

Flash Quotes

Robert URBANEK (POL)

Discus Throw Men - Winner 65.00

I wanted to throw further so I cannot say it was a good competition for me today. I had a very good week with very long throws in the training. So I do not know why it did not work for me today. I felt tight, nervous before the competition. Maybe it was because of the new rules and I pushed myself to throw good with the first attempts. I have to work on the technique - to be more fluent, more loose. The victory in Rome, my second appearance here, makes me happy but my performance could have been better.

02.06.2016 18:42

Piotr MALACHOWSKI (POL)

Discus Throw Men - 6th 63.23

It was a bad competition for me. Hard to say what was the reason. I was fighting with my technique. Maybe I have had already too many starts and start to feel tired. One more competition and I will get back to work, train hard. I do not focus the Diamond League victory too much this year but the Olympic Games.

02.06.2016 18:47

Robert HARTING (GER)

Discus Throw Men - Third 63.95m

How I resume my comeback? At the moment I am angry about my last attempt: it had everything, just the angle was wrong. Rome is really a hard meeting for us throwers. I think the whole group of us slept somehow. I threw a lot technically. My body? Nothing changed - I do not feel fresh, my knee problems still persist, but the chest muscle is ok now. I need time and I need liveliness. And I also have to get to the point.

02.06.2016 18:54



Flash Quotes

Robert HARTING (GER)

Discus Throw Men

Sono piuttosto deluso per il mio ultimo tentativo: ho sbagliato l'angolo di uscita del disco e ho rovinato il lancio. Fisicamente mi sento abbastanza bene, non sono ancora al top visto che i problemi al ginocchio persistono. Mi serve ancora del tempo per registrare tutti i vari aspetti.

02.06.2016 19:10

Robert URBANEK (POL)

Discus Throw Men - Vincitore

Vincere a Roma fa piacere, ma nonostante il successo non posso dirmi soddisfatto della gara. Pensavo di poter lanciare piú lontano, visto che in settimana mi sono sentito davvero bene e trovo frequentemente misure importanti. Non so cosa sia successo oggi, forse il nuovo regolamento mi ha messo un po' di pressione ed ho cercato di spingere a tutta sin dal primo lancio. Devo lavorare sulla tecnica, ricercare una maggiore fluidita'.

02.06.2016 19:16

Valerie ADAMS (NZL)

Shot Put Women - Winner SB 19.69m

I guess this year I am more motivated than ever, 2016 is an Olympic year. It is a great challenge, a great year. Last year was really tough for me. I am really good today. I just came out of my hitting back. I am a lot more consistent than I have been in the past. This competition was good. I will take the win. I do not think in terms of DR leader, what I need is to get competitions under my belt. Training, keep building from there and come out and have fun. This is my fourth Olympics, man.

02.06.2016 19:21



Flash Quotes

Gloria HOOPER (ITA)

100m Women B Race - Vincitrice

Direi benino: mi aspettavo un tempo migliore, vicino all'11"20 perche' mi trovo in un'ottimo momento di forma. Devo riguardare bene la gara per capire cosa non ha funzionato, ma credo di non essere stata troppo incisiva nella prima parte. Ora spero di fare ancora meglio a Ginevra, la prossima settimana.

02.06.2016 19:28

Valerie ADAMS (NZL)

Shot Put Women - Vincitrice

Questa stagione credo di essere piu' motivata che mai: e'anno olimpico e quella di Rio sarebbe la mia quarta Olimpiade. L'anno passato e' stato molto difficile per me, ma oggi mi sono sentita decisamente bene, forse piu'in palla che mai nel passato in questo periodo. Per adesso non guardo con particolare attenzione alla classifica della Diamond League, mi importa soprattutto gareggiare e crescere ancor piu' di condizione.

02.06.2016 19:31

James DASAOLU (GBR)

100m Men B Race - Winner 10.11 SB

It is a season best, good progression towards the national trials. I hoped for a bit quicker start but I am happy with the result in the end. It is a lovely track, nice warm-up stadium, loved it here.

02.06.2016 19:40



Flash Quotes

Olga RYPAKOVA (KAZ)

Triple Jump Women - 2nd 14.51

Now, I am still in the training process towards the Olympic Games. I did not expect the longest jumps from me today. My main goal was to jump with stabile technique and I believe that the attempts will get longer and longer towards Rio. I do not think that Caterine is unbeatable. Olympic race will be a different, serious competition and it will be open. I believe I will be able to attack gold.

02.06.2016 20:14

Janeive RUSSELL (JAM)

400m Hurdles Women - Winner 53.96s WL, PB

I am very pleased about myself. I have a wonderful coach, Steven Francis, he has coached Olympic champions, so I have a lot of confidence in my coach. I am training in Jamaica. I feel that I am in a good shape, even more this season, I am confident in myself and keep pushing myself. This will be my first Olympic Games, I feel very proud to represent my country. It is a great feeling to go under the magic barrier of 54 seconds: My aim is to finish the race injury-free and I did that. I won gold at the World Junior championships before. Hopefully I will be that new Jamaican 400m hurdles star, I want to continue that tradition. After the race I was too tired to do an honorary lap.

02.06.2016 20:15

Caterine IBARGUEN (COL)

Triple Jump Women - Winner

I am very satisfied. It was a very thrilling race and I had to fight in the third jump to take the lead and then the victory. I am focused on Olympics: I won a silver medal in London, this year I will give anything to take the gold medal.

02.06.2016 20:24



Flash Quotes

Caterine IBARGUEN (COL)

Triple Jump Women - Vincitrice

Sono davvero contentissima per la vittoria ed anche per il risultato. La gara non si era messa benissimo dopo due salti ed ho dovuto lottare per portarmi in testa e poi mettere al sicuro il successo. Per me era importante continuare la mia striscia positiva; per quanto riguarda le Olimpiadi, a Londra ho preso l'argento, ora faro' di tutto per cercare di vincere l'oro.

02.06.2016 20:28

Ameer WEBB (USA)

200m Men - Winner 20.04

I enjoyed the race and the atmosphere at the stadium a lot. Rome is lovely, will come back again. Time is OK for me, I was focusing the 20 seconds but I was a bit too tough in the end. My next competition is Birmingham.

02.06.2016 20:34

Ameer WEBB (USA)

200m Men - Vincitore

Puntavo a scendere sotto i 20" ma nel finale la fatica si e' fatta sentire; tutto sommato va bene cosi'. Mi sono proprio divertito a gareggiare con questa atmosfera: Roma e' un appuntamento davvero affascinante e cerchero' di tornare in futuro.

02.06.2016 20:42



Flash Quotes

Matteo GALVAN (ITA)

400m Men

Come prima gara stagionale non e' andata male. Una gara importante, forse non il massimo per iniziare la stagione ma credo sia il mio debutto migliore di sempre. Ora devo lavorare per abbassare ulteriormente il tempo: ci provero' gia' a Ginevra la prossima settimana, poi aspettero' i Campionati Italiani di Rieti.

02.06.2016 20:44

Caster SEMENYA (RSA)

800m Women - Winner 1:56,46 -sk

Now I need to be consistent, to maintain this shape until the Olympics. My dream, my main goal is of course Olympic gold. I am very pleased with the time. I did a lot of travelling with very little rest, I am trying to keep up the shape. It is not easy. Getting the gold medal in Rio is very important for me, now is the right time, I got a silver medal at the 2012 Olympics and now I can take fast paces. I try to improve more in tactical races. We worked more on speed because coming from behind like in this race it is not easy to adjust to the pace, you are not aure to execute well on the home straight. I am 25 years old now. I will go back for the African championships, it is not easy to maintain such a performance, I must not relax because I won. I will do the 800m in the Olympics even though I also qualified for the 400m, maybe I will run more 400m races next year? I want to make the South Africans proud.

02.06.2016 20:49



Flash Quotes

Wayde van NIEKERK (RSA)

400m Men - Winner 44.19

It took me a while to recover after the race. It was a challenge but I am glad I won. It is a good start to build up towards the rest of the season. The Olympic Games will be a new challenge for me, new motivation with a different fresh spirit. I am exciting to compete against all these strong guys. I am confident, I think I have a good position this season and I am looking forward for the fight with this spirit. Never give up.

02.06.2016 21:10

Wayde van NIEKERK (RSA)

400m Men - Vincitore

Dopo la gara ho dovuto prendermi qualche minuto per recuperare: e' stata una grande sfida e sono orgoglioso di essere riuscito a spuntarla. Credo sia un ottimo spunto per inaugurare questa stagione: le Olimpiadi per me saranno una sfida completamente nuova che portano con se' ulteriori motivazioni. Per me e' un onore potermi confrontare con questo genere di avversari, mi sento in piena fiducia e cerchero' di mantenere a lungo questo spirito. Mai arrendersi.

02.06.2016 21:18

Caster SEMENYA (RSA)

800m Women - Vincitrice

Ora devo cercare di mantenere questa condizione fino alle Olimpiadi: l'oro a Rio e' naturalmente il mio obiettivo ma anche il mio sogno. Il tempo di questa sera mi soddisfa appieno: e' un periodo in cui viaggio molto senza poter riposare e non e' facile mantenere alta la forma in questi giorni. La mia condizione mi permette oggi di mantenere alti ritmi, ma devo cercare di migliorare nelle gare tattiche e proprio per questo abbiamo lavorato molto sulla velocita'. A Rio partecipero' solo agli 800 metri anche se ho il minimo pure sui 400; forse nel futuro gareggero' di piu' sul giro di pista, ma il mio intento e' quello di rendere il Sud Africa orgoglioso di me.

02.06.2016 21:21



Flash Quotes

Elijah Motonei MANANGOI (KEN)

1500m Men - Winner 3:33.96

I want to run fast this season, this is why I paced so fast in this race, that is why I ran in front. In Oslo I will run the mile and then I will have the Kenyan trials. This is my first time in Rome, it is nice, a fast track. My training partner is Cheruiyot and my coach is called Bernard Ouma.

02.06.2016 21:36

Orlando ORTEGA (ESP)

110m Hurdles Men - Winner 13.22

It worked well for me tonight and the conditions are very good in Rome. I train in Madrid and now everything is focused towards Rio. Everybody says I am not going to the Olympics but I am going. I know I am going. I cannot describe the situation well but my federation managed it and I will start in Rio representing Spain. Now, everything is only about the Games and it is my big dream.

02.06.2016 21:47

Elaine THOMPSON (JAM)

100m Women - Winner 10.87 SB

This is my first time in Rome and I wanted to give the best that I can. Coming to Europe is a long journey for us Jamaicans. I did not see the time. I do not know whether I will concentrate on the 100m or the 200m this year for the Olympics, my coach Steven Francis is to decide. I run both and in the trials we will see what is best for me. My goal is to make it through the Jamaican trials, that is going to be rough. Who do I fear? There is no person I fear, only God. I mean, I try very hard. My coach Steven Francis is here in Rome, I executed the race as he said. I did not concentrate on the other athletes. My start was not the best. My aim is to stay healthy and injury-free.

02.06.2016 21:49



Flash Quotes

Sunette VILJOEN (RSA)

Javelin Throw Women - Winner 61.95

It was a very tough competition tonight. We had pole vault and javelin at the same time and we had to wait too long. Today, it was not about the distance but about the mental strenght. You had to keep away from it, stay focused. It is my third time in Rome but first victory. So I am just smiling.

02.06.2016 21:52

Katerina STEFANIDI (GRE)

Pole Vault Women - Winner 4.75

The weather was a bit cooler but it did not bother me too much. I did not feel well at the beginning and I told myself: OK, so this is not going to be a good day for me today. Sometimes you have bad ones, sometimes good... But I started to feel better during the competition. I am definitely focusing 5 metres this year as I got very close to it indoors. I know I am ready to jump it. I feel i physically but now I also have to be ready mentally. We are all in the training process and I will have two peaks - European champs and Rio. But I am glad to win this event as the crowd was great.

02.06.2016 21:55



Flash Quotes

Justin GATLIN (USA)

100m Men - 9.93s SB

It feels good to be able to come out here and do my job well, I achieved a season's best. This is my fifth time here in Rome! (Watching himself on the screen): I love that guy, he is a strong competitor. During the season I want to start slow and then progress steadily. It is kind of weird, I am ready! I am hot for each race. If Bold is a nightmare for me? No, he is a competitor. Plus there are six more competitors in every race. As far as the crowd in this stadium is concerned, it seems to me that there are more and more kids every year. More and more girls, all those girls. They took off my shoes, I am walking barefoot now. I love to come back here every year. I executed this race and made it to the finish line sound and safe. I kept my composure. For the US trials I need to build up. I am just feeling ready for the trials, I have to make sure I stay healthy and strong. This was a solid race with a SB, I need to get faster and faster and stronger and stronger.

02.06.2016 22:08

Gianmarco TAMBERI (ITA)

High Jump Men - Terzo classificato

Ad un pubblico come quello di stasera avrei davvero voluto regalare la grande misura, ma a due mesi dalle Olimpiadi c'è ancora un po' di ruggine da smaltire: quella di Rio è un'occasione troppo grande per non farmi trovare al top. Per il mio stato di forma attuale il 2,30 è la misura che pensavo di ottenere. Non so se la folla mi ama, posso però dire che io amo questo pubblico che sa darmi una carica immensa. Da questa gara esco con la consapevolezza di stare lavorando bene, tra pochi giorni a Birmingham proverò a salire ancora un po', ma le risposte vere le aspetto per luglio.

02.06.2016 22:13



Flash Quotes

Bohdan BONDARENKO (UKR)

High Jump Men - Winner 2.33

It feels like I forgot how to jump high. But today, I started to feel technique for the first time. It is hard because we do not have many competitions this year. I do not go to Birmingham because of the difficult visa situation. It takes too long to get it. I do not jump in my trainings, only in the competitions. So I am still working on many things. I do not plan the European championships because I do not like jumping two days in a row. I prefer to have one day off between qualification and the final.

02.06.2016 22:14

Marco FASSINOTTI (ITA)

High Jump Men

Mi sono trovato bene alle misure piu' basse, meno a quelle piu' alte. Credo che sia dovuto ad una certa desuetudine a gareggiare a questo livello. In ogni caso mi sono sentito abbastanza bene in pedana, credo di aver lavorato bene ed ora non resta che continuare su questa strada inseguendo progressivi miglioramenti, gia' dalla prossima gara di Birmingham che sento particolarmente, allenandomi in Inghilterra.

02.06.2016 22:16

Bohdan BONDARENKO (UKR)

High Jump Men - Vincitore

Sembrava quasi mi fossi dimenticato come si salta. Ma oggi finalmente ho ricominciato a risentirmi a posto tecnicamente. E' un momento un po' delicato perche' le occasioni per gareggiare non sono molte: devo rinunciare alla sfida di Birmingham per via del tempo necessario per il visto d'ingresso: in allenamento cerco di limitare i salti e cosi' salto quasi esclusivamente in gara e devo cercare di ottenere il massimo senza esagerare con gli sforzi; proprio per questo non andro' agli Europei per non fare due gare in due giorni.

02.06.2016 22:18



Flash Quotes

Mutaz Essa BARSHIM (QAT)

High Jump Men - 10th 2.27

It was not as high as I hoped for. But I am still working on it, I am working on getting my shape back. We are in the process and now I will head to Poland for the next training. Physically I feel OK, nothing is bothering me.

02.06.2016 22:18

Justin GATLIN (USA)

100m Men - Vincitore

E' speciale riuscire a fare del mio meglio in queste occasioni: per me e' il quinto successo a Roma. Se Bolt rappresenta un incubo per me? No, e' solo un avversario, come ce ne sono altri sei in ciascuna gara. Ho l'impressione che ci siano sempre piu' ragazzi nella folla, e pure piu' ragazze: hanno voluto anche le mie scarpe, sto camminando scalzo e devo confessare che mi piace un sacco tornare qui ogni anno. E' stata una gara davvero solida con tanto di SB, ora devo pensare ad andare sempre piu' forte, a cominciare dai Trails che saranno una vera sfida: dovrò prepararmi a dovere cercando di restare sano ed in forma.

02.06.2016 22:22

Consesus KIPRUTO (KEN)

3000m Steeplechase Men - Winner 8:01.47 WL

Despite the victory, I am very very disappointed. I did not achieve my target, I wanted to run under 57. I tried to push it too hard but it did not work. I will get back to Kenya and work on the speed much more. I only plan two races before Olympics - trials and the Monaco Diamond League.

02.06.2016 22:23



Flash Quotes

Greg RUTHERFORD (GBR)

Long Jump Men - 8.31m SB

This was not too bad. This DL mode is ridiculous: going down from 12 athletes to only 4 after three attempts, going down to 8 would be better. You need five minutes between your rounds to recover and with only four athletes this is not possible. You do not have time to recover, it is not easy what we do. We athletes try to build something up and then it was only "go, go, go". And then people were walking on the runway, that was kind of dangerous for us. It got a little bit messy towards the end. But hey: I jumped 8.31m, I cannot complain, that was my second attempt. This victory was a hugely important step towards the European championships and the Olympic Games. It is still relatively early.

02.06.2016 22:26

Ameer WEBB (USA)

2nd 9.94 PB

100m: It was fun to run with this great guys. It seems I am the bussiest man of the meeting tonight but honestly, I feel good. I feel even less tired than after the 200m. It was a bit like experiment to run two races in such a short time but it was part of my training. If I repeat such double at some other meet? I will talk to my coach and he will decide about my next starts. I do not think that equalling my PB at 200m 19.85 would be enough for Olympic medal. The guys are just too good. Bolt is a legend.

02.06.2016 22:28

Greg RUTHERFORD (GBR)

Long Jump Men - Vincitore

Non é andata male. Confesso pero che questo regolamento non mi piace affatto, preferisco le finali ad otto: in questo modo i tempi di recupero sono davvero stringati e si riesce appena a rifiatare. E' stato un concorso un po' strano, ma alla fine ho portato a casa un buon 8,31 e non posso davvero rimproverarmi e recriminare nulla. E' una vittoria significativa in vista di Europei e Olimpiadi, ma il cammino é ancora lungo.

02.06.2016 22:33



Flash Quotes

Conseslus KIPRUTO (KEN)

3000m Steeplechase Men - Vincitore

Nonostante la vittoria, non sono soddisfatto del mio tempo finale: nell'ultimo giro avrei voluto correre piu' forte e per questo tornerò in Kenia per lavorare ulteriormente sulla velocita'; prima delle Olimpiadi gareggerò solo ai Trails e a Monaco.

02.06.2016 22:36

