



Flash Quotes

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Rhys JONES (GBR)

T35-38 100m Men - 2nd - 11.84s

It's consistent for me and I feel like I'm in the best form I've ever been in, I've been injury free and doing all I can to get to where I need to be. As far as I'm aware this is my last race of the season until Dubai in the Autumn.

18/08/2019 12:46

Thomas YOUNG (GBR)

T35-38 100m Men - 1st - 11.37s

It felt so good, I got a quick start and I've been working on starts with my coach Joe McDonnell and I knew if I could get a quick start the result would be good.

Going into the World Championships in Dubai I'm ranked third so hopefully I can win a medal out there. Coming away with two golds in Berlin gave me confidence and hopefully I'll be able to add a world medal this year.

18/08/2019 12:49

Olivia BREEN (GBR)

T35-38 100m Women - 2nd, 13.28s

I just wanted to go as fast as possible and I'm having a really good season so far.

[On balancing long jump and sprints] I'm jumping twice a week and running twice a week or doing the two on the one day. The speed for the run up of the long jump goes well together.

The long jump is going well, I'm just getting closer to five metres now. If I get the technique right, it'll be there.

18/08/2019 12:55





Flash Quotes

Sophie HAHN (GBR)

T35-38 100m Women - 1st, 12.67s

I'm happy with the time because I raced on Wednesday. I just want to keep on training hard.

It was a little bit windy, but I'm happy with the performance.

I'm going to back up off from competing for now. I'm racing in Newcastle in September and after that just back to training.

I'm very excited for that. I know the track well because they have the Dubai Grand Prix there. I always like competing there: it's warm, it's a fast track.

18/08/2019 13:06

Cameron FILLERY (GBR)

110m Hurdles Men - 5th - 13.54s (PB)

I'm really happy with that. I was thinking I've got to get out of my student debt in this race, so I needed to place well and the time is just a bonus. I felt I had it in me to be fair.

I'm confident. I've still got the world standard to get so it's a long way to go still but it's a championship, so I'm going there to win it.

18/08/2019 13:31





Flash Quotes

Omar McLEOD (JAM)

110m Hurdles Men - 1st - 13.21s

It was pretty easy and felt good. It was nice to make up for what happened in London. I'm in a new environment with a new coach and I feel like I'm ready to go again.

For Doha, I need to go there in the best possible shape and not been half-bothered about it. Anything can happen and I need to go there as defending champion and be ready to compete.

I have the Diamond League finals prior to Doha so I need to be ready for that.

18/08/2019 13:31

Freddie CRITTENDEN (USA)

110m Hurdles Men - 2nd, 13.31s =SB

It feels good to come out here and race.

The weather is different, but I've been doing it for a couple of years so I'm used to being in a different place.

I missed Doha by a hundredth so right now the main goal is to win the Diamond League final if I make the final - hopefully I can go to Paris and do that.

18/08/2019 13:35

Denia CABALLERO (CUB)

2nd, 64.59m

I was very happy with second place and looking forward to challenging for my first Diamond League title.

18/08/2019 13:56





Flash Quotes

Sandra PERKOVIC (CRO)

Discus Throw Women - 3rd - 63.80m

I'm not that happy with the result but I'm happy to be back on the Diamond League circuit. The stadium and the crowd are really nice but my warm-up was so much better than the competition and for that I must apologise. I still have time ahead of Doha and that is the most important thing.

I have to know that I'm taking on the best guys in the world on the stage like this and if I showed what I was really capable of today I would have won. I have to recover my technique ahead of Doha but I am satisfied at least with today. I'm in good shape but I have another meeting in Paris in less than a week to put things right.

18/08/2019 13:57

Matthew HUDSON-SMITH (GBR)

400m Men - 3rd - 45.55s (SB)

It was good, it's a good starting point and I know what I have to work on from here. I've been training for a month straight and I opened up with 45.55s, give me another month and I'll show what I can do.

It's always good to be home, I put on a good showing and it's nice to do that. Now it's onto the trials next week.

18/08/2019 14:10





Flash Quotes

Obi IGBOKWE (USA)

400m Men - 2nd, 45.53s

It's super windy on the back straight.

It's a beautiful place. I better pack a raincoat and a sweater next time.

Not happy with the time I ran at all. I think I could've ran a lot better but just trying to adjust the wind on the back straight.

I've got a meet in Dublin and then Spain. I can't believe I'm in the Diamond League final because I finished ninth but I know one of the other guys isn't going.

18/08/2019 14:13

Akeem BLOOMFIELD (JAM)

400m Men - 1st - 45.04s

I feel OK, I got the win but that's all I can take from that. The eight points puts me in the Diamond League final and that's the big positive. My coach told me to get out and finish as high as possible and so for that I'm very happy.

Coming down the home straight I saw no one in my eyeline and I knew I had it. I don't know how selection will go for the 400m but we will have to see what happens.

18/08/2019 14:13

Yasmani COPELLO (TUR)

400m Hurdles Men - 1st, 49.08s

Today was good and good competition. It was a big wind, but it was OK.

Next time I go to Paris and I'm excited for that and looking forward to it.

18/08/2019 14:19





Flash Quotes

Alison SANTOS (BRA)

400m Hurdles Men - 2nd - 49.20s

I'm very happy but I could have produced a better race. This race is very important to me but I have other competitions this year that are more important, like the world championships, to focus on.

I felt strong after winning the Pan-American Games and I feel that will make me stronger moving forwards.

18/08/2019 14:20

Jacob PAUL (GBR)

400m Hurdles Men - 7th, 50.71s

I knew it'd be a tough field. It always is in the Diamond League and it's good to be in a home Diamond League. It would've been nice to run a faster time, but things are going in the right direction.

I spoke to some of the sprint hurdlers earlier and they said it was a bit of a swirly wind. In that situation it's difficult to manage your strides when you're doing 13, 14 or 15 strides and had to adjust that. To come here and run that in lane one, I'll take it.

I did my first Diamond League in 2016 at the Anniversary Games in a stacked field and took experience from that. 2017 was the same and raced one earlier this year. I'm hoping that one day I can step that up and I'll know what it's like to run against those guys and you'll know what it's going to be like and it's good practice.

I feel good. Training's going really well. When I started this season, everything was targeted towards end of July into August and then hopefully towards September. Hopefully next week I can show what shape I'm in.

18/08/2019 14:22





Flash Quotes

Konstanze KLOSTERHALFEN (GER)

1 Mile Women Millicent Fawcett - 1st - 4:21.11 (PB, MR, NR)

It's nice to take my first Diamond League win. It was windy out there but I still produced a good time like that and I'm delighted.

I need to use a lot of power in the wind and to win was incredible. Approaching Doha this is perfect preparation, now we head back to altitude training in St Moritz and we prepare for the World Championships.

18/08/2019 14:35





Flash Quotes

Eilish McCOLGAN (GBR)

1 Mile Women Millicent Fawcett - 3rd, 4:24.71

I'm disappointed actually because I thought I was a wee bit sluggish. I'm in good shape but right from the first 100m I thought that it was quick. I settled into it quite well I just didn't quite have the legs.

When you drop down from altitude after a tough training spell it's sometimes difficult to get that snappiness but I'm happy enough with that. I'm hoping that's enough to make the 1500m final in Zurich and get myself ready for the 1500m. It's not my event, but I love running it. You have Hassan, Klosterhalfen, Muir - all the top girls. If I can get there and even finish last and just get a PB that'll be great.

It's probably the most consistent I've been since the indoors and nice to just be healthy and fit without any issues. The last three weeks of training have probably been the best three weeks of my life. I think this race is a bit of a rust-buster. We've had such a long season that it's like a training block then a racing block over and over and this is the start of a racing block before Doha.

To miss out on the 5000m at Diamond League was disappointing, but Doha Diamond League was a 3k and too early in the season and then in Eugene I came eighth but again it was a 3k and then the others clashed with Highgate 10,000m and missed those two meets and those points and too far down to make it in there so I thought I would come here and do the 1500m instead and try something different.

My one aim is go to Doha and do the 5000m.

18/08/2019 14:37

Gabriela DEBUES-STAFFORD (CAN)

1 Mile Women Millicent Fawcett - 2nd - 4:22.47

That was rough, I stuck in there and latched onto Konstanze as best I could and on the last lap she had more, but I'm happy I stayed tough throughout.

I have the Zurich Diamond League and Brussels as well before a solid training block ahead of the World Championships.

18/08/2019 14:40





Flash Quotes

Rachel MILLER (GBR)

100m Women - 6th - 11.42s (PB)

I know I'm in shape, I'm waiting for things to come together and it's coming. I've had no injuries so I have to keep my head up. A home crowd is always amazing and they made me feel like I belong here.

I'm confident ahead of next week but I have to pull my A-game out at trials, that's my main focus. Keeping smiling is my main aim now and staying positive. When I left athletics I was tense about the situation but now I'm back, I need to enjoy it.

18/08/2019 14:43

Tatjana PINTO (GER)

100m Women - 1st, 11.15s

It was a little bit windy. My start wasn't that good but I came through in the end. It was alright today considering the conditions.

I expected to be faster to be honest but it's a win. I'm going to Zurich and Berlin next before Doha.

18/08/2019 14:49

Ronald MUSAGALA (UGA)

1500m Men - 1st - 3:35.12

I feel great for the win, because of the weather it makes it more difficult but I'd like to thank my coach for preparing me for this, the whole experience has all been great.

From here I go to Paris and then hopefully the Diamond League finals await for me.

18/08/2019 14:52





Flash Quotes

Holly BRADSHAW (GBR)

Pole Vault Women - 6th, 4.55m

I'm really happy with my performance. I decided to go from 10 steps instead of 14 because the conditions were blustery and I'm just not prepared to take any risks five, six weeks from the World Championships. There was no point in risking getting injured this close.

4.55m from ten steps I'm happy about and I feel that I've taken a step forward with my confidence and would've taken a step back if I had went from 14 steps.

Hopefully the conditions are a bit better next week, but I love jumping out there because of the crowd. I wasn't sure whether I was going to jump today because for me it's not worth the risk, but the crowd were incredible and really got behind me. I couldn't miss an opportunity to jump in front of a home crowd.

18/08/2019 14:52

Chris O'HARE (GBR)

1500m Men - 10th, 3:41.98

It wasn't great, just didn't feel good.

18/08/2019 14:56





Flash Quotes

Stewart McSWEYN (AUS)

1500m Men - 2nd - 3:35.21

I won here last year and I got an indoor national record here back in the indoor season so outside Australia this is my home course. I want to try and keep up that good streak moving forwards. Tefera is the World Indoor record holder and I sat behind him and made my move with 200m to go.

I didn't have the strength for the win. My best chance of being up and in the medals for Doha will be in the 5000m but I'll be doubling up and doing the 1500m and the 5000m. If I stay healthy, there's no reason why I can't do something special in Doha.

18/08/2019 14:57

Alysha NEWMAN (CAN)

Pole Vault Women - 2nd, 4.65m

I'm happy I cleared 4.65m on my first attempt. I've been here in the past so I knew the winds were a little swirly so today was about trying to come here and get first clears.

I love jumping in Birmingham and Commonwealth countries. I always jump really well here. I'm heading to Koblenz, Germany and then Paris for the final Diamond League.

18/08/2019 15:06

Celliphine Chepteek CHESPOL (KEN)

3000m Steeplechase Women - 2nd - 9:06.76

The race was good. I wasn't sure I would be able to make the top two and so to do that is really great for me. I will have to give my all at the trials and see how things go there.

18/08/2019 15:08





Flash Quotes

Elizabeth BIRD (GBR)

3000m Steeplechase Women - 13th - 9:50.97

That is definitely the best competition and toughest one I have ever been in, it was intimidating but I got a couple of girls back on the final lap and I feel really great about that. I was hoping for a faster time but I guess I got a little too into it.

I ran in Birmingham at the Diamond League seven years ago and I'm making it back finally. It's good to be back and even though I didn't do what I wanted, I loved having the crowd cheering me on the whole way through.

18/08/2019 15:11

Jamie WEBB (GBR)

800m Men - 4th - 1:36.38

It was good, there were tough conditions out there and I positioned myself well but it was very gusty out there. I kicked a bit too hard too early but it's another learning experience. I wanted to be the first Brit and I wanted to beat everyone and I could easily have sat back and let the race unfold but I wanted to get stuck in.

I'm at a point where I'm teetering and I want to be up there with the best in the world and keep cracking at it. I may be another winter off being up there yet but it's going good. I really took for granted how strong the wind was down the home straight.

I'm back here in six days for the 800m heats and then a week today is the final.

18/08/2019 15:22





Flash Quotes

Elliot GILES (GBR)

800m Men - 3rd - 1:46.27

It was a good race that was blustery in spots but the crowd was great. We're all around the same times this year and I had to keep my nerve because people can get like a rabbit in the headlights in these races. I ran what I'd consider a sensible race.

It's so easy to get caught out but it's a tactical race and it's the race to prepare for the big one in a few weeks in Doha, if I negotiate the trials.

18/08/2019 15:25

Mark ENGLISH (IRL)

800m Men - 1st - 1:45.94 (SB)

I felt good and it's a pity I wasn't higher up in the race earlier on but I got the job done. I have to get the job done to get to Doha now, that's the main aim and I race again in midweek hoping to get closer.

18/08/2019 15:28

Katerina STEFANIDI (GRE)

Pole Vault Women - 1st - 4.75m

There was a lot of consistency in my jumps on the runway despite the conditions and I'm happy.

More important than the win, I felt good and Doha looms. It's very important to jump well in all conditions like today as this is what really prepares you for championships.

18/08/2019 15:30





Flash Quotes

Nafissatou THIAM (BEL)

Long Jump Women - 1st, 6.86m

It was really good, a really good competition. All the other jumps were consistent too across the board.

It's almost 20cm more than my PB, I wasn't thinking about seven metres anyway.

It gives me confidence because of the performance I had. Being first or second didn't matter. Spanovic was 6.85m - so only one centimetre difference. It was great to be in competition with jumpers and with Kat and we're always really pushing each other.

18/08/2019 15:33

Abigail IROZURU (GBR)

Long Jump Women - 4th, 6.75m

This is the second-best performance of my life after jumping 6.80m in 2012. I had a legal 6.70m last week so had some really consistent performances and very thankful for that.

I prefer jumping into a bit of a headwind, so for me it was perfect conditions for me to jump a world qualifying standard.

It's not about making the podium next week, it's about one and two. I'm the number one Brit behind Kat who's not competing over long jump next weekend. I just really need to step up my game from here and giving me confidence.

18/08/2019 15:37





Flash Quotes

Danielle WILLIAMS (JAM)

100m Hurdles Women Final - 1st - 12.46s (=MR)

To be honest I didn't execute that properly. I banged my knee on one of the hurdles but I came away with the win so I'm happy. It wasn't that important to win, this is another race on the way to the Diamond League finals and whether I won or lost, execution was my only focus.

Every time I've been racing I've been consistent with my times and that is the main thing for me.

18/08/2019 15:40

Kendra HARRISON (USA)

100m Hurdles Women Final - 2nd, 12.66s

I struggled in the first round, but I was able to come back. I was lane 2 she [Williams] couldn't see me, I couldn't see her so I had to keep going because I knew she would keep pushing me. At the next Diamond League I hope we can be next each other and bring out a good performance.

I love the crowd. Every time I race here I enjoy it and look forward to coming back next year.

18/08/2019 15:42

Tobi AMUSAN (NGR)

100m Hurdles Women Final - 3rd - 12.71s

I clipped the last hurdle but it went OK today. I'm happy with where I am and continuing to take each competition at a time and I'm trusting the process.

This is important to getting me into the rhythm of what a Diamond League is in preparation for the worlds. I don't see anyone out there in the field as competition, all of it is about me and my race.

18/08/2019 15:43





Flash Quotes

Brandon STARC (AUS)

High Jump Men - 1st, 2.30m

I'm pretty happy. Before this the season's best was 2.25m and won last year with 2.23m. I was ready to come back and jump high again.

To start this European trip with 2.30m, I can't be upset with that. I've got Paris and Zurich coming up, so it's a good start.

The track's good, the crowd is pretty responsive - I can't complain, besides maybe the weather!

To be honest I thought they'd jump a little higher. The men's high jump hasn't been great so far this year, but Doha is late, so I'll expect it to come a bit later.

That performance has pushed my confidence way up.

I went to Day Two of the Ashes. I stayed in London, stayed with Mitchell. I don't know if it's raining or not but I think it's going to be a draw. There's not much sport chat because there's so much sport in our lives. When we catch up it's more about the little things.

18/08/2019 15:44

Ilya IVANYUK (ANA)

High Jump Men - 2nd - 2.23m

This competition was very difficult and not many people can jump in conditions like that other than Brandon. This was my first competition after holiday and it was difficult because of the condition I was in.

Hopefully for the next competition I'll be in a better state to compete in.

18/08/2019 15:46





Flash Quotes

Yohan BLAKE (JAM)

100m Men Final - 1st, 10.07

It was good, it was coming. The weather wasn't great but I'm saving the big day for the World Championships and the Diamond League finals in Zurich.

The time's not bad under the circumstances. I can run faster than that and training has been good.

18/08/2019 15:51

Raevyn ROGERS (USA)

800m Women - 3rd, 2:01.40

It was a really windy race.

It's my first time at the track. I raced World Indoors and it was a good experience.

18/08/2019 15:53

Ivana ŠPANOVIĆ (SRB)

Long Jump Women - 2nd - 6.85m (SB)

I felt good considering it was my first Diamond League meeting here outdoors. There are seven weeks before Doha but because I've been injured, I haven't jumped due to injury. I enjoyed jumping with the guys and I have the Diamond League finals to look forward to.

I'll have another meeting in Zagreb prior to the world championships and that is the real carrot for us all.

18/08/2019 15:58





Flash Quotes

Magnus KIRT (EST)

Javelin Throw Men - 3rd, 85.29m

I was ready for the conditions. First throw was lucky and after that, two or three throws were into a headwind and after that I started to get tired because yesterday I had Estonian Championships and then a late flight here with little sleep. After the third or fourth round I started to feel not so good. It wasn't worth risking too much.

I'm happy with the podium though and congratulations to Cheng on winning who I'll see in the Diamond League final.

I try to gain confidence in this kind of competition and hopefully I can come out on top.

18/08/2019 15:58

Ajee WILSON (USA)

800m Women - 1st - 2:00.76

It felt good, it's a good race to get in heading towards the back end of the season and prior to the world championships. We don't focus on times, it's all about the win, that's first on the list.

Next is Paris Diamond League, I go home then come back to Europe for Brussels and then it's the world championships.

18/08/2019 16:02





Flash Quotes

Lynsey SHARP (GBR)

800m Women - 2nd, 2:01.09

Really pleased. The rain and wind picked up just before we ran and we had to just adjust and execute the correct race for the conditions and thought that went well.

It's been a pretty boring few weeks. I love racing and I'd race every weekend if I could. It's good to just get out again and especially ahead of next week to come here and practise.

Last couple of years, I've not been as close to Wilson and the other girls and I felt good coming off the last bend and being able to pick people off rather than being picked off.

It's a shame I can't do Paris next week because I'm only half a second off my PB this year but I've got a good six weeks until Doha.

18/08/2019 16:02

Shaunae MILLER-UIBO (BAH)

200m Women - 1st, 22.24s

The race didn't go to plan. My start was just horrible and had to rely on that 400m speed to get through.

It was really great, the crowd is always supporting.

I'm feeling good. Before the race we had an idea of how we wanted the race to go and it didn't go as planned so I'm happy for the win and ready to move on to the next.

18/08/2019 16:08





Flash Quotes

Dina ASHER-SMITH (GBR)

2nd - 22.36s

I am really happy to have finished second in that race although having said that, I am a competitor so obviously I want to win every race. To maintain my form and finish strongly against arguably the best 400m runner in the world is good so all in all, I am happy with that race.

When I am on the start line I always try to pick off the girls outside me to hunt down but I remember looking today and thinking if I can get any of those women today it would be a blessing. Normally I think I want to be ahead of this one by 60m, this one by 80m but today I looked and thought it is what it is. And that doesn't happen too often which is a testament to the meet organisers for getting that field together for today.

It is always my plan to run a strong bend even if I am not in the lead but in a field like that you don't want to have a big distance to make up but equally I can't be fixated on it as someone like Shelly-Ann who could be in front of me and I don't want that to mess me up so just a strong position off the bend.

I thought I did that and I was really happy but next time I will be looking to be a little bit further ahead of Shaunae to give me a little bit more chance in the latter stages. But overall I am happy in a race with that field but, as I said yesterday, the only thing that dictates is what happens in today's race, it is the Champs that dictate success. I was on home soil today. The Birmingham crowd really got behind me and they had this amazing big face of me which was strange to see but so nice!

18/08/2019 16:08





Flash Quotes

Shelly-Ann FRASER-PRYCE (JAM)

200m Women - 3rd, 22.50s

The 200m is something I'm still trying to master, it's still taking some time! I've been more 200s recently and looking forward to getting more in.

It's a lot of work and sacrifice, takes up a lot of your time - it's exhausting. But it's also a lot of fun and I wouldn't trade it for anything else and he has given me so much courage and strength and it's good to know I've always got someone depending on me.

It's a long season so you have to pace yourself. You have to take one race at a time and I'm happy with the outcome of today. I don't think it was bad, I think it was a plus for me - I'm not a great 200m runner but each time, I line up, you never know because I'm ready to go out and attack. I'm really grateful for the opportunity to be here in Birmingham.

18/08/2019 16:12





Flash Quotes

Adam GEMILI (GBR)

100m Men Final - 2nd, 10.07s

It wasn't my best start but I'm just so happy to be healthy and back up running. It's good to be in the mix with some of the best sprinters in the world. To win my heat and second in the Diamond League race, it bodes well for next week and hopefully I can make the team for Doha.

Each race is completely separate and I'll take next week like a new race. It doesn't matter what you've done going into it and treat it like a championships. I'm not going to take it lightly and make that top two. I will be the doing the 100m and 200m. I've put a lot of training in this winter and I'm healthy finally. It feels like I've been saying that for a while.

The last few years especially there's been a massive surge in sprinters coming through and pushing through and happy to be a part of that. I feel like I'm fit enough to make the team for both distances. As long as I'm in the final, I've got a chance.

If we can get the baton around together we can hopefully fly. Whatever four we run - there's so many who can slot into that team - we can challenge for the gold and that's the least we expect.

The conditions were alright and then out of nowhere it just dropped. The rain came out of nowhere. Luckily we only had to run 100m, poor girls after us had to run 800m.

18/08/2019 16:19

Michael RODGERS (USA)

100m Men Final - 3rd - 10.09s

It was OK. I've had a stomach bug since I came back from Peru and I just had to try and get out of here alive. I've been very sick the last couple of days but given that I ran a great race and I'm not complaining.

I have to eat some food because I haven't eaten properly in two days. There is no way that wind was 2.0m/s though, it was swirling all over the place.

18/08/2019 16:45





Flash Quotes

Katarina JOHNSON-THOMPSON (GBR)

Long Jump Women - 3rd, 6.85m

I haven't jumped that far in a long time and I'm really happy with that showing. I have had to adjust a bit to being out in Montpellier but that's life for me now and I don't need to travel far for the national championships next weekend because they're here once again.

It spurs me on going up against her [Thiam] in an individual format like today. She is the European champion in the heptathlon and it's one of those things. All I can do is my best and I did that today.

18/08/2019 16:46

