

Flash Quotes

Men HALESOWEN (GBR)

4x100m Relay Men Under 13 Boys - Winner-53.28

Winner- Halesowen-53.28

It all went to plan. We all train together so had a lot of practice before today. We do a lot of speed training, and last week came down here (Alexander Stadium) to get used to the environment, which I think definitely helped.

07/06/2015 14:01

Sandra PERKOVIC (CRO)

Discus Throw Women - Winner-69,23-MR

Winner-Sandra Perkovic-69.23-MR

I came here directly from Rome so i had to save something in the tank for today. It worked as today I threw 69.23m (further than in Rome), so I'm happy it all went to plan. A stadium like this deserves to see a distance like what I produced today.

My goal for this season is Beijing (IAAF World Championships). I want to defend my title from Moscow in 2013. I still have four Diamond league meets left, and I want to win them all. So I need to stay focused and train well.

Wish me Luck!

07/06/2015 14:13

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Flash Quotes

Martyn ROONEY (GBR)

300m Men - Seventh- 33.01

Seventh place- Martyn Rooney-33.01

It was nice to blow away the cobwebs and run in front of a home crowd. When you get that opportunity, you do not want to give it up.

07/06/2015 14:55

Wayde van NIEKERK (RSA)

300m Men - Winner-31.63-AR-WL

Winner-Wayde van Nierkerk-31.63-AR-WL

It is my first European competition and I am just trying to keep improving and I am very happy. The time is a blessing. I'll do New York (IAAF Diamond League) this Saturday.

My goal like many others is to win Gold in Beijing.

07/06/2015 15:02

Eunice Jepkoech SUM (KEN)

800m Women - Winner-1.59.85

Winner-Eunice Sum- 1.59.85

It was a very good race, I am happy to win. The goal is to win in Beijing- I won the World Championships before when no-one expected it and now I hope to win when they do expect.

07/06/2015 15:06

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Flash Quotes

Orlando ORTEGA (CUB)

110m Hurdles Men - Winner-13.20

Winner- Orlando Ortega-13.20

This season has been very good, I have run some good times so far but I want more every time. I am feeling good and happy, this is my first time here and I like it so much. Next I will go to New York and then maybe the gold medal in Beijing is possible.

07/06/2015 15:09

Women BIRCHFIELD HARRIERS (GBR)

4x100m Relay Women Under 13 Girls - Winner

Winner: Birchfield Harriers – 54.99

We did well – our baton communication was good and we worked hard as a team. We all train here so it was nice to get a good time.

07/06/2015 18:40

Women BIRCHFIELD HARRIERS (GBR)

4x100m Relay Women Under 15 Girls - Winner

Winner – Birchfield Harriers – 49.99

Our changeovers were really good – everyone ran well. Considering we had to change our team, it all worked out well in the end, we all have a bond - it was just the trust that we had. We had a good start, good changeovers, and everyone ran quickly and trusted one another.

07/06/2015 18:42

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Flash Quotes

Men BIRCHFIELD HARRIERS (GBR)

4x100m Relay Men Under 15 Boys - Winner

Winner – Halesowen – 45.91

As soon as I got the baton, I went off with a bang and I flew down the home straight. We won by a long which, which was great – we all did really well.

07/06/2015 18:44

Men BIRCHFIELD HARRIERS (GBR)

4x100m Relay Men Under 17 Boys - Winner

Winner – Birchfield Harriers – 43.64

Everything went to plan –The changeovers were quite good and all that we have done in training paid off - thanks to our great coaches too. We've been practising hard and have had a few hiccoughs but it all worked out well. The other Birchfield teams winning today was motivation, seeing all of them around us doing well. If they can win like that then we can do it also. It feels good to win here, it felt like we were supposed to win, we have to represent our home track.

07/06/2015 18:45

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Flash Quotes

James Kiplagat MAGUT (KEN)

1500m Men - Winner

Winner-James Magut -3.37.61

The race was very good, the time was ok. It was very cold but I am glad to get the win in Birmingham.

Fifth Place- Charlie Grice- 3.39.71

I am very glad to be first Brit, it was quite windy which prevented it from being really quick but it was a solid race, and I am glad to be here in front of a home crowd.

I am not sure when my next race is as I am finding it hard to get into races to run the times I want. My main aim is to achieve the qualifying time for Beijing.

07/06/2015 18:48

Stephenie Ann McPHERSON (JAM)

400m Women - Winner

Winner: Stephanie Ann-McPherson (JAM) - 52.14

Before I got out there I was feeling a little cramp, but I still had a good race, apart from the wind however the race was ok. I have enjoyed the crowd in Birmingham, even if it has been a bit cold.

The World Championships in Beijing are my main aim, I want to get in amongst the Americans and compete.

07/06/2015 18:50

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Flash Quotes

Christina SCHWANITZ (GER)

Shot Put Women - Winner

Winner- Christina Schwanitz (GER) - 19.68m

I think that today was not so good, 19.68m is not what I wanted but the competition was good. However, two weeks ago in Beijing I was a little bit better.

My big aim is the World Championships in Beijing where I hope to get the gold medal.

07/06/2015 18:50

Christian TAYLOR (USA)

Triple Jump Men - Winner

Winner-Christian Taylor (USA) -17.40m

I had hoped for a little further, I would have liked to take advantage of the amazing crowd, and the good jumping weather-for English standards.

However there are a lot of things I am grateful for, I came out with the win, and I am healthy. I would like to push the event to a different level, and I wish I had put on a better show for the crowd, but I did my best so I should not complain.

My training has been going very well, I know I am fit and well, I just need to relax a little more. I am someone who is very competitive I love the challenge and I love the push. The Championships are my main aim, so I will move towards them next, after another important win in the Diamond League.

07/06/2015 18:51

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Flash Quotes

Fabiana MURER (BRA)

Pole Vault Women - Winner

Winner- Fabiana Murer (BRA) - 4.72m

I am happy with my result today, and to win the competition. I tried to jump the world lead, but it wasn't to be however I still had good jumps.

I enjoyed Birmingham, there has been good weather and crowds. Everyone has made it very easy for all the athletes, and it has been easy to have a good day out, and a good competition.

07/06/2015 18:52

Kaliese SPENCER (JAM)

400m Hurdles Women - Winner

Winner: Kaliese Spencer (JAM) – 54.45

I got away well but it was a bit windy down the back straight but I came through victorious which is the most important thing. I have been doing well here (in Birmingham) for years and I always love returning here to compete.

Fourth place: Eilidh Child (GBR) – 55.14

It was quite close and I am happy technically although it was quite windy. I faded off the first hurdle but that is due to a lack of fitness as it is only my third race of the season.

I ran well in Rome last week – I was happy with the race rather than the time. It is a busy year for me as I am planning my wedding as well.

I am heading to Oslo Diamond League next so I'll be looking for another good race there.

07/06/2015 18:53

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Flash Quotes

Thomas Pkemei LONGOSIWA (KEN)

5000m Men - Winner

Winner: Thomas Longosiwa (KEN) – 13:07.26

I was looking for the win and I am happy to get it and points towards the Diamond Race. It was a tough race but good in preparation for Beijing.

07/06/2015 18:53

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Flash Quotes

Kamila LICWINKO (POL)

High Jump Women - Winner

Winner: Kamila Licwinko (POL) – 1.97m

It is important to win here and it is a big honour for me. It is my first win in the Diamond League this year and the points are important to me. I really want to jump 2.00m outdoors this year, my PB is 1.99m so I am still targeting it.

Fourth place: Isobel Pooley (GBR) – 1.91m

I've had four competitions this season now, and on paper the results have been the same or within a centimetre. So the consistency is there. Naturally, I'm impatient and wanting to push forwards now.

I've been really tying myself up in knots thinking 'I'm so fed up jumping 1.91', but then that's a solid height and much better than I was last year. I have to be happy with it to a point. I like the sensation that I'm in the mix with girls like these and that's what I need.

Placing top four in an IAAF Diamond League meeting is great, I can't complain but I'm hungry for more.

The Diamond League races are the most prestigious events in the world, outside the Olympics and World Championships. I want to be able to build a career based on progression that is unchallengeable.

As part of that journey, I now need to go higher, and I will.

It's amazing here, I can't believe I've not done this event before and I hope I get the chance to do it again.

Eighth Place- Morgan Lake (GBR)- 1.88m

Today was not the best, and I am a bit disappointed as I felt that I was in the best form of my life. I was mistiming my run-up, and I wish my third attempt had been my first and need to work on that.

07/06/2015 18:54

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Page 9 of 14

printed at 07/06/2015 18:58

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IAAF Diamond League



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Flash Quotes

Marvin BRACY (USA)

100m Men Final - Winner

Winner: Marvin Bracy (USA) – 9.93 PB

It's really special to run a PB – it was 10.08 before this season. The plan for this season is to get better and better. I'm felt great so I'm looking forward to the US trials.

Second place: Adam Gemili – 9.97 PB

Not the fairy-tale ended I wanted, but I'm proud to be the only Brit to go sub 10 and sub 20. British sprinting is really stepping up and I'm glad to be a part of it. I felt my hamstring go as I dipped but I'm in good spirits. I can't make a comment on the injury yet.

Fifth Place- Richard Kilty-10.05-PB

It was a good race; I started a lot better in the final than I had in my heat. I made sure that I ran my own race and stayed relaxed, and I think there is more to come, I believe that I can get very close to breaking the sub 10 barrier.

I next compete at Oslo, and it's the first time I have competed there in two years, I hope to go well and run a good time.

I have loved Birmingham, it has been amazing, the crowd was absolutely fabulous, and I loved getting a huge reception, I am very excited for the London Anniversary Games.

Sixth place: Chijindu Ujah – 10.11

I was rocking back in the blocks so it wasn't the best of starts but there is plenty to learn from this event. I have four weeks to prepare for the British Championships so I'll be ready for that.

I just need to relax in the blocks because I was left. The field was great but I didn't execute my race and if I had done, I would have been up there 100%.

07/06/2015 18:56

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Flash Quotes

Jeneba TARMOH (USA)

200m Women - Winner

Winner: Jeneba Tarmoh (USA) – Winner – 22.29 SB

I'm really happy – I didn't think it would be that fast. I'm so excited about the race – I was relaxed and I'm satisfied with the time. I was shocked to win over Allyson and I stayed focused and patient. Now, I'm definitely confident I'll get a spot on the US team for the World Championships – as long as I get on the podium in Beijing, that would be a blessing – to show my ability.

Second place: Allyson Felix (USA) – 22.29

It was a tight finish and really close race throughout. I need to continue to work hard as I am a bit disappointed with my bend but I need to do what I need to do to be ready ahead of the World Championships.

Third place: Dina Asher-Smith (GBR) – 22.30 PB

It is a bit unbelievable really – I didn't envisage running a time like that going into the race. Outside the Olympic Games and World Championships, the Diamond League offers some of the most prestigious races so to come third in one of them is just amazing.

07/06/2015 18:57

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Flash Quotes

Dawn HARPER-NELSON (USA)

100m Hurdles Women - Winner

Winner: Dawn Harper-Nelson (USA) – 12.58

Today was about coming out and executing my race and Tiff (Porter) made it hard for me. It was a tough competition for me but I had a strong finish.

On competing against a world class field:

When you get to the big meets, it really helps with the nerves. I think about it in practice so then I go out and execute. It was about getting a good start and clearing all the hurdles cleanly and I finally put Thursday behind me.

Third place: Tiffany Porter (GBR) - 12.65

I messed up really badly at the end of the race, it wasn't a clean race- it's really frustrating but I'm really happy that I've been running consistently. I still tied my PB so it's encouraging. Everyone's running so fast so it spurs me on in training as the event's so hot right now.

Fifth place: Serita Solomon (GBR) – 12.87 PB

It was so much fun, such a blessing to be here in front of this crowd and race against such amazing hurdlers. I was so nervous being the slowest by quite a way going into it, but to come out with a PB I'm very happy. It has been consistent so far this season but frustrating to have no one pushing me, so it was good to be in such a high calibre race. It's good to be around such talented women, even in the warm up, it's all a learning experience and helps me develop my race. Anything under 13 seconds I would've been happy so to go 12.87 is great.

DQ : Jasmin Stowers (USA)

I am disappointed with today, however it's my first year out here, and I made a mistake, and I'll look to correct that in the future. I next compete at Oslo, and from then I hope to do well at the US Champs this year.

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Flash Quotes

07/06/2015 18:57

Greg RUTHERFORD (GBR)

Long Jump Men - Winner

Winner: Greg Rutherford (GBR) - 8.35m

It's a great competition, I jumped very well, and I am chuffed to bits. This is the furthest I have ever jumped in the UK and it is only three weeks since I tore one of my adductors, so to come back after that I am really happy.

I am feeling confident, and even against a great field with Mike Hartfield, and Dan Bramble- who I understand faces a lot of pressure having jumped well in America- I was confident in my ability.

Dan jumped brilliantly today to jump 8.17m which is a World qualifier, and is amazing. I take my hat off to Dan; he raised his performance fantastically today.

07/06/2015 18:58

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Flash Quotes

Sifan HASSAN (NED)

1500m Women - Winner

Winner: Sifan Hassan (NED) - 4:00.30

It was good but it was very windy that's why I couldn't run faster. If it was less windy maybe I would have run under 4 minutes. Winning was amazing, I'm happy that I won. I have done two diamond leagues and I did all of them my best. You get more confidence if you win so I am really happy. I hope I will run again in London, it is a great country to race in.

Second Place: Abeba Aregawi (SWE) -4.01.97

Today was good; however I have a bit of pain in my leg which hurt me in the last lap.

I next compete in Oslo, and hope to build on this performance for the World Championships.

Third Place: Laura Weightman (GBR) -4.06.42

I am very disappointed; I should have run a lot quicker. I have got Oslo on Thursday, and I want to get closer to four minutes. Today was a good opener, however it was windy but it wasn't too bad for my first race.

Tenth place: Jessica Judd (GBR) – 4:12.86

First two laps were fine but my legs just came off on the last bit. I'm capable of so much more and I really wanted a PB but it just didn't happen so I've just got to go back and work out what happened today. I will do the 1500m so I just need to train a bit more and hopefully the season will get going fairly soon.

07/06/2015 18:59

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