.58**

I enjoyed the race but I am a little tired. I competed five days ago at 1500m and this will be my event for the IAAF World Championships. Training has been going for this and I am healthy, lets see!

30.07.2015 20:24

**Sara PETERSEN (DEN)**

**400m Hurdles Women - 2nd, 54.42**

The race felt great, it was wonderful to be able to do a tight race with Hejnova. At 300 meters, it was beginning to get tough and I had to do 17 steps instead of 16 between the hurdles. To be able to challenge one the best in the world close to the IAAF World Championships makes you stronger. It was my first time here in Stockholm, the atmosphere was great.

30.07.2015 20:29

**Anaso JOBODWANA (RSA)**

**200m Men - 2nd, 20.18**

I was pleased with the way that I ran but not the time. That is the best I have felt in competition since May, its starting to come together nicely at the right time.

My current position in the Diamond Race is great but my mind is firmly on the IAAF World Championships.

30.07.2015 20:33



## Flash Quotes

### **Katie MACKEY (USA)**

#### **3000m Women - 1st, 8:52.99 PB**

I've had a real good 5000m and 1500m last month so I knew it was possible but oh man, I'm living a dream right now!

I love the 1500m and I did the 5,000m at the US Championships so the 3,000m is a sweet spot in the middle for me and I told myself I could do this. I couldn't believe it, it's awesome and has answered my prayers - I'll use the prize money to set up a training camp for girls over in Seattle.

This is my first IAAF Diamond League event so it's really special and to win - I thank God for these opportunities. It's my first time here and my dad came over with me - it's a great place.

I didn't make the World's team as I tripped in the trial but I have faith my time will come.

30.07.2015 20:40

### **Alonso EDWARD (PAN)**

#### **200m Men - 1st, 20.04**

I'm feeling pretty good, I thank God for the victory and now I look forward to the IAAF World Championships.

I think I'm now second in the Diamond League race.

30.07.2015 20:42

### **David OLIVER (USA)**

#### **110m Hurdles Men - 3rd, 13.24**

It just did not go my way today. I am just glad to come out of here without an injury heading for the IAAF World Championships. Stockholm is a great place to race, it is a good opportunity to race in front of these great fans.

30.07.2015 20:48

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Flash Quotes

**Sergey SHUBENKOV (RUS)**

**110m Hurdles Men - 2nd, 13.22**

The warm up and race conditions were not ideal, very similar to three years ago. I also have a cold, which affected my breathing.

I am looking forward to the IAAF World Championships and I want to build on my current season best of 13.06.

30.07.2015 20:51

**Orlando ORTEGA (CUB)**

**110m Hurdles Men - 1st, 13.18**

I feel good - for winning this race and for the point, and for being number one on the season list so I feel good. I felt I could win this race and I believe I can win the Diamond race.

Right now, I race for Spain and I'm so very happy - this is a new opportunity for me. I won the race for Spain and for me. I'm the winner so I'm happy.

30.07.2015 20:57

**Brenda MARTINEZ (USA)**

**800m Women - 3rd, 2:00.54**

I'm not happy but I've had a few interruptions this year so I need to get the hard work in after my injury problems.

Next, I'll be doing my first 1500m of the season at the IAAF World Championships - I'm just going to take it round by round but I promise I'll try my best.

30.07.2015 21:01



## Flash Quotes

### **Lynsey SHARP (GBR)**

#### **800m Women - 2nd, 2:00.29**

I opened the first 600m rather fast - the pace was good but I got a bit tired in the end. I will leave Stockholm with a good memory of this wonderful stadium.

30.07.2015 21:10

### **Greg RUTHERFORD (GBR)**

#### **Long Jump Men - 1st, 8.34m**

The Diamond League competitions have been very important for me this year and I'm pleased with my third win - it's fantastic to jump back to back 8.30m's in far from ideal conditions.

I am focused on the IAAF World Championships and hope to become the 5th British athlete to hold World, Commonwealth, European and Olympic titles. Its going to be tough, Denby and Henderson are jumping really well at the moment.

I have no further competitions before the IAAF World Championships and will be training in my back garden. My father has constructed a pit and the final layer will be going on tomorrow. Lets hope the British summertime does not spoil the practice!

I have been lucky to be with Dan Pfaff over the last two weeks, we're a great team and I'm hoping that this will be winning combination in Beijing.

30.07.2015 21:11

### **Hicham SIGUENI (MAR)**

#### **3000m Steeplechase Men - 1st, 8:16.54 PB**

He (Taleb) is a good athlete - the race was very close at the end but it wasn't fast, though I got my personal record.

30.07.2015 21:17



## Flash Quotes

### **Renelle LAMOTE (FRA)**

#### **800m Women - 1st, 1:59.91**

It was a strange race for me - I had to stop at 600m and with all of these good runners. I thought that the final 200m would be hard. I believed in myself and told myself never to give up, so I kept on fighting until the end.

It was a bit surprising but it was my goal to win today. Today was a good day for me. I love this stadium, I told my manager it looks a lot like a castle where small princes and princesses are living!

30.07.2015 21:21

### **Machel CEDENIO (TTO)**

#### **400m Men - 1st, 44.97**

The race felt good - it was a little bit slow but I'm so happy with the win and I thank God for it.

30.07.2015 21:26

### **Luguelín SANTOS (DOM)**

#### **400m Men - 2nd, 45.21**

I'm not happy - it was very cold and so I did not get a fast time. I couldn't even warm-up properly.

30.07.2015 21:30

### **Martyn ROONEY (GBR)**

#### **400m Men - 3rd, 45.41**

Happy with the time in these conditions, a season best, it was nice to run blind and focus on my own race.

I have a Diamond League point but will not be competing individually at the IAAF World Championships. I will be in the 4x400 relay competition. I think we have picked a good squad, let's see.

30.07.2015 21:33



Flash Quotes

**Andreas BUBE (DEN)**

**800m Men - 2nd, 1:45.78 SB**

I feel tired but happy. This is a season best which means I qualify for Beijing at the IAAF World Championships.

This was sort of the last chance for me, this was the last high-quality race before Beijing so I'm happy, as you can tell. I'm tired but argh, it feels so good!

30.07.2015 21:38

**Michael RIMMER (GBR)**

**800m Men - 3rd, 1:45.97**

This year's gone miles better than I expected - it's been a mini miracle really. It was great to get a spot on the British team for the IAAF World Championships.

That was a scrappy race but I got what I wanted, a top three position. I think I'm strong but I need to be sharper - I'll work no that between now and Beijing. I just want to go there to enjoy it and use it as a stepping stone for next year.

30.07.2015 21:39

**Jakub HOLUŠA (CZE)**

**1500m Men - 2nd, 3:34:26**

Fantastic to break a national record that has stood for 32 years. I ran in the pack and really pushed hard in the last 200 metres.

Its been a busy 5 days for me running the mile in London and 800m in the Czech Republic.

I'll compete in the 1500m at the IAAF World Championships and my aim is to make the final.

30.07.2015 21:55





Flash Quotes

**Mutaz Essa BARSHIM (QAT)**

**High Jump Men - 2nd, 2.29m**

It feel good. I'm really happy, better then last week.

There were a couple of jumps that were really good, pretty close to the win. It's 2 points so they are really important for me. I'm still leading the Diamond race.

Now my focus is on my main goal of winning the IAAF World Championships and now, I need to improve technically.

30.07.2015 21:57

**Natasha MORRISON (JAM)**

**100m Women - 3rd, 11.22**

I'm delighted - it was very cold but it wa an exciting race. I'm not sure of my next race but I will be running the 100m in Beijing and I want to try to win a medal there.

30.07.2015 21:59

**Tori BOWIE (USA)**

**100m Women - 2nd, 11.05**

I'll take the performance today. 11.05 is ok.

I'm looking forward to the IAAF World Championships, there will be some great athletes there, it feels good to be among the best.

30.07.2015 22:00

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Flash Quotes

**Shelly-Ann FRASER-PRYCE (JAM)**

**100m Women - 1st, 10.93**

I'm satisfied with the race, the time wasn't what I wanted but I'm grateful I came out here and did my best, thank God.

In Beijing, I'm not running the 200m - I'm telling my coach he has to change my mind. The 200m is too far so I'm set for the 100m. Next, I will go to Venice to prepare for Beijing.

30.07.2015 22:00

**Linda STAHL (GER)**

**Javelin Throw Women - 3rd, 64.02m**

I had a very good warm-up and the first throw was far but I was over the line. I expected a big throw but it didn't come until the last round. I just saw after the competition that I missed out on second place by 1cm but still, I was very happy to throw well in the last round.

I worked Monday and Tuesday in the hospital so preparation coming here wasn't the best but going into Beijing, I will prepare in the best way away from work.

30.07.2015 22:07

**Ayanleh SOULEIMAN (DJI)**

**1500m Men - 1st, 3:33.33**

I came here to win, it was not my best race but I got the win. I really like to compete here, I win every time I come. It's like my second home - living here outside of Stockholm and training with my friends.

30.07.2015 22:13



Flash Quotes

**Musaeb Abdulrahman BALLA (QAT)**

**800m Men - 1st, 1:45.33**

It was a very tight race today, not a fast time but still, I am very happy.

30.07.2015 22:15

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