

Flash Quotes

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



Moritz EBBESKOTTE (SUI)

1500m Men U18/U20 - Winner

I am happy with my win even though the time is not my best. I was quite happy with the ambiance here. It's been a long time since I've been in front of such a crowd and they got louder during the last round. For example at the European Championships, the ambiance was not as good as here. The next step for me will be the Swiss Championships.

26/08/2021 19:11

Anna KIELBASINSKA (POL)

200m Women - 3rd

I am not so happy with my performance today, but I was not feeling so well before the meet. 2 weeks ago I had a cold so I am still recovering.

26/08/2021 19:47

Marije van HUNENSTIJN (NED)

200m Women - 1st

Such a pity for the tailwind. It would have been a personal best. The race went well. I ran my own race. There were two girls with a faster SB so I knew I just had to follow. The last part I just gave everything. My body is still tired from all the season.

Running with the public is amazing. You have to get used to it again. Because the last year it was always empty. When the Swiss team was presented I even got goose bumps.

26/08/2021 19:50

SPONSORS ET PARTENAIRES

FOURNISSEURS

SPONSOR PRINCIPAL

万达 WANDA DIAMOND LEAGUE

Flash Quotes

Ellie BAKER (GBR)

800m Women - 1st

I'm very happy to end my season with a win. I will finish my season now and take a two week break. Next year there is the World Championships, European Championships and Commonwealth Games, so I will target these events. There are so many great British 800m runners, so making the team will be very hard.

26/08/2021 19:52

Isaac MAKWALA (BOT)

400m Men

"I'm disappointed with the time, but very happy to see the fans back in the stadium, we missed them! Its a bit windy today maybe thats the reason, because I know this is a fast track. So, not happy with the time but happy to finish injury free"

26/08/2021 20:02

Wilbert LONDON (USA)

400m Men - Winner

This is my first season on the tour and running diamond league events. I must say coming from Texas, I am felt the cold on the track for sure. I really liked the crowd that was really loud. The simple fact that I was in lane 8, I just had to run hard and luckily nobody was able to pass me on the line. Lausanne is a great place and I'm already looking forward to coming back next year.

26/08/2021 20:02

SPONSORS ET PARTENAIRES

FOURNISSEURS

SPONSOR PRINCIPAL

万达 WANDA DIAMOND LEAGUE

Flash Quotes

Karsten WARHOLM (NOR)

400m Men

It was heavy. The conditions and my body didn't respond the way I wanted. The last 100m everyone was coming up. It is not the place I was hoping for. But it is what it is. It shows that it is difficult to come back after the Olympics.

It's amazing to have the crowd back. I would have wished to have shown them a better performance. I hope that in Zürich I will be better prepared.

26/08/2021 20:07

Marileidy PAULINO (DOM)

400m Women - Winner

I am happy with tonight's race. It was a little cold but that didn't bother me. There was quite a bit of wind, which made the race difficult. So I am pretty happy with the result. I am now off to Paris. My last race of the season will be in Zurich, and after that I'll take a 15 day break.

26/08/2021 20:10

Quanera HAYES (USA)

400m Women - 3rd

"It's a bit cold today so I think that affected my time, but I'm happy to be back in front of a crowd running, it's amazing. From here I go next to Paris DL and hope to improve my time. I'm happy to be running again, because it gives me a chance to shake off the disappointment of Tokyo."

26/08/2021 20:11

Flash Quotes

Sada WILLIAMS (BAR)

400m Women - 2nd

It was very cold out there today, but I did not feel the wind too much. I am happy with the result and 50.7 was the best I could do in these conditions. I will race next in Paris where my goal is to beat 50.1.

26/08/2021 20:16

Ferguson Cheruiyot ROTICH (KEN)

800m Men - 3rd

It was nice. I did my best. With the crowd it is really nice. After my medal at Worlds an Olympic medal was a real pleasure for my career. In 2016 I just missed out on the medal. So now I am happy with the Silver. The next race is Paris and then the finals in Zürich.

26/08/2021 20:25

Filip MIHALJEVIC (CRO)

Shot Put Men - 3rd

I am not happy. It was amazing to have a crowd again and see all the people. It is the best takeaway of the competition. But after the Olympics and the whole season it is difficult. I worked hard all year so now I am just tired and just want to have fun.

My goal was to qualify for the finals in Zürich, I did that. There is more room for improvement. It is the first competition after the Olympics, so I take that.

26/08/2021 20:28

Flash Quotes

Marco AROP (CAN)

800m Men - Winner

"Great to get the win today, not including the "rabbit" I led from start to finish. I was a little concerned about going out too fast but I found the strength to finish well and get a good time. I see what Aaron & Andre are doing in the sprints and I'm happy that we can help to make Canada relevant again on the track. My hope is that young kids in Canada watch and get excited about running middle distance events. My goal for next year is of course to win the World Championships."

26/08/2021 20:28

Ryan CROUSER (USA)

Shot Put Men - Winner - MR

I'm feeling really good today and appreciate to take the win. It wasn't an easy competition as Tom Walsh put good pressure on me in the final round but I was able to come out on top. Everything is so nice in Lausanne, the volunteers, the staff and the crowd is amazing. I would also like to thanks the city of lausanne and Athletissima for the invitation. Having the meet record is also something I'm happy about. My goal these days is to continue travelling and to compete. I hope to be back next year.

26/08/2021 20:32

SPONSORS ET PARTENAIRES

万达 WANDA, CONICA, STADE OLYMPIQUE DE LA PONTAISE, Nike, vaudoise, lematin.ch, WORLD ATHLETICS, gaz energie, LAUSANNE CAPITALE OLYMPIQUE

Orlati, HENNIEZ, OMEGA, SWISS, LE GRUYÈRE, FONDATION DES ANCIENS VAUDOIS, VAUD+, RTS Sport, JULES SPORTEL, SPORTXX

FOURNISSEURS

APG ISGA, 1004, LANDMERE, MOBILUS, MÖVENPICK HOTEL LAUSANNE, SECURITAS, graphax, CHATEAU GIEROLLES, tl, Europcar, INOVIL, INDIGO GROUP, Portes du Soleil

SPONSOR PRINCIPAL

UBS

万达 WANDA DIAMOND LEAGUE

Flash Quotes

Jazmin SAWYERS (GBR)

Long Jump Women - 3rd

It was good. It is my first competition after the Olympics. I am still in good shape. I felt that I could have some more good jumps. It took me some time to figure out my jumps today because I didn't have my coach here. I was a little bit overrotating.

It is my best place in a Diamond League this year. I am so happy to be in the stadium, with all the support of the crowd and their clapping.

In America I train with champions, so it forces me to get better. I have to raise to the occasion and be successful. Training with champions just makes me better.

26/08/2021 20:33

Emmanuel Kipkurui KORIR (KEN)

800m Men - 2nd

I tried to catch Marco Arop on the final straight but I wasn't able to do it. Alltheless, I am quite happy with my second place. Tokyo was great and then the Prefontaine Classic was a good meet as well. My next step now will be heading to the Diamond League Finals and I hope to do my best race there of course.

26/08/2021 20:37

Linden HALL (AUS)

1500m Women - 2nd

I thought I was going for the win. But the last 300m the wind was really hard. The last lap was tough. The conditions were not ideal so can't complain. I am still recovering from my jetlag.

In the Olympics I made the final, so it was really exciting. And the Australian team was so successful, to share that with a team is just amazing.

My goal for the remaining season is to run a PB and 1.58. we will see.

26/08/2021 20:44

Flash Quotes

Frewyni GEBREEZIBEHER (ETH)

1500m Women - 1st

The race was very good, but was a little difficult with the weather, as it was cold and windy. I always thought that I could catch Linden Hall as I am very confident after the Olympic Games. I will compete next at the Diamond League final.

26/08/2021 20:51

Hansle PARCHMENT (JAM)

Olympic Champion

Disappointed with today's run, I hit a hurdle early and then was able to catch up with them, but then in doing that I began to run too fast to the hurdle and clipped another one. It's my first race since the Olympics and it just wasn't my day. Now I'll turn my attention to my next race which is in Paris."

26/08/2021 20:54

Josette NORRIS (USA)

1500m Women - 3rd

At the beginning of this season I did not think it would be possible to run this fast. After having made the transition to being pro and having 2.5 injury free years, I have been able to make big improvements. I have just been building momentum race by race and my confidence just keeps on growing. It was really windy out there today and that was reflected in the times, but I am very happy with my performance. Next up is Brussels and hopefully Zurich.

26/08/2021 20:55

SPONSORS ET PARTENAIRES

万达 WANDA, CONICA, BILBAO, Nike, vaudoise, lematin.ch, WORLD ATHLETICS, gaz energie, LAUSANNE CAPITALE OLYMPIQUE

Orlati, HENNIEZ, OMEGA, SWISS, LE GRUYÈRE, FOMER, VAUD+, RTS Sport, JUEZSPORT, SPORTXX

FOURNISSEURS

APG ISGA, 1004, LANDEMERE, MOBILIS, MÖVENPICK, SECURITAS, graphax, CHATEAU GIEROLLES, t1, Europcar, INOVIL, INDIGO, Portes du Soleil

SPONSOR PRINCIPAL

UBS

万达WANDA DIAMOND LEAGUE

Flash Quotes

Khaddi SAGNIA (SWE)

Long Jump Women - 2nd

The weather was ok for me, I dont like when its too cold or too hot, so this was ok. I felt great coming into the meet so i'm happy that I was able to replicate what I have been seeing in training, in the competition today and equal my PB. I feel good about how things are going, having the fans again is amazing and im looking forward to competing next at the Swedish Championships.

26/08/2021 20:56

Ivana ŠPANOVIC (SRB)

Long Jump Women - 1st

Of course I have extra motivation after finishing 4th at the Olympics. My career has been long and I have learnt to bounce back from situations like this. It was stressful tonight, but I am happy to take the win.

26/08/2021 20:59

Devon ALLEN (USA)

110m Hurdles Men - 1st

I had a good start. I knew that I was ready to run fast, like 13.0. That it comes out here, is a great feeling and winning means a lot for me. I have still 6 motre races this season.

The crowd is amazing. The only crowd I had was in Eugene at the Trials, but it was only halc capacity. The track here is always fast and the atmosphere great.

This season I had an injury. So couldn't start the season before April. So I think that I have a few more good races in my legs.

26/08/2021 20:59

SPONSORS ET PARTENAIRES

万达 WANDA, CONICA, BILBAO, Nike, vaudoise, lematin.ch, WORLD ATHLETICS, gaz energie, LAUSANNE CAPITALE OLYMPIQUE

Orlati, HENNIEZ, OMEGA, SWISS, LE GRUYERE, FOMES DES ANCIENS VAUDOIS, VAUD+, RTS Sport, JUEZSPORT, SPORTXX

FOURNISSEURS

APG|SGA, 1004, LANDMERE, MOBILIS, MÖVENPICK HOTEL LAUSANNE, SECURITAS, graphax, CHATEAU GIEROLLES, tl, Europcar, INOVIL, INDIGO GROUP, Portes du Soleil

SPONSOR PRINCIPAL

UBS

万达 WANDA DIAMOND LEAGUE

Flash Quotes

Pascal MARTINOT-LAGARDE (FRA)

110m Hurdles Men - 3rd

I am really super happy with the result. Firstly I am very happy for Jason. I ran already with him when he beat his PB. And now he confirms. I hope that he will run in Paris. He was running just besides me, so I was trying to keep up to him. Secondly, I am in really good shape. I recovered from the fatigue, because I let me go a little bit.

At the beginning I wasn't happy with my fifth place at the Olympics. But now I am. I have nothing to regret. I had a catastrophic preparation. I was ready at the right moment.

Next step is Paris. My goal is to win in front of the home crowd. I never did, I always finished second. So I will give my best.

26/08/2021 21:06

Berihu AREGAWI (ETH)

3000m Men - 2nd - PB

This was a really good race for me today. I am so happy to be in Lausanne. On that final stretch, it was great but I just didn't have enough in the tank to get the win today. I hope I will be back again in the future.

26/08/2021 21:09

Jakob INGEBRIGTSEN (NOR)

3000m Men - 1st

The race started as expected. McSweyn had told me that he would push the pace. I wanted to start at a moderate pace but I knew that we could not let McSweyn go. It was a really tough race, but I was very motivated to take the win.

26/08/2021 21:15

SPONSORS ET PARTENAIRES

FOURNISSEURS

SPONSOR PRINCIPAL

万达 WANDA DIAMOND LEAGUE

Flash Quotes

Ajla DEL PONTE (SUI)

100m Women

It was good. I am quite happy. At the end I couldn't keep my rhythm. I tried to stay with Ta Lou. But the conditions were difficult.

This season I want to go some more times under 11 seconds.

Tonight we are running the relay. Unfortunately, I won't run in the same team as my friend Lea. I never did, that makes me sad. But at least we are in the same race.

26/08/2021 21:16

Jason JOSEPH (SUI)

110m Hurdles Men - 2nd

I'm so happy right now and so many thoughts are oing through my mind. My start wasn't good for sure and the hurdles 3-10 were terrible but when I came through 2nd I was thrilled with my performance. It's a pity that the wind was too strong for my great time but that's ok. My next steps will be Bellinzona and Zurich

26/08/2021 21:19

Shericka JACKSON (JAM)

100m Women - 3rd

The race was really good, the wind was pushing us but the conditions were very cold.

26/08/2021 21:20

SPONSORS ET PARTENAIRES

万达 WANDA, CONICA, BILBAO, Nike, vaudoise, lematin.ch, WORLD ATHLETICS, gaz energie, LAUSANNE CAPITALE OLYMPIQUE

Orlati, HENNIEZ, OMEGA, SWISS, LE GRUYÈRE, FONDS DES ANCIENS VAUDOIS, VAUD+, RTS Sport, JUEZSPORT, SPORTXX

FOURNISSEURS

APG ISGA, 1004, LANDMOIRE, MOBILUS, MÖVENPICK HOTEL LAUSANNE, SECURITAS, graphax, CHATEAU GIEROLLES, tl, Europcar, INOVIL, INDIGO GROUP, Portes du Soleil

SPONSOR PRINCIPAL

UBS

万达 WANDA DIAMOND LEAGUE

Flash Quotes

Shelly-Ann FRASER-PRYCE (JAM)

100m Women - Winner

Im feeling good to equal my PB tonight, it was cold but I still came out here to do my job. Believe it or not I still have not ran my best race, I know there is more to give because I still need to work futher on perfecting my technique. There will be more from me this season, and certainly my goal is to break into the 10.5 range. The crowd in Lausanne was amazing as usual!

26/08/2021 21:24

Stewart McSWEYN (AUS)

3000m Men

I like the 3000m because you get to run with guys you dont normally run with, due to the combination of 5k and 1500m runners. It was a bit windy today and we felt that for sure. Im ok with my race, the guys are very talented. I want to shave about 10% off my time and prepare well in the off season to come strong again next year. This year was my first Olympics and I was in the finals, of course once your in the finals you want to win but i'm happy about my season thusfar.

26/08/2021 21:28

Shamier LITTLE (USA)

400m Hurdles Women - 2nd

I am proud of my performance here in these difficult conditions. It has been hard dealing with jetlag with all the travel recently, but I get better at managing this every year. I am enjoying the competitions with Bol, she is a great competitor. My next race is in Paris.

26/08/2021 21:28

SPONSORS ET PARTENAIRES

万达 WANDA, CONICA, BILBAO, Nike, vaudoise, lematin.ch, WORLD ATHLETICS, gaz energie, LAUSANNE CAPITALE OLYMPIQUE

Orlati, HENNIEZ, OMEGA, SWISS, LE GRUYÈRE, FOMER, VAUD+, RTS Sport, JUEZSPORT, SPORTXX

FOURNISSEURS

APG|SGA, 1004, LANDEMERE, MOBILIS, MÖVENPICK, SECURITAS, graphax, CHATEAU GIEROLLES, t1, Europcar, INOVIL, INDIGO, Portes du Soleil

SPONSOR PRINCIPAL

UBS

Flash Quotes

Yaroslava MAHUCHIKH (UKR)

High Jump Women - 2nd

I am so glad with my result today. Lausanne is such a great city and this is my first competition since the Olympics. I really try to not set myself any limits relating to the height and the sky is really the limit for me. After this I am going to Paris, Brussels and then the finals at the two day event in Zurich. After these competitions, I will be taking a long awaited vacation and then I'll start training again for the indoor season.

26/08/2021 21:31

Lea SPRUNGER (SUI)

400m Hurdles Women - 5th

I must say that I was very emotional before the start of this being my last 400m hurdles in Lausanne. I did my very best to contain my emotions. The feeling of the crowd following me and shouting for me was amazing and I'm going to miss the feeling. Relating to the race itself, I am quite satisfied with my result being not that far from my seasons best. The weather was also quite good. Now, I'm going to focus before my 4x100 race a little later.

26/08/2021 21:36

Femke BOL (NED)

400m Hurdles Women - 1st MR

I am very happy with my result. The conditions were difficult. After the Olympics I was mentally tired. But the public helps enormously. I am still in shape, so I am happy. It is special to be here in Switzerland with Lea. The spectators were applauding even more. I have run a lot of competitions with her so it is special for me to be here with her. She is from the region, so it is great that I can share this moment with my friend. I am really happy for her.

26/08/2021 21:38

SPONSORS ET PARTENAIRES

FOURNISSEURS

SPONSOR PRINCIPAL

万达 WANDA **DIAMOND** **LEAGUE**

Flash Quotes

Nicola McDERMOTT (AUS)

High Jump Women - 3rd

It was so much fun with the crowd. It was hard, with the headwind and the cold. I am happy to be able to jump 1m95 without my coach.

This year I realised my childhood dreams: jumping 2m and winning an Olympic medal.

The goal this season is to improve my PB. In Tokyo I was really close to 2m04. It is a joy to be able to jump in Europe when all Australians flew back. So I want to give back to them and the crowd.

26/08/2021 21:42

Elaine THOMPSON-HERAH (JAM)

100m Women - 2nd

My body is feeling tired after a long season and especially after having done personal best 4 times in a month so that's amazing for sure. I have no plans to break the world record and I never thought getting so close. I'm simply going to continue working hard, finish this season strong and come back even stronger next season.

26/08/2021 21:42

Kenneth BEDNAREK (USA)

200m Men - 1st

I was really hoping to PR tonight as I know this is a fast track, but the wind was too strong. I didn't feel the cold too much until we had the false start, then it started to affect me a bit. I knew that I could not sleep on Gardiner and must show him respect, as he is a great competitor. I will compete in Paris, then do a training camp in the USA before competing in Zurich.

26/08/2021 21:47

Flash Quotes

Anderson PETERS (GRN)

Javelin Throw Men - 3rd

I didnt make the Olympic finals, but I feel as though my season is getting better as time goes on. I'm happy to be repreenting for the small island of Greneda, and showing that we also have talent in the field events. I've had the same coach for the last 10 years and I just graduated from university in the USA, so i'm going back home to continue my training. This diamond league experience has been great.

26/08/2021 21:50

Johannes VETTER (GER)

Javelin Throw Men - 1st

It went pretty well. We had crazy headwind. I am really consistent, so I am proud and happy. The surface is good for my weight and the way I throw. It feels amazing to be back with the crowd, it feels like getting back to normal. Especially the last attempt, when the whole stadium is watching you. On Saturday I throw in Paris, then a competition in Poland, Zürich and Berlin. Next year I want to win the Worlds and Europeans.

26/08/2021 21:54

Sam KENDRICKS (USA)

Pole Vault Men - 2nd

I was really excited to compete here and to feel the atmospHERE of the full stadium again. I could not compete for a while, so I lost my edge a little. It takes about 3 meets to get my edge back. The wind was a challenge tonight, it took the pressure off achieving high heights as we just tried to surmount the challenging conditions. Mondo was not on top form tonight, but never count him out, he should be back for the next meets. I will compete in Paris next, in a couple of days.

26/08/2021 21:54

SPONSORS ET PARTENAIRES

FOURNISSEURS

SPONSOR PRINCIPAL

万达 WANDA DIAMOND LEAGUE

Flash Quotes

Anna RYZHYKOVA (UKR)

400m Hurdles Women - 2nd

It was tough because of the wind. It is so good to run with such amazing girls. If they run fast I have to run fast too. I had an amazing season. I am happy to be here. The great public is a plus. The support of the crowd, just thank you Lausanne. It is one of my favourite meetings. I loved the crowd. Everyone knows Lea and is supporting her. When she was presented the crowd went mad. It is a real pleasure to run here.

26/08/2021 21:58

Jakub VADLEJCH (CZE)

Javelin Throw Men - 2nd

All thanks to the crowd tonight, they were great and really helped me perform well. The windy conditions were difficult, as was the cold weather. The new surface of the track in Tokyo actually suited me a bit better. I will compete in Paris next.

26/08/2021 22:01

Shanika RICKETTS (JAM)

Triple Jump Women - 2nd

Today feels like redemption after the Olympics where I was a bit disappointed with my results. I must say im grateful because I've been having a great season this year with lots of consistently big jumps. Today was not wind legal, but it gives me the confidence to know that im back in good shape. Between myself and Kimberly Williams I hope we are influencing another generation of triple jumpers back home because we have the talent to do well.

26/08/2021 22:04

SPONSORS ET PARTENAIRES

FOURNISSEURS

SPONSOR PRINCIPAL

万达 WANDA DIAMOND LEAGUE

Flash Quotes

Yulimar ROJAS (VEN)

Triple Jump Women - Winner

I feel like I am in really good shape and I just went out today and wanted to enjoy the crowd and give the public a good show. Now I go back to Spain, keep training well and keep my focus before coming back to Zurich for the Diamond League Final. I really think I can break my world record again in Zurich.

26/08/2021 22:05

Fred KERLEY (USA)

200m Men - 2nd

19.7 im good with that, I had a great Olympics, good run in Oregon last week and now tonight as well. I look forward to Paris in a few days because I like running races close together.

26/08/2021 22:13

Christopher NILSEN (USA)

Pole Vault Men - Winner

My team and I have been working on trying to be consistently at 5.80m+ and I think we have achieved that. Normally when you jump that height you come in the top 3. Tonight it clicked for me, the weather felt like home and I felt confident with my jumps. Looking forward to Paris in a few days.

26/08/2021 22:15

Flash Quotes

Mariya LASITSKENE (ANA)

High Jump Women - Winner

I am so happy to come back to Lausanne every time. Indeed, having done my personal best here is such a pleasure and that's why it feels so good each and every time. I really think that this stadium brings me good luck. Even though it was clearly too cold for me today, I was prepared for this. I am already looking forward to coming back next year. Thank you Lausanne!

26/08/2021 22:19

Women GREAT BRITAIN & NI (GBR)

4x100m Relay Women

A Philip: The crowd made a massive difference today. It was really nice to battle with the Swiss girls here on their home track, they are all really nice girls.

A. Nelson: It felt great to run here with a full stadium. This might be my last big meet of the season. I have a few low key meets still on the schedule.

D.Neita: Fabulous race, good to run with the girls again. Its my first time in Lausanne and I enjoyed it.

I.Lansiquot: Enjoyed running again with the girls, we have a great team and its our last race together for the season so i'm happy to finish with a win.

26/08/2021 22:22

SPONSORS ET PARTENAIRES

万达 WANDA, CONICA, , Nike, vaudoise, lematin.ch, WORLD ATHLETICS, gaz energie, LAUSANNE CAPITALE OLYMPIQUE

Orlati, HENNIEZ, OMEGA, SWISS, LE GRUYÈRE, FONDATION VAUDOISE, VAUD+, RTS Sport, JUEZSPORT, SPORTXX

FOURNISSEURS

APG ISGA, 1004, LANDEMERE, MOBILIS, MÖVENPICK HOTEL LAUSANNE, SECURITAS, graphax, CHATEAU GIEROLLES, t1, Europcar, INOVIL, INDIGO GROUP, Portes du Soleil

SPONSOR PRINCIPAL





Flash Quotes

Women TEAM LEA (INT)

4x100m Relay Women

Lea Sprunger: I really enjoyed this competition. Lausanne is really special for me. It is my home track. When I was young I came here to watch, and now to be here as an athlete is special. I came here to enjoy and I did. Especially running with my teammates was great.

I have still two competitions left. I expect the same as tonight: to be there to enjoy, say thank you and show some good races.

I am really satisfied with my career: I have had some successes, some failures, but am really satisfied.

26/08/2021 22:28

Tomas WALSH (NZL)

Shot Put Men - 2nd

It was a good result, good competition for me. The weather was very cold but the great crowd made up for it. I was able to put pressure on Ryan. I think the key to challenging him is to put him under pressure early in the competition. I will compete next at the Kamila Skolimowska Memorial in Poland.

26/08/2021 22:54

SPONSORS ET PARTENAIRES

FOURNISSEURS

SPONSOR PRINCIPAL