

Flash Quotes

Madara PALAMEIKA (LAT)

Javelin Throw Women - 1st place and DL winner

On throwing a national record:

"I was actually chasing my PB the whole season and to be able to get it in my final competition is great. I've put so much pressure on myself and after Rio, which was a huge disappointment for me, I just felt more relaxed. Like today, I was able to enjoy the competition again and I've been able to perform at my best level."

On winning the Diamond League:

"This is my first big international title, so it definitely means a lot to me. I enjoyed competing at the different DL competitions and I'm really pleased to take the trophée home"

09/09/2016 18:35

Nicholas Kiplangat KIPKOECH (KEN)

600m Men Man Against Machine

It was strange to compete in this race but funny at the same time. I was pleased to have been chosen because it was something new, never done before. I knew the car wasn't fast in the beginning but felt it was coming too quickly at the end. Losing was not a problem for me: I took a lot of fun and I'm on the podium!

09/09/2016 19:25



Flash Quotes

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09/09/2016 19:25

Brecht BERTELS (BEL)

800m Men Race B - PB 1.47.46

Toen ik vanochtend opstond, dacht ik al Waaw, dit wordt geen gewone meeting, dit is de Memorial Van Damme. Heerlijk om voor zo veel volk te lopen, ik had kippenvel. Bovendien verliep de race tactisch perfect voor mij, ik kon langs de binnenkant opschuiven. Fantastisch om zo je persoonlijk record te lopen!

09/09/2016 19:34

Philip MILANOV (BEL)

Discus Throw Men

Nee, dit was het niet. Ik zat met herexamens, en ook die gingen niet zo goed. De combinatie van examens en een grote competitie is niet te doen. Ik heb door die examens ook niet veel getraind. Meer heb ik eigenlijk niet te zeggen.

09/09/2016 19:40



Flash Quotes

Elise VANDERELST (BEL)

800m Women U23

Bien sur il y avait un peu de fatigue en cette fin de saison mais aussi et surtout beaucoup de plaisir d'être la. Le probleme, c'est que je n'ai pas su m'accrocher aux meilleures et que j'ai un peu eu l'impression de courir seule, sans reperes. Je me suis accrochee mais le temps est decevant.

09/09/2016 19:43

Daniel STÅHL (SWE)

Discus Throw Men - 1st place

"After the Olympics, where I missed the final, I told the Swedish media that I was not going to give up. There were three more meetings left and I delivered. I threw a PB on the Swedish championship and today I've managed to win my first Diamond League competition. The result of 65.78 today is satisfying."

09/09/2016 19:44

Piotr MALACHOWSKI (POL)

Discus Throw Men

Deuxieme, c'est bien et pas bien a la fois. Bien parce que participer au Memorial, qui est mon meeting prefere, etait important et je ne voulais decevoir personne. Il m'a manque de fraicheur mais Daniel a fait du bon boulot et prouve qu'il est en forme en cette fin de saison. Et puis, je peux me consoler avec la Diamomd Race!

09/09/2016 19:47



Flash Quotes

Eilidh DOYLE (GBR)

400m Hurdles Women

One too many race ! After a really consistent season, this one killed me. In the last 50 metres I had nothing left in the tank. I tried to focus on the race, but I felt I was losing both the race and the Diamond League. Too bad.

09/09/2016 20:12

Cassandra TATE (USA)

400m Hurdles Women - 1st place and DL winner

"I knew before the race today that it was still possible to win the DL, but I didn't want to put too much pressure on myself. I just wanted to do my best. I ran a SB today and I won the DL throphee. This kind of makes up for not being at the Olympics. It's a great way to end the season."

09/09/2016 20:20

Axelle DAUWENS (BEL)

400m Hurdles Women

In het begin zat ik nog even in het ritme, maar daarna liep het weer mis. Het was een heel moeilijk seizoen. Ik wilde hier toch nog goed afsluiten. Het was een echt baaljaar. Vooral mentaal was het lastig, want door blessures werd ik onzeker.

09/09/2016 20:24



Flash Quotes

Floria GUEI (FRA)

400m Women

Difficile de me faire un avis sur cette course. D'abord parce que je courais en aveugle mais aussi parce que j'ai senti que mon corps m'avait lâché. Je voulais être ici parce que c'est un super meeting et que j'ai plein d'amis. Je ne regrette rien.

09/09/2016 20:31

Courtney OKOLO (USA)

400m Women

Till the end, I thought I'm gonna win but Caster's finish was really impressive. Even though I'm happy: I've been out for such a long time.

09/09/2016 20:33

Dafne SCHIPPERS (NED)

100m Women

I had a decent start in my race today, but when it came to accelerating in the mid-race, my hamstrings caused me some trouble. Yet I'm happy with the way I finished my race, this late at the end of the season,

09/09/2016 20:37



Flash Quotes

Elaine THOMPSON (JAM)

100m Women

Honestly I wanted faster dit year, but OK, I won. Now I can go finally back home. I keep on smiling, because this season was really great. If I have to summarize it in one word: Wonderful!

09/09/2016 20:40

Natasha HASTINGS (USA)

400m Women

In the home straight I felt my chances for the final win in the Diamond League fading away. At 370 metres, it was completely over.

09/09/2016 20:42

Stephenie Ann McPHERSON (JAM)

400m Women

It was a tough finish, not only because this is the last race of the season, but also because it's difficult to stay competitive in the meets with almost no practice in between. Rio was a disappointment, so this final win makes up for the hard work of a whole year.

09/09/2016 20:43



Flash Quotes

THOMPSON, Elaine (JAM)

100m Women - Minor hamstring problems

Elaine Thompson promised yesterday the audience of the AG Insurance Memorial Van Damme a new meeting record. She wanted to beat the best time of her former mate team Shelly-Ann Fraser-Pryce. With 10"72 she equalized the meeting record that dated back till 2013. "At the end of the race I felt something in my hamstrings," she confessed in the press interview room. "But I'm happy anyway with my time and season. Tuesday I finally return home and than I will review all the races of the past season. Now I don't realize what it means to win the Diamond League. Is it worth less of more than an Olympic title? I don' know. "

09/09/2016 20:44

Caster SEMENYA (RSA)

400m Women

This was a cheeky one. I had to come back from behind because I'm not used to run this distance in really important meets. But I'm happy of course with my PB.

09/09/2016 20:46

Caterine IBARGUEN (COL)

Triple Jump Women - 1st place + winner DL

"My main goals for this year were the Olympics and the Diamond League and I've managed to win both. Winning the Olympic gold medal was like a dream coming true and competitions like the Diamond League just keep me motivated. I've recently lost a competition for the first time in a long time, but that's sport. I'm vvery happy with my performance today and I'm going home with a smile"

09/09/2016 20:48



Flash Quotes

Pascal MARTINOT-LAGARDE (FRA)

110m Hurdles Men

Je suis vraiment heureux de cette deuxième place et de ce record personnel parce que j'avais à cœur de bien terminer ma saison, après de bons Jeux et surtout la naissance de ma fille Cameron, il y a une semaine à peine. A Rio, j'étais un peu déçu parce que j'avais commis une petite erreur qui m'avait sans doute coûté l'argent. Ici, j'ai montré que j'avais de bonnes jambes...

09/09/2016 20:50

Orlando ORTEGA (ESP)

110m Hurdles Men - 1st place + winner DL

"It was a long, but also a very good year for me. I've managed to perform well the whole year long : i got silver at the Olympics and today I win the race and take the Diamond League trophy. The only thing that I regret, is that I didn't get to run below 13.00 this season."

09/09/2016 20:52

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09/09/2016 20:52



Flash Quotes

Wilhem BELOCIAN (FRA)**110m Hurdles Men**

Une troisieme place, meme si tous les meilleurs n'étaient pas la, c'est toujours bon a prendre, surtout dans une course ou il y avait quatre Francais. Les sensations etaient bonnes mais j'ai rate mon depart. Depuis ma disqualification aux Jeux, cela me trotte dans la tete. C'est une chose sur laquelle je dois travailler pour la saison prochaine.

09/09/2016 20:53

Dimitri BASCOU (FRA)**110m Hurdles Men**

J'ai ete bouscule involontairement sur la premiere haie et, des cet instant, je savais que ma course etait terminee. Je ne suis pas du genre a abandonner et je me suis donc accroche mais, pour moi, cette course est tout simplement a oublier. Dommage, les sensations etaient encore bonnes.

09/09/2016 20:56

Aurel MANGA (FRA)**110m Hurdles Men**

Je ne sais pas quoi penser de cette course. J'avais relache des avant les Jeux parce que je pensais y aller puis apres Berlin, pensant ma saison terminee. Je n'ai appris qu'avant-hier que je pouvais courir ici. Je ne suis pas content mais pas mecontent non plus.

09/09/2016 20:58



Flash Quotes

Jasmin STOWERS (USA)

100m Hurdles Women - 1st place

"I had a decent start but towards the end I stumbled a little. I knew that Anne Zagre was the one to beat here tonight and I felt her coming closer towards the end, but I managed to finish first. I didn't had the season I wanted as I didn't get to go to the Olympics, but I do hope to be there in Tokio."

09/09/2016 21:13

Anne ZAGRE (BEL)

100m Hurdles Women

Meme si cela n'attenué pas ma deception de Rio, qui me reste toujours en travers de la gorge, je suis contente d'avoir bien termime ici devant mon public. Deuxieme avec mon deuxieme temps, cela prouve que j'avais de bonnes jambes jusqu'au bout. D'habitude, je suis plus fatigued a cette periode de l'annee

09/09/2016 21:16

Asbel KIPROP (KEN)

1500m Men

I wanted to win this race, so I'm not fully satisfied. I had a technical problem with my shorts, they prevented me from sprinting decently. Eventually I'm happy to win the Diamond League of course.

09/09/2016 21:30



Flash Quotes

Julian FORTE (JAM)

200m Men - 1st place

"I just wanted to have fun tonight. Getting a PB in the final race of the season is always nice. I was a disappointed that I wasn't at the Olympics because that is in fact why I have been working so hard. Anyway, tonight was a good win and I'm happy with that."

09/09/2016 21:35

Christophe LEMAITRE (FRA)

200m Men

Je me sentais mieux qu'à Zagreb mais je ne m'attendais pas a des miracles non plus a cause de la decompression consecutive aux Jeux, les voyages, les sollicitations. En plus, il y avait du gros niveau devant moi, tout de meme. J'étais plus dans l'optique de me faire plaisir et d'en donner au public. Quatrieme dans ce temps-la, cela me va. J'espere a present terminer sur une bonne note au Decanations

09/09/2016 21:37

Alonso EDWARD (PAN)

200m Men

"This is the 3rd time in a row that I'm winning the Diamond League, so that's pretty awesome. I actually had a decent season, but the main thing is that I stayed healthy and now I can start looking forward to next season."

09/09/2016 21:37



Flash Quotes

Adam GEMILI (GBR)

200m Men - 2nd place

"It was really close between Julian and myself, but I'm happy with the result. I managed to run a PB tonight so that gives me confidence for the next season.
Racing in Brussels in this stadium and in front of this fantastic crowd is just amazing."

09/09/2016 21:39

Mutaz Essa BARSHIM (QAT)

High Jump Men

I'm done completely. You know this is an Olympic year, really exhausting. So I jumped only with half approach, only 4 strides.

09/09/2016 21:48

Erik KYNARD (USA)

High Jump Men

This was an extremely tough competition, a real dog fight. We knew that the one who would take this meet, would come out on top of the Diamond League. It was really nerve wrecking especially after I missed so closely on 2.35. But I was the lucky one to win in the end. And I prefer winning with 2.32 to being third with 2.38. The marks don't matter to me, I count my wins.

09/09/2016 21:49



Flash Quotes

Pierre-Ambroise BOSSE (FRA)

800m Men

Mentalement, j'étais bien avant cette course mais j'ai un peu lâché prise, involontairement. Les écarts étaient minimes et au petit jeu des bousculades traditionnels en 800, les Kenyans sont les plus forts! C'est sans doute sur cela qu'il faut travailler mais bon, au niveau de la concurrence entre coureurs d'une même nation, il n'y a pas photo. Il me reste un 400 au Décanations puis ce seront les vacances. J'en ai bien besoin.

09/09/2016 21:54

Adam KSZCZOT (POL)

800m Men

Of course this is a beautiful victory, but I consider my final at the ECH in Amsterdam a better one, since I had a terrible preparation for that one. And a European title is still more precious than a single DL race victory. The hardest thing today was to save energy in the back of the field and yet to kick in the right moment in order to emerge in the front.

09/09/2016 22:03



Flash Quotes

Nafissatou THIAM (BEL)

High Jump Women - Winner high jump

Nafi Thiam did what the crowded stadion expected: she won the high jump competition. "I didn't really practice for the meet," she said afterwards. "The season was long, too long but I enjoyed the tremendous atmosphere in the stadion. Zurich was my first meeting after the Olympics, it was a great experience but you can't compare it with the feeling I got Today when I entered the Roy Baudouin stadion."

Now she takes some weeks off in Portugal and starts studying in the beginning of October. "I like studying, it is not a tough job. I'm not going every day singing to the university but it's one of my priorities. I prefer training and studying above all duties and obligations as an Olympic Champion. I know that f.i. interviews are a part of the job but I try to restrict the ammount."

"I'm not thinking at next season on the moment. Problably I do some indoor in december not for the performances but to get some competition feeling. Training is a lonely job."

09/09/2016 22:04

Timothy CHERUIYOT (KEN)

1500m Men - 1st place

"I just tried my best today. I knew that it was possible to win tonight and to get a good personal best. Next year I hope to run under 3.30."

09/09/2016 22:18



Flash Quotes

Shannon ROWBURY (USA)

5000m Women

In retrospect I maybe had to follow the leaders. I did not run the 5K for two years, but could run very relaxed today. My feeling was really great. I knew I was the fastest of my little group at the end. My training was way better then when I ran 14.48, so I knew I could beat the national record. I was just a little afraid to come into another event against the top of the world.

09/09/2016 22:19

Ferguson Cheruiyot ROTICH (KEN)

800m Men - winner DL

"It was a tactical race tonight. My main goal was to secure the DL trophée and I succeeded. During the race I paid good attention to Pierre-Ambroise Bosse as he was my main opponent for the DL."

09/09/2016 22:20

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09/09/2016 22:20



Flash Quotes

Ismael DEBJANI (BEL)

1500m Men

Le debut etait vraiment rapide. Pour la fin de la saison, cette chrone est belle. Un moment j'etais dernier, mais je savais pas. Mes derniers 200 metres etaient forts. Je courrais vraiment relaxed, et j'ai pas connu un moment vraiment difficile. L'année prochaine je suis capable de battre le record de Belgique.

09/09/2016 22:23

Pieter-Jan HANNES (BEL)

1500m Men

Een chrono van 3'36 is nooit slecht. Het was een klotejaar, maar ik loop hier wel sneller dan de voorbije jaren. Ik heb duidelijk bijgeleerd in het verteren van de jetlag. Ik zat eerst heel goed in het ritme, maar doen ze echt gingen doorversnellen deed het pijn. Op het einde miste ik diepgang.

09/09/2016 22:26

Jonathan BORLÉE (BEL)

400m Men

Je m'étais légèrement blessé au mollet mardi et ne me suis plus entraîné depuis lors mais je me devais d'être là avec les autres membres du relais. Dans ces conditions, à la fin de cette saison éprouvante, terminer deuxième en 45'55 n'est finalement pas si mal.

09/09/2016 22:28



Flash Quotes

Bram GHUYS (BEL)

High Jump Men

Toen ik aan 2.23 aankwam begon ik wat te forceren. Jammer, want tevoren was het heel goed. Ik moet leren om gewoon ontspannen alles te geven.

09/09/2016 22:29

Dylan BORLÉE (BEL)

400m Men

Le but, ce n'était clairement pas de "taper" un de mes freres mais de prouver a tout le monde que j'ai encore de bonnes sensations en cette fin de saison. Je bats mon record de la saison et me suis approche a 4 centiemes de mon record personnel. Cela m'a moi-meme surpris de me retrouver la. C'est encourageant pour la suite parce que je n'avais pas eu de preparation. Je sais que je peux grandir la saison prochaine. C'était mon troisieme Memorial. J'ai fait 47'4 lors du premier, 46'4 lors du second et 45'6 cette edition. L'an prochain, je vise un temps en dessous des 45 secondes!

09/09/2016 22:30

Evan JAGER (USA)

3000m Steeplechase Men

I am not really happy. I really came to go sub eight. In the last laps there was a lack of pace, and in the beginning the pacemakers could not hold on far enough. I wanted to follow Kipruto as long as possibly. I believed I could win until the last hurdle, but then he was too fast. The laps before he did not let me help to keep the pace high.

09/09/2016 22:30



Flash Quotes

Conseslus KIPRUTO (KEN)

3000m Steeplechase Men

To be honest I am a little dissapointed. My goal was really the WR, and a goal is a goal. I was relaxed in the first three laps, but then saw it was little too slow. The win is nice, but the dissapointment is bigger than the happiness:

09/09/2016 22:34

Kevin BORLÉE (BEL)

400m Men

Je suis ici pour les gens. Les deux derniers mois, j'ai eu vraiment beaucoup beaucoup de mal au tendon d'achilles. Mais neanmoins, j'en avais vraiment envie aujourd'hui. Je suis heureux que c'est fini maintenant.

09/09/2016 22:35



Flash Quotes

Sandi MORRIS (USA)

Pole Vault Women - 5 meter: this is number to be respected

"5 meter, this is a number to be respected. Only 3 women in history did so if you count out- and indoor and I'm one of them. This is so cool," Sandi Morris smiled. After jumping 4m93 earlier this year some Americans doubted if they should recognize it because Jenn Suhr jumped 5m03 indoor but the IAAF is clear they have different list for in- and outdoor.

"In Rio I was so close to something I really wanted but Today I did more than I suspected. Sometimes you loose, sometimes you win."

"After clearing 5 meter my coach suggested to stop the event but I absolutely wanted to jump even if I was tired, even I knew it was too high for Today but attempting the world record will help me for next season."

"Now I 'm jumping with poles of 4m45 long. Next season I'll try longer poles and adept my grip to a higher grip. If I master this new situation I'm sure I will break the world record soon."

Sandi Morris finished her press conference with a beautiful song for the journalist who stayed till the end. For sure you can find that Tomorrow on YouTube

09/09/2016 22:37

Julien WATRIN (BEL)

400m Men

Terminer ici, a Bruxelles, avec mon record saisonnier, c'était genial. J'ai savoure chaque instant de la course, chaque marque d'affection du public. Ce qui etait top, aussi, c'est qu'on a fini quasiment groupes avec les autres Tornados, confirmant qu'il y a vraiment une belle cohesion de groupe. Pour moi, c'est important de disputer de telles courses prestigieuses: je veux continuer a grandir

09/09/2016 22:38



Flash Quotes

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09/09/2016 22:38

Katerina STEFANIDI (GRE)**Pole Vault Women**

I'm pretty satisfied with my performance today. 4m76 is not so farway from my season's best, which is 4m85. Sandi (Morris) was better than me today, like I was the better one in Rio. Yet I found this a very exciting evening. Now we are both waiting for the world record to fall.

09/09/2016 22:39

Luguelín SANTOS (DOM)**400m Men - 1st place**

"Today was a difficult race. I started slowly in comparison to the other athletes, but in the end I managed to win. It has actually been a really tough season for me. I got injured and at the Olympics I didn't make it to the final."

09/09/2016 22:42



Flash Quotes

Fabrice LAPIERRE (AUS)

Long Jump Men

This is one of the best days in my career. I did what I had to do : delivering just one good jump and I succeeded at my second attempt. Doing better was almost impossible at the end of such a long season: I had a sore back and sore muscles everywhere. Now it's time to enjoy.

09/09/2016 22:43

Amel TUKA (BIH)

800m Men - 3rd place

"I'm actually in really good shape. Three days ago I ran a race in 1.44.80 and today I managed to run a season's best. It's a good way to end the season. This year there was a lot of pressure on me because of my performances last year. The people in Bosnia expected medals from me, but that was not really realistic. I'm satisfied with my performances this year. Let's say that this year was good for everybody to moderate expectations for the next season."

09/09/2016 22:46

