

## Flash Quotes

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### Fouad EL KAAM (MAR)

#### 1500m Men - 2nd place

Thank god, I am satisfied about my performance today. I was expecting to come first in the race. However, I am fully ambitious for the upcoming World Championships.

16/07/2017 18:45

### Brahim AKACHAB (MAR)

#### 1500m Men - 1st place

The race was very difficult. I achieved what I wanted. I hope to keep up on the same level.

16/07/2017 18:49

### Petra FONTANIVE (SUI)

#### 400m Hurdles Women Heat 2 - 2nd place

I am not happy about the race. I tried to do some tactics about the hurdles, but it did not work out. My rhythm was not that good. I know I can do faster than this. Now I am looking forward to the World Championships to perform better.

16/07/2017 18:56



Flash Quotes

**Ristananna TRACEY (JAM)**

**400m Hurdles Women Heat 2 - 1st place**

Nikita (Tracey) went out very fast but I wanted to execute my own race. I can't complain about my time and about winning today.

Competition in this event is very tough and I'll have to do it my best.

16/07/2017 18:56

**Zuzana HEJNOVÁ (CZE)**

**400m Hurdles Women Heat 1 - 1st place**

It was a nice and difficult race. I focused on my rhythm. I ran slowly in the beginning and faster in the end especially in the last 100 meters.

16/07/2017 19:08

**Janieve RUSSELL (JAM)**

**400m Hurdles Women Heat 1 - 2nd Place**

The race was not as I expected it. I believe the race was bad and I wanted to do better than this.

16/07/2017 19:12

**Ryan CROUSER (USA)**

**Shot Put Men - 1st place**

I am really happy with my result today. I am loading now with the world championships to come and I surprised myself today. I concentrated on a nice technique today and I wanted to simulate a championship competition. I think I can throw a lot further in the next weeks.

16/07/2017 19:14



## Flash Quotes

### Ben Youssef MEITÉ (CIV)

#### 100m Men - 2nd Place

I am happy about my performance. I was very close to the first place. I feel in good shape, however, this is my last race this year.

16/07/2017 19:18

### Chijindu UJAH (GBR)

#### 100m Men - 1st place

This is just the shape I'm in. Competition in this event is very tough especially in my country. Thanks to my coach, things are going better and better for me. I am having some more competitions in the next weeks. I hope I can do something very special in London.

16/07/2017 19:19

### O'Dayne RICHARDS (JAM)

#### Shot Put Men - 2nd Place

I am very happy for this National Record, it is a good start. I am aiming to improve my performance and I am looking forward to the World Championship to win the golden medal.

16/07/2017 19:20



## Flash Quotes

### Caterine IBARGUEN (COL)

#### Triple Jump Women - 1st Place

The competition was very tough and the atmosphere was incredible. This result was not easy at all because the level of the competition was very high. The support of the crowd and the conditions where I played helped me a lot. I am hoping to arrive to the World Champion in my top level.

16/07/2017 19:27

### Nijel AMOS (BOT)

#### 800m Men - 1st place

I have been working hard on my speed. When they were closing in on me I had a good finishing kick. If I can go faster still ? We'll see !

16/07/2017 19:30

### Fadwa SIDI MADANE (MAR)

#### 3000m Steeplechase Women - 4th Place

Thanks god the race was good. I was able to do better and I am glad for my Personal Best record. I did some mistakes as I kept changing the lanes. Had I followed the advice of my coach, I would have been among the first three. I look forward to be in the finals in London.

16/07/2017 19:45



## Flash Quotes

### Gesa Felicitas KRAUSE (GER)

#### 3000m Steeplechase Women - 1st place

I am very happy because this is my first Diamond League win ever. I think I never finished higher than 5th in these races. This was a race on my level. It was not about fast times today but about winning the race. It is a great feeling to win a race like this. Today, I was able to show good tactics and a strong finishing kick. I will continue to work on that in a training camp next week in Switzerland.

16/07/2017 19:45

### Andre de GRASSE (CAN)

#### 200m Men - 1st place

It was a good race and a good performance. I was pushed in the bend but I wanted to finish strong today and to stay relaxed. This is a race to tune for the world championships and it looked pretty well, even if I'm not used to the hot weather here. It is nice to come to Rabat and to hear people shout your name. I want to make new fans everywhere I come.

16/07/2017 19:54

### Angelika CICHOCKA (POL)

#### 1500m Women - 1st place

This victory is very important for my confidence. I worked on my finishing speed and that helped me to win this race. This proves that my preparation is going well and I'm looking forward to the W.C. now. I hope to make it to the final and then everything is possible.

16/07/2017 20:04



## Flash Quotes

### Malika AKKAOUI (MAR)

#### 1500m Women - 4th Place

The race was very good. Personal Best is a great achievement for me. I would like to thank the crowd for their support and attendance.

16/07/2017 20:07

### Rababe ARAFI (MAR)

#### 1500m Women - 2nd place

The race was fantastic. The competition was good. I tried to come strong in the race from the beginning as I will participate in London.

I am very glad for today's result and I am fully ready for the W.C. in London

16/07/2017 20:10

### Marie-Josée TA LOU (CIV)

#### 100m Women - 2nd place

I am happy for my performance. However, there are some details to correct in order to improve my performance to be fully ready for the World Championships . It is always a pleasure to be here as it is not my first time. I participated in Agadir in 2015.

16/07/2017 20:16



## Flash Quotes

### Elaine THOMPSON (JAM)

#### 100m Women - 1st place

I'm pleased with my race. I came here last year and the organisers did a lot of effort for me. My races are going fine, I'm in the shape that I want to be in and I'm looking forward to the London W.C.

16/07/2017 20:18

### Barbora ŠPOTÁKOVÁ (CZE)

#### Javelin Throw Women - 1st place

I am very happy for my performance. The competition was tough. It was a little bit difficult for me as I am not used to this kind of weather conditions. I am happy to be in Morocco as I had a good impression about the country. I would like to thank the crowd as they were outstanding. I am in good shape for the W.C. in London and I am looking forward to it.

16/07/2017 20:35

### Jairus Kipchoge BIRECH (KEN)

#### 3000m Steeplechase Men - 2nd place

This was a decent performance but the Moroccan was difficult to beat in front of the home crowd. My shape is getting better and better, I am in the Kenyan team and I can focus on the W.C. now.

16/07/2017 20:36



## Flash Quotes

### Conseslus KIPRUTO (KEN)

#### 3000m Steeplechase Men - did not finish

I still have a lot of trouble with my right ankle. I decided to race and I was hoping the pain would stay away. But it was wise to leave this race and try to get healthy.

16/07/2017 20:43

### Gianmarco TAMBERI (ITA)

#### High Jump Men - 2nd place

I am so glad to be here, my performance was not that good as I got back from two bad injuries. The weather was very warm unlike last year. The crowd was amazing, I love it so much, it is one of my favourite. I am definitely coming back next year. As for the World championship in London, I will do my best to be ready for it, even though it is going to be a little bit difficult for me because of the two serious injured that I suffered from.

16/07/2017 20:45

### Pawel WOJCIECHOWSKI (POL)

#### Pole Vault Men - 1st place

This is my 2nd Diamond League win. It gives me a lot of confidence. 5m85 is also my second best seasonal and a lifetime top 10 performance for me.

This is the first year since 2011 that I can train and compete without pain. I am working on my way back after becoming the world champion in 2011 in the very early stages of my career.

16/07/2017 20:52





## Flash Quotes

### Rushwal SAMAAI (RSA)

#### Long Jump Men - 1st place

Rabat is like second home for me. I hold the Meeting Record and I wanted to improve that today. I am really jumping well at the moment and I'm hoping to keep in good shape and stay healthy.

16/07/2017 20:59

### Shaunae MILLER-UIBO (BAH)

#### 400m Women - 1st place

This was actually a training race for me. The time is good but it is not very important for me now. What counts are the W.C.

16/07/2017 21:01

### Adel MECHAAL (ESP)

#### 3000m Men - 2nd Place

The race was amazing and the competition was very tough and pacy. I tried to pass IGUIDDER in the last lap but that was impossible, especially after he increased the rhythm. Now my priority is to prepare for the World Championship in London to achieve a better performance in the 1500 meter race.

16/07/2017 21:08



## Flash Quotes

### Abdelaati IGUIDER (MAR)

#### 3000m Men - 1st place

The result is very surprising because everyone thought my level was not that good. This meeting confirmed that my level is back and it gave confidence for the coming London W.C. I made my best for my people. They support me and I am very thankful.

16/07/2017 21:09

### Yahya BERRABAH (MAR)

#### Long Jump Men - 3rd Place

It was a good start with some of the best athletes. I managed to do a great performance. It is a good experience to be ready for the World Championship. After the break, it was difficult to come back but I am very happy for the support of my family and relatives. This is my last meeting and I hope that people in Morocco value this sport more because I compete against good international athletes from big countries.

16/07/2017 21:16

