



ANNIVERSARY
GAMES

IAAF Diamond League

London (GBR)
20th - 21st July 2019

IAAF
*Diamond
League*

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Shericka JACKSON (JAM)

400m Women - 1st, 50.69

It was very exciting. I just came out here and did my best and my best was good enough so I am grateful.

You always have to be confident and fight until the finish. I thought it was a good race and I enjoyed it.

I used this as a training run ahead of the world championships, so to get the win and add some more Diamond points I am very happy with that.

The 400m is a great event to be a part of as it is very competitive and I am enjoying the competition.
20/07/2019 14:11

Laviai NIELSEN (GBR)

400m Women - 3rd, 50.83, PB

I'm absolutely over the moon. It's a time I knew I could do, but it was just a matter of getting the competitions in and being competitive. And to do it here of all places - I'm not joking when I say this is my favourite place to run.

It's really something special to me. Every time I'm here, the crowd just gives me goosebumps and I get a lift I just can't describe. I just want to race here all the time.

I'm not doing anything else now until the European Team Champs. I've never won a British Champs, so that's my main aim, then hopefully go to world champs and contend for a medal there.

20/07/2019 14:16



BRITISH
ATHLETICS



IAAF *Diamond League*



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Flash Quotes

Tajay GAYLE (JAM)

Long Jump Men - 2nd, 8.32m, PB

I'm happy with the personal best. The win didn't really matter to me as from training, I didn't expect that.

At the moment, the world championships are ten weeks ago so it's the least of my problems. I'm just working on fitness, staying healthy and keeping a steady body weight.

20/07/2019 14:22

Ruswahl SAMAAI (RSA)

Long Jump Men - 3rd, 8.11m

It was hard todaz, very hard. Jumping over 8m into -2 headwinds.

That's the most important thing, we came to London to see where about's we are, but we couldn't really down to the factor of headwinds and condition's. However, heading further into the season it's going to get better and better.

I have a couple of days off and then going back too South Africa for 2 weeks and then I will reurn to Europe and purely focus on training.

Always focus on you; control what only you can control such as your own performance. Don't try and control what you can't.

Best crowd in the whole world, I love coming to the UK they always come out for Athletics. I'm forever gratefull being able to compete in London and England

20/07/2019 14:29





Flash Quotes

Ruswahl SAMAAI (RSA)

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20/07/2019 14:29

Luvo MANYONGA (RSA)

Long Jump Men - First 8.37M

I was a little scared and I was holding back to start.

At the begining I need to test my ankle as I was not sure my ankle could handle it but, I said to myself just jump becuse this is where I was crowned World Champion.

When Gayle jumped 8.32 I thought the competition has started now. I composed myself but I was pushing myself to beat him and realised all I needed to do was concentrate on my technique.

20/07/2019 14:35





Flash Quotes

Andrew BUTCHART (GBR)

5000m Men - Fifth 13.06.21, PB

The race was always going to be pretty fast and I felt pretty good. It felt way easier today than in Rome and I ran slower in Rome. I am training really well and I am excited, I have not come from altitude training and have been training at sea level but I have been training really well.

Today was massive and it was great to run here. I am exactly where I want to be. It is incredible to run that time and it is big confidence boost and I think i can go faster and break 13 minute.

20/07/2019 14:37

Jakob INGEBRIGTSEN (NOR)

5000m Men - 2nd, 13:02.03 NR PB

It was an OK race, it was fast over the last kilometre. I'm definitely able to go under 13 minutes. I was hoping for a personal best, but a national record is better.

[On Hagos GEBRHIWET] He has a much quicker PB than me. Of course he's a great athlete but I'm on my way to becoming better.

This is my first fast 5k so I'm satisfied with it being a national record and I'm ready for my next race.

20/07/2019 14:43

Hagos GEBRHIWET (ETH)

5000m Men

It was a very competitive race and I pushed all the way to the line, I found it very difficult.

Yeah, London is good I like it here a lot the crowd were very engaged with the race.

The goal is Zurich and the diamond league so I will be focusing mainly on these events.

20/07/2019 14:50





Flash Quotes

James ELLINGTON (GBR)

100m Men Round 1 Heat 2 - 9th, 10.93, SB

I am so happy to be here and when it actually manifested and I was able to walk out on the line and I am lapping every moment of it up and just enjoying it. I'm going to go back to the drawing board and try to sort these injuries out.

I have had a back problem three days ago and I could not walk but there was no way I was going to miss this race. Yesterday I started to feel a bit better but in the warm up I started to feel pain and I walked out limping but I was not missing this. It's amazing to be here.

20/07/2019 14:54

Ferguson Cheruiyot ROTICH (KEN)

800m Men - 1st, 1.43.14

I feel good, I feel excited because I was prepared for the race and I came and delivered.

[On Nigel AMOS withdrawal] Amos is like a brother and I feel sorry for him. I hope he gets well soon.

20/07/2019 15:02

Wyclife KINYAMAL (KEN)

800m Men - Second 1.43.48, SB

It was a good race. I feel I did well, I came second and I am happy. It is very nice stadium and I like running here.

20/07/2019 15:04





Flash Quotes

Marcin LEWANDOWSKI (POL)

800m Men - 3rd, 1.43.74

Definitely a SB, and very close to my PB of 1.43.72 so I'm very happy, I have been training more altitude this last month so training has been very good and I'm really pushing myself. This week I have kept the intensity up in my training, so I'm really happy as this has been the goal. I'm still trying to get into my best shape so this placing is a really good sign my training is helping.

From last year I have been training really hard for 1500m distance so that is what I have been focusing on, all round it's been a great performance.

This Stadium is amazing, I love this place and have great memories from here and I'm very happy when competing in this city and always want to compete in England.

20/07/2019 15:07

Marie-Josée TA LOU (CIV)

200m Women - 2nd, 22.36, SB

I'm happy. My 200m hasn't been great for two years, so I'm working on that and happy with the time.

I think she's [Elaine THOMPSON] back! And it's good for us because it'll help us run really fast so I'm OK with that.

20/07/2019 15:11





Flash Quotes

Elaine THOMPSON (JAM)

200m Women

I'm feeling great to back in London competing over 200m. It's all work in progress - it's a long season so I just came out here to perform and enjoy it.

I want to stay healthy and focussed for the rest of the season - that's the aim. I came out here and pulled through today. I think there's great strength in the 200m fields and I feel like it's helping me continually improve.

20/07/2019 15:16

Beth DOBBIN (GBR)

200m Women - 3rd, 22.50, PB

I'm over the moon with that. This time last year I missed the Anniversary Games because I had a shift at work, so to now be a full time athlete, racing against Olympic champions, it's just a dream come true. I was racing against my idols so I am absolutely buzzing.

When you are racing girls of that class you kind of get scared that you are going to mess up, but you just have to be on your A game and I think when you race against girls like that it really brings the best out of you.

I didn't expect to be in PB shape until trials because every year we focus on peaking for trials so to run a PB here today it means a lot. It gives you that confidence which you need heading into the trials and I want to go to the European Team Champs, so hopefully I have laid down a marker that gets me selection.

20/07/2019 15:18





Flash Quotes

Yasmani COPELLO (TUR)

400m Hurdles Men - 2nd, 48.93, SB

I am very happy for my SB. I have an injury in my leg and I will go back to Turkey for some rehabilitation but, I really enjoy running here.

20/07/2019 15:25

Amere LATTIN (USA)

400m Hurdles Men - 3rd 49.18

It wasn't the best but overall the crowd and the atmosphere got me through the race.

Amazing competition, I had a run up on me and wasn't expecting him to be so fast but it was okay really because I love the competition.

I have the outdoor track championships in 5 days back the United States, so I will just be enduring some light training sessions; both physically and mentally

20/07/2019 15:28

Karsten WARHOLM (NOR)

400m Hurdles Men - 47.12, MR, ER, PB, WL

I always try to surprise but at the same time it's not a given. It takes hard work, dedication and a lot for me to get out those extraordinary times.

I feel really good, but at the same time it's a long time until the championships. I'll try to do my own thing. Do what I think is the best.

20/07/2019 15:32





Flash Quotes

Kelsey-Lee BARBER (AUS)

Javelin Throw Women - 2nd 65.85m

I am making a bit of a trend of doing that on the last throw, I would like to get a good throw out earlier but, it makes for entertaining throwing. The girls are really pushing me at the moment to throw my best and I appreciate the competition. This is all good experience and I am throwing well when it counts.

I was feeling fine coming into the event, I had some time to recover from throwing in Lausanne last week.

I love the stadium and I really cherish the moments from the past years and I try to draw on that energy and work through the competition.

20/07/2019 15:37

Nia ALI (USA)

100m Hurdles Women Final - 2nd, 12.57

I am very pleased with that performance, it is slowly coming together. It wasn't the greatest performance in terms of where I want to be but this time is awesome for me. It is really huge for me to be progressing so quickly, so I am pleased.

It is always important for me to be competing against the best in the world. I love that it was a competitive field and everyone is running very fast. It's great motivation.

It's exciting, I love racing here.

20/07/2019 15:39

Tatsiana KHALADOVICH (BLR)

Javelin Throw Women

I am happy with my throwing today and to get the win.

20/07/2019 15:43





Flash Quotes

Danielle WILLIAMS (JAM)

100m Hurdles Women Final - 1st 12.32, PB, WL

I am thrilled with that, my aim was always to run fast.

It has been coming all season and it was just about when. This track is a fast track and the fact that we get two opportunities because of the heats you can fix what you did wrong ready for the final.

I am looking forward to the next stage of the Diamond league in Birmingham and hopefully onto the finals.

20/07/2019 15:46

Gabriela DEBUES-STAFFORD (CAN)

1500m Women - 3rd, 4:00.26, NR PB

I feel like it was a tactical race a lot of moving up and down in pace. I think I executed it a bit better than Monaco.

I think I was a bit too far back in the pack when Laura (MUIR) made her move. It felt quite hard but the fact I'm training with Laura and Jemma (REEKIE) it does give you confidence in a race when you see your training partner move and you know you can move too. It's just about getting the confidence to match my level of fitness.

[New NR] I thought that was out of the picture. I didn't know what the pace was. I wasn't looking at the clock today and I just wanted to race and looking to not focus so much on times.

20/07/2019 15:49





Flash Quotes

Laura MUIR (GBR)

1500m Women - 3.58.25

It may have looked easy, but it wasn't! I didn't realise I ran a 57-second last lap and I'm so so happy about that. The girls are really strong and I know that my advantage is in that kick, so I just sat in there and tried to take it easy. It was all about winning today and I did that.

London is a really fast track and it's always a great atmosphere. The conditions are usually pretty good - it was a little bit windy today, but the whole vibe of the place is really special and it makes athletes raise their game.

There's huge strength in depth of the fields here, so you can run a world lead at one event and then someone else will do it at the next. It really helps keep pushing you on. It's great to have so much competition.

My goal now is to win a medal in Doha.

20/07/2019 15:53

Winy CHEBET (KEN)

1500m Women - 2nd, 3.59.93, SB

It was OK, I ran a season's best so I am thankful for that. It was a hard race.

I am going to go away and improve my time, improve my kick for the finish. I am so happy because all season I have been running 4.03, 4.04, but today I ran under four minutes which is good and I feel I could give more.

20/07/2019 15:55





Flash Quotes

Yohan BLAKE (JAM)

100m Men Round 1 Heat 1 - 3rd, 9.97

It's alright. Thank God I came out injury-free. I wanted to make a race of it, but I could tell I just stumbled which kind of knocked me off, but I'm feeling great.

In the season it's a bit early with me running times like this right now. But come Doha, I'm going to bring it.

20/07/2019 15:59

Zharnel HUGHES (GBR)

100m Men Final - 2nd, 9.95, SB

I am quite happy minus the stumble but I think I ran a great race and held my composure and it was good to be in front of a London crowd.

This crowd always inspires me and I am enjoying the music, shout out to the music promoter for that and the track is pretty fast. I always enjoy racing out here, it's just a shame I could not run a little faster.

I listen to a lot of rap like Stormzy to get me hyped for a race.

20/07/2019 16:02





Flash Quotes

Akani SIMBINE (RSA)

100m Men Final - 1st, 9.93, SB

I'm really happy with the time. I came here to get the Diamond League points and make sure I get the win to build the confidence and I come away with a season's best. It's always amazing running here and pleased to just come out healthy and finish on top.

It's mostly about building the confidence and making sure I get through the races and winning them so by the time I get to World Champs and I'm facing the rest of the world I'll be ready and the confidence will be there and I'll be able to believe in the work I've done.

20/07/2019 16:05

Christian TAYLOR (USA)

Triple Jump Men - Second 17.19

I am happy to come out healthy, it was difficult. There was a lot going on today, the crowd are really into the event but there is so much going on that it is hard to concentrate.

It is always good to have Pichardo pushing me because this is what we need. It's good for the spectators as well because of the rivalry. We still have two months before the World Championships so there is no rush and I am just happy to be here with this being my first games. Its always special to be back here, I would like have to put on a better show but I was battling the elements.

20/07/2019 16:10





Flash Quotes

Kare ADENEGAN (GBR)

T33/34 100m Women - 1st, 17.91, SB

That was alright. It's a season best so I know things are going in the right direction and I am happy to go sub 18 with it being my third 100m of the season. I came out smiling because it's a great stadium and I have so many memories here.

There is more pressure because with having the world record and I know what I expect of myself. It's been a busy year with A levels and it's now about getting into shape. I start University in September and I hope I can keep training hard through that and focus on the World Championships.

My ultimate goal is to get on top of that podium, it's not going to be easy because my class is getting more competitive every year so I have to keep working hard.

20/07/2019 16:15

Holly BRADSHAW (GBR)

Pole Vault Women - 3rd 4.65m

It was a little up and down really, I had a little bit of a shaky warm-up because of the wind picking up and it was only a couple of months ago I had a couple of crashes in training landing on the track so it really shook me up for about 6 weeks. This resulted in mixed emotions in the warm up. It was a real test for me to get a result at 4.65m.

The crowd are always great and they really got behind me especially on the last jump at 4.75 as I was only a few millimetres off clearing the final jump. The struggle in the warm up was really helped by the atmosphere of the crowd.

So I'm going to take 4 weeks off now because I want to get back to 16 steps, as I'm only on 14 and would like to get back to 16, and my next competition will be in Birmingham and the British champs; so yeah I have some exciting competitions coming up which is exciting.

20/07/2019 16:19





Flash Quotes

Women People's Republic of China (CHN)

4x100m Relay Women

Yongli W = We are happy with the way we ran and we are very happy with our time.

20/07/2019 16:32

Women Jamaican Select (JAM)

4x100m Relay Women - 1st

Morrison- It was mental at the end, but it was my job to give the team a positive mind set and to make sure my team recieved the baton first.

Thompson- After the individuals its nice to come back to the 4x100m races.

Smith- I was on track with my leg, I knew I just needed to run as fast as I possibly could.

Fraser Pryce- when it comes to the relay you just have so much energy and I felt strong and was overall just glad I managed to come away with the win for the team.

It is a different way to run but that's part of the competition. It's cold, so much different.

20/07/2019 16:33

Anzhelika SIDOROVA (ANA)

Pole Vault Women - 1st

It was really hard because it was windy today. All the girls had to fight the wind, but I'm happy with my win.

I know that it was good today being near the start of the season and it's a long way to Doha. I don't know what form I will be in there. I hope it's just the start.

20/07/2019 16:34





Flash Quotes

Katerina STEFANIDI (GRE)

Pole Vault Women - Second 4.75, SB

I am happy with my performance today, after all it was a season's best but I came here with my expectations a lot higher and I think it showed on the lower jumps and I lost my temper. I am happy with what I did but, I did not do it at the right height.

20/07/2019 16:37

Jonathan PEACOCK (GBR)

T44-64 100m Men - 1st, 10.70

I am reasonably happy with that. It's one of my faster times. I feel good at the moment, I have been training well and I have only had three races this year. It's been great to get back on the track, I have always loved training and this year I feel like the hunger is back. I am going home every night and watching video and wanting to improve. I feel comfortable.

The motivation was always there but it is nice to appreciate what I do. Going on Strictly or even so called real work makes you appreciate that training for a few hours and going home to rest is a job because a normal job is not like that.

The goal is to aim for the major championships, it's a long season and the main objective is to stay healthy.

20/07/2019 16:41





Flash Quotes

Women Great Britain & NI (GBR)

4x100m Relay Women - 2nd, 42.30

Nelson - I got a good start. Passed it to Imani (Lansiquot) and trusted her. She's got a really nice hand so it's good to smash the baton into it.

Lansiquot - I found it to be a good confident leg because Ashleigh (Nelson) gave me it in a fantastic position. Because I've been practising with Bianca (Williams) for a second year now and Ashleigh has been fantastic in training I was trusting that we would get it around.

Williams - It was a bit of a scuff on the last change but we got it around. Things happen. But we've got the standard so we're happy.

Neita - I just wanted to hold her (Shelly Ann Fraser-Pryce) off, but she got me in the last hundredth. She runs 10.7 so I'm hoping that's a new PB coming my way.

20/07/2019 16:45

